

# THE GALEN TIMES

“You've got to get up every morning with determination if you're going to go to bed with satisfaction.” — George Lorimer



Hello fellow Eagles,

It's a pleasure to present the last issue for the month of February. We wish you the best as Midterm exams are coming. Take care of your health during this time since mid-exams can be stressful. Apart from that, we hope you enjoy this newsletter and are able to learn something new.

## In this Issue:

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# What is Stress?

By Michael Chen

In life, nothing is easy as it seems since there are many obstacles along the way. We have dreams and goals that we want to achieve; however, we must take the long road since there isn't a shortcut to our achievements. Not only do we encounter these obstacles throughout our life, but the feeling of it as well. One of those feelings is "Stress". This can get the best of us every once in a while. To clarify, stress is the feeling of being overwhelmed or unable to cope emotionally or mentally by means of being under pressure. We all can verify that's true since there are expectations of us either as a student, worker, parent or any other 'hat' we may wear.

As a student, this happens to us a lot since we have a lot to deal with such as submitting assignments on time, passing quizzes and tests with good grades, and passing the class to be able to get our diploma. Without a doubt, I get stressed easily which leads to a terrible headache because there are a lot of things on my mind that dissolve into mini negative thoughts that affect me badly. To add to that, it happens when I am overthinking things and how others perceive me. For example, I had an assignment that was due in 4 days but I was stressing immediately after I had read the instruction of the format it is supposed to be. Stress let me procrastinate and it doubles on me when I am trying to finish a last-minute work before the submission time.

In the end, Stress is an unhealthy feeling that affects us in our own manner but there are ways to overcome the feeling of it. Here are some ways to reduce stress:

- 1.) Listen to music, read a book or go for a walk.
- 2.) Make time to unwind (Meditate)
- 3) Get enough sleep to feel refreshed
- 4) Eat healthy as much as possible
- 5) Do something creative such as arts and craft
- 6) Stretch your muscles to release tension
- 7) Talk to someone



# Close Enough to Vegas

By Dr. David Aguilar

There's a saying with which we are probably all familiar: "Whenever you point a finger at someone, three fingers are pointing back at you." The idea here is that whenever we try to blame someone else for the things that have happened to us, we often neglect to take into account the part that we may have played in our own misfortunes. This is especially true when it comes to technology.

There's a word you should know as college students, and that is anthropomorphism. You might be able to recognize a couple of roots there. The first is "anthro," which means "man," or "human," from such familiar terms as Anthropology, the study of humanity. The second is "morph," which means "shape," from such familiar terms as xeno-morph (the "alien shape" from the Aliens movie franchise) and "polymorphism" if you're a Computer Science student. Anthropomorphism is the attributing of human-like qualities to creatures and objects that are not human.

We give boats human – usually female – names. Our favorite cartoon characters are often animals that behave, more or less, like human beings. We see a man's face on the moon. We say that a cloudy sky is "gloomy," or "angry," projecting our human emotions onto the weather.

The psychological reasons for this are obvious... It gives us a sense of belonging. We exist, as we perceive it, in an environment that is suited to our needs; therefore, when things go our way, they are working properly, in a friendly, cooperative manner. When they aren't, the universe is against us – the cosmos have taken note of our progress, and they are displeased.

Anthropomorphism is, surprisingly enough, particularly prevalent among computer science students. If you don't believe me, try listening in on one of our online programming classes. Often enough you will hear the complaint, "Sir, my program doesn't want to run!"

I often assure my distressed students that, inasmuch as they are able to do so, their programs very much want to run. The problem is that their instructions, which are necessary for the program to run properly, if at all, are incorrect. The expression "computer error" is inaccurate, in my estimation, almost all the time. Computers are machines that process data; they have no desires, biases, or grudges against us. When they aren't working properly, either the data is incorrect, the hardware was improperly designed, or the instructions to process that data are somehow flawed. In other words, somewhere up the chain of causality, the butler did it... at least, a human being like a butler did it. The only time it's not actually the fault of a human is in the event of a natural disaster, or parts being used past their expected lifetimes, and it's not the actual computer's fault then either.

Most of you reading this article aren't computer programmers. You are, however, computer users, and probably avid participants in social media, which is the use of computing devices to communicate within the global community that exists online. Social media has a great many advantages, and it is becoming an increasingly prevalent aspect of our lives. The recent pandemic has, in my view, only accelerated the amount of time we spend online; I suspect it's only sped up the practically inevitable outcome of having access to the virtual world with all its wonders and possibilities.

But as with every gift, and every powerful new benefit, comes a corresponding degree of responsibility, as Uncle Ben (or rather, Winston Churchill in 1906) once told us. Just in case nobody ever let you in on this before, some bad things can happen on the Internet.

You have probably heard the term "cyber-security" before. It's an important word. As you read it, you are likely thinking about huge corporations protecting their secrets from hackers, international banks preserving the privacy and account numbers of their clients, or perhaps high-tech spy gadgets on which shady men in black vans fiddle about outside of a government laboratory. It can certainly mean all those things, but it has a more personal meaning as well, and one far more relevant to you at this moment.

Cyber-security begins at home, and it involves taking charge of your online presence. It means being careful with what, and with whom, you communicate through electronic means. It means mothers and fathers making sure that their children are safe when they do their homework on a modem-connected desktop. I have quoted a number of popular expressions thus far in this article, so how about one more? "What happens in Vegas stays in Vegas."

The meaning commonly indicated by that phrase is that when you do something out of character in a place far away from home, nobody will ever know about it. If you go to Las Vegas and gamble, drink, party, etc., your daily circle of friends will never find out. But that principle works the opposite way in the online environment, as opposed to the physical one. What happens on the Internet stays on the Internet.

What we do in "public," netically speaking, (and yes, that's new word I just made up) doesn't just go away. Deleted files are rarely truly deleted. Removed posts can be restored. Deactivated accounts still exist somewhere on an accessible server. As I discuss with my students, those concerned with privacy and security in the age of the Internet need to consider the fact that as communicators, we now have unprecedented levels of range, speed, duration, and recall. In other words, we can reach more people, faster, for longer periods of time, and with a perfect reproduction of text, audio, and video, than ever before in human history.

It may be a cliché for me to tell you to “be careful out there,” but those four words are cliché for a reason. And yes, a lot can happen to people online without their knowledge or consent. We dare not blame the victims of violated privacy, cyber-bullies, or vengeful ex-acquaintances. But it’s not “the Internet’s fault” either. It’s not a computer error... it’s almost always the result of human actions, for one reason or another. While we can’t stop bad people from being bad people, there are certainly things that we can do to minimize the risk of being caught up in unpleasant circumstances. There are precautions we can take that, while they can never guarantee our safety, can absolutely make it more difficult for those of ill intent.

I’ve been around for the development of the Internet, from its infancy in the early ‘80s to its most current form. I’ve seen the benefits, and I’ve heard the horror stories. I’ve been careful. Fortunately, I’ve had a fairly uneventful online experience so far myself, and when I fought crime IRL back in the day – well, back in the night, I always used a costume that covered my face (an example our more recent batch of protagonists could learn from... and no, a pair of glasses is not enough of a disguise!).

Where was I?

Oh, yes... Internet safety. Perhaps the single best advice I can give with regard to personal cybersecurity is this: Never say, or show, anything online that you wouldn’t want current or future employers (and current or future children) to hear or see. It probably won’t go away. It might get worse; society often shifts between what is pushing the envelope, and what is downright unacceptable. We’ve already started to hear about people in the public eye who have had to apologize for opinions expressed years ago... and they are rarely given the benefit of the doubt because “that’s the kind of thing we said back then.”

These are unprecedented times. We need to be unprecedented kinds of people in order to keep up, and to flourish, as the concept of our “environment” becomes less about trees, and more about terabytes. Be careful out there.

# Fear

By the Journalism Club



It can be such a crippling thing.

An illusion that envelops your entire body and overpowers the mind, if you allow it. It can keep us physically trapped and place us behind invisible walls that seem impossible to break out of. If we look back to our past, we can see how fear stood between us and some great experiences.

The funny thing is, fear only comes about when we are about to take on something new. We do not fear what we know, but we cannot grow by standing in the same place.

If we stop to consider, what are we really afraid of? Change? Growth? Liberation?

Fact is, the things that we are so afraid of are often times things that we can overcome by just getting our mind right and taking the leap.

Overcoming fear is powerful! It gives us confidence and pride. We recognize a strength in ourselves that we might not always see. We can have more of these moments, as much as we would like, but first, we have to get out of our own way! As we grow and progress, we are bound to come across things that might not feel comfortable. Like a child needing a bigger pant size, this change is a sign of progress and growth

Let's not settle for less than we deserve because of fear. Some self-reflection and a revision of our goals should confirm whether we should stand still or take the leap!

# Different Perspectives: The Hemp Industry

In this section of The Galen Times, we will discuss critical issues, challenges, and events that relate to Belize.

Have a perspective on a current issue? Send your opinions and views to [apalma@galen.edu.bz](mailto:apalma@galen.edu.bz)  
(Economic, Education, Criminal Justice, International Business etc)

Currently, the importation of Cannabis is still an illegal trade in Belize but the government is scheduled to re-introduce an amendment to the Misuse of Drugs Act. The purpose of the amendment is to allow farmers to legally cultivate, process, distribute, and deliver cannabis products to clients, adults only. Of course, with the legalization of the hemp industry, comes specific regulations. For instance, farmers will have to apply for a licensing permit, register their business, and follow the requirements set by the government. Let us consider the possibilities for growth in Belize with the hemp industry. The hemp industry is a major step for Belize to enter new markets because cannabis can be used to produce medicine, fabric, and bio-plastics. While these ideas are promising, we know that businesses can only grow through investment. Therefore, what tax incentives can the government give to ensure the viability of the hemp industry? We know that to add value to our goods, Belizeans need to specialize in creating these finished products from Cannabis. So, what can the government do to help Belizeans become versatile in adding value to the industry?

With that said, how could this hemp industry affect the unemployment rate in Belize? The hemp industry can become one of the largest branches of the agricultural sector because of the variety of products created with cannabis. How would the development of hemp clothing in Belize affect the overall consumption in Belize? How would the prices of clothes shift if a new set of clothing (made from hemp) is introduced locally? Would Prices increase or decrease? Ultimately, the government is amending the Misuse of Drugs Act because they believe they want to earn revenue by allowing entrepreneurs to sell cannabis products across the country. But, do you think that Belize has the production capacity to 'ignite the engines' of this new industry? Moving forward, we know that cannabis is a product that is consumed globally. Countries around the world are using cannabis to earn more revenue and sustain their economy during the pandemic. What opportunities can Belize take advantage of from the trade of cannabis products? How can Belize use cannabis to increase net exports and earn more foreign exchange? Ultimately, this new industry has to be encouraged by the government. In essence, should the government allocate money in the budget every year to the hemp industry when it is approved in the House of Representatives?

Response by the **Economics Club**, an economic perspective

**How can you add value to the hemp or cannabis industry?**

Build a brand for the industry. A brand that will not be easily overlooked or lost in the international market. Closely study the efficiencies of that industry in order to know how to improve certain areas of the production.

**How can this hemp industry help the unemployment rate of Belize?**

The fact that hemp/cannabis is a highly desirable product by consumers, this will definitely have a great demand locally and internationally. This will allow the opportunity for these producers to generate jobs for the people of this country. This will further alleviate the poverty rate as well, allowing persons to have an opportunity for an income.

**What happens if clothes are produced from hemp in a country?**

Though the hemp fabric is way better than the cotton fabric, the cotton fabric is cheaper. So if our country produces hemp clothing, it will definitely be costly to produce further causing it to be sold at a high price. But would it be a good idea for the producers? Quite frankly, the government may need to raise the taxes on imported clothing in order to have the producers of hemp clothing compete. This would need a lot of thinking because since the hemp industry would be small at the start, the scarcity of this hemp cloth would make the clothes costly, moreover, not all Belizeans will be able to afford this clothing.

**Does Belize have the production capacity to ignite engines of this new industry?**

We believe this would be a challenge for Belize because in order to produce, the country will need the resources/ money in order to make this possible. Big investments will be needed to pump into these productions because farmers will need help or incentives from the government.

**What are the opportunities from the trade of cannabis products for a country?**

We believe that an opportunity that can come from this is the fact that our country will be open to new investments from abroad and this will further create foreign direct investment. Moreover, with this opportunity, our country will have the chance to boost the economy with the creation of new jobs. Furthermore, the government can look into free trade agreements with other countries in order to benefit the hemp industry.

**Should a country allocate incentives to farmers to invest in the cannabis or hemp industry?**

The government of Belize can license greenhouse space as well as field acreage as incentives to the farmers/producers in order to start producing. But also, they must keep in mind the competition that exists locally and internationally. As well as remain focused on the environmental sustainability of our country. The government may need to have requirements and laws in order to allow a smooth transition as well as equal opportunities with the distributions of incentives and acreages.



# Different Perspectives: Gender-based Violence

In this section of The Galen Times, we will discuss critical issues, challenges, and events that relate to Belize.

Have a perspective on a current issue? Send your opinions and views to [apalma@galen.edu.bz](mailto:apalma@galen.edu.bz)  
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The COVID-19 pandemic has caused the world to shift its focus on areas such as health and economic recovery. However, we must not ignore the issues in society that threatens the rights of individuals such as gender based violence. Gender-based violence (GBV) is an ongoing challenge in Belize that feels like a never-ending stream of abuse and pain. The United Nations classifies gender based violence as “any harmful act directed at someone because of their gender”. While gender-based violence is a serious problem in Belize, hundreds of men and women experience it daily. One common form of GBV is domestic violence- abuse or harm caused upon a partner by his/her spouse. The Belize Crime Observatory notes that there have been over seven hundred reported cases of domestic violence in Belize since December 2021. This data shows us that in less than four months, hundreds of Belizeans have been victims of domestic violence. So, what leads us as humans to cause harm upon others, especially those who are considered our ‘loved ones’? Unfortunately, the Belize Crime Observatory also reports that eight out of every ten victims are women. What role does culture play in the fact that women are the main targets of gender-based violence? We know that men have physically and sexually abused women for generations. So does violence against women, recur because that is what each generation has learned from the preceding era? In other words, does violence against women continue to exist, because boys see their fathers abusing their mothers? Regrettably, I have visited some rural areas where parents teach girls to cook and be housewives instead of allowing them to study in school because that is what the other women do in the village. Hence, I ask, do cultural stereotypes like this create barriers for some women to leave abusive spouses since they depend on men to work and bring income? Furthermore, the Commissioner of Police has pointed out that many times women make reports against abusive partners and then request to have their statement removed afterwards. What are some reasons that victims of gender-based violence would protect their abusive partners from the law? Gender-based violence is a complex topic with various areas to look at but do you think society positively or negatively impacts the victims of gender-based violence? Overall, gender-based violence involves individuals, families, culture and society so let us hear your opinion as a Galen Eagle.

Response by **Enya Lizama**, an anthropology perspective

Violence is such a pervasive part of our world that the underlying complexities of violence are problematic (Christie, Wagner, and DuNann Winter 2001). Violence against women is seen overall mediums, through songs, movies, and social media prevalence showing how this type of violence persists and even how some women overcome or fall victim to it. To clarify intimate partner violence, also called domestic violence is defined as physical, sexual, psychological, or economic abuse by a current or former partner, either in heterosexual or same-sex couples. It does not require sexual intimacy and includes violence from dating relationships, cohabitating or married couples, and even couples that are separated or divorced.

**So, what leads us as humans to cause harm upon others, especially those who are considered our ‘loved ones’?**

While human beings have a capacity for aggression, (Fry 2006; Carnegie Commission on Preventing Deadly Conflict 1997), they also possess an ability to prevent and resolve conflict without resorting to violence. Our “loved ones” are often the first to receive forms of aggression due to the intimate nature of the relationship.

**What role does culture play in the fact that women are the main targets of gender-based violence?**

Violence against women is very high due to a sociocultural framework of various beliefs, traditions, and learned behaviors within one’s culture and structural norms that perpetuate stigmas and make it very difficult to leave, these ingrained ideals are what make women the main targets of gender-based violence. Particularly in Belize the culture of “not speaking about what happens in your home” is an ideal example of how IPV is kept silenced. Even more so in indigenous communities, it is difficult for women to be independent and thus they succumb to the abuse because of mere lack of support from community and family members and they do not have the financial capacity to leave.

We know that men have physically and sexually abused women for generations. **So does violence against women, recur because that is what each generation has learned from the preceding era?**

I believe that violence against women recurs because it could also be developed from a framework of various beliefs, traditions, and learned behaviors within one’s culture, however, this is not always the case.

**Does violence against women continue to exist, because boys see their fathers abusing their mothers?**

Every person is responsible for their own actions, in my opinion, primary socialization may be a significant contributor as children initially learn and build themselves through experiences and interactions around them in this early stage of life. But this is no excuse to continue the cycle of generational abuse because with proper home and academic implementation we can teach and offer opportunities to the younger generation to be informed of what behavior is acceptable.

**Do cultural stereotypes like this create barriers for some women to leave abusive spouses since they depend on men to work and bring income?**

Yes, cultural stereotypes do make it difficult to leave as women are considered the primary caregivers and not breadwinners. However, in my opinion as a country, Belize can offer to assist women who are victims of IPV with initiatives such as more domestic violence shelters, subsidized housing, and opportunities for jobs and entrepreneurship.

**What are some reasons that victims of gender-based violence would protect their abusive partners from the law?**

Sociocultural and structural norms perpetuate stigmas and make it very difficult to leave, so women would often protect their partners because children can be a factor that they have to consider when trying to report or leave an abusive relationship. Women are often scared to leave the relationship because of the lack of opportunity to be independent, it takes an approximate 7 times for a woman to leave an abusive relationship.

**Do you think society positively or negatively impacts the victims of gender-based violence?**

Belizean society and culture negatively impact the victims of gender-based violence because firstly young women are not instructed to what all this violence entails, and they are cautioned that without a male, survival is not easy. Then within our community, support is difficult to receive simply because we don't have the necessary implementations such as adequate domestic violence shelters in rural and urban areas for women to go to possibly with children and trust that they are safe from the abuser. And lastly, the culture looks at domestic violence as an issue that can easily be resolved if you talk more and try to work it out while continuing to take the abuse.

Overall, I believe the culture of violence would deteriorate if equality could be achieved, abandoning the out-of-date patriarchal paradigms that govern our society. Offering women, the opportunity to contribute to the improvement on issues of sexual silence, inadequate representation, and generational abuse as well as society having quality opportunities available for women in the working sector, educationally, and when seeking victim resources.



# Important Dates



## February

6 (2/14-19)		19	Sa	Withdrawal period ends. Last day to withdraw from a class with a 'W' ends.
7 (21-26)		21	M	Withdrawal period with a 'WP/WF' (withdrew passing/ withdrew failing) with <b>Financial penalty</b> begins.
		21	M	Class schedule for 2021-3Summer semester is posted on the Student Gateway
		26	Sa	First 7-week period ends.



# Events



WEDNESDAY  
MARCH 2, 2022 AT 5PM

*Virtual Rally*

# LADY EAGLES

**PADDLING TO #BREAKTHEBIAS**


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**LA RUTA MAYA 2022**

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# Events



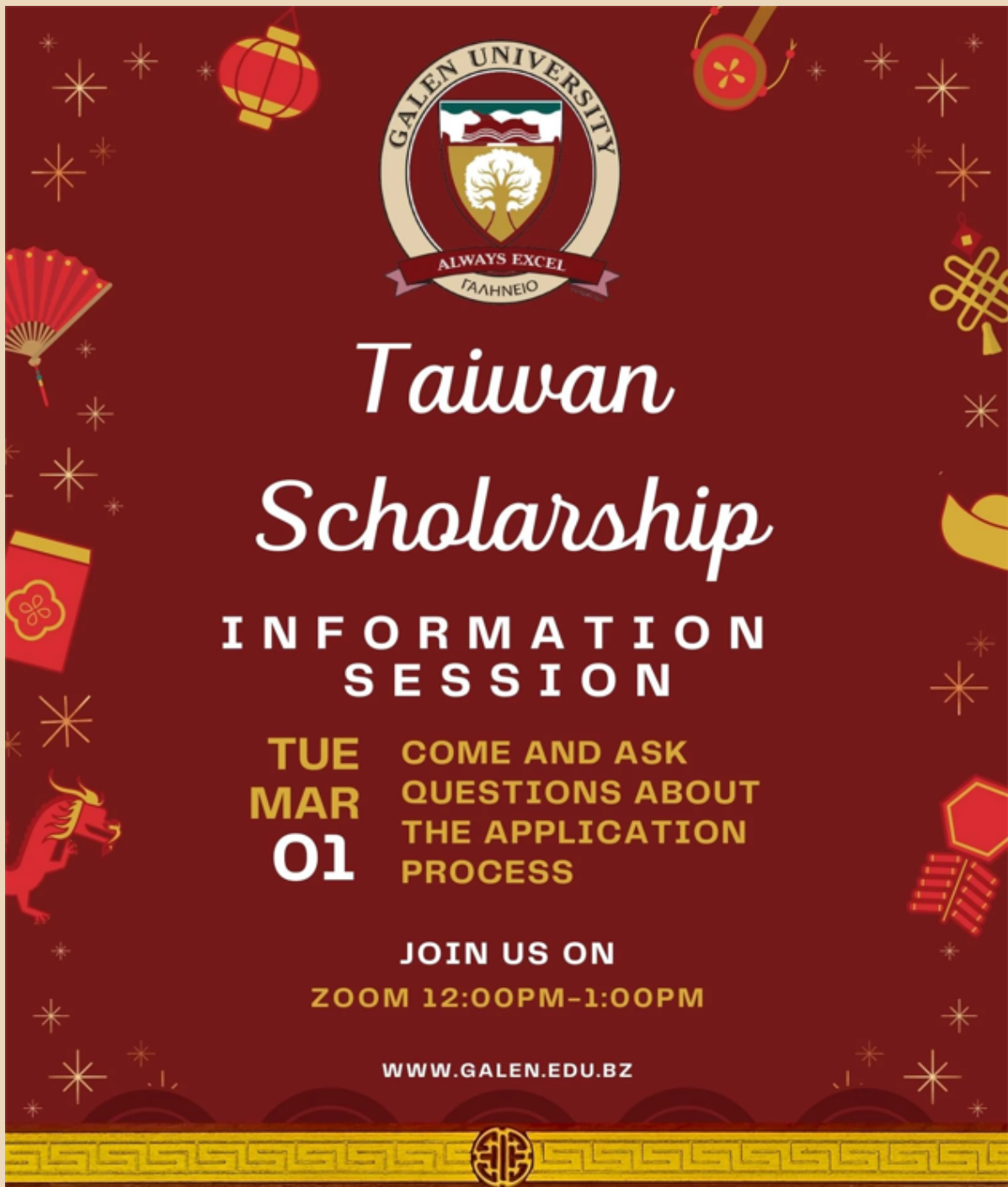
*Taiwan*  
*Scholarship*

**INFORMATION  
SESSION**

**TUE  
MAR  
01**    **COME AND ASK  
QUESTIONS ABOUT  
THE APPLICATION  
PROCESS**

**JOIN US ON  
ZOOM 12:00PM-1:00PM**

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