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STAR

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No. 434

Sunday, April 5, 2015

Price \$1.00

Bernard Clings To Life

SAN IGNACIO TOWN, Cayo,
Saturday, 18 March, 2015:

A San Ignacio resident is tonight clinging to life at the Karl Heusner Memorial Hospital after he was hit by a vehicle that did not stop.

Fifty year old **Bernard McLaren**, known as the bread and bun man, is a self-employed father of three children. McLaren had just visited his kids and was heading home when he was hit by a white vehicle. The driver did not stop to render assistance.

The incident happened a little before 9:00 Saturday night when



Bernard McLaren, 50



Continues On Page 19

CLUB NEXT AND ECLIPSE ENT
PRESENTS

EASTER GONE WILD

HOLY SATURDAY EDITION

SATURDAY
APRIL 4TH 2015

NUFF PRIZES
AND SURPRISES

SPECIALS FOR
THE LADIES
COURTESY CLUB
NEXT LOUNGE

MUSIC BY:
ECLIPSE SOUND,
DJ ASKELLA,
DJ DIAMOND

Next Lounge
SAN IGNACIO

Link Up Bar Burglarized

SANTA ELENA, Cayo,
Wednesday, 25 March, 2015:

On Wednesday a Santa Elena business woman reported that her establishment was burglarized.

Owner of Link Up Bar, **Ruby Sabala**, reported to the San Ignacio police that her said establishment was burglarized on Tuesday 24 March.

She said that about 12:00 pm on that same day she received a call from the owner of the building that the back door of the establishment was opened.

Knowing that she had properly secured her establishment, she quickly when to take a look.

Upon arrival she noted that the lock was broken off the front door and they exited through the back door.

She immediately made checks



Leroy Richards, 28

around and immediately noticed that her TCL television was missing along with some Liquor and Beers all at a value of \$3,726.00.

Police conducted an investigation where on Thursday, 26 March, 2015, at around 11:30am, police executed a search at Sansorez Apartment

Continues On Page 19

Launch Of My Body Is Precious Animations

Belize City, March 23, 2015:

The office of the Special Envoy for Women and Children has partnered with the Inter-American Development Bank (IDB) to produce animated videos from the My Body is Precious "good touch, bad touch" book in the Garifuna, Maya and English languages.

This initiative was born out of the belief that all children have the right to get information in a way that they understand and the realization that there are communities, primarily in southern Belize where Garifuna and Maya are the most commonly spoken languages. These are also languages that are rarely used in

written form. Mrs. Kim Simplis Barrow is proud to be able to extend her advocacy efforts for child abuse prevention to these communities where the children and their families may not speak or fully understand English.

The Maya and Garifuna versions of the book were recorded with the parts of Dee Dee, Lisa and Alex being read by students from Kuxlin Ha Government School and Gulisi Community Primary School respectively. The animation was also produced in English, featuring students from Garden City Primary School.

The animations will be launched on

Wednesday, March 25th, 2015 at 10:00am at the Bliss Center in Belize City with over 500 students from the aforementioned schools in attendance. After the launch, links to view and download the videos will be available on the Special Envoy Belize Facebook Page.



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Mmmm... Hot Cross Buns Recipe

Everyone has a recipe they love. Belizeans love their hot cross buns as much as the next person, and the favorite way to eat them is slathered with happy cow cheese, dripping in butter or simply dunked in a nice mug of coffee to start the Easter weekend right.

Here is a recipe to test out your baking skills!!

Hot Cross Bun Recipe

Ingredients:

Dry

- * 3lbs flour
- * 2 packs of yeast
- * Spice seeds
- * Raisins
- * ½ lb shortening
- * 1 cup brown sugar

Wet

- * Lukewarm coconut milk
- * Vanilla (about 1 tablespoon)
- * Essence of your choice

Preparation Method:

Add flour, yeast, spice seeds, raisins into a mixing bowl

Add in the ½ lb of shortening, followed by 1 cup of brown sugar.

Mix everything together until incorporated.

Pour in the lukewarm coconut milk – just until the dough starts coming together smoothly. You don’t want too much milk to make the dough wet and sticky, or too little milk that will make the dough stiff and dry.

While kneading the dough, add in vanilla and whatever essence you have chosen and



knead well.
Continue kneading until dough is smooth and pliable.
Roll dough off into medium sized balls and set them on a baking sheet.
From the excess dough, cut 2 thin strips and make a cross across each bun.
Let the dough balls rise – about 20 minutes.
When the dough has risen, place baking sheet into oven at 375°F and let bake for 20-25 minutes.
Hot cross buns are traditionally enjoyed with fried fish, but can also be eaten as a snack with jam, jellies, cheese or plain with some hot coffee.

EASTER BUNNY
COLORING EGGS
SPRING
hop hop hop hop hop
HOPPING DOWN THE BUNNY TRAIL
HAPPY EASTER
CHOCOLATE, PEEPS AND JELLY BEANS TOO
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THIRSTY THURSDAYS RESTAURANT & BAR
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Easter Buns

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thursdays
SAN IGNACIO

Blazing Battle Of The Two Western Teams

Friday night, the clash of two of the power houses in the league, complemented by the in-district rivalry took center stage at the Sacred Heart College Auditorium in San Ignacio Town on Friday 20 March, 2015, as the undefeated Cayo Western Ballaz (7-0) played host to the Belmopan Red Taigaz (5-2).

The stage was set from the introduction of the players, as the visiting Belmopan fans came in full force, matching the noise, intensity and fan fare of the home team. The game's intensity peaked from tip off, and the biggest lead in the entire game was 6 points, as both teams demonstrated a high level of concentration, great defense and limited mistakes.

With 19 seconds remaining in the game, Belmopan Red Taigaz had a 60 - 59 lead, when **Richard Troyer** missed a three point attempt, and **Jarell Velasquez** secured the rebound and was fouled. Jarell Velasquez bricked both free throws, as Richard Troyer drove the length of the court to dish the ball to **Giovanni Lennan** who had a layup, with 9



seconds remaining on the clock and the home team clinging to a 1 point lead. Belmopan was unable to convert on the final possession, giving Cayo Western Ballaz the narrow 61 - 60 nail biter victory. Cayo was led by Richard Troyer who finished the night with a double-double of 17 points and 11 rebounds while dishing out 5 assists,

while **Kurt "Chengo" Burgess** also finished the night with a double-double

of 11 points and 14 boards. Giovanni Lennan and **Akeem Watters** scored 11 and 9 points respectively, while **Keith Acosta** chipped in with 8 points. Belmopan Red Taigaz was lead by last season's MVP, **Farron Louriano** who had a huge double-double with game highs in points and rebounds, as he tallied 19 points and ripped 18 boards. **Terrel Eskridge** also had a huge night with 19 points, 6 rebounds and 4 assists, but no one else from the visiting team was able to muster more than 5 points to assist with the scoring load. On Friday night, the undefeated Cayo Western Ballaz (7-0) will take their unbeaten streak on the road as they take on Belize Yellow Pages Hurricanes (3-4) at the Belize Elementary Gym in Belize City, where the Hurricanes have not loss a home game as yet. **Contributed by: Karim Juan**

Team standings after Round 1

Team	GP	W	L	Pts.
1 Cayo Western Ballaz	7	7	0	21
2 Belmopan Red Taigaz	7	5	2	17
3 San Pedro Tiger Sharks **	6	5	1	16
4 Belize Hurricanes	7	3	4	13
5 Dangriga Warriors	7	3	4	13
6 Orange Walk Running Rebels	7	2	5	11
7 Belize City No Limit **	6	2	4	10
8 Toledo Diplomats	7	0	7	6

GP- Games Played, W - Won, L - Loss and Pts. - Points
** Game undecided between San Pedro Tiger Sharks and Belize City No Limit

Goooooooooooo.....

Cayo Western Ballaz

Win.... Win.... Win....

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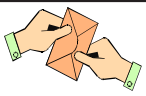
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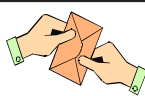
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(the former Yoli's Pizza location)



Readers Write



What Disciples Do

BY: Thomas Pujol

Contributed by: Janice Swift

"Lord, who may dwell in your sacred tent? Who may live on your holy mountain? ... [The one] who keeps an oath even when it hurts..." Psalm 15:1,4

One of the biggest challenges of being a Christian in modern, western culture is that there are 100 seemingly innocuous choices everyday in which we can express faith in the true God, or a counterfeit.

Some of these decisions are complicated, and involve mining the depths of our motivations and sinful tendencies. Some are much easier, or at least simpler. I have seen many young adults humming and hawing over a decision of whether to follow through on a commitment or not, because of its cost. Perhaps we see our commitment as negligible since we over looked certain details, or we forgot how things would precisely look when it came time to follow through.

As Christians, we are to reflect Christ, and one of the things that God

emphasizes about Himself more than anything is that He is a God who keeps His promises. And don't think that it was easy for Christ to keep His promise because He knew what it would cost Him. Remember the drops of blood in the garden? Remember that carrying through in a commitment that had unforeseen challenges in it demonstrates your trust in God seeing you through these challenges. There are times to apologize and admit your failure when you committed to something unhealthy or damaging in some way. However, we need to consider the beauty of Christ's faithfulness in keeping His promises, what it would have meant for us if He backed out because it became too hard, and seek to follow in His footsteps.

...After all, isn't that what a disciple does?

Father, Thank You for being 100% faithful in all of Your promises, so that we can trust all Your breathtaking promises for the future. Please help us to image You in our commitments to each other, whether big or small.

Get Back to the Basics

BY: Rick Warren

Contributed by: Janice Swift

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16 KJV)

God doesn't want you to doubt your salvation. He doesn't want you to worry about it. He doesn't want you to fear being without it. He doesn't want you to wonder whether you'll be in Heaven with him.

God wants you to settle the issue. To do that, you've got to get back to the basics. All great coaches focused on the basics. They never assumed anyone knew the basics. John Wooden always started training camp by teaching his players the correct way to put on their socks! Vince Lombardi started his training camps by famously telling his players, *"This is a football."*

The basics matter. If we were going to get back to the basics about Jesus, we'd go back to John 3:16: *"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him*

should not perish, but have everlasting life" (KJV).

You could summarize the entire Bible in that one verse. It's the Good News in a verse.

In fact, the very structure of the verse points to the Gospel. The verse is 25 words long. The middle word, the 13th word, is the word *"Son."* That's Jesus. The first 12 words are all about God — *"God so loved the world, that he gave his only begotten."* The last 12 words are all about you and me — *"That whosoever believeth in him should not perish, but have everlasting life."* That is a picture of the Gospel. The Bible says that God's on one side, mankind is on the other, and Jesus Christ came to Earth to bring them together. He's the bridge over troubled waters. He's the mediator between God and man. Jesus came to bring God and us together.

That's the basics of the Gospel. That's the most important message in the history of the world. God sent his Son to Earth to bridge the gap between you and him.

Nothing Can Stop God's Love for You

BY: Holley Gerth

Contributed by: Janice Swift

Here's the reality: I've yet to meet a woman who doesn't struggle with the pressure to be perfect. Even the ones who seem to have it all together. Maybe especially those who seem to have it all together.

I've personally wrestled with the need to be *"perfect"* most of my life. The struggle began in my teenage years when I realized there were expectations to be met in every area of my life—school, social relationships, and even spirituality. I learned to hold my true emotions inside and perform so that I would be accepted.

On one particular day my boyfriend broke up with me, and I felt devastated. But I walked into my next class with a forced smile. Fortunately, someone loved me enough not to let me get away with it. A friend took me by the shoulders, looked straight at me, and said, **"Holley, stop faking it."**

Although I made some progress, I never really figured out how to stop trying so hard in high school. By the time I graduated, I had come to believe I could never live up to the standards and expectations. So when I went to college, I took a chain saw to the pedestal I'd been placed on and completely rebelled. I made poor choices and ended up miserable. Then I truly felt trapped. I didn't want to be perfect, but I also knew my destructive way of living had to stop.

God began relentlessly pursuing my heart in that in-between place between law and grace. He sent people into my life who accepted me in all my brokenness. He caught me when I fell. He revealed the legalism and lies that had led me to this cage of desperation. I learned—or perhaps relearned—that walking with Jesus is always first and foremost about a relationship. My heart had begun to heal.

Then I got married and began a career. In my midtwenties my husband and I decided to start a family. Only it didn't turn out the way we planned. Years of infertility and loss led me to struggle desperately for control of my life. I thought if I could just do everything right, then surely God would give me what I wanted. But he didn't. I fell into depression, and he met me again in that place. He showed me once more how hard I'd been trying to keep it all together. And in that season, I learned how love could hold me together even when my world fell apart.

God has continued to peel back layers of perfectionism in my life bit by bit. He's restored me in more ways than I even knew I needed, and he continues to do so. And he's given me a passion for seeing other women get free too.

Sharing our stories can be the first step in healing. Scripture says, **"We overcome by the blood of the Lamb and the word of our testimony."**

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Wishing you a Happy and Safe Easter!!!



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

-Bob Marley

Celebrating Easter In Belize

With more than 80 per cent of Belizeans professing Christianity, Easter is the single longest public and Bank Holiday – from Good Friday through Easter Monday. This is a 4 day holiday when residents flee to neighboring Cancun, Playa Del Carmen and Chetumal in Mexico, or take to the local beaches, river or nearest bathing pool. Schools are closed for a full week starting from the Monday before the Easter weekend. Government, public utilities and banks shut down at midday on Holy Thursday, for four and a half days making this one of the slowest periods for commerce. The weather is usually very hot, but at times a straggling cold front moves in over the Yucatan Peninsula bringing in clouds and pleasant temperatures.

The sale of alcohol is prohibited throughout the country on Good Friday, a day when solemn religious activities are held including all-day church services and processions re-enacting of the Passion of Christ. Regretfully, foreign tourism interests have managed to erode Easter traditions in certain areas such as



Ambergris Caye by pressuring local authorities to look the other way to allow the sale of alcohol on Good Friday.

Good Friday is one of the most peaceful days in the country. Minimal traveling is done on this day as most folks either stay home to be with their families. Radio and television stations broadcast religious programs, including live coverage of the Pope’s Good Friday Message and the procession around Rome’s Colosseum to mark Jesus Christ’s crucifixion and death on Good Friday.

The most colorful and tradition re-enactment of the Via Crucifix is held at the town of Benque Viejo del Carmen in western Belize. There, after an evening mass, the Good Friday procession winds through the streets of the little town where the central streets are decorated with beautiful Alfombras De Acerrin (*sawdust carpets*). This Semana Santa (*Holy Week*) tradition boldly projects the Spanish traditions of Western and Northern Belize and is growing in popularity as more Belizeans in these areas embrace their Latino Culture long repressed under British colonial rule that ended in 1981. Re-enactments of the Via Crucis are a growing practice and attraction in several villages in the Corozal and Orange Walk Districts.



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Our Country. Your Bank

The Management and Staff of the Belize Bank Limited wishes all Belizeans a Safe & Happy Easter!

★ STAR HUMOR ★

White Hair

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast on her brunette head.

She looks at her mother and inquisitively asks, "Why are some of

your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while, and then said, "So, Momma, how come ALL of grandma's hairs are white?"

That's Once

A couple was celebrating their golden wedding anniversary. Their domestic tranquility had long been the talk of the town, and on this special occasion, a STAR newspaper reporter paid them a visit. She inquired as to the secret of their long and happy marriage.

"Well," explained the husband, "it all goes back to our honeymoon. We visited the Grand Canyon and took a trip down to the bottom of the canyon by pack mule."

"We hadn't gone too far when

my wife's mule stumbled. My wife quietly said 'That's once.' We proceeded a little farther when the mule stumbled again. Once more my wife quietly spoke: 'That's twice.' We hadn't gone a half-mile when the mule stumbled a third time. My wife promptly removed a revolver from her purse, hopped down off the beast, and shot the mule dead."

"I started to protest over her treatment of the mule when she looked at me and quietly said, 'That's once.'"

The Story of Easter is the Story of God's Wonderful window of Divine Surprise

- Carl Knudson

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Where is the BC

A rather old fashioned lady was planning a couple of weeks vacation in The Mountain Pine Ridge. She also was quite delicate and elegant with her language. She wrote a letter to a particular campground and asked for reservations. She wanted to make sure the campground was fully equipped but didn't know quite how to ask about the "toilet" facilities. She just couldn't bring herself to write the word "toilet" in her letter.

After much deliberation, she finally came up with the old fashioned term "Bathroom Commode," but when she wrote that down, she still thought she was being too forward. So she started all over again; rewrote the entire letter and referred to the "Bathroom Commode" simply as the "B.C.". Does the campground have its own "B.C.?" is what she actually wrote.

Well, the campground owner wasn't old fashioned at all, and when he got the letter, he couldn't figure out what the lady was talking about. That "B.C." really stumped him.

After worrying about it for several days, he showed the letter to other campers, but they couldn't figure out what the lady meant either. The campground owner finally came to the conclusion that the lady was and must be asking about the location of the local Baptist Church.

So he sat down and wrote the following reply:

"Dear Madam:

The Dish of Ice Cream

An elderly husband and wife noticed that they were beginning to forget many little things around the house. They were afraid that this could be dangerous, as one of them may accidentally forget to turn off the stove and thus cause a fire. So, they decided to go see their doctor to get some help. Their physician told them that many people their age find it useful to write themselves little notes as reminders. The elderly couple thought this sounded wonderful, and left the doctor's office very pleased with the advice.

When they got home, the wife said, "Honey, will you please go to the kitchen and get me a dish of ice cream? And why don't you write that down so you won't forget?"

"Nonsense," said the husband, "I can remember a dish of ice cream!"

"Well," said the wife, "I'd also like some strawberries on it. You better write that down, because I know you'll forget."

"Don't be silly," replied the

I regret very much the delay in answering your letter, but I now take pleasure of informing in that the "B.C." is located nine miles north of the camp site and is capable of seating 250 people at one time. I admit it is quite a distance way if you are in the habit of going regularly but no doubt you will be pleased to know that a great number of people take their lunches along, and make a day of it.... They usually arrive early and stay late.

The last time my wife and I went was six years ago, and it was so crowded we had to stand up the whole time we were there. It may interest you to know that right now, there is a supper planned to raise money to buy more seats....They plan to hold the supper in the middle of the B.C., so everyone can watch and talk about this great event....

I would like to say it pains me very much, not to be able to go more regularly, but it is surely not for lack of desire on my part....As we grow older, it seems to be more and more of an effort, particularly in cold weather.... If you decide to come down to the campground, perhaps I could go with you the first time you go...sit with you...and introduce you to all the other folks..... This is really a very friendly community.....

husband. "A dish of ice cream and some strawberries. I can remember that!"

"OK, dear, but I'd like you to put some whipped cream on top. Now you'd really better write it down now. You'll forget," said the wife.

"Come now, my memory's not all that bad," said the husband. "No problem, a dish of ice cream with strawberries and whipped cream."

With that, the husband shut the kitchen door behind him. The wife could hear him getting out pots and pans, and making some noise inconsistent with his preparing a dish of ice cream, strawberries, and whipped cream. He emerged from the kitchen about 15 minutes later.

Walking over to his wife, he presented her with a plate of bacon and eggs. The wife took one look at the plate, glanced up at her husband and said, "Hey, where's the toast?"



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





Hon. Patirck Faber

**Minister of Education Youth and Sports
Area Representative of Collet**

*Takes this Opportunity to
wish All Belizeans
Especially those in the
Collet Area a Blessed and
Safe Easter!!!!*

Easter is a time to rejoice,
Be thankful,

Be Assured that all is forgiven
So life extends beyond the soil of the earth



Sexually Transmitted Infections

Sexually transmitted infections (**STI**), also referred to as sexually transmitted diseases (**STD**) and venereal diseases (**VD**), are infections that are commonly spread by sex, especially vaginal intercourse, anal sex and oral sex. Most STIs initially do not cause symptoms. This results in a greater risk of passing the disease on to others. Symptoms and signs of disease may include: vaginal discharge, penile discharge, ulcers on or around the genitals, and pelvic pain. STIs acquired before or during birth may result in poor outcomes for the baby. Some STIs may cause problems with the ability to get pregnant.

More than 30 different bacteria, viruses, and parasites can cause STIs. Bacterial STIs include chlamydia, gonorrhea, and syphilis among others. Viral STIs include genital herpes, HIV/AIDS, and genital warts among others. Parasitic STIs include trichomoniasis among others. While usually spread by sex, some STIs can also be spread by non-sexual contact with contaminated blood and tissues, breastfeeding, or during childbirth. STI diagnostic tests are easily available in the developed world, but this is often not the case in the developing world.

The most effective way of preventing STIs is by not having sex. Some vaccinations may also decrease the risk of certain infections including hepatitis B and some types of HPV. Safer sex practices such as use of condoms, having a smaller number of sexual partners, and being in a relationship where each person only has sex with the other also decreases the risk. Circumcision in males may be effective to prevent some infections. Most STIs are treatable or curable. Of the most common infections, syphilis, gonorrhea, chlamydia, trichomoniasis are curable, while herpes, hepatitis B, HIV/AIDS, and HPV are treatable but not curable. Resistance to certain antibiotics is developing among some organisms such as gonorrhoea.

In 2008, it was estimated that 500 million people were infected with either syphilis, gonorrhea, chlamydia or trichomoniasis. At least an additional 530 million people have genital herpes and 290 million women have human papillomavirus. STIs other than HIV resulted in 142,000 deaths in 2013. In the United States there were 19 million new cases of sexually transmitted infections in 2010. Historical documentation of STIs date back to at least the Ebers papyrus around 1550 BC and the Old Testament. There is often shame and stigma associated with these infections. The term sexually transmitted infection is generally preferred over the terms sexually



transmitted disease and venereal disease, as it includes those who do not have symptomatic diseases

Main types

Sexually transmitted infections include:

- * Chlamydia is a sexually transmitted infection caused by the bacterium *Chlamydia trachomatis*. In women, symptoms may include abnormal vaginal discharge, burning during urination, and bleeding in between periods, although most women do not experience any symptoms. Symptoms in men include pain when urinating, and abnormal discharge from their penis. If left untreated in both men and women, Chlamydia can infect the urinary tract and potentially lead to pelvic inflammatory disease (**PID**). PID can cause serious problems during pregnancy and even has the potential to cause infertility. It can cause a woman to have a potentially deadly ectopic pregnancy, in which the child is born outside of the uterus. However, Chlamydia can be cured with antibiotics.

- * The two most common forms of herpes are caused by infection with herpes simplex virus (**HSV**). HSV-1 is typically acquired orally and causes cold sores, HSV-2 is usually acquired during sexual contact and affects the genitals, however either strain may affect either site. Some people are asymptomatic or have very mild symptoms. Those that do experience symptoms usually notice them 2 to 20 days after exposure which last 2 to 4 weeks. Symptoms can include small fluid-filled blisters, headaches, backaches, itching or tingling sensations in the genital or anal area, pain during urination, Flu like symptoms, swollen glands, or fever. Herpes is spread through skin contact with a person infected with the virus. The virus affects the areas where it entered the body. This can occur through kissing, vaginal intercourse, oral sex or anal sex. The

virus is most infectious during times when there are visible symptoms, however those who are asymptomatic can still spread the virus through skin contact. The primary attack is the most severe because the body does not have any antibodies built up. After the primary attack, one might have recurring attacks that are milder or might not even have future attacks. There is no cure for the disease but there are antiviral medications that treat its symptoms and lower the risk of transmission (**Valtrex**). Although HSV-1 is typically the "**oral**" version of the virus, and HSV-2 is typically the "**genital**" version of the virus, a person with HSV-1 orally CAN transmit that virus to their partner genitally. The virus, either type, will settle into a nerve bundle either at the top of the spine, producing the "**oral**" outbreak, or a second nerve bundle at the base of the spine, producing the genital outbreak.

- * The human papillomavirus (**HPV**) is the most common STI in the United States. There are more than 40 different strands of HPV and many do not cause any health problems. In 90% of cases the body's immune system clears the infection naturally within 2 years. Some cases may not be cleared and can lead to genital warts (**bumps around the genitals that can be small or large, raised or flat, or shaped like cauliflower**) or cervical cancer and other HPV related cancers. Symptoms might not show up until advanced stages. It is important for women to get pap smears in order to check for and treat cancers. There are also two vaccines available for women (**Cervarix and Gardasil**) that protect against the types of HPV that cause cervical cancer. HPV can be passed through genital-to-genital contact as well as during oral sex. It is important to remember that the infected partner might not have any symptoms.

- * Gonorrhea is caused by bacterium that lives on moist mucous membranes in the urethra, vagina, rectum, mouth, throat, and eyes. The infection can spread through contact with the penis, vagina, mouth or anus. Symptoms of Gonorrhea usually appear 2 to 5 days after contact with an infected partner however, some men might not notice symptoms for up to a month. Symptoms in men include burning and pain while urinating, increased urinary frequency, discharge from the penis (**white, green, or yellow in color**), red or swollen urethra, swollen or tender testicles, or sore throat. Symptoms in women may include vaginal discharge, burning or itching while urinating, painful sexual intercourse, severe pain in lower abdomen (**if infection spreads to fallopian tubes**), or fever (**if infection spreads to fallopian tubes**), however many women do not show any symptoms. There are some antibiotic resistant strains for Gonorrhea but most cases can be cured with antibiotics.

- * Syphilis is an STI caused by a bacterium. If acquired, syphilis needs to be treated adequately, otherwise it can cause long-term complications and death. Clinical manifestations of syphilis include the ulceration of the uro-genital tract, mouth or rectum; if left untreated the symptoms worsen. In recent years, the prevalence of syphilis has declined in Western Europe, but it has increased in Eastern Europe (**former Soviet states**). A high incidence of syphilis can be found in places such as Cameroon, Cambodia, Papua New Guinea.

- * Trichomoniasis is a common STI that is caused by infection with a protozoan parasite called *Trichomonas vaginalis*. Trichomoniasis affects both women and men, but symptoms are more common in women. Most patients are treated with an antibiotic called metronidazole, which is very effective.

- * HIV (**human immunodeficiency virus**) damages the body's immune system, which interferes with its ability to fight off disease-causing agents. The virus kills CD4 cells, which are white blood cells that help fight off various infections. HIV is carried in body fluids, and is spread by sexual activity. It can also be spread by contact with infected blood, breast feeding, childbirth, and from mother to child during pregnancy. When HIV is at its most advanced stage, an individual is said to have AIDS (**acquired immunodeficiency syndrome**). There are different stages of the progression of and HIV infection. The stages include primary infection, asymptomatic infection, symptomatic infection, and AIDS. In the primary infection stage, an individual will have flu like symptoms (**headache,**

Continues On Page 14

GOB To Conduct In-Depth Review Of Local Rice Industry

Belmopan, March 25, 2015:

The Government of Belize wishes to inform the public that it is fully aware of the request by a local importer to import rice from Guyana, and his claim that imported rice through that channel could be made available to the public at a price lower than the current market price. The Government is also aware that there is severe overproduction in Guyana and they have domestic pressure to market that product at any cost.

The government, through the Ministries of Natural Resources and Agriculture, and the Ministry of Trade, Investment, Private Sector Development and Consumer Protection, is conducting an in-depth review of the rice industry with an aim to ensure the best action for Belize as it relates to the production and supply of rice to the Belizean public. The first stakeholder meeting



including producers was held last week before this became a media story.

As part of this review process, the Government will take into consideration the following factors:

1. The true cost of producing, quality, long-term availability, and level

of processing of rice available within the CSME, compared to domestically produced rice.

2. The various factors affecting the price and market channels of domestically produced rice.
3. A review of the price control mechanisms currently employed

by the Government for food commodities, with an aim to ensuring that they remain relevant to the country’s needs.

4. The importance of food security in the form of domestically produced food commodities and their ongoing availability to the Belizean public.
5. Belize’s obligations as a member state in the CARICOM Single Market and Economy (*CSME*).

The Government further stresses that it will carefully consider all the above factors before taking any action in the rice industry. Any action based on insufficient and un-verified information could have a negative impact on our country’s future as it relates to the long-term viability of industry, food security, foreign exchange and trade.

The Government further assures the public that any action taken in respect to the rice industry in Belize will consider the need to reduce the cost of living as a high priority.

Stand Tall , Be
Courageous,
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From John and Martha August
and the entire Staff

Your Weekly Horoscope and Lucky Numbers

ARIES:

March 22 to April 20

Your life may be full of days spent speeding down the highway toward sweet destiny, but Monday and Tuesday aren't among them. You're moving in the direction of destiny, sure, but the pace would be more accurately described as that of an infant on all fours. The crawl intensifies to something more like a healthy jog on Wednesday and Thursday, but it's difficult to keep your legs pumping, since you spend much of your time holding a cell phone to your ear. Friday and Saturday are days of clarity and catharsis and possibly family time. Sunday's romantic. **Lucky numbers: 59, 73, 92.**

TAURUS:

April 21 to May 21

The intensity is remarkable. You had a sense that something was developing between you two, but on Monday and Tuesday, it's undeniable. Whether this is someone you just met or someone you've known for a while, a new leaf is turning, and you're talking about it. Wednesday and Thursday affect you in funny ways. You're running around like crazy. There's no particular hurry, but you're in a hurry -- it's completely out of character for you. Friday and Saturday, try to explain it all to a friend, maybe over dinner. Convey your excitement, then spend Sunday dwelling on you-know-who. **Lucky numbers: 05, 12, 28.**

GEMINI:

May 22 to June 21

Put on your high-caliber goggles and take a very close look at what's going on. Monday and Tuesday, clarity is a prevailing theme, and the main obstacle in achieving it is the presence of busybodies. Like so many bumblebees, they create a commotion about things that can only be described as irrelevant. False information abounds. Wednesday and Thursday, break out of your zone a bit to interact with others, but know that the most useful conversations you're going to have will be with strangers. This weekend, you'd be wise to come up with ways of entertaining yourself that don't involve money. **Lucky numbers: 01, 19, 29.**

CANCER

June 21 to July 21

Some ideas are bound to fail. So don't worry so much about yours being fully formed -- what matters is getting them out there, proposing things, seeing what sticks. The person who comes up with ideas from scratch is the most important person in the cause of progress. Let others help you hammer

out the details. Don't worry about who gets the credit. In the middle of the week, with all this creativity floating around, some people are bound to feel hesitant or left out. Convince them to participate. Friday and Saturday are about new beginnings. On Sunday, make an investment. **Lucky numbers: 55, 60, 88.**

LEO:

July 24 to August 21

If it were a black-or-white question, a matter of right or wrong, you wouldn't be facing the dilemma you have on Monday and Tuesday. Putting off a decision is not a bad move. Focus instead on finishing up some projects you've already started. Then, on Wednesday and Thursday, air your quandary among friends, at least to hear a range of responses. You may find yourself agreeing with someone, and therefore coming closer to a conclusion yourself. Friday and Saturday are warm and comfortable, as if you're a happy plant in a fresh plot. On Sunday, you get everything you need for growth. **Lucky numbers: 23, 36, 47.**

VIRGO:

August 22 to September 21

Great writers do some of their most intense work by staring out the window. Major business decisions have been struck over slices of pizza. Monday and Tuesday, strive to get things done in a relaxing environment. Toward the middle of the week, you have no time for staring out the window or going out for pizza -- in fact, you have to strap yourself to your desk to finish everything. Friday and Saturday are downright frantic, and Sunday won't be very relaxing either. But if you can be flexible, that will prevent you from breaking. Don't break! **Lucky numbers: 41, 66, 79.**

LIBRA:

September 22 to October 23

You're climbing fire escapes on Monday and Tuesday, trying to get a better perspective on how the world fits together. If only you could be in a helicopter! Toward the middle of the week, you're in a crowd situation, and you feel both empowered and overwhelmed by other people's combined energy. Go with the flow. Try not to overanalyze. See what you learn. Friday and Saturday are entirely bereft of dreams of helicopters or the anxiety of crowds -- instead, you find yourself relaxing into your work. It's gratifying to get things done. On Sunday, listen. **Lucky numbers: 68, 77, 85.**

SCORPIO:

October 24 to November 21

A rare feeling dominates your heart and mind at the beginning of the week. It's a thrilling feeling. It has something

to do with a relationship, possibly a romantic one, and it may inspire you to boldness. Friction, force and sports also figure on Monday and Tuesday. It's a charged beginning to a happy, productive week, although it would be a stretch to define Wednesday and Thursday as particularly happy. There are a million small tasks you break your back to get done on those days. Friday and Saturday are, by comparison, effortless. You and your friends communicate almost telepathically. On Sunday, you lie low. **Lucky numbers: 09, 17, 34.**

SAGITTARIUS:

November 22 to December 21

Let Monday and Tuesday be days for collecting yourself, getting things back in order and obliging others. The smallest thing can be incredibly satisfying. That remains true at least until Wednesday and Thursday, when the satisfaction you feel in details done well begins to wane. Put another way, a philosophical conversation would satisfy you more at this time. So go ahead and initiate a philosophical conversation. Friday and Saturday, on the other hand, you're barely able to keep up your end of small talk. One day you feel like talking; the next day you don't. Chalk it up to mood. Sunday is radiant. **Lucky numbers: 39, 45, 63.**

CAPRICORN:

December 22 to January 20

Monday and Tuesday, spread out a blanket under a tree and have a delicious picnic. Fruit, bread, cheese -- really live it up. If you have other things to do on Monday and Tuesday, well, try to squeeze in some time for luxuriating somehow (especially with a loved one). Wednesday and Thursday are more

work-oriented, or at least task-oriented. Expect a staggering quantity of emails in your inbox. Then, on Friday and Saturday, aim your efforts toward your home life. Maybe buy some buckets of paint and start that redecorating project in earnest. Sunday is a good day to be at home, too. **Lucky numbers: 50, 75, 91.**

AQUARIUS:

January 20 to February 18

A discovery startles you at the start of the week. Suddenly, the past comes into focus in a way that it hasn't before -- it's illuminating and instructive. This is a fine prelude to what comes to you on Wednesday, which is a sizzling love affair, or an intensification of an existing love. Thursday, as well, is all hearts and chirping birds. It only makes sense that Friday, coming down from such excitement, is a bit of a drag. You have responsibilities to attend to and you're running out of time. Saturday is made for working, but Sunday is, once again, all about you and you-know-who. **Lucky numbers: 26, 32, 43.**

PISCES:

February 20 to March 21

Beauty and romance figure strongly at the beginning of your week and set you off on the right foot. On Tuesday, eat a delicious dinner and turn in early (hopefully in the arms of someone else!), because on Wednesday, you need as much energy as possible. The middle of the week is a bit overwhelming, that's all. It's nothing you can't handle. However, don't expect clarity or direction. Then, on Friday, you have time to devote to romance once again, and by Saturday, you're swimming in the nectar of love and affection. What a happy end to the workweek! On Sunday, work out. **Lucky numbers: 10, 15, 52.**

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Sexually Transmitted Infections

Continued From Page 10

fatigue, fever, muscle aches) for about 2 weeks. In the asymptomatic stage, symptoms usually disappear, and the patient can remain asymptomatic for years. When HIV progresses to the symptomatic stage, the immune system is weakened, and has a low cell count of CD4+ T Cells. When the HIV infection becomes life-threatening, it is called AIDS. People with AIDS fall prey to opportunistic infections and die as a result. When the disease was first discovered in the 1980s, those who had AIDS were not likely to live longer than a few years. There are now antiretroviral drugs (ARVs) available to treat HIV infections. There is no known cure for HIV or AIDS but the drugs help suppress the virus. By suppressing the amount of virus in the body, people can lead

What are Sexually Transmitted Diseases

- STD's are infections that are spread from person to person through intimate sexual contact.
- STD's are dangerous because they are easily spread and it is hard to tell just by looking who has an STD.
- 1 in 4 teenagers has an STD. (Western Statistics)

longer and healthier lives. Even though their virus levels may be low they can still spread the virus to others.

Prevention

Prevention is key in addressing incurable STIs, such as HIV and herpes. Sexual health clinics promote the use of condoms and provide outreach for at-risk communities.

The most effective way to prevent sexual transmission of STIs is to avoid contact of body parts or fluids which can lead to transfer with an infected partner. Not all sexual activities involve contact: cybersex, phonesex or masturbation from a distance are methods of avoiding contact. Proper use of condoms reduces contact and risk. Although a condom is effective in limiting exposure, some disease transmission may occur even with a condom.

Both partners should get tested for STIs before initiating sexual contact,

or before resuming contact if a partner engaged in contact with someone else. Many infections are not detectable immediately after exposure, so enough time must be allowed between possible exposures and testing for the tests to be accurate. Certain STIs, particularly certain persistent viruses like HPV, may be impossible to detect with current medical procedures.

Many diseases that establish permanent infections can so occupy the immune system that other diseases become more easily transmitted. The innate immune system led by defensins against HIV can prevent transmission of HIV when viral counts are very low, but if busy with other viruses or overwhelmed, HIV can establish itself. Certain viral STI's also greatly increase the risk of death for HIV infected patients.

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Decriminalization Of Marijuana

Wednesday, March 25, 2015:

Earlier this month a committee authorized to discuss the removal of criminal penalties for possession of small amounts of cannabis released its report in which it recommends such removal for ten grams or less possessed.

The report is now before Cabinet and today **Prime Minister Dean Barrow** confirmed that the Government has given its support in principle.

However, there are reservations, particularly from the church



community and from National Security **Minister John Saldivar** with regard to the establishment of “*decriminalization*,” as it is officially termed.

The Prime Minister said Government wished to have final consultation with the churches as to their position on decriminalization, though it is prepared to move forward without them if needed.

Thousands of Belizeans are expected to benefit from this move, which will include formal rehabilitation and education as well as expunging of criminal records.

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Public Utilities Commission
wish all Belizeans & Visitors a

Happy & Safe



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E A S T E R

World Cup Qualifiers Belize Vs. Cayman

Earlier this month the Football Federation of Belize (FFB) presented the 30-member men’s National “A” Selection Team, dubbed, the **Belize Jaguars** who have been in training for last night’s game against the **Cayman Islands** in their first match of the World Cup 2018 Qualifiers. During that presentation, which included the unveiling of their logo, much confidence was expressed in Belize securing a victory despite the absence of the team’s star striker, **Deon McCaulay**.

The forecast for that victory was made based on several factors including the fact that Belize ranks internationally at 41, outdoing the Grand Cayman National Team ... but that victory didn’t come to pass last night as the game ended in a nil-nil score last night at the FFB Stadium in Belmopan.

The hopes and dreams of our nation rested on the shoulder of the Belize Jaguars as they headed to

Cayman over the weekend to play compete against that nation’s ‘A’ squad. For the Belize Jaguars, following a draw at home last week – everything was on the line for our boys who needed an outstanding performance to advance to round two in the World Cup qualifiers. So did they make us proud?

Game two, a decisive match to determine who advances to another round of competition, followed an unrelenting shower which began shortly after midday. While the team was poised to close out its adversary, given its studious preparation the day before, nature wouldn’t be as kind. The constant sheet of rain blanketed everything for several hours, covering the island, including the **Truman-Bodden Sporting Complex**, in a white mist until sometime after five o’clock. The entire time the Jaguars organized an offensive to guarantee a W going forward.



As fate would have it, despite painstaking groundwork, the Jaguars would be off to a lethargic start. In the fourth minute of play the team would be dealt a rude awakening, an arousal which definitely boosted the confidence of the home team as they scored.

The rest would include a concerted effort to match and outdo the opponent on its home turf, before an audience of primarily Caymanians, peppered with a handful of Belizeans who cheered heart and soul for the

Red, White and Blue.

What is certain about the Belize Jaguars despite the narrow victory is the sense of camaraderie amongst the players. While they admit that the road ahead will not be easy, the team’s sense of togetherness, on display at the airport this afternoon, speaks volumes of its potential both on and off the field.

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Buenos Aires Streets Empty As Transport Strike

The streets of the Argentine capital, Buenos Aires, remained largely empty on Tuesday morning as a number of transport workers' unions went on a 24-hour strike.

Many national and international flights were cancelled and train and underground stations looked deserted.

Trade unionists, who complain about high inflation and high taxes, also blocked some roads.

The government has defended its tax system as fair.

Blockades

Protesters blocking the Pueyrredon Bridge, one of the main access routes into the city, said they would keep the blockade going until at least midday.

Strike leaders said buses would not run on Tuesday as drivers were heavily unionised



An empty bus stop is seen during a one-day nationwide strike in Buenos Aires

Banks are also expected to remain closed and there will be no rubbish collection, strike leaders said.

Local bus drivers are also expected to adhere to the stoppage.

Schools will open but many parents said that without public transport, they would not be able to send their children to class.

The workers are demanding a tax on their income be revoked.

But Cabinet Chief Anibal Fernandez said only between six and eight per cent of workers had to pay this particular tax.

Divisions

The strike leaders are also demanding an increase in pensions and measures to combat inflation, which they say is eroding their salaries.

Tube stations remained shuttered in Buenos Aires

The trade union movement in Argentina is divided into those who back the government of President **Cristina Fernandez de Kirchner** and those who think it is not doing enough to help workers.

This latest stoppage is being led by **Hugo Moyano** of the more radical wing of the General Confederation of Labour (CGT) and **Pablo Micheli** of the Central Workers' Union (CTA).

Analysts say the strike is also intended to send a signal to all Argentine politicians about the enduring power of the country's trade unions ahead of presidential elections in October.

International Garifuna Summit

An International Garifuna Summit organized by the Garifuna Heritage Foundation of St. Vincent and the Grenadines was held on 8th-15th March, 2015 in St. Vincent and the Grenadines. The theme of the Summit was *“The Garifuna, a Nation Displaced-Cultural Rights, Economic Survival and Reparations.”* It consisted of several events including Workshops, Conference, Tours, Cultural Extravaganza, a Wreath Laying Ceremony at the Garifuna Paramount Chief Joseph Chatoyer Monument on St. Vincent and Grenadines Heroes Day, March 14th. A pilgrimage to Balliceaux was done on Sunday March 15. Balliceaux is an

The Summit Objectives were: To gather in St. Vincent and the Grenadines known to the Garinagu as Yurumein, the birthplace of the Garifuna Nation, share ideas, examine issues, network and strengthen global links. The conference portion of the 2015 Summit is envisioned as a place to engage, exchange and deepen theoretical, analytical, academic and arts-based approaches to understanding key issues affecting the Garifuna Nation today.

The revitalization of the Garifuna language and culture in St, Vincent was among topics discussed along with the preservation of the Garifuna Culture in Garifuna



inhospitable off-shore island where the Garinagu were sent in July 1796 before being exiled from their homeland. More than fifty percent of those sent to Balliceaux died before the exile.

Communities of Belize, Honduras, Nicaragua and Guatemala. The Belize contingent pledged to offer support in revitalization of the Garifuna language and culture in St Vincent and the Grenadines. Reparation for the

Garifuna people was extensively discussed.

A delegation of eight from Belize attended including Sandra Miranda Vice President of National Garifuna

Council (NGC) who presented a paper titled *“Garifuna Nation: Can it be defined?”*, Lucia Ellis and Adrian 'Doc' Martinez conducted workshops on Herbal Medicine and Garifuna Music respectively.

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 17th 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 1st 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 17th 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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For everyday banking transactions, please use our ATMs located countrywide, your Belize Bank VISA Debit card or credit cards, or visit our web site at www.belizebank.com.

Belize Bank Limited takes this opportunity to wish its customers and all Belizeans a Safe and Happy Easter.

www.belizebank.com

Happy Easter

BWS

Our Offices country-wide will close at 1:00pm on Thursday April 2, 2015. Offices will re-open Tuesday April 7th, 2015.

The Board, Management and Staff of BWS wishes all a Happy and enjoyable Easter!

BWS, delivering water and more...



Hon. Rene Montero

**Minister of Works and Transport
Area Representative of Cayo Central**

***Wishing All Belizeans near
and far a Happy and
Blessed Easter!!!***

Joyful tidings
Joyful tidings
Yes the Lord has Risen Today
May the triumph of the lord
Strengthen your soul
And Grace you with Happiness
And success on Easter and Always



Bernard Clings To Life

Link Up Bar Burglarized

Continued From Front Page

San Ignacio police was called to the low lying bridge of an accident that occurred. Upon arrival police noticed a man lying face down on the side of the street. They recognize the male person to be Bernard



Bernard McLaren and Minister Montero

McLaren, 50 Belizean Labourer of Branch mouth area. McLaren was unconscious and was bleeding from his head, apparently suffering from a cut wound to the right side of his forehead. Police investigation revealed that McLaren was riding his black beach cruiser bicycle from Santa Elena heading towards San Ignacio when he was hit by a white vehicle traveling in the opposite direction. The Vehicle didn't render assistance and sped off. McLaren was taken to the San Ignacio Hospital for medical attention but was transferred to the KMHM. The impact fractured twelve of his ribs and punctured his lungs. McLaren is now on life support in the hospital and his common-law wife, **Dawnette Elijio** and his sister, **Yolanda Smith** are asking for justice, and assistance in locating the driver of the vehicle.

Continued From Front Page

which was occupied by **Leroy Richards**, 28 Belize laborer of Ontario Village. The search led to the discovery of a black TCL flat screen TV. Richards was escorted to the San Ignacio Police Station where

he was formally arrested and charge for handling stolen goods. He appeared at the San Ignacio magistrate's court where he was found guilty and was fine \$500 and is expected to complete payment by the end of June 2015.



Happy Easter from
STAR Newspaper

Criminal On The Run - Caught

SAN IGNACIO TOWN, Cayo, Monday, 30 March, 2015: While on the run, police has finally caught **Jose "Pelon" Quintanilla**. The incident happened on Thursday, 19 March, 2015, when the San Ignacio police was conducting their mobile patrol; they noticed Jose "**Pelon**" Quintanilla, on 2nd Street walking with a pink school bag in his hand coming out of an opened lot. As soon as Quintanilla saw the mobile patrol he turned back and ran. Police immediately set chase after him as he ran to an unfinished building where police saw him threw the bag and jumped out the back side of the building. Police then retrieved the pink school bag and continued the chase however, Quintanilla make good his escape through the bushes. The school bag was opened



Jose "Pelon" Quintanilla and contained a white plastic bag that had green leafy substance suspected to be cannabis. The bag was taken to the San Ignacio where it was weighted in front of a justice of the peace amounting to 907.1 grams. Today, Monday, 30 March, 2015, Jose "Pelon" Quintanilla went to the San Ignacio magistrate court where he pleaded not guilty and was offered bail for \$5,000 and is due back in court 26 May, 2015.



Local Knowledge International Consciousness

The Management and Staff of Ceiba Reality Wish all Customers and Friends a Happy and Safe Easter!!





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500 BONUS On-Net TALK
Share Plan with 5 numbers
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