Mr Greedy’s announces our new Curbside service!

Just call the Greedy´s hot line, 804-4688 with your order. Then pick up your order behind Mr. Greedy’s on West Street!

Try our NEW Chicago Style Deep Dish Pizza as well as our New daily specials.

Like Three cheese Lasagna or Pasta Putanesca or Pasta Neapolitan.

Mr Greedy’s is back better than ever!

Popular Santa Elena DJ Brutally Murdered In Esperanza Village

ESPERANZA VILLAGE, Cayo, Wednesday, December 10, 2014:
The dead body of a popular Santa Elena DJ was found off a feeder road in Esperanza village.

On Wednesday, December 10, 2014 at around 4:30 p.m. San Ignacio police were informed of the discovery of a dead man clad in only a t-shirt and boxers found off a feeder road in Esperanza Village.

Upon arrival, the lifeless body of a male person was seen laying face up on the head with blood covering the face. The male person was on his knees in a bending position. Closer inspection led police to identify the male person as Samir Fernandez, 24, Belizean laborer of a San Pedro Street address in Santa Elena. While processing the scene, police discovered a short pants, a pair of black slippers, and a dark grey Samsung watch.

The body of Samir Fernandez was transported to the San Ignacio Hospital where it was pronounced dead on arrival. His father was on hand to formally identify his son.

Police have since detained two persons of interest.

Huge Drug Bust In Shawville Area

SHAWVILLE, San Ignacio Town, Cayo, Monday, December 8, 2014:

Today, over 84,000 grams of marijuana was found in the Shawville area in San Ignacio.

On Monday, December 8, 2014 Special Branch personnel on routine patrol in the Shawville area of San Ignacio, came across four “El Quetzal” crocus sacks in the bushes. The sacks were searched and found to contain what appeared to be a green leafy substance consistent with marijuana.

Suspected Marijuana
Mexican Luxury Hotel Development Group Investing in Belize

December 9, 2014:
The Government of Belize, through BELTRAIDE, is pleased to announce the completion of the sale of the island of Caye Chapel, on Monday 8 December, 2014. Caye Chapel, an island in the Belize District, consisting of 265 acres, was purchased by a leading Mexican luxury hotel development group.
The group, who are owners and operators of luxury tourism developments in Mexico City, Cancun, and Acapulco, are currently working on a detailed development plan for the island for presentation to Government. It is expected that this plan will include the announcement of the partnership with a renowned global luxury hotel brand, to be announced in the near future, as well as the development of high-end residencies and other amenities.
It is anticipated by the buyers that the development of the island will commence early in 2015. The Government of Belize is pleased to welcome this new significant investment into Belize’s growing tourism sector.

“ This is your UDP Government at work in the normal course”
Hon. Dean Barrow, Prime Minister of Belize

Agro Tech & Hardware Supplies
“Offers low prices everyday!”
#1 West Street, San Ignacio, Cayo
Phone #: 824-3426
Need Paint and Construction supplies for your this Christmas?
Well Come on over and get everything under one roof! We have:
Plumbing Supplies, Electrical Supplies, Building Supplies, Painting Supplies, Gardening Supplies, Farming Supplies, As well as Household fixtures

Clean Master
We Specialize In:
Car Detailing, Carpet & Upholstery Cleaning, Car Polishing
Wash, Vacuum, Armorall & Engine Wash
Our Home Services Include:
Tile Cleaning & Polishing, Sofa Cleaning
As Well As Pressure Washing Outside of Houses

BARACK II TRADING CENTER
P.O. Box 621
# 107 George Price Highway
Santa Elena,
Cayo District, Belize C.A
We offer the best quality and prices on all your home furnishing needs!!!
Tel: 824-3099
Cell: 652-0123
Visit us today and see our wide variety of stoves, beds, chest of drawers, refrigerators, LCD TVs, fans, beach cruiser bicycles, motorcycles, dining tables and so much more.....
Huge Drug Bust In Shawville Area

Continued From Front Page

that of marijuana.

At the time of the discovery no one
was in the area.

The suspected marijuana was
transported to the San Ignacio police
station where it was weighed and
tipped the scales at 84,000 grams or
185lbs and was then labeled as found
property.

The Public Utilities Commission hereby notifies the public that it received the submission by Belize Electricity Limited requesting Amendment to Electricity Rates on December 8, 2014 in accordance with section 33 (2) of the Electricity (Tariffs, Fees and Charges) Byelaws, SI 145 of 2005 as amended by SI 116 if 2009.

The amendment requested by BEL is a 3.4% reduction in the Mean Electricity Rate (MER) from 43.47 cents per KWh to 42 cents per KWh for the period January 2015 to June 2015.

The PUC will review and submit a final draft recommendation no later than December 23, 2014 in accordance to the Electricity (Tariffs, Fees and Charges) Byelaws, SI 145 of 2005 as amended by SI 116 if 2009, section 33 (2) (C) (b) which states: within 15 days of the submission of the new forecast for the cost of power, the Commission shall issue a final draft of the amendments to the final decision.

Within 10 days of the date of issuance of the final draft of the amendments, the licensee, Belize Electricity Limited and interested parties may file with the Commission written comments on the proposed amendments in accordance to the SI 145. 33 (2) (C) (d).

Within 5 days of the deadline for the filing of comments, the Commission shall issue the amendments, if any, taking into consideration the comments filed under 33 (2) (C) (d) of the said SI 145

BEL’s submission can be reviewed at the PUC office No. 41 Gabourel Lane and can also be downloaded from the PUC website with address www.puc.bz. For any comments or queries regarding the notice please contact the PUC at info.puc.bz.
Scientists have created a chemical that can be added to food to make people feel full.

Initial tests showed it helped people to eat less and slow weight gain.

It harnessed the power of a propionate, which naturally makes us feel full when it is produced by breaking down fibre in the gut.

Writing in the journal Gut, the UK researchers said their chemical would have to be eaten regularly to have an effect.

The ingredient is a foul-tasting soluble powder, but the team, from Imperial College London and the University of Glasgow, are trying to incorporate it into bread and fruit smoothies.

Colon

The tricky part of the research was finding a way to deliver the propionate into the colon, where it triggers the release of hormones that control appetite.

Adding it on its own to food would not work because it would be absorbed by the intestine too early.

So the team found a way to bind it to a natural carbohydrate found in plants, called inulin.

Once bound, the propionate can safely make its way through the digestive system before being freed from the inulin by bacteria in the colon.

In initial tests, 20 volunteers were either given inulin on its own or the new ingredient, known as IPE, and then allowed to eat as much as they liked from a buffet.

Those who had been given IPE ate about 14% less food.

In the next part of the study, 49 overweight volunteers were either given IPE or inulin in powder form and asked to add 10g (about a spoonful) to their food every day.

After 24 weeks, six of the 24 volunteers given inulin had gained more than 3% of their body weight while only one of the 25 given IPE had done so.

Study leader Prof Gary Frost, from Imperial College London, said: “We know that adults gain between 0.3kg and 0.8kg (1lb 12oz) a year on average, and there’s a real need for new strategies that can prevent this.

“Molecules like propionate stimulate the release of gut hormones that control appetite, but you need to eat huge amounts of fibre to achieve a strong effect.”

Dr Douglas Morrison, from the Scottish Universities Environmental Research Centre at the University of Glasgow, said the experiments had shown that propionate may play an important role in weight management.

Prof David Haslam, chair of the National Obesity Forum, said: "If they have brought this about without affecting taste or the bowels, then I would welcome it."
The United Belize Advocacy Movement joins organizations around the World in celebrating Human Rights Day today December 10th. The day marks the United Nations General Assembly adoption and proclamation of the Universal Declaration of Human Rights in 1948 and was first formed in 1950, when the General Assembly invited all member states and other organizations to celebrate. The theme for 2014, “Human Rights 365”, it is a reminder that everyone is entitled to basic rights.

UniBAM calls on all organization on this day to continue to express the values and principles of human rights, to ensure its inclusiveness and impact to quality of life of all citizens as rights are indivisible and universal. Today allies and members of the community are joined in an internet-based campaign in sharing that “We are all One! In Dignity and Rights!” in recognition of the lives affected by dignity and rights violation that include 482 rapes happening between 2000-2009 and 1203 murders between 2000-2012.

“Violence and indignities experienced by citizens, especially women, is not a stand-by issue, it requires all citizen to be concerned and be part of the solution for change,” says Carolyn Reynolds of the Women’s Issues Network.

Belize remains strong in its human rights commitments through its investment in education and health. We have an opportunity to raise the bar in 2015 to advance rights concerns that support all citizens.

HelpAge Belize Celebrates Human Rights Day


HelpAge International is marking the occasion with a renewed call for governments to challenge the wide range of human rights violations experienced every day by many older women and men.

“Discrimination against men and women on account of their older age is one of the last remaining forms of prejudice to be tackled on a global basis,” said Toby Porter, Chief Executive at HelpAge International. “This has to change and a new UN convention on the rights of older people is the way to challenge age discrimination.”

“International human rights conventions prohibit and make discrimination on the basis of race, sex, disability, migrant worker status and being a child, both morally and legally unacceptable. The same cannot be said for discrimination on the basis of older age,” he said. “Age discrimination must stop.”

“Existing human rights standards and mechanisms have failed to protect people’s rights in older age and a new UN convention on the rights of older people is necessary to rectify this,” said Bridget Sleap, Senior Rights Policy Adviser at HelpAge International.

Older people have the right to protection from all forms of violence and abuse as well as from all forms of discrimination. However, the human rights obligation on governments to protect people from elder abuse is not explicitly articulated in existing international human rights law. A patchwork of national legislation, policies, strategies and plans that differ from country to country undermines the universality of human rights and every woman and man’s right to freedom from violence and abuse throughout every stage of their lives. For this reason, the adoption of such universal standards within a new UN convention on the rights of older people would provide every government with guidance on how to improve their domestic legislation and practice, including around elder abuse, so that it is in line with international human rights standards.

YACAN

Vacancy exist at the Princess International (San Ignacio) Ltd. for:

**Waitress**
- Experience necessary
- Bi-lingual
- Willing to work flexible hours

**Dealer**
- Experience in conducting games
- Keeping track of the games and player’s actions
- Work flexible hours

**Security Officer**
- Experience or background training required
- Bi-lingual
- Willing to work flexible hours

(Submit applications to Security Manager)

Qualified applicants must include:
- 2 reference letters
- Valid police record
- 2 pictures
- Qualifications/ Diplomas

Applications can be obtained at the Reception Desk inside the Princess International San Ignacio.

All applications should be delivered in person to the HUMAN RESOURCE MANAGER from 12 midday to 6pm Monday-Friday. Or call 824-4047 for more information.
Critiques have a much more positive meaning, while at the same time it becomes a condemnation for those who are in Christ Jesus." (Romans 8:1 (ESV))

It happened suddenly and without warning. One minute I was sitting in a booth, laughing over a cup of coffee with my youngest son on his college campus (which just so happens to be my alma mater). The next minute, I'm driving away from my old college stomping grounds when the mere sight of a corner drugstore triggers a painful reminder of my past. It just so happened to be the same corner drugstore that one of my roommates and I purchased the test.

In fact, at age 17 it had been me, which is what triggered my sudden feelings of shame that day. Back then, I was the one taking a pregnancy test, only my results were positive. This, in turn, led to my decision to terminate the pregnancy. I've spoken openly about this part of my past and have been walking in victory for many years, but every so often, the feelings of shame still come.

And that's what shame does. It shows up uninvited to steal your joy and accuse your soul. Dictionary.com defines shame as "the painful feeling arising from the consciousness of something dishonorable, improper, ridiculous, etc., done by oneself or another."

We avoid talking about shame because it is messy. We see the earliest account of shame in the immediate aftermath of Adam and Eve's sin in the garden (Genesis 3). Prior to their sin, Scripture tells us they were both naked and unashamed. One chapter later they are sewing fig leaves together and playing a game of hide-and-seek with God. With that one forbidden bite came our first bitter taste of shame. Like Adam and Eve, our human instinct is to hide our shame. We attempt to cover it with modern-day fig leaves, ranging from addictions to breakneck busyness. We bury our shame beneath perfectionism, good deeds, and yes, even ministry service.

Shame is not the same as guilt. Guilt says, "What you did was bad." Shame says, "What you did was bad, so therefore, you are a bad person."

Shame is not the same as regret. Regret says, "If I could go back and do things differently, I'd do this... or that." Shame says, "I'll never get it right. I'm a failure."

Shame is not the same as embarrassment. Embarrassment says, "Everyone experiences embarrassing moments." Shame says, "Yet another reminder that I'm a loser, and nothing will change that fact."

Guilt is always connected to behavior, while shame is always connected to identity. While guilt draws us toward God, shame sends us away from God. We can't completely abolish painful reminders of shame that show up uninvited on the doorsteps of our souls, but we can refuse to answer the door.

And that's exactly what I did that day driving past the drugstore when the old shame tapes began to play. I hit the "eject" button and boldly declared out loud today's key verse, "There is therefore now no condemnation for those who are in Christ Jesus." Over and over, I proclaimed it until, once again, I believed it. I showed shame the door. And you can, too.

Heavenly Father, when feelings of shame pay me an unexpected visit, help me immediately usher them out by declaring Your unfailing love and forgiveness. In Jesus' Name, Amen.
REQUEST FOR EXPRESSIONS OF INTEREST
(ENGINEERING CONSULTANT/PROJECT ENGINEER)

<table>
<thead>
<tr>
<th>POSITION</th>
<th>OBJECTIVES</th>
<th>MINIMUM QUALIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engineering Consultant</td>
<td>1. Upgrade the existing sewerage system in order to meet current and future wastewater treatment demands.</td>
<td>1. Bachelor degree in Civil Engineering, Sanitation Engineering, Water &amp; Wastewater Engineering or a related engineering field.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. Minimum of 5 years demonstrated experience in earthworks/construction supervision and at least 2 years in infrastructure project management.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. Excellent English writing and oral communication skills. Knowledge of AutoCAD, MS Project and Spanish would be an asset.</td>
</tr>
</tbody>
</table>

BWSL now invites eligible individual consultants to indicate their interest in providing the services. Interested consultants must provide information demonstrating that they are available and have the required qualifications and relevant experience to perform the services (curriculum vitae which include a description of similar assignments, experience in similar conditions, availability of appropriate skills, etc.).

Consultants will be selected in accordance with the procedures set out in the Inter-American Development Bank: Policies for the Selection and Contracting of Consultants financed by the Inter-American Development Bank (GN-2350-9) and is open to all eligible bidders as defined in the policies.

Interested consultants may obtain further information at the address below during office hours 8:00 am to 5:00 pm Monday to Friday.

Expressions of interest must be delivered via direct mail or e-mail at the address indicated below by 4:30 pm on Monday December 22nd, 2014. Expressions of interest must clearly indicate “Engineering Consultant” for Belmopan Sewerage Expansion Project.

Project Manager
Project Management Unit
Integrated Water and Sanitation Programme for the Placencia Peninsula
Belize Water Services Limited
#7 Central American Blvd.
Belize City, Belize
Tel.: 011-501-222-4757 ext. 1106
Fax: 501-222-4759
Email: IWSPPMU@BWSL.com.bz

REQUEST FOR EXPRESSIONS OF INTEREST
(CONSULTING SERVICE)

<table>
<thead>
<tr>
<th>POSITION</th>
<th>OBJECTIVES</th>
<th>MINIMUM QUALIFICATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical Specialist</td>
<td>1. Provide technical services for the Project Management Unit,</td>
<td>1. Bachelor degree in Environmental / Civil Engineering, Water or Waste-Water Engineering, Chemical Engineering or a related engineering field.</td>
</tr>
<tr>
<td></td>
<td>2. Monitor the design and construction of a water and wastewater system</td>
<td>2. Minimum experience of 5 years in site supervision.</td>
</tr>
<tr>
<td></td>
<td>3. Collect and analyze samples for a baseline water quality in Placencia.</td>
<td>3. Excellent computer skills.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4. Fluency in English</td>
</tr>
</tbody>
</table>

BWSL now invites eligible individual consultants to indicate their interest in providing the services. Interested consultants must provide information establishing that they are available and qualified to perform the services (curriculum vitae which include a description of similar assignments, experience in similar conditions, availability of appropriate skills, etc.).

Consultants will be selected in accordance with the procedures set out in the Inter-American Development Bank: Policies for the Selection and Contracting of Consultants financed by the Inter-American Development Bank (GN-2350-9) and is open to all eligible bidders as defined in the policies.

Interested consultants may obtain further information at the address below during office hours 8:00 am to 5:00 pm Monday to Friday.

Expressions of interest must be delivered via direct mail or e-mail at the address indicated below by 4:30 pm on Monday December 22nd, 2014. Submittals must clearly indicate the position of interest and the project name: “Integrated Water and Sanitation Programme for the Placencia Peninsula.”

Project Manager
Project Management Unit
Integrated Water and Sanitation Programme for the Placencia Peninsula
Belize Water Services Limited
#7 Central American Blvd.
Belize City, Belize
Tel.: 011-501-222-4757 ext. 1106
Fax: 501-222-4759
Email: IWSPPMU@BWSL.com.bz
I'm sending you this email to bring up to date on the events of our family. I tried to talk to you while you were on your computer, but you just kept telling me that you would BRB....whatever that means. So, I decided to send you this email.

John Jr. cut his first tooth today. He's the one you bounce on your knee while typing. Remember how he giggles when he hears the Ut Oh sound? Sorry about him dropping his peanut butter sandwich on your keyboard. Is it working okay since I cleaned it up for you? Can you read the letters I tried to paint back on your keyboard? Most of them had been rubbed off.

Susie had her first date Saturday night. She had a good time and said to thank you for letting them use your computer is (hope you like the color), the church has a new pastor, and oh yes....I have a new job. Well, I think that's about it. I'll email you again in about 3 months. You take care of yourself honey. We all "miss" you very much and will see you again in about 3 months. You next time the power goes off!

Love,
Your Husband


Subject: Update!
Date: 05/31/07
From: hubby@home-alone.com
To: wife@you-are-lost.com

Dear Wife,...

I'm sending you this email to bring up to date on the events of our family. I'm sending you this email to bring up to date on the events of our family. I decided to send you this email.

BRB.....whatever that means. So, I decided to send you this email.

Tim is playing football. He looks forward to going to school now that he has a sport to play. He wanted to know if you would come to one of his games if we bought you a laptop to bring along? Do you remember him?

Let's see.....since the last time I wrote you (3 months ago), the refrigerator had to be replaced, the dog died from old age, your mother and dad painted the room where your computer is (hope you like the color), the church has a new pastor, and oh yes....I have a new job. Well, I think that's about it. I'll email you again in about 3 months. You take care of yourself honey. We all "miss" you very much and will see you the next time the power goes off!

Love,
Your Husband

Your One Stop Construction & Home Improvement Shop

"You're on, old man," the bragging construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of Morris, one of the older workmen. After several minutes, Morris had enough.

"Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can outrun, outjump, outclimb and outdo anything you can do." Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

A strong young man at the construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of Morris, one of the older workmen. After several minutes, Morris had enough.

"Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can outrun, outjump, outclimb and outdo anything you can do." Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."

"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

"Out Of Office" E-Mail Auto Replies

I am currently out at a job interview and will reply to you if I fail to get the position. Be prepared for my mood.

You are receiving this automatic notification because I am out of the office. If I was in, chances are you wouldn't have received anything at all. I will be unable to delete all the unread, worthless e-mails you send me until I return from vacation on 01/05. Please be patient and your mail will be deleted in the order it was received.

Thank you for your e-mail. Your credit card has been charged $5.99 for the first ten words and $1.99 for each additional word in your message.

The e-mail server is unable to verify your server connection and is unable to deliver this message. Please restart your computer and try sending again.

Thank you for your message, which has been added to a queuing system. You are currently in 352nd place, and expect to receive a reply in approximately 19 weeks.

Hi, I'm thinking about what you've just sent me. Please wait by your PC for my response.

Hi! I'm busy negotiating the salary for my new job. Don't bother to leave me any messages.

My Wife the Internet Junkie

A Sure Bet

Haul something in a wheelbarrow over to that outbuilding that you won't be able to wheel back."

"You're on, old man," the bragging construction site was bragging that he could outdo anyone in a feat of strength. He made a special case of making fun of Morris, one of the older workmen. After several minutes, Morris had enough.

"Why don't you put your money where your mouth is?" he said. "I will bet a week's wages that I can outrun, outjump, outclimb and outdo anything you can do." Morris reached out and grabbed the wheelbarrow by the handles. Then, nodding to the young man, he said, "All right. Get in."
VACANCY
Principal/President

The Board of Governors of Sacred Heart College invites applications from suitably qualified persons for the full-time post of Principal/Chief Administrative Officer. The position will be effective March 1, 2015.

The Principal/President has oversight for the academic and administrative affairs of the College (high school and junior college sections). He or she has the ultimate responsibility for general administration, the relationship between the school and its public, and overseeing the implementation of the policies and programs of the school in cooperation with the Board of Governors and Ministry of Education. He or she reports to the Sacred Heart College Board of Governors and is an ex-officio member of the Board.

SHC is a Catholic institution and as such its academic and administrative practices are molded by Catholic traditions.

The Principal/Chief Administrative Officer will be a person who:
· Is familiar with and supportive of the mission of Sacred Heart College;
· Is capable of working as part of the College’s senior management team which includes the Dean of the Junior College and the Associate Principal of the High School;
· Is accessible and consultative when making decisions;
· Has excellent communication and interpersonal skills;
· Has the ability to articulate effectively the school’s mission to the College community, alumni and to the public-at-large; and
· Possesses leadership and management skills.

Education and Experience: Applicants should have a Master’s Degree in Educational Administration (or related field) from an accredited institution, a full license to teach at the secondary level, and a minimum of five years experience in teaching or administration in the Belizean educational system. Fluency in Spanish will be an asset. Application packages should include a current resume, three named referees with contact details, and copies of all diplomas, certificates, and teacher’s license.

Remuneration: In accordance with salary scales approved by the Ministry of Education.

Application Deadline: December 31, 2014

Applications should be addressed to:

The Chairman
Board of Governors
Sacred Heart College
P.O. Box 163
San Ignacio, Cayo

APPLICATION SHOULD ALSO BE EMAILED TO: corporatesecretary@shc.edu.bz
Diphtheria

Diphtheria is an upper respiratory tract illness caused by Corynebacterium diphtheriae, a facultative anaerobic, Gram-positive bacterium. It is characterized by sore throat, low fever, and an adherent tract illness caused by Diphtheria is an upper respiratory membrane sensation above, chills, fatigue, bluish skin cavity. A milder form of diphtheria can be restricted to the skin. Less common consequences include myocarditis (about 20% of cases) and peripheral neuropathy (about 10% of cases).

Diphtheria is an infectious disease spread by direct physical contact or breathing the aerosolized secretions of infected individuals. Historically quite common, diphtheria has largely been eradicated in developed nations through widespread vaccination. In the United States, for example, there were 53 reported cases of diphtheria between 1980 and 2000, but in the 21st century only two cases of diphtheria have been reported, the last of which was in 2012. The diphtheria-pertussis-tetanus (DPT) vaccine is recommended for all school-age children in the U.S., and boosters of the vaccine are recommended for adults, since the benefits of the vaccine decrease with age without constant re-exposure; they are particularly recommended for those travelling to areas where the disease has not been eradicated.

Signs and symptoms

The symptoms of diphtheria usually begin two to seven days after infection. Symptoms of diphtheria include fever of 38 °C (100.4 °F) or above, chills, fatigue, bluish skin coloration (cyanosis), sore throat, hoarseness, cough, headache, difficulty swallowing, painful swallowing, difficulty breathing, rapid breathing, foul-smelling blood-stained nasal discharge and lymphadenopathy. Symptoms can also include cardiac arrhythmias, myocarditis, and cranial and peripheral nerve palsies.

Laryngeal diphtheria can lead to a characteristic swollen neck and throat, or "bull neck". The swollen throat is often accompanied by a serious respiratory condition, characterized by a brassy or "barking" cough, stridor, hoarseness, and difficulty breathing, and historically referred to variously as "diphtheritic croup", "true croup", or sometimes simply as "croup". Diphtheritic croup is extremely rare in countries where diphtheria vaccination is customary. As a result, the term "croup" nowadays most often refers to an unrelated viral illness that produces similar but milder respiratory symptoms.

Mechanism

Diphtheria toxin is produced by C. diphtheriae only when infected with a bacteriophage that integrates the toxin-encoding genetic elements into the bacteria. Diphtheria toxin is a single, 60kDa molecular weight protein composed of two peptide chains, fragment A and fragment B, held together by a disulfide bond. Fragment B is a recognition subunit that gains the toxin entry into the host cell by binding to the EGF-like domain of heparin-binding EGF-like growth factor (HB-EGF) on the cell surface. This signals the cell to internalize the toxin within an endosome via receptor-mediated endocytosis. Inside the endosome, the toxin is split by a trypsin-like protease into its individual A and B fragments. The acidity of the endosome causes fragment B to create pores in the endosome membrane, thereby catalyzing the release of fragment A into the cell’s cytoplasm.

Fragment A inhibits the synthesis of new proteins in the affected cell. It does this by catalyzing ADP-ribosylation of EF-2—a protein that is essential to the translation step of protein synthesis. This ADP-ribosylation involves the transfer of an ADP-ribose from NAD+ to a diphthamide (a modified histidine) residue within the EF-2 protein. Since EF-2 is needed for the moving of tRNA from the A-site to the P-site of the ribosome during protein translation, ADP-ribosylation of EF-2 prevents protein synthesis.

ADP-ribosylation of EF-2 is reversed by giving high doses of nicotinamide (a form of vitamin B3), since this is one of the reaction’s end-products, and high amounts will drive the reaction in the opposite direction.

Diagnosis

The current definition of diphtheria used by the Centers for Disease Control and Prevention (CDC) is based on both laboratory and clinical criteria.

Laboratory criteria

Isolation of Corynebacterium diphtheriae from a gram stain or throat culture from a clinical specimen, or Histopathologic diagnosis of diphtheria by a stain called "Albert's Stain".

Clinical criteria

Upper respiratory tract illness with sore throat

Low-grade fever (101 °F (38.3 °C) or lower)

An adherent, dense, grey pseudomembrane covering the posterior aspect of the pharynx. In severe cases, it can extend to cover the entire tracheobronchial tree.

Case classification

Probable: a clinically compatible case that is not laboratory-confirmed and is not epidemiologically linked to a laboratory-confirmed case.

Confirmed: a clinically compatible case that is either laboratory-confirmed or epidemiologically linked to a laboratory-confirmed case.

Empirical treatment should be directed toward the reaction in the opposite direction since this is one of the reaction’s end-products, and high amounts will drive the reaction in the opposite direction.

Continues On Page 14
Avoiding Poisons In Your Cayo Food

The second symposium on Finding Healthy / Safe Foods in the Cayo District will be held Saturday 13th December at the Maya Mountain Lodge’s conference facility. The November symposium focused on safe market produce. This month the focus is on processed boxed and canned foods as well as concerns about GMO. The January one will be on finding safe animal products. All symposiums follow the agenda pattern of Market place, consultation, and learning exchange.

The symposium will run from 12-4 pm with the following schedule:
12-2pm Market place where you can connect and buy from providers of healthy foods.
2-3 pm Consultations on the results from the last symposium.
3-4 pm Presentation followed by “learning exchange” by participants on dangers of processed foods.

Lunches can be optionally purchased on site. There will be a $5 adult / $3 student cover charge.

The event will occur at ¾ mile Cristo Rey Road.

Many people are pleased that they can now purchase pesticide free produce on Saturdays at the market. This is the only way that one can be sure of the safety of their produce except to grow your own or buy from a trusted farmer friend. We are very grateful to the San Antonio Cayo Organic Farmers Association for their efforts to provide safe food for the public.

The Maya Mountain Learning Exchange is the host of this series on Wellness which is an ongoing event on the second Saturday of each month. There are other series including a new one on Natural Healing which will start in January on the last Saturday of each month.

The concept of “Learning Exchange” respects the ability of the participants to contribute to the process of learning. The symposiums will often have a presenter who will initiate an exploration of a subject. Time will be allowed for those present to contribute to the learning in the group. This style is very different from the common academic “expert” modality which is often seen in training programs and schools. This form is a powerful tool for releasing the talents and resources we have in any community.

Exist for a Domestic Worker

Duties include:

* Doing laundry
* Ability to do house work and;
* Willing to work flexible hours.

Interested person can call: 675-5100
ARIES: March 22 to April 20
A big workout or a major house-cleaning is in order on Monday. You’ll not only feel better about yourself and your surroundings, but you’ll be able to clear your head, too. Then, something’s urgent around Tuesday and Wednesday; could it be in the love department? Making the first move wouldn’t hurt. While you’ve certainly got your own concerns from Thursday through the weekend, making the world brighter for those around you (your boss, a relative, a friend, even a random stranger) reflects a very lovely cosmic light back on you. Lucky numbers: 05, 18, 25.

TAURUS: April 21 to May 20
Take someone out to lunch on Monday — or have them over and make it for them. Keep it agenda-free and just talk; building bonds goes great now. You know you’re right around Tuesday and Wednesday, but getting adamant about it isn’t necessarily the way to sway people. Listen to their side (no, really!), and be ready to understand that there might be something to it. Common ground can be found. The rest of the week’s ripe for shaking things up, especially in your love life. Surprise someone, and surprise yourself, too. Lucky numbers: 39, 46, 55.

GEMINI: May 22 to June 21
On Monday, you’re not as social a creature as you usually are, and nesting at home might sound better than anything. Heat that natural instinct. You’re ready to make things happen again around Tuesday and Wednesday, when the process of going from a concept to reality is smoothed by the stars. Getting people to agree with you is favored now, too, so make plans while you can. From Thursday through most of Saturday, those connections aren’t as easy, so you might even have to explain yourself a lot. The last of the weekend looks to be full of good feelings and the chance of romance! Lucky numbers: 79, 83, 97.

CANCER:June 21 to July 21
If you have time off on Monday, make the most of it; if you don’t, consider taking some. Your energy’s so good — why waste it on work? Around Tuesday and Wednesday, you might leave that shell of yours so far behind that it’s a little outrageous. Kudos to you for putting yourself out there, but do also give a tiny bit of thought to what this might mean down the road. Those who think you’re hopelessly at the mercy of your emotions might be surprised by your objective standpoint and analytical abilities during the rest of the week. It’s a great time for a reality check. Lucky numbers: 59, 64, 70.

LEO: July 24 to August 21
Take it easy on Monday and give yourself time to think. Finding the source of your emotions is important now, whether they’re negative or positive. Then, around Tuesday and Wednesday, your inhibitions might just go out the window, and it just might be a marvelous thing. Why not do what you feel, say what you mean and make the most of life? You’re hot now! This ought to be out of your system by Thursday, and the rest of the week looks low-key. You’re working things through, professionally or personally, or even both. Good for you. Lucky numbers: 21, 33, 49.

LIBRA: September 22 to October 23
Whatever big ambitions you have for Monday are likely to be foiled. Your mission: Make the best of it. Around Tuesday and Wednesday, taking action is much more favored, and others look to you to take the lead, whether in your professional or personal life. For best results, add an unusual element. Give it flair! Socializing’s favored from Thursday through the remainder of the week, as is sorting out an interpersonal issue. With your charm, diplomacy and ability to unearth the best in people, you may end up great friends with somebody you never thought of as a buddy. Lucky numbers: 37, 42, 51.

SCORPIO: October 24 to November 21
Combining the emotional with the intellectual on Monday — letting yourself go after thinking it through — allows you to see a new angle. Around Tuesday and Wednesday, it’s tempting to let your reaction spill out, but a certain situation demands restraint. Life could be stressful now, so plan to handle it calmly instead of letting it get to you. Then, if you don’t have your agenda out in the open during the rest of the week, why would you expect that anyone else would? Consider leveling with someone important in your life. The results might surprise you. Lucky numbers: 63, 45, 62.

SAGITTARIUS: November 22 to December 21
Let your mood dictate your day on Monday as much as possible. You’re happiest and you get the most done when you have a flexible agenda. It looks like a distinct advantage may be coming your way around Tuesday and Wednesday — a lucky break, a bonus or an upgrade. Knowing you, you’ll be generous, too, keeping the good vibes going. But beware: If you can’t be bothered with the details from Thursday through most of Saturday, the details will likely become a bother to you. Time with friends, new or old, is favored on Sunday. How about brunch? Lucky numbers: 69, 81, 99.

CAPRICORN: December 22 to January 20
Wherever you are, you might wish you were someplace else on Monday. It’s just one of those days; breathe deeply and hold on. News is traveling about your ability to get things done, and around Tuesday and Wednesday, there’s a chance of getting overloaded. Know when to say no — or to ask the requestor to take on something in return. Over the next few days, though, you’re pretty much unstoppable, and it’s an excellent time to turn that sharp mind (and that solid-gold heart) toward the future. What is it you want to do next? Sunday’s ideal for taking the first step. Lucky numbers: 58, 75, 89.

AQUARIUS: January 20 to February 18
Stick to the plan on Monday. Your emotions may seem very compelling, but it’s unlikely you’ll still feel this way in the long term. In fact, as soon as Tuesday and Wednesday hit, you’ll be able to separate out your reaction from reality, and from there it’s easy to make a discovery and even improve a relationship. And if you’re interested in relating to people (or maybe a certain someone) on a deeper level, the rest of the week offers opportunities galore. Skip the chitchat and get down to the real deal by asking serious questions and sharing powerful emotions. Lucky numbers: 53, 71, 87.

PISCES: February 20 to March 21
Monday’s a fun day, so if you have some time off, make the most of it. Making an ocean of the romantic variety is favored now, too — lucky you! Keep your nose out of other people’s business around Tuesday and Wednesday, or at least keep your opinion of it to yourself. Further developments will have you glad you didn’t chime in. It’s your own affairs — maybe with a friend or partner — that are first and foremost during the remainder of the week. You’re usually so charitable, but right now you’re more critical, which can be very useful in making improvements. Lucky numbers: 77, 86, 93.
Brazil 'Serial Killer' das Gracas Alleges 42 Deaths In A Decade

Brazilian police have arrested a man who has confessed to the killing of 42 people over the last decade in the city of Rio de Janeiro.

Police say they arrested Sailson Jose das Gracas on Wednesday, shortly after he stabbed a woman to death in a city suburb.

He then confessed to killing another 37 women, three men and a two-year-old girl.

The police are searching for alleged victims and say they have found four.

In a police interview broadcast on Brazil's TV Globo, the man said he would go out hunting, and he killed for the adrenaline.

He told police that if he was ever released from prison he would kill again.

Sailson Jose das Gracas, 26 said he began a life of crime at the age of 15 and killed his first victim at 17.

He said he preferred victims who were white females, whom he strangled.

His three male victims had been killed when he was operating for hire, he added.

Das Gracas said: "I would wait for an opportunity to break into the house and kill," adding that he would watch his victims for months before making his move.

Experts said Das Gracas appeared to be a psychopath who enjoyed the media spotlight and warned that what he said needed to be carefully checked.

Police said they had begun cross-referencing his confession with police reports and had already found four of his victims.

In October a security guard in the Brazilian city of Goiania confessed to killing 39 people.
Diphtheria

Continued From Page 10

generally be started in a patient in whom suspicion of diphtheria is high.

Prevention
Quinvasem is a widely administered pentavalent vaccine, which is a combination of five vaccines in one that protect infantile children from Diphtheria, among other common child diseases.

Treatment
The disease may remain manageable, but in more severe cases, lymph nodes in the neck may swell, and breathing and swallowing will be more difficult. People in this stage should seek immediate medical attention, as obstruction in the throat may require intubation or a tracheotomy. Abnormal cardiac rhythms can occur early in the course of the disease and can lead to heart failure. Diphtheria can also cause paralysis in the eye, neck, throat, or respiratory muscles. Patients with severe cases will be put in a hospital intensive care unit and be given a diphtheria antitoxin. Since antitoxin does not neutralize toxin in already-swelling tissues, delaying its administration is associated with an increase in mortality risk. Therefore, the decision to administer diphtheria antitoxin is based on clinical diagnosis, and should not await laboratory confirmation.

Antibiotics have not been demonstrated to affect healing of local infection in diphtheria patients treated with antitoxin. Antibiotics are used in patients or carriers to eradicate C. diphtheriae and prevent its transmission to others.

In cases that progress beyond a throat infection, diphtheria toxin spreads through the blood and can lead to potentially life-threatening complications that affect other organs, such as the heart and kidneys. The toxin can cause damage to the heart that can lead to heart failure. In cases of kidney damage, the kidneys’ ability to clear wastes can also cause nerve damage, eventually leading to paralysis. About 40% to 50% of those left untreated can die.

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, DONG CHENG FENG and ZHI QUAN FEN is applying for a RESTAURANT liquor license for the year 2015 to operate Sun Light 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, BING HUI ZHU is applying for a CONVENIENCE liquor license for the year 2015 to operate New Yong Supermarket located on 4th 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, XIANG RONG CHEN is applying for a CONVENIENCE liquor license for the year 2015 to operate Kenny’s Store located on El Mango Ave, 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, DA HUAN CHEN is applying for a CONVENIENCE liquor license for the year 2015 to operate Highway 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, WEI FEN CHEN is applying for a CONVENIENCE liquor license for the year 2015 to operate El Rey Bar located in the Billy White Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, TOM GALLAGHER is applying for a CONVENIENCE liquor license for the year 2015 to operate Moon Racer Farm Lodging & Tours located 9 miles, Mountain Pine Ridge Area Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, XIANG RONG CHEN is applying for a MALTED & CIDER liquor license for the year 2015 to operate P & S Liquor Shop located Georgeville Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, TERESITA ROSALES is applying for a MALTED & CIDER liquor license for the year 2015 to operate Therese Tulipan Bar located in Cristo Rey Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, MICHAEL CANTO is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate La Primavera Observation Station located on Mile 1.5 Old San Francisco Road, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, HOWARD OLDHAM is applying for a MALTED & CIDER liquor license for the year 2015 to operate Hot Mama’s located on Mile 50 George Price Highway, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, THELMA BRADLEY is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate the Top Bar located in Benque Viejo Del Carmen, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, FELIPE PAZ MARIVALBENO is applying for a PUBLICAN SPECIAL liquor license for the year 2015 to operate La Pasadita Bar located in Buena Vista Village, Cayo District.

Notice is hereby be given that under the Intoxicating Liquor License Ordinance Chapter 150 of the Laws of Belize, Revised Edition 2000, SERVIN CONE is applying for a MALTED & CIDER liquor license for the year 2015 to operate P & S Liquor Shop located Georgeville Village, Cayo District.
Ministry of Tourism, Culture and Civil Aviation

Invitation for Bids (IFB)

BELIZE

Renovation and Expansion at the Belize Archives and Records Service (BARS) Building

1. The Ministry of Tourism, Culture and Civil Aviation, in conjunction with the Belize Archives and Records Service, will be renovating and expanding the existing Archives and Records Service office facilities located at 26/28 Unity Boulevard, Belmopan, Belize.

2. The Ministry of Tourism, Culture and Civil Aviation, and the Belize Archives and Records Service, are inviting proposals to provide construction services for the: **Renovation and Expansion at the Belize Archives and Records Service Building** in Belmopan.

The scope of works will include:

a) Break in of slab and walls to allow for construction of new staircase at ground floor level.
b) New dry wall construction at ground floor for enclosing of the research area.
c) Metal support and walls for new lift to be built on ground floor.
d) New walls, roofing system, and proposed finishes for the completion of first floor level.
e) Provide and install proposed mechanical, electrical and plumbing at first floor level.
f) Carry out all other necessary works to complete project as per design.

3. The proposal shall be reviewed and evaluated based on completeness and compliance of the quotation with the minimum specifications required.

4. The Ministry of Tourism, Culture and Civil Aviation, and the Belize Archives and Records Service, are not bound to accept any quotation nor be responsible for any costs associated with the preparation and submission of a quotation, regardless of the outcome or manner of conducting the selection process.

5. The bid proposal shall be valid for 3 months from date of submission.

6. Interested Eligible Bidders may obtain further information from the Director of the Belize Archives and Records Service, 26/28 Unity Blvd., Belmopan. Tel: (501)-822-2247. Fax: (501)-227-4031. Email: herman.byrd@archives.gov.bz.

7. Qualifications requirements include:

   a) The contractor should have specialization and experience in supervision of construction projects and provision of related quality assurance and quality control services.

   b) The contractor should be registered with Government of Belize and should have at least five (5) years of experience in undertaking work related to the requirements (construction/rehabilitation projects).

   c) The contractor should have knowledge of international standards for safety and security at the work site.

   d) The contractor should have good knowledge of reinforced cement concrete, electrical, mechanical, plumbing, Information Communication Technology, heating/ventilation/air-conditioning for large scale construction projects.

   e) The contractor should have demonstrated ability to read, understand and interpret construction documents such as technical drawings, work plan, specification, and generally engineering data in English.

   f) The contractor should maintain a high level of confidentiality.

8. A complete set of Bidding Documents on Compact Disk can be requested free of cost by interested bidders from the contact person at the address below.

9. Bids must be delivered to the address below at or before January 12th, 2015 at 2:00 PM. Late bids will be rejected. Bids will be opened in the presence of the Bidders or their representatives who choose to be present at address below on the January 12th, 2015 at 3P.M.

10. A site visit will be held at the BARS in Belmopan 5th January 2015. 9:00 A.M.

11. All bids shall be accompanied by a “Bid Security” of BZ$10,000.00.

12. The address referred to above is:

   Ministry of Tourism, Culture and Civil Aviation
   Attn: Mr. Carroll D. Azueta, Finance Officer
   106 South Street
   P.O. Box 325
   Belize City, Belize
   Tel: (501)-227-2801/02
   Fax: (501)-227-2810
   Email: finance.officer@tourism.gov.bz
$1 Phone

TopUp for $40 & get this phone for $1!

ALCATEL
ONE TOUCH 1041a

Get a chance to
WIN
$25,000
with every purchase!

One Dollar...One Phone, One GREAT DEAL!

One device per customer.

Available Countrywide
In Belize City at St. Thomas Street Only. While supplies last.

BELIZE CITY ONLY: On Saturday December 13th.
at Church Street Office and St. Thomas Street.

www.digicell.bz/christmasdeals

Connect with us
www.digicell.bz