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# STAR

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No. 433

Sunday, March 22, 2015

Price \$1.00

## Harrison Drops The Bomb

SAN IGNACIO, Cayo, Tuesday, 17 March, 2015:

Just 75 days ago **Richard Harrison** was a national candidate for the People's United Party and glowing endorsements from his party leader **Francis Fonseca**. But in quick time after his historic defeat he has faded into obscurity; Harrison disappeared from public view before the votes were finished counting in the Cayo North bi-election.

But he has re-appeared quite suddenly with a searing political commentary called "*A Post Election View From Under The Bus.*"

Harrison starts by saying that the party leadership, quote "*threw him under the bus*" when it endorsed his



**Richard Harrison**

replacement **Michel Chebat** without his knowledge. Harrison takes this as disrespect after all he gave in the failed bi-election effort. He then asks,



**Francis Fonseca**

provokingly, "*if they cannot uphold their own party's constitution while in opposition, how can they be expected to uphold the national constitution while in government?*"

From there, he goes onto criticize the current direction his party is taking saying, "*the momentum created in the by-election has continued in the municipal elections....nothing has been done by the leadership...to change this momentum... if all things remain equal, the momentum developed by the by-election will continue into the next general elections.*"

Damning words from that former candidate - and while he was soundly defeated in the Cayo North bi-election - he still got more than a thousand votes - which the PUP will need as it tries to re-organize in the San Ignacio and Santa Elena which was the scene for the worst losses, numerically, in the municipal elections.

## Launching Of "A Walk Through El Cayo"

CAYO WELCOME CENTER, San Ignacio, Wednesday, March 18, 2015:

The Institute for Social and Cultural Research today launched a

**Continues On Page 15**



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## “A Post Election View From Under The Bus.”



**BY: Richard Harrison**

Municipal elections in Belize are held every three years and were scheduled for March 4, 2015. General elections to elect members of the House of Representatives are held every five years and must be held by March 2017, but can be called by the Prime Minister at any time before then, with only 30 days notice.

Suddenly, in mid-November 2014, People's United Party (PUP) elected area representative for Cayo North (**Hon. Joseph Mahmud**) resigned as standard bearer for his party, and I (**among others**) was called by senior party officials inviting me to participate in intra-party convention to elect a new standard bearer that would represent the party in the next general elections. After some consultation with people in the area, I decided to accept this invitation, and started to do some ground work in the division.

I have always been disposed to being of service to my country, both privately and publicly....and I know that becoming an elected representative gives one the opportunity to be of greatest influence in the development and general direction of my beloved country, Belize. At the peak of my life, I am well prepared for such an undertaking...and gaining the confidence of my countrymen to serve at this level would be a great honor for me.

By early December, distance had grown between Mahmud and the PUP leadership, and he decided abruptly to resign from his seat in the House of Representatives, triggering the need for a by-election. The Prime Minister could have chosen to set a date between 30 and 90 days from the date of resignation, and he chose January 5, 2015; giving us 34 days. The PUP leadership decided to appoint me the standard bearer to represent the party in the by-election, against my recommendation that we do a quick convention so that the people of the division choose who should represent them. They claimed that the time was too short and that a convention would be divisive and hurt the party's chances. I found myself at ground zero with this sharp,

unforeseen turn of events.

I submitted to their decision, as the leader, deputy leader and national campaign manager agreed in our private meetings that the by-election would be treated as a national election strategically....since it would impact momentum leading up to the municipal elections in March 2015, and the general elections anytime before March 2017...and this was the only way I would stand a fighting chance of winning with such a short notice against the United Democratic Party (UDP) candidate that was working in the division for a year previous....and with all the organizational and material resources of the government and his ruling party behind him.

Shortly after my submission to their decision, the deputy party leader said on national televised newscast that the party leadership had taken the strategic decision that the by-election would be a local election for the PUP....and in our meetings presented my campaign committee with a less-than-skeleton budget of what the party would support the campaign with, claiming the party simply did not have the funds. This was a grave error in leadership judgment...reflecting its commitment to represent the status quo and not the best interest of the support base of the People's United Party....willing to make of me a sacrificial lamb instead of doing everything possible to win every election....cutting off its nose to spite its face. I was ready to take a different approach at that point, but key members of my committee encouraged me to stay and that **“things would work out”** leading up to election day. It never did.

The PUP stuck to its **“local election”** strategy....while the UDP implemented a **“national election”** strategy, bringing all its organizational and material resources from across the country to Cayo North....outspending us 10:1 in direct campaign financing, including vote buying on a massive scale...plus government sponsored Christmas cheer, December home mortgage subsidy for many, trending drop in fuel price, wide spread grocery subsidy, personal construction, medical and education assistance for many, etc etc. The past UDP area representative was on the ground fighting tooth and nail to get their candidate elected....the two past PUP representatives had been chased out to pasture, and they, their families and loyalists were not supporting the campaign. A low 61% turnout of voters on a rainy day gave the UDP 2,664 votes, while the PUP got 1,348....more or less a 2:1 margin.

Shortly after the by-election, while I was on personal business outside the country, I received message that the

PUP leadership, with a handful of Cayo North people towing line, had moved to endorse **Mr. Michel Chebat** as standard bearer for Cayo North....effectively kicking me **“under the bus”**. This, after I had put my face, reputation, time, energy and resources for the party in such a challenging by-election. I had no knowledge that this would happen....and I nor anyone close to my campaign was consulted, as far as I know. This is how the current **“endorsement champions”** of the party can be expected to treat anyone that it considers not to be a blind loyal follower. This is the kind of rogue dictatorship that a party which voluntarily suspends its own constitution will provide for....taking away the right of its supporters (**more like blind loyal followers?**) to democratically choose their representatives in free, open and fair intra-party conventions. Many people ask the fair question **“if they cannot uphold their own party's constitution while in opposition, how can they be expected to uphold the national constitution while in government?”**

Indeed, I have not received a call nor invitation to meet from the party leadership since the by-election. I am, and will never be, a blind loyal follower of any man....if I agree with you, you will know....if I don't, you will know. I respect the democratic free will of the people....and the representatives they put their trust in....resulting from free, open and fair elections....as required by party and national constitutions.

Then to add insult to injury....their weasels were spreading false propaganda that I had agreed to such agenda at the time when I reluctantly accepted to be endorsed as standard bearer for the by-election. They did not end there, they claimed that I had accepted money from the party leadership for such **“accommodation”** ... and their fake pitbulls were even spewing derogatory and insulting remarks about myself and my family on social media. They were stabbing me while I was already kicked under the bus.

Subsequent to the by-election....the municipal elections were held in nine municipalities across the country on March 4, 2015....and the UDP won 8 out of 9....gaining ground, as they previously held only 6 of 9. The margins in the municipals were very near the 2:1 margin experienced in the by-elections....even though the PUP suddenly found the resources it claimed it did not have at the time of the by-election and were only outspent 3:1....which proves that the voter sentiment expressed in the Cayo North by-election closely reflected

national sentiment. Was my loss margin reason enough to kick me under the bus in the manner they did?

There are those who continue with excuses and empty justifications....oh, that the voters did not take the by-election and municipal elections seriously....that the low voter turnout reflects mostly PUP's that stayed away from the polls due to fear....that the voters are waiting for the general elections to finally make their move to change the government. Well, the momentum created in the by-election has continued in the municipal elections....nothing has been done by the leadership of the party to change this momentum....and entrenchment seems to be the order of the day. My knowledge of strategy leads me to continue to believe that, if all things remain equal, the momentum developed by the by-election will continue into the next general elections.

The current PUP leadership seems hell bent on creating the party without a party to go to anytime soon. Treating party supporters like disposable diapers only chases them and their families and loyalists away....it does not inspire unity....and divided, we fall.

I, like most Belizeans, feel proud of the colorful and productive history of the People's United Party during its 1950-1981 **“George Price”** years....large land holdings acquired to give thousands of small holders at affordable rates, forestry to agro-industry and services economic transition, from candles to countryside electrification, from riverways to highways and roads connecting the entire country, from a few elite schools only for the wealthy and privileged in Belize City to education and health services at the reach of every village, political independence with territorial integrity, pooling of union financial resources into credit unions, social security, telecommunications, expansion of service-oriented government that created many new jobs, massive expansion of Belize City and then Belmopan, ports and airports....all with relatively low level of corruption and debts...and working the mixed economy to benefit mostly a middle-income population living mostly peacefully and in general safety. Our post-Independence history has been pretty much BORROW AND SPEND...continuing the colonialist economic laws, policies and practices that favor imports over domestic production....**“old money”** economic ball-and-chain, now joined by special-interest and corruption-based nouveau riche, with relatively high unemployment and rising poverty.

The only acceptable way forward is to recommit the entire party to its

**Please Turn To Page 14**



# Official Swearing In Of The New Mayor And Councillors Of San Ignacio and Santa Elena

**CAYO WELCOME CENTER, San Ignacio Town, Sunday, March 15, 2015:**

The new San Ignacio/Santa Elena town council officially took office on Monday, March 16, 2015.



Mayor Earl Trapp and his councillors were sworn in during a short ceremony held on Sunday

afternoon at the Cayo Welcome Center by Senior Justice of the Peace Elulogio Cano.

Prior to the start of the swearing in ceremony, Mayor Trapp and the councilors went around greeting

Furia Band.

Councilors **George Boiton, Bernadette Fernandez, David Morey, Vanessa Neal, Michael Salazar and Nick Singh** were first to take their oath, followed by Mayor

succeeding **John August** who now proceeds to contest the next General Elections in the Cayo Northeast constituency.

When he addressed the gathering after being sworn in, Mayor Trapp thanked the people who resoundingly voted in the UDP team.

He also thanked the campaigners and his wife and children for their unyielding support during the



Trapp who received a round of applause when he was introduced as the new Mayor of the twin towns,

campaign, on election day and in the days leading up to his first official day in office.

## Land Fraud Cases

**Belmopan City, March 19, 2015:**

The Ministry of Natural Resources and Agriculture (**MNRA**), through the Lands and Surveys Department, has launched an investigation into fraud cases involving land titles that were recently discovered.

The preliminary investigation suggests that there is a systematic effort being orchestrated by persons of both foreign and local nationalities to obtain property by fraudulent means. The perpetrators use fraudulent international passport and other forms of identification to usurp the identity of real land owners to obtain property and subsequently proceed to fraudulently transfer land titles to prospective buyers by forging signatures of MNRA officials in an effort to make the documents appear legitimate as though they were issued from the Lands and Surveys Department. It appears that the con artists are targeting properties owned by absentee landowners who reside abroad.

These cases of fraud have come about as a result of the new land management system that was designed to be more rigorous, specifically verifying the authenticity of applicants, especially those not applying in person or with foreign passports. As a result, the Lands and Surveys Department is uncovering several documents that purport competing interest for the same parcel of land. In some cases, the documents refer to land that do not exist.

Consequently, and in direct response to the uncovering of these

fraudulent land transactions, the Lands and Surveys Department warns the general public to **BEWARE** of internet websites that purports to sell land in Belize. Government is mindful that there are many legitimate real estate companies that sell land over the internet and as such we encourage buyers to execute the necessary due diligence during this process.

The Lands and Surveys Department recommends that the general public adhere to the following measures to ensure the legitimacy of land transactions and/or authenticity of land documents:

(1) Validate the authenticity of a Land Title by making a check at the Land



*Everything In The Universe Has Rhythm, Everything Dances.*

Registry

(2) Purchase a certified copy of a register to confirm ownership of parcel

(3) Request an abstract of land title from seller and cross reference it at the Land Registry.

The MNRA, through the Lands and Surveys Department, takes this opportunity to assure the general public and lands stakeholders that all legitimate transactions and documents are backed up on a daily basis and no land registration will be completed

without the proper authenticated documentation that matched our electronic and manual recording system. The laws of Belize are very clear on the perpetration of fraudulent land transactions, which are considered serious criminal offences for both the perpetrators and their accomplices. As such, the Ministry is working with the Police Department to conduct a thorough investigation to find and prosecute the perpetrators of these fraudulent land transactions.

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- 2 Recommendation Letters
- Copy of qualifications

**Deadline:**

# March 20,2015



# National Elite Basketball League - All Star Night

Contributed by: Karim Juan

The NEBL will be hosting its first ever All Star Night on Friday, April 10 at the Sacred Heart College Auditorium in San Ignacio Town. The All Star Game will tip off at 8 p.m., with North versus South. Entrance fee is \$10 general admission and \$15 for VIP seating. Children under 10 years of age pay \$5. Teams from the North will be Orange Walk Running Rebels, Belize Hurricanes, Belize City No Limit and San Pedro Tiger Sharks and teams that make up the South are Belmopan Red Taigaz, Cayo Western Ballaz, Dangriga

Warriors and Toledo Diplomats. The starting five for both teams will be selected by the fans, via Facebook likes. Fans are encouraged to visit the NEBL Facebook page, click on the picture of their player and “Like” their favorite player. The players with the most FB “Likes” will be the starting 5 for both teams. Only 2 players from one team can be on the starting 5. The coaches, media, president of the BBF, the NEBL Commissioner and BABO will all be entitled to one vote, in order to select the remaining 7 players to make up the team. Below are the names of

the players who have been selected for all star voting. If online voters would like to view the player statistics for this season, they can visit the NEBL website at [nebl.sportingpulse.net](http://nebl.sportingpulse.net).

During half time, there will be a three point shoot-out contest, with the best three point shooter from each team participating, based on this season’s player statistics at the end of Round 1. The name of players who will participate in this year’s Three Point Shootout will be published next weekend, after the completion of Round 1. After the All Star Game,

there will be a slam dunk contest, with the best dunkers in the league participating in this event. Below are the list of players who have been invited to participate in the Slam Dunk Contest. Each participant will get 2 dunks in the first round, with 3 attempts per dunk. The top 5 dunkers will advance to the second round, for one dunk. The top 2 dunkers will then advance to the third and final round, where they will be performing one dunk. The slam dunk and three point contest winners will walk away with \$300 cash and a trophy. All Star Night promises to be a great event, as the league’s top players will be showcasing their skills and talents.

SOUTH TEAM	NORTH TEAM
Point Guards 1. Terrell Eskridge - Belmopan Red Taigaz 2. Stanley Flowers - Cayo Western Ballaz 3. Daniel Nolberto - Dangriga Warriors 4. Michael Bables - Toledo Diplomat	Point Guards 1. Randy Usher - Orange Walk Running Rebels 2. Ty Bradley - Belize Hurricanes 3. Tyrone Edwards - San Pedro Tiger Sharks 4. Lennox Bowman - Belize City No Limit
Shooting Guards 1. Kyle Pascascio - Belmopan Red Taigaz 2. Elvis Usher Jr. - Cayo Western Ballaz 3. Jamir Flores - Dangriga Warriors 4. Giovanni Arzu - Toledo Diplomat	Shooting Guards 1. Alton Herrera - Orange Walk Running Rebels 2. Tariq Middleton - Belize Hurricanes 3. Rhetton Belisle - Belize City No Limit 4. Ashton Edwards - San Pedro Tiger Sharks 5. Gregory Rudon - Belize City No Limit 6. Jamal Kelly - San Pedro Tiger Sharks
Small Forwards 1. Travis Lennen - Belmopan Red Taigaz 2. Richard Troyer - Cayo Western Ballaz 3. Edgar Mitchell - Dangriga Warriors 4. Trevaughn Usher - Dangriga Warriors 5. Shamir Martinez - Toledo Diplomat	Small Forwards 1. Roger Reneau - Orange Walk Running Rebels 2. Andrew Vasquez - Belize Hurricanes 3. Winston Pratt - Belize Hurricanes 4. John Rudon - Belize City No Limit 5. Darwin Leslie - San Pedro Tiger Sharks
Power Forwards 1. Jarrel Velasquez - Belmopan Red Taigaz 2. Stephen Williams - Belmopan Red Taigaz 3. Keith Acosta - Cayo Western Ballaz 4. Macario Augustine - Dangriga Warriors	Power Forwards 1. Ian Carcamo - Orange Walk Running Rebels 2. Brian White - Belize Hurricanes 3. Brandon Rogers - Belize City No Limit 4. Raul Roches - San Pedro Tiger Sharks 5. Andrew Ortiz - San Pedro Tiger Sharks
Centers 1. Farron Louriano - Belmopan Red Taigaz 2. Kurt Burgess - Cayo Western Ballaz 3. Brandon Flowers - Dangriga Warriors	Centers 1. Jason Grant - Orange Walk Running Rebels 2. Leon Williams - Belize Hurricanes 3. Kevin Domingo - Belize City No Limit 4. Milton James - San Pedro Tiger Sharks
SLAM DUNK CONTESTANTS	
1. Farron Louriano - Belmopan Red Taigaz 2. Jarrel Velasquez - Belmopan Red Taigaz 3. Akeem Watters - Cayo Western Ballaz 4. Giovanni Lennen - Cayo Western Ballaz 5. Macario Augustine - Dangriga Warriors	6. Daniel Nolberto - Dangriga Warriors 7. Shemar White - Orange Walk Running Rebels 8. Winston Pratt - Belize Hurricanes 9. Milton James - San Pedro Tiger Sharks 10. Andrew Ortiz - San Pedro Tiger Sharks

NOTICE

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# Bishop Martin Project

BY: Evelyn Dengerink

Twelve twelfth grade students from Toronto District Christian High School (TDC)(Ontario, Canada) landed in Belize City last week Wednesday, March 11. They stayed in San Ignacio making a daily trip to Bishop Martin Roman Catholic School where they began construction on a new cafeteria.

TDChristian sends down students every year during their 'March Break' off school to volunteer their time here in Belize. This year's team consisted of twelve students, **Monika, Sewa, Allison V., Chloe, Joey, Katie, Gavin, Melissa, Mark, Arie, Allison E., and Amber**, as well as three chaperones, **Ms. Marg, Mrs. Evelyn, and Mr.**

**Rod.** During their time in Belize the students learned new skills, interacted with elementary students, and toured the country.

All the funds for travel, accommodations, and construction were raised by the team before they arrived. Their Belizean hosts, **Richard and Lucille Zul**, ensured that everything was organized and ready to go before the Canadians hit the ground.

They enjoyed the warm Belizean climate and were amazed by the welcoming, friendly natives. They were all sad to return back home, but were really grateful for the opportunity to enjoy the wonderful experience and help out the people of San Ignacio.



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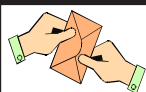
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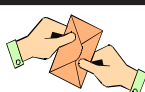
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(the former Yoli’s Pizza location)





## Readers Write



### The Forgotten History of Gay Marriage

BY: Paul Canning

Editor's note: This post is a Care2 favorite. It was originally published on March 14, 2012. Since then, there have been many changes and advancements in LGBT rights around the world. The information in this post still holds true, though, and is an important reminder. Enjoy!

Republicans and other opponents of gay marriage often speak of marriage as being a 2,000 year old tradition (*or even older*). Quite apart from the fact that the definition of marriage has changed from when it was a business transaction, usually between men, there is ample evidence that within just Christian tradition, it has changed from the point where same-sex relationships were not just tolerated but celebrated.

In the famous St. Catherine's monastery on Mount Sinai, there is an icon which shows two robed Christian saints getting married. Their *'pronubus'* (official witness, or *'best man'*) is none other than Jesus Christ.

The happy couple are 4th Century Christian martyrs, **Saint Serge** and **Saint Bacchus** — both men. Severus of Antioch in the sixth century explained that *"we should not separate in speech [Serge and Bacchus] who were joined in life."* More bluntly, in the definitive 10th century Greek account of their lives, Saint Serge is described as the *"sweet companion and lover (erastai)"* of St. Bacchus.

Legend says that Bacchus appeared to the dying Sergius as an angel, telling him to be brave because they would soon be reunited in heaven.

Yale historian **John Richard**

**Boswell** discovered this early Christian history and wrote about it nearly 20 years ago in *"Same Sex Unions In Pre-Modern Europe"* (1994).

In ancient church liturgical documents, he found the existence of an *"Office of Same Sex Union"* (10th and 11th century Greek) and the *"Order for Uniting Two Men"* (11th and 12th century Slavonic).

He found many examples of:

- \* A community gathered in a church
- \* A blessing of the couple before the altar
- \* Their right hands joined as at heterosexual marriages
- \* The participation of a priest
- \* The taking of the Eucharist
- \* A wedding banquet afterwards

A 14th century Serbian Slavonic *"Office of the Same Sex Union,"* uniting two men or two women, had the couple having their right hands laid on the Gospel while having a cross placed in their left hands. Having kissed the Gospel, the couple were then required to kiss each other, after which the priest, having raised up the Eucharist, would give them both communion.

Boswell documented such sanctified unions up until the 18th century.

In late medieval France, a contract of *"enbrotherment"* (*affrèrement*) existed for men who pledged to live together sharing 'un pain, un vin, et une bourse' — one bread, one wine, and one purse.

Other religions, such as Hinduism and some native American religions, have respect for same-sex couples weaved into their history.

When right-wing evangelical Christians talk about *"traditional marriage,"* there is no such thing.

### Don't Just Hope You'll Go to Heaven

BY: Rick Warren

Contributed by: Janice Swift

*"And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life."* (1 John 5:11-12 NIV)

If you were to head out to a mall today and ask people if they are going to Heaven or Hell, you'll likely hear them say, *"I hope I'll go to Heaven."*

But hope just isn't good enough. I pray that's not your answer. Your eternal destiny is too important not to know for sure.

Only a fool would be unprepared for what we all know is inevitable: death. The most recent statistics show that mortality rates in the world are 100 percent!

You're not guaranteed another minute on this planet, much less another hour. Don't put off the most important choice you'll ever make.

The Bible says in 1 John 5:11-12, *"And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life"* (NIV).

That's about as clear as you can get.

If you have Jesus, you have life. If you don't have Jesus, you do not have life. You have a choice.

You won't go to Heaven because of someone else's faith. You'll never go to Hell because of someone else's choice.

It's your choice! You'll decide where you'll spend eternity.

This is why Christmas and Easter are so important. If Jesus hadn't come at Christmas and if he hadn't died and come back to life on Easter, we'd be hopeless. Nothing we do would matter.

You wouldn't have this choice.

The cross is the answer to our deepest problem — our separation from God. The Bible says, *"When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross"* (Colossians 2:13-14).

God nailed everything that separated you from himself to the cross. But God won't force you to make the most important decision of your life. It's in your hands. It's time to choose.

*You never know how Strong  
you are until being Strong is  
the only choice You have.*

*-Bob Marley*

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# GOB Improving School Environment For Students & Teachers In Belmopan

**BELMOPAN, Thursday March 18, 2015:**

The Government of Belize recognizing the critical importance of ensuring a more pleasant school environment for the delivery of quality education to students provided school furniture and computers to the Belmopan Methodist High School in the nation's capital.

The donation includes 100 student Armchairs, 15 chairs, three teachers desks, one cupboard, three book shelves and four computer tables valued at \$14,525; coupled with 10 computers and accessories valued at \$31,299.41 totaling \$45,824.41. Funding was made through the Commonwealth Debt Initiative (CDI).

Students of Belmopan Methodist High School will now have more efficient access to Information Technology due to the donation of the equipment.

A notable feature of this initiative is that it also demonstrates government's continued commitment to education in pursuit of nation building; and the development of our



country's most precious human resources our children of Belize.

The Belize Social Investment Fund (BSIF) coordinated and facilitated the donation of the school furniture, computers and accessories as part of its mandate to work in line with the Ministry of Education's strategy to address the basic needs of Belizeans, in particular in the education sector. It also demonstrates the critical role of BSIF, making significant and timely contributions that impact national development as well as improve and enhance the quality of lives of Belizeans.

About Belmopan Methodist High School:

In 2009, the Methodist Management approached the Ministry of Education to seek approval to establish a primary school. The Ministry indicated that support will be given for a High School since there is a need for more high school space in Belmopan. The Methodist Management took up the challenge as part of its outreach mission to the community. The school was officially opened on August 28, 2013 with three first forms. There are now 175 students with three first forms and three second forms. And construction is currently underway to host third form and two Science Labs.

## SCHOOL VISITS - Promoting Financial Literacy and Savings Among our Youth

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# ★ STAR HUMOR ★

## Heart Transplant

A man who was having heart trouble went to the doctor to see what his options were. Naturally, the doctor recommended a heart transplant. The man reluctantly agreed, and asked if there were any hearts immediately available, considering that money was no object.

**"I do have three hearts," said the doctor. "The first is from an 18-year old kid, non-smoker, athletic, swimmer, with a great diet. He hit his head on the**

**swimming pool and died. It's \$100,000.**

**The second is from a marathon runner, 24 years old, great condition, very strong. He got hit by a bus. It's \$150,000.**

**The third is from a heavy drinker, cigar smoker, and a steak lover. It's \$500,000."**

**"Hey, why is that heart so expensive? He lived a terrible life!"**

**"Yeah, but it's from a lawyer and never been used."**

## The Three Wishes

Did you hear about the guy on the beach who found a bottle? He rubbed it and, sure enough, out popped a Genie. **"I will grant you three wishes,"** said the Genie. **"But there's a catch."**

The man was ecstatic. **"What catch?"** he asked.

The Genie replied, **"Every time you make a wish, every lawyer in the world will receive DOUBLE what you asked for."**

**"Well, I can live with that! No problem!"** replied the elated man.

**"What is your first wish?"** asked the Genie.

**"Well, I've always wanted a Ferrari!"**

POOF! A Ferrari appeared in front of the man.

**"NOW, every lawyer in the world has TWO Ferraris,"** said the Genie. **"Next wish?"**

**"I'd LOVE a million dollars..."** replied the man. POOF! One million dollars appeared at his feet.

**"NOW, every lawyer in the world has TWO MILLION dollars,"** said the Genie.

**"Well, that's okay, as long as I've got MY million,"** replied the man.

**"What is your final wish?"**

The man thought long and hard, and finally said, **"Well, you know, I've always wanted to donate a kidney..."**

## Reasonable Doubt

A defendant was on trial for murder. There was strong evidence indicating guilt, but there was no corpse. In the defense's closing statement the lawyer, knowing that his client would probably be convicted, resorted to a trick.

**"Ladies and gentlemen of the jury, I have a surprise for you all,"** the lawyer said as he looked at his watch. **"Within one minute, the person presumed dead in this case will walk into this courtroom."** He looked toward the courtroom door. The jurors, somewhat stunned, all looked on eagerly. A minute passed. Nothing happened.

## You Can't Take It With You

A dying man gathered his lawyer, doctor and clergyman at his bed side and handed each of them an envelope containing \$25,000 in cash. He made them each promise that after his death and during his repose, they would place the three envelopes in his coffin. He told them that he wanted to have enough money to enjoy the next life.

A week later the man died. At the Wake, the Lawyer and Doctor and Clergyman, each concealed an envelope in the coffin and bid their old client and friend farewell. By chance, these three met several months later. Soon the Clergyman, feeling guilty, blurted out a confession saying that there was only \$10,000 in the envelope he placed in the coffin. He felt, rather than waste all the money, he would send it to a Mission in South America. He asked for their

Finally the lawyer said, **"Actually, I made up the previous statement. But, you all looked on with anticipation. I therefore put to you that you have a reasonable doubt in this case as to whether anyone was killed and insist that you return a verdict of not guilty."** The jury, clearly confused, retired to deliberate. A few minutes later, the jury returned and pronounced a verdict of guilty.

**"But how?"** inquired the lawyer. **"You must have had some doubt; I saw all of you stare at the door."** The jury foreman replied, **"Oh, we looked, but your client didn't."**

forgiveness. The Doctor, moved by the gentle Clergymans sincerity, confessed that he too had kept some of the money for a worthy medical charity. The envelope, he admitted, had only \$8000 in it. He said, he too could not bring himself to waste the money so frivolously when it could be used to benefit others.

By this time the Lawyer was seething with self-righteous outrage. He expressed his deep disappointment in the felonious behavior of two of his oldest and most trusted friends. **"I am the only one who kept his promise to our dying friend. I want you both to know that the envelope I placed in the coffin contained the full amount. Indeed, my envelope contained my personal check for the entire \$25,000."**

## Just Fifty Cents

A Belize City divorce lawyer died and arrived at the pearly gates. Saint Peter asks him **"What have you done to merit entrance into Heaven?"**

The Lawyer thought a moment, then said, **"A week ago, I gave a quarter to a homeless person on the street."** Saint Peter asked Gabriel to check this out in the record, and after a moment Gabriel affirmed that this was true.

Saint Peter said, **"Well, that's fine, but it's not really quite enough to get you into**

**Heaven."**

The Lawyer said, **"Wait Wait! There's more! Three years ago I also gave a homeless person a quarter."** Saint Peter nodded to Gabriel, who after a moment nodded back, affirming this, too, had been verified.

Saint Peter then whispered to Gabriel, **"Well, what do you suggest we do with this fellow?"**

Gabriel gave the Lawyer a sidelong glance, then said to Saint Peter, **"Let's give him back his 50 cents and tell him to go to Hell."**

## Here's An Orange

The professor of a contract law class asked one of his better students, **"If you were to give someone an orange, how would you go about it?"**

The student replied, **"Here's an orange."**

The professor was outraged. **"No! No! Think like a lawyer!"**

The student then replied, **"Okay. I'd tell him 'I hereby give and convey to you all and singular, my estate and interests, rights, claim, title, claim and advantages of and in, said orange, together with all its rind, juice, pulp, and seeds, and all rights and**

advantages with full power to bite, cut, freeze and otherwise eat, the same, or give the same away with and without the pulp, juice, rind and seeds, anything herein before or hereinafter or in any deed, or deeds, instruments of whatever nature or kind whatsoever to the contrary in anywise notwithstanding..."

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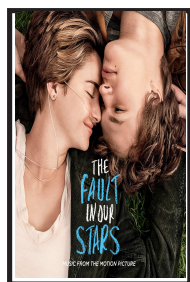


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# Kidney Stone

A kidney stone, also known as a renal calculus or nephrolith, is a calculus formed in the kidneys from minerals in the urine. Kidney stones typically leave the body by passage in the urine stream, and many stones are formed and passed without causing symptoms. If stones grow to sufficient size (**usually at least 3 millimeters (0.12 in)**) they can cause blockage of the ureter. This leads to pain, most commonly beginning in the flank or lower back and often radiating to the groin or genitals. This pain is often known as renal colic and typically comes in waves lasting 20 to 60 minutes. Other associated symptoms include: nausea, vomiting, fever, blood in the urine, pus in the urine, and painful urination.

The diagnosis of kidney stones is made on the basis of information obtained from the history, physical examination, urinalysis, and radiographic studies. Ultrasound examination and blood tests may also aid in the diagnosis. Urinary stones are typically classified by their location in the kidney (**nephrolithiasis**), ureter (**ureterolithiasis**), or bladder (**cystolithiasis**), or by their chemical composition (**calcium-containing, struvite, uric acid, or other compounds**). Slightly more men are affected than women. Blockage of the ureter causes decreased kidney function and dilation of the kidney.

In those who have previously had stones, prevention is recommended by drinking fluids such that more than two liters of urine is produced per day. If this is not effective enough, thiazide diuretic, citrate or allopurinol may be taken. It is recommended that soft drinks containing phosphoric acid (**typically colas**) be avoided.

When a stone causes no symptoms, watchful waiting is a valid option. For stones which are causing symptoms, pain control is usually the first measure, using medications such as nonsteroidal anti-inflammatory drugs or opioids. More severe cases may require procedures. For example, some stones can be shattered into smaller fragments using extracorporeal shock wave lithotripsy. Some cases require more invasive procedures. Examples of these are cystoscopic procedures such as laser lithotripsy or percutaneous techniques such as percutaneous nephrolithotomy. Sometimes, a tube (**ureteral stent**) may be placed in the ureter to bypass the obstruction and alleviate the symptoms, as well as to prevent ureteral stricture after ureteroscopic stone removal.

## Signs and symptoms

The hallmark of a stone that

obstructs the ureter or renal pelvis is excruciating, intermittent pain that radiates from the flank to the groin or to the inner thigh. This pain, known as renal colic, is often described as one of the strongest pain sensations known. Renal colic caused by kidney stones is commonly accompanied by urinary urgency, restlessness, hematuria, sweating, nausea, and vomiting. It typically comes in waves lasting 20 to 60 minutes caused by peristaltic contractions of the ureter as it attempts to expel the stone. The embryological link between the urinary tract, the genital system, and the gastrointestinal tract is the basis of the radiation of pain to the gonads, as well as the nausea and vomiting that are also common in urolithiasis. Postrenal azotemia and hydronephrosis can be observed following the obstruction of urine flow through one or both ureters. Pain in the lower left quadrant can sometimes be confused with diverticulitis because the sigmoid colon overlaps the ureter and the exact location of the pain may be difficult to isolate due to the close proximity of these two structures.

## Risk factors

Dehydration from low fluid intake is a major factor in stone formation.

High dietary intake of animal protein, sodium, refined sugars, fructose and high fructose corn syrup, oxalate, grapefruit juice, and apple juice increase the risk of kidney stone formation.

Kidney stones can result from an underlying metabolic condition, such as distal renal tubular acidosis, Dent's disease, hyperparathyroidism, primary hyperoxaluria, or medullary sponge kidney. 3–20% of people who form kidney stones have medullary sponge kidney.

Kidney stones are more common in people with Crohn's disease; Crohn's disease is associated with hyperoxaluria and malabsorption of magnesium.

A person with recurrent kidney stones may be screened for such disorders. This is typically done with a 24-hour urine collection. The urine is analyzed for features that promote stone formation.

## Pathophysiology

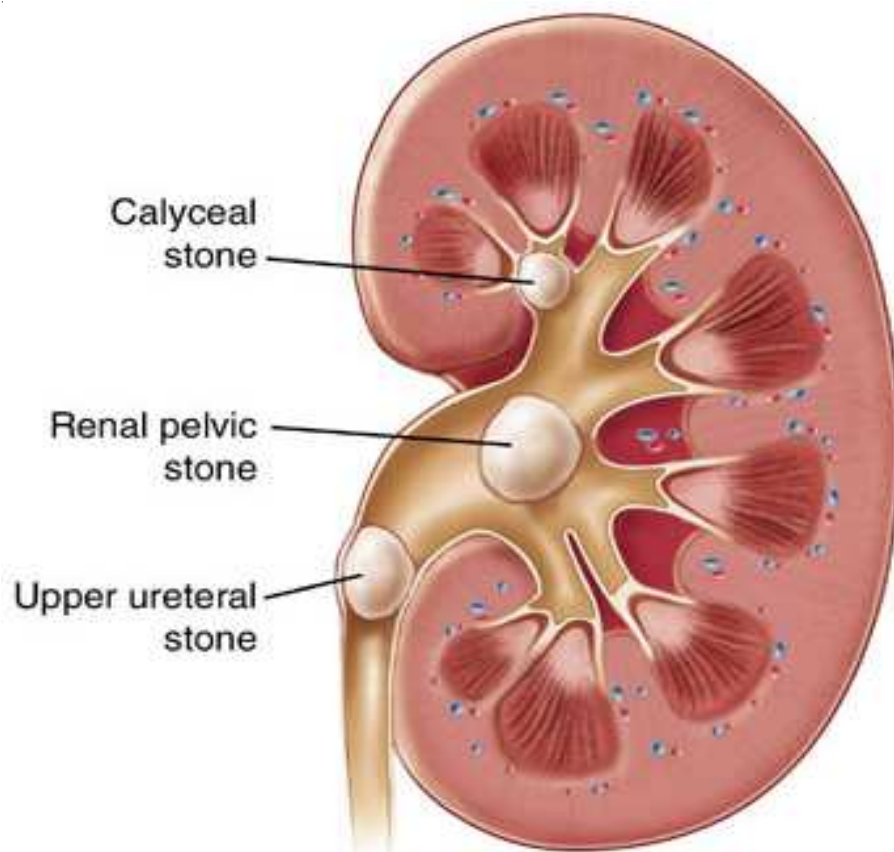
### Supersaturation of urine

When the urine becomes supersaturated (**when the urine solvent contains more solutes than it can hold in solution**) with one or more calculogenic (**crystal-forming**) substances, a seed crystal may form through the process of nucleation. Heterogeneous nucleation (**where there is a solid surface present on**

**which a crystal can grow**) proceeds more rapidly than homogeneous nucleation (**where a crystal must grow in liquid medium with no such surface**), because it requires less energy. Adhering to cells on the surface of a renal papilla, a seed crystal can grow and aggregate into an organized mass. Depending on the chemical composition of the crystal, the stone-forming process may proceed

when these substances fall below their normal proportions, stones can form from an aggregation of crystals.

Sufficient dietary intake of magnesium and citrate inhibits the formation of calcium oxalate and calcium phosphate stones; in addition, magnesium and citrate operate synergistically to inhibit kidney stones. Magnesium's efficacy in subduing stone formation and growth is dose-dependent.



more rapidly when the urine pH is unusually high or low.

Supersaturation of the urine with respect to a calculogenic compound is pH-dependent. For example, at a pH of 7.0, the solubility of uric acid in urine is 158 mg/100 ml. Reducing the pH to 5.0 decreases the solubility of uric acid to less than 8 mg/100 ml. The formation of uric acid stones requires a combination of hyperuricosuria (**high urine uric acid levels**) and low urine pH; hyperuricosuria alone is not associated with uric acid stone formation if the urine pH is alkaline. Supersaturation of the urine is a necessary, but not a sufficient, condition for the development of any urinary calculus. Supersaturation is likely the underlying cause of uric acid and cystine stones, but calcium-based stones (**especially calcium oxalate stones**) may have a more complex etiology.

### Inhibitors of stone formation

Normal urine contains chelating agents, such as citrate, that inhibit the nucleation, growth, and aggregation of calcium-containing crystals. Other endogenous inhibitors include calgranulin (**an S-100 calcium binding protein**), Tamm–Horsfall protein, glycosaminoglycans, uropontin (**a form of osteopontin**), nephrocalcin (**an acidic glycoprotein**), prothrombin F1 peptide, and bikunin (**uronic acid-rich protein**). The biochemical mechanisms of action of these substances have not yet been thoroughly elucidated. However,

## Prevention

Preventative measures depend on the type of stones. In those with calcium stones, drinking lots of fluids, thiazide diuretics and citrate are effective as is allopurinol in those with high uric acid levels in the blood or urine.

### Dietary measures

Specific therapy should be tailored to the type of stones involved. Diet can have a profound influence on the development of kidney stones. Preventive strategies include some combination of dietary modifications and medications with the goal of reducing the excretory load of calculogenic compounds on the kidneys. Current dietary recommendations to minimize the formation of kidney stones include:

- \* Increasing total fluid intake to more than two liters per day of urine output.
- \* Increasing citric acid intake; lemon/lime juice is the richest natural source.
- \* Moderate calcium intake
- \* Limiting sodium intake
- \* Limiting vitamin C intake
- \* Limiting animal protein intake to no more than two meals daily (**an association between animal protein consumption and recurrence of kidney stones has been shown in men**).
- \* Limiting consumption of cola soft drinks, which contain phosphoric acid, to less than one liter of soft drink per week.

Maintenance of dilute urine by means of vigorous fluid therapy is

**Continues On Page 14**



# Mexico Supreme Court Frees Man After 23 Years In Jail

The Mexican Supreme Court has ordered the release of **Alfonso Martin del Campo Dodd**, a Mexican-American who was jailed in 1992 for the murder of his sister and brother-in-law.

The court ruled that Mr **Martin del Campo's** confession had been extracted under torture and that there was no other evidence against him.

Mr Martin del Campo said police had placed a plastic bag over his head to make him confess to the double murder.

He is expected to be freed shortly.

**Brutal killing**

In a four-to-one ruling the judges said Mr Martin del Campo, who holds both US and Mexican citizenship, should be freed *"in light of the proof that torture was used to obtain his confession in the two crimes, without there being any incriminatory evidence"*.

**Patricia Martin del Campo** and her husband **Gerardo Zamudio Aldaba** were found murdered in their bed in their home in Mexico City in 1992.



They had been stabbed more than 60 times.

Mr Martin del Campo, who lived with the couple, was interrogated by judicial police in the basement of a Mexico City police station.

One of the officers later said he had placed a plastic bag over Mr del Campo's head and had beaten him.

Under torture, Mr Martin del Campo confessed, but later recanted.

There was no other evidence linking him to the crime, but he was

nevertheless sentenced to 50 years in prison.

### Legal battle

His supporters argued all along that he was innocent and that serious mistakes had been made during the investigation.

They pointed to the fact that hair and skin found under the victims' nails did not match the DNA of Mr Martin del Campo.

They also said that there had been irregularities in the way the

investigation had been carried out, such as the fact that the victims' clothes and bed linen had been burned the same day of the crime *"for hygienic purposes"*.

They took Mr Martin del Campo's case to the Inter-American Court of Human Rights.

However, the court found it could not act because the case predated Mexico's acknowledgment of the court's jurisdiction.

A campaign to free Mr Martin del Campo continued regardless and both Mexican and US human rights groups pressured Mexico to review his case.

The Supreme Court said Mr Martin del Campo should be freed immediately from the prison in Pachuca where he was held.

According to a United Nations report, torture and ill treatment during detention are *"generalised in Mexico, and occur in a context of impunity"*.

UN Special Rapporteur on Torture Juan Mendez said earlier this month that methods used include beatings, electric shocks, suffocation, waterboarding, forced nudity and rape, as well as threats and insults.

Amnesty International also denounced *"the routine use of torture to extract confessions"* by Mexican security forces in a September 2014 report.

## Ambassador Nestor Mendez Elected New Assistant Secretary General Of The Organization Of American States

**Belmopan. March 18, 2015:**

The Office of the Prime Minister of Belize is pleased to announce that **H.E. Nestor Mendez**, Ambassador of Belize to the United States, Permanent Representative to the Organization of American States (*OAS*), and High Commissioner to Canada, was today elected for a five-year term as the new Assistant Secretary General of the Organization of American States. The post of Assistant Secretary General is the second highest office in the OAS, it is a highly competitive post to obtain, and holds senior responsibilities in that hemispheric organization.

The Office of the Prime Minister and the Ministry of Foreign Affairs embarked on two years of active diplomacy and campaigning to achieve the support of the majority of countries in the Americas for this post. Ambassador Mendez contested the election against **Ambassador Bayney Karran**, Permanent Representative of Guyana to the OAS, and secured the election with 24 votes against 10 out of a total of thirty four Member States. This is the first time that a Belizean has been elected to such a senior office in the OAS.

Ambassador Mendez will serve along with former Foreign Minister of

Uruguay Luis Almagro, who was today elected Secretary General of the OAS. They will succeed Secretary General **Jose Miguel Insulza** of Chile and Assistant Secretary General **Albert Ramdin** of Suriname, both of whom will conclude their

terms this year. The newly-elected leaders have pledged to work towards reforming and transforming the OAS into an organization that responds more efficiently and effectively to the needs of its Member States.

### STATUTORY NOTICE TO CREDITORS

In the Estate of **NORMA LOPEZ a.k.a. NORMA ROSITA LOPEZ a.k.a. NORMA ROSITA LOPEZ YOUNG**, deceased

**NOTICE IS HEREBY GIVEN** pursuant to Section 36 of the Administration of Estate Act, Chapter 197 of the Substantive Laws of Belize, Revised Edition 2000, that all creditors and other persons having any claims or demands upon or against the Estate of **NORMA LOPEZ a.k.a. NORMA ROSITA LOPEZ a.k.a. NORMA ROSITA LOPEZ YOUNG**, late of No. 155 Santa Cruz, Santa Elena, Cayo District, Belize who died in Belize on the 17<sup>th</sup> day of March, 2014 in whose estate Grant of Administration has been granted to **ERROLYN VERONICA WRIGHT** of **Santa Cruz Area, Santa Elena Town, Cayo District, Belize** are required to send particulars in writing of their claims or demands to the said administratrix **ERROLYN VERONICA WRIGHT, c/o Orlando Fernandez, Attorney-at-Law, P.O Box 236, #193 George Price Highway, Santa Elena, Cayo District Belize**, and to send such particulars not later than within (3) three months from the date of the 1<sup>st</sup> publication of the notice, **AND NOTICE IS HEREBY ALSO GIVEN** that at the expiration of last mentioned date, the Administratrix shall proceed to distribute the assets of the said **NORMA LOPEZ a.k.a. NORMA ROSITA LOPEZ a.k.a. NORMA ROSITA LOPEZ YOUNG**, deceased, amongst the parties entitled thereto having regard only to the claims or demands of which particulars have been delivered and the Administratrix will not be liable for the asset or any part thereof so distributed to any persons of whose claims or demands they shall not then have had notice.

DATED this day 17<sup>th</sup> of March, 2015

**ORLANDO A. FERNANDEZ**

Attorney-at-Law  
for Errolyn Veronica Wright  
Administratrix of the estate  
of **Norma Lopez a.k.a. Norma Rosita Lopez**  
a.k.a. Norma Rosita Lopez Young, deceased



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## Your Weekly Horoscope and Lucky Numbers

### ARIES:

#### March 22 to April 20

You might see a great-looking opportunity at the beginning of the week, but be sure you look at it in context. How will it impact those around you? What are the long-term consequences? Then, around Wednesday and Thursday, those leadership qualities of yours shine extra bright. Everyone will love to hear your latest big idea at this time, and since you're surrounding yourself with the right people, they'll have awesome input, too. Your road may be a little more rocky this weekend. Keep plans minimal, and find a positive way to deal with any frustration. **Lucky numbers: 10, 23, 37.**

### TAURUS:

#### April 21 to May 21

Those who think you're a stick-in-the-mud might be mighty surprised by your agile attitude and fluid thinking as the week begins. You're going with the flow, and you look fabulous doing it. But around Wednesday or Thursday, something -- or someone -- may stop you in your tracks. Don't freak out; figure it out. Communication is key to getting a grip on this, so don't clam up. The understanding you're seeking is much easier to find from Friday afternoon through the weekend, and you're also getting along beautifully with others. Enjoy time with friends (or with someone who's a bit more than a friend!). **Lucky numbers: 44, 59, 62.**

### GEMINI:

#### May 22 to June 21

Moving forward with your private plan is one way to go at the beginning of the week; building trust and finding common ground is another. Then, around Wednesday and Thursday, you're sharp as a tack, and it's not just book-smarts -- you're emotionally intelligent as well. Put your head together with someone significant in your life, and see what you two can come up with. Whether you're on the clock or not, work's likely on your mind from Friday afternoon through the weekend. If you want a change, start doing some investigating. **Lucky numbers: 73, 87, 99.**

### CANCER

#### June 21 to July 21

It's home (or friends and family) versus work and other responsibilities as the week begins. Explaining your situation and setting sensible priorities is better than stressing. Around Wednesday and Thursday, your sensitive side raises your awareness of a situation, but before you respond, look at the logical angle as well (or get

someone to help you do so!). Then you really get it this weekend, with that intuitive understanding of yours helping you click with others and see your place in the universe. Everything's interconnected in amazing ways. **Lucky numbers: 03, 29, 41.**

### LEO:

#### July 24 to August 21

Just because you know it doesn't mean you have to show it, and a subtle, roundabout approach may be best as the week begins. Offering to help instead of offering your two cents is a nice way to go. You may need to relinquish something around Wednesday and Thursday. Letting go as a way to ultimately have more may be counterintuitive, but holding on too tightly is just uncomfortable. Some key information's there for you on Friday or over the weekend. Dig a bit to find it. Once you do, don't forget to note your first reaction -- it's correct. **Lucky numbers: 55, 69, 71.**

### VIRGO:

#### August 22 to September 21

Add a new twist as the week begins, and you just might see some immediate and pleasing results. Use that imagination -- it's particularly powerful now. Detailed mental efforts are favored around Wednesday and Thursday, whether you're tackling the nitty-gritty on a work project or examining the ins and outs of a relationship. Make sure to look at the positive elements as well as doing the problem-solving. From Friday afternoon through the weekend, starting stuff on your own won't go as well as helping others see things through -- and the latter is more fun, too. **Lucky numbers: 08, 17, 26.**

### LIBRA:

#### September 22 to October 23

A little looking back may be inevitable as the week begins, but make sure you're looking forward, too. If you feel a little blue, talk to a friend and come up with a plan. Around Wednesday and Thursday, you're definitely up for getting out and about. And guess what? Love's favored now, with your big, beautiful mind as a source of major allure. Smart is sexy, so don't you dare dumb it down. This weekend, it's more about baby steps than giant leaps. Appreciate the little things, and be ready to laugh something off. **Lucky numbers: 33, 48, 54.**

### SCORPIO:

#### October 24 to November 21

If you've got a big idea, the stars are making it much, much easier to get it off the ground as the week begins. Someone you think might have objections is liable to offer support. But before you get carried

away, beware of conflicts around Wednesday and Thursday. Maybe it's your crazy-busy schedule, or maybe you and a loved one aren't quite seeing eye-to-eye. Watch for an unexpected solution. Then, if you've got romance on your mind, get it out in the open from Friday afternoon through the weekend! A mystery of love can now be revealed. Hot! **Lucky numbers: 66, 84, 92.**

### SAGITTARIUS:

#### November 22 to December 21

Be frugal with money -- but generous with your heart -- as the week begins. Extravagance and new things might be momentarily pleasing, but sharing your feelings makes for beautiful and lasting bonds. You're mentally on fire, both at work and at play, around Wednesday and Thursday. Bouncing those big ideas off someone else who's extra sharp is fun and fruitful. When the weekend comes, you're concerned with the opposite of practical matters -- maybe romance, maybe higher principles. Explore away, but watch out for losing track of time! **Lucky numbers: 06, 11, 25.**

### CAPRICORN:

#### December 22 to January 20

The strides you make as the week begins are immensely satisfying, but make sure you're not only concentrating on work. The interpersonal angle's favored now, too; make hot stuff happen in your love life! Be ready to make some adjustments to your plans around Wednesday and Thursday. This may be a moment-by-moment rescheduling thing, or it could impact

your larger life path. From Friday afternoon through the weekend, your warmth and wisdom make your world a wonderful place. Share of yourself generously -- and help a certain someone find an answer. **Lucky numbers: 14, 27, 36.**

### AQUARIUS:

#### January 20 to February 18

If you don't exercise some self-control and set your own schedule as the week begins, someone else might impose an agenda on you. Be ready to discuss what you're doing and exactly why. You can definitely move on to bigger and better things around Wednesday and Thursday. Take a glimmer of a promising idea and build it out into a shiny, wonderful thing. But when the weekend comes, your attention is required, with regard to something very much on the practical plane. Tune in, or you might find yourself on the receiving end of a major reality check. **Lucky numbers: 51, 83, 97.**

### PISCES:

#### February 20 to March 21

Go after what you want as the week begins! You'll never know until you try, and you might just try asking; it's so simple that it might just work. Around Wednesday and Thursday, between your own stuff and others' priorities (like your boss' pet project or family matters), you've got a ton going on. Your instinct might be to run yourself ragged, apologizing all the way, but you'll function far better if you actually take time out for yourself. Then, starting later in the day on Friday, some truly stellar energy's coming your way. Plan for an amazing weekend! **Lucky numbers: 43, 64, 79.**

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# Breastfeeding 'Linked To Higher IQ'

A long-term study has pointed to a link between breastfeeding and intelligence.

The research in Brazil traced nearly 3,500 babies, from all walks of life, and found those who had been breastfed for longer went on to score higher on IQ tests as adults.

Experts say the results, while not conclusive, appear to back current advice that babies should be exclusively breastfed for six months.

But they say mothers should still have a choice about whether or not to do it.

Regarding the findings - published in The Lancet Global Health - they stress there are many different factors other than breastfeeding that could have an impact on intelligence, although the researchers did try to rule out the main confounders, such as mother's education, family income and birth weight.

**Dr Bernardo Lessa Horta**, from the Federal University of Pelotas in Brazil, said his study offers a unique insight because in the population he studied, breastfeeding was evenly distributed across social class - not something just practised by the rich and educated.

Most of the babies, irrespective of social class, were breastfed - some for less than a month and others for more than a year.

Those who were breastfed for longer scored higher on measures of intelligence as adults.

## Prince Charles Meets Barack Obama At The White House

The Prince of Wales has met US President **Barack Obama** at the White House during his visit to the country.

**Prince Charles** and the Duchess of Cornwall met Mr Obama and vice-president **Joe Biden** at the Oval Office.

The president told the prince that the Royal Family was fondly regarded by the American people.

The prince also visited an adult education school and took part in 10-pin bowling during this part of the four-day *"goodwill"* tour.

Mr Obama and the prince last met four years ago when he flew to the US a few days after the wedding of the Duke and Duchess of Cambridge.

Mr Obama told the prince it was *"fair to say that the American people are quite fond of the Royal Family"*.

The prince replied: *"That's awfully nice to know."*

The president continued with the light-hearted comment: *"They like them much better than they like their own politicians."*

On Thursday Prince Charles also visited the Carlos Rosario International Public Charter School in Washington DC, which provides



They were also more likely to earn a higher wage and to have completed more schooling.

Long-term impact

**Dr Horta** believes breast milk may offer an advantage because it is a good source of long-chain saturated fatty acids which are essential for brain

development.

But experts say the study findings cannot confirm this and that much more research is needed to explore any possible link between breastfeeding and intelligence.

Kevin Fenton, national director of health and wellbeing, Public Health



England, said there was strong evidence that breastfeeding provides some health benefits for babies - reduced respiratory and gastrointestinal infections in infancy, for example.

He said: *"PHE's advice remains that exclusive breastfeeding for around the first six months of life provides health benefits to babies."*

*"We recognise however, that not all mothers choose, or are able, to breastfeed and infant formula is the only alternative to breast milk for babies under 12 months old."*

**Janet Fyle** of the Royal College of Midwives said new mothers needed breastfeeding support.

**Dr Colin Michie**, chairman of the Royal College of Paediatrics and Child Health's nutrition committee, said: *"There have been many studies on the link between breastfeeding and IQ over the years with many having had their validity challenged."*

*"This study however, looks at a number of other factors including education achievement and income at age 30 which, along with the high sample size, makes this study a very powerful one."*

*"It is important to note that breastfeeding is one of many factors that can contribute to a child's outcomes, however this study emphasises the need for continued and enhanced breastfeeding promotion so expectant mothers are aware of the benefits of breastfeeding."*

education and training for the capital's adult immigrant population.

He also played 10-pin bowling during his tour of the city's US Armed Forces Retirement Home. The six-lane bowling alley is designed to provide exercise for the veterans who live at the home.

**Bill Bowen**, an 80-year-old former staff sergeant from the US Air Force, spoke to the prince during the visit.

Mr Bowen said: *"I told him I was the worst bowler in this alley and he said, 'No, I am.'"*

Earlier in their tour the pair visited monuments to **Abraham Lincoln** and **Martin Luther King Jr** and were joined by figures from the American civil rights movement, **Jesse Jackson** and Congressman **John Lewis**.

The royals are to join the commemorating of several important milestones.

These include the 150th anniversaries of the end of the American Civil War and the death of President Lincoln, and the 800th anniversary of **Magna Carta**.

Prince Charles is also expected to receive an award for exceptional leadership in conservation from the International Conservation Caucus Foundation.





# Kidney Stone

## Continued From Page 10

beneficial in all forms of nephrolithiasis, so increasing urine volume is a key principle for the prevention of kidney stones. Fluid intake should be sufficient to maintain a urine output of at least 2 litres (68

nephrolithiasis.

### Management

Stone size influences the rate of spontaneous stone passage. For example, up to 98% of small stones (*less than 5 mm (0.20 in) in diameter*) may pass spontaneously

## Home Remedies for Kidney Stones



**Drink plenty of coconut and barley water regularly.**



**Avoid eating meat products, poultry and fish.**



**Have fresh ripe apples, melons and grapes.**



**Avoid foods with vitamin D, antacids and calcium base.**

US fl oz) per day. A high fluid intake has been associated with a 40% reduction in recurrence risk. The quality of the evidence for this, however, is not very good.

Calcium binds with available oxalate in the gastrointestinal tract, thereby preventing its absorption into the bloodstream, and reducing oxalate absorption decreases kidney stone risk in susceptible people. Because of this, some nephrologists and urologists recommend chewing calcium tablets during meals containing oxalate foods. Calcium citrate supplements can be taken with meals if dietary calcium cannot be increased by other means. The preferred calcium supplement for people at risk of stone formation is calcium citrate because it helps to increase urinary citrate excretion.

Aside from vigorous oral hydration and consumption of more dietary calcium, other prevention strategies include avoidance of large doses of supplemental vitamin C and restriction of oxalate-rich foods such as leaf vegetables, rhubarb, soy products and chocolate. However, no randomized, controlled trial of oxalate restriction has yet been performed to test the hypothesis that oxalate restriction reduces the incidence of stone formation. Some evidence indicates magnesium intake decreases the risk of symptomatic

through urination within four weeks of the onset of symptoms, but for larger stones (*5 to 10 mm (0.20 to 0.39 in) in diameter*), the rate of spontaneous passage decreases to less than 53%. Initial stone location also influences the likelihood of spontaneous stone passage. Rates increase from 48% for stones located in the proximal ureter to 79% for stones located at the vesicoureteric junction, regardless of stone size. Assuming no high-grade obstruction or associated infection is found in the urinary tract, and symptoms are relatively mild, various nonsurgical measures can be used to encourage the passage of a stone. Repeat stone formers benefit from more intense management, including proper fluid intake and use of certain medications. In addition, careful surveillance clearly is required to maximize the clinical course for people who are stone formers.

# "A Post Election View From Under The Bus."

## Continues from Page 2

own CONSTITUTION and call conventions at all levels to allow party supporters to freely, fairly and democratically choose leaders of the party in every constituency and within all the official administrative bodies of the party.

The excuse that it is too expensive and divisive to abide by the People's United Party Constitution in its call for free, open and fair divisional and national conventions EVERY TWO YEARS (*for party supporters to elect their leaders*) have proven counterproductive and even disastrous.... cheap has become very costly. The cream have obviously not risen to the top....and even once-stalwart supporters from big-time PUP families have broken fence or are bolting in that direction.

The large youth population need a special place and role in the economy, with policies that drive more of the

country's wealth towards them....the private sector workers need a pension system...housing should be much more affordable and available to younger persons at lower interest rates and longer terms...the private sector should lead an agro-forestry-mining industrial revolution, fomented with policies that create a low-tax, high-productivity environment, which creates better balance with the service industries and sustainably develop our natural resources into wealth our people can use to better their living standards instead of borrowing for every little thing that we do.

Let the chips fall where they may.

*This article was written by Richard Harrison, Belizean investor in production and services businesses in Belize. He holds a Masters in Business Administration degree from Lancaster University*



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# Launching Of “A Walk Through El Cayo”

**Continued From Front Page**  
 publication titled “A Walk Through El Cayo.”

The 48-page paperback book gives a concise history of many of the public spaces around San Ignacio and Santa Elena or what was known in the early days of the settlement as El Cayo.

Contributors to the publication included **Diana Askari, Francisco Galvez, Jr., Luis Gentle, Hilda Mencias, Hernan Ochaeta** and

Heart Church as well as early business enterprises in Santa Elena town.

Copies of the book were given to primary schools that were present at the official launching ceremony which was held at the Cayo Welcome Center. The San Ignacio Library and media representatives who attended also received copies.

The book will be available for purchase at local book stores and from the Institute for Social and



**Hector Silva & Mayor Earl Trapp**

**Hector Silva, Sr.**  
 Field researchers were **Giovanni Pinelo** and **Selene Solis** and the editorial team was led by **Nigel Encalada**, the Director of the Institute for Social and Cultural Research.

Among the areas highlighted in the book are the Hawksworth Bridge, the old San Ignacio Hospital, Sacred

Cultural Research in Belmopan.

According to the head of the ISCR Nigel Encalada, this is the second publication in the series, the first being “A Walk Through Old Belize.”

The third publication in the series will feature Dangriga town and will be launched in the coming months.

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- \* Enlarged kidneys
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