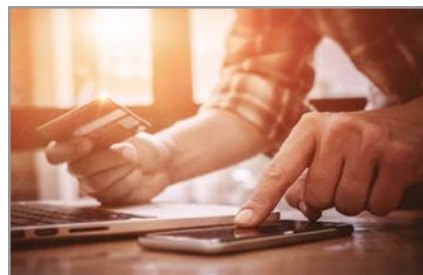


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Exciting start to CI Invitational U15 Football Cup

The 2019 Cayman Islands Invitational U15 Youth Football Cup kicked off with four exciting matches on Tuesday, 4 June.

In Group 1 in Cayman Brac, Mount Pleasant Academy (Jamaica) and CD Victoria (Honduras) picked up wins, while Group 2 winners on the opening night in West Bay were Portmore United FC (Jamaica) and defending champions DC United (United States).

Games continue at each venue daily with 6:30pm and 8:00pm kick-off times, with the semi-finals at Ed Bush Sports Complex on Friday and the third place playoff and championship match on Saturday. The winner will lift the Winston Chung Memorial Cup. Admission to the games is free.

Day 1 Recap:

Cayman Islands 0 Portmore United 1

The opening match at the Ed Bush Sports Complex in West Bay featured the Cayman Islands National U15 Team versus Portmore United FC, the third place finisher from a year earlier. Despite a few chances for either side, the game was scoreless at the half. The situ-



► Jaydon McField of the Cayman Islands tries to control the ball from Portmore United's Ruben Brown. (Photo: Cayman Sports Buzz)

... Continued story on page A3

Richard Simms is the new DEH Director

A familiar face is heading up the Department of Environmental Health (DEH), the Ministry of Health announced today (Tuesday, 4 June 2019).

Newly confirmed DEH Director Richard Simms, whose appointment took effect on 1 June, has been serving in the role since he was seconded to the agency last summer from his previous position as Director of the Department of Vehicle and Equipment Services.

Minister of Health, Hon. Dwayne Seymour, says he is pleased that the key leadership position will be permanently filled by someone known to the team and already conversant with Government's policy direction for the department.

"Our objective is to provide an international standard of waste and sanitation services to the people of the Cayman Islands. Mr Simms has already demonstrated an ability to deliver results and we are happy to have him on board", the Minister remarks.

Asked what achievements he is most proud of over the last several months at DEH, Mr Simms cites the significant reduction in the Department's overtime spending by 80 percent over 2017 levels.

He is also happy he says that he has been able to keep garbage collection on schedule, and was also pleased with the results of a memorandum of understanding, signed with Her Majesty's Cayman Islands Prisons Service, that allowed prisoners to assist with garbage collection.

As he transitions into the permanent position his personal goals will be to continue to strengthen services across all areas of DEH, and, as part of this to increase staff and improve equipment.

The Department is responsible for the collection and disposal of solid waste and as such manages landfills across all three Cayman Islands. Around



► The Ministry of Health has confirmed Richard Simms as the Director of the Department of Environmental Health (Photo by GIS)

half of the department's approximately 140 employees work for the solid waste section.

Other duties assessing the compliance with the Public Health Law of some 400 premises; maintaining and landscaping beaches and cemeteries; providing analytical and microbiology laboratory services to test water, air and industrial discharge; food hygiene surveillance.

... Continued story on page A6

Registration for YMCA Summer Camps open



► Kids enjoying Y camp and all the activities

Registration for the annual YMCA Summer Day Camp programme is now open. Camps will take place from Tuesday, 2 July to Friday, 23 August, making it one of the only camps on island running the entire eight weeks of summer break. Camps are spread across three locations - Field of Dreams (FOD), Camana Bay Sports Complex (CBSC) and the Youth Centre at the Cayman Islands Baptist Church (CIBC) in Savannah. Additional days of camp have recently been added due to the number of schools breaking early for the summer. Families can now register for Y Fun Days offered Wednesday - Friday, 26-28 June at the Field of Dreams.

"The YMCA is excited to make it a "Summer to Remember" for families who are seeking a safe environment for their children to stay active, make new friends and have

... Continued story on page A11

<p>INSIDE THIS ISSUE</p> <p>● EDITORIAL — A2</p> <p>Voters may soon have their say. Are you ready?</p>	<p>● LOCAL NEWS — A3</p> <p>Governor calls for anti-corruption law's</p>	<p>● TOURISM — A11</p> <p>GRAND CAYMAN HOTEL LAUNCHES SUMMER SIZZLER</p>	<p>● GLOBAL NEWS BRIEFS — B2</p> <p>Cuba hit by new Trump travel ban</p>
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EDITORIAL

Voters may soon have their say. Are you ready?

It is now clear that registered voters in the Cayman Islands may have a chance to have an official say on the divisive topic on whether government should move ahead with its plans for the cruise berthing project in George Town.

However, there have been those who have expressed unease at the need for the Supervisor of Elections to verify each signature on the petition. Some have indicated a fear of victimisation but it is understood the process is to ensure everything is legally sound heading into the vote.

Getting the required number of signatures does not automatically mean campaigners have stopped government from moving forward. What happens now is that there will likely be a vote on whether the project should advance. Government, however, will be the ones setting the tone for any such vote. They will determine the exact

wording of the question to be posed at a referendum.

With that explainer out of the way, we return to the right to vote. In prior editorials, we have stressed the importance of registering to have your name on the electoral register. A case like this shows that there is the potential to be called upon to have a say on matters of national importance aside from the four-year election cycle.

The referendum will not only be for those who oppose the project in its current form but for those who are also in support. Both sides have the right to let their vote be counted. Staying away because you don't agree with the campaigners is the coward's way out and cheapens the process.

We continue to watch developments and encourage everyone eligible to vote to turn out on Referendum Day and let their voices be heard. Democracy is, after all, not a spectator sport. 🗳️



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NO QUESTIONS ASKED

Please contact 345-928-0070 or dportermrr@gmail.com

PLEA FROM A VISITOR

Mr. Dan Porter has visited the Cayman Islands many times. His trips here always a highlight, however his recent visit was upsetting to say the least. During Mr. Porter's stay, he received word that his father had suffered a stroke. That evening after having dinner at a local restaurant, Mr. Porter lost a precious family heirloom passed on to him by his dad. The family asks for the return of the toothpick, no questions asked.

COMMUNITY NOTICES

Health Screening Required for New Students

All students entering government or private schools in the Cayman Islands for the first time are required to have health screenings this summer.

The screening includes a growth and development assessment, screening for vision and hearing, a dental assessment, the administration of necessary immunisations and obtaining a student's personal medical history.

Noting that this includes students entering reception programmes, School Health Coordinator Nurse Carvell Bailey adds: "The Education Department mandates that these screenings must be completed before the new school year begins in September."

Public Health Department staff will conduct the screenings which are free to all students. For those entering schools in West Bay and the Eastern districts, health screenings will take place at the district health centres from 3 to 28 June 2019.

For all other students, health screenings will take place at John Gray High School Medical Centre (nurse's office) from 4 July to 16 August 2019.

Appointments can be made at the school the child will be attending. Nurse Bailey reminds parents and guardians that they need to accompany their children to the health screening. They should also bring the child's immunisation record.

"Vaccines will be offered to children whose immunisations are not up-to-date. A health screening certificate will then be issued, which is to be taken to the child's school," she explained.

Parents may have their child's health screenings done by a private doctor, as long as that doctor completes the school health screening forms provided by the Public Health Department.

The completed forms should be handed in at the John Gray High School Medical Centre (nurse's office) between 4 July and 16 August, from 8.30 a.m. and 4.30 p.m. Outside of these dates, the forms can be taken to the Cayman Islands Hospital's Public Health Clinic.

Once the record has been received, a health screening certificate will be issued which must then be taken to the school that the child will be entering in September.

In Cayman Brac and Little Cayman, appointments for school entry screenings can be made by contacting Public Health Nurse Kedine Hyde at Faith Hospital on 948-2243/244-7643.

Detailed information sheets for parents and guardians are available at the schools. For more information, please contact Nurse Carvell Bailey on 244-2734 and 244-2648. 🗳️



DCFS Coordinated Activities for Seniors June 2019

Activities for seniors in the districts:

North Side: Contact: Flavia Gardner (926-0490)

- Tuesday, 11 June - Games & Craft - North Side United Church Hall, 9 am-4pm

- Tuesday, 18 June - Preventing Elder Abuse presented by the DCFS Elderly Unit - North Side United Church Hall, 10 am-1 pm

- Tuesday, 25 June - Games & Craft - North Side United Church Hall, 10 am-1pm

George Town Happy Seniors Fellowship: Contact: Dorline Welcome (925-4083)

- Monday, 24 June - Family Life Centre, 10 am-1 pm 🗳️

Bodden Town: Contact: Flavia Gardner (926-0490)

- Wednesday, 26 June - The Benefits of Natural Remedies by GayMarie Smith, Lifestyle Educator - Savannah United Church, 10 am-1 pm

East End: Contact: Delmira Bodden (925-5543)

- Tuesday, 10 June - Hosted by East End Seniors Fellowship, - CUBA, 10 am-2.30 pm

- Tuesday, 25 June - Hosted by East End Seventh Day Adventist - East End Civic Centre, 10 am-2.30 pm

Caymanian Times

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Governor calls for anti-corruption law's "urgent" implementation

By Lindsey Turnbull

As the Cayman Islands hosts members of the Commonwealth Caribbean's anti-corruption agencies this week at the 5th Annual CCAICACB Conference, Governor Martyn Roper used his opening address at the conference to call for the urgent implementation of this jurisdiction's own anti-corruption law, the Standards in Public Life. This law, intended to "to preserve and promote the integrity of public officials and institutions; and for incidental and connected purposes", was first passed in 2014 and then amended in 2016, but has not yet been implemented. Specifically, the law deals with how members of the Legislative Assembly, Chief Officers and members of Statutory bodies should act with selflessness and act solely in terms of the public interest, not doing so in order to gain financial or other consideration for themselves, their immediate family or their friends. They should act with integrity and not

place themselves under any financial or other obligation to individuals or organisations outside the relevant civil service entity that might seek to influence them in the performance of their official duties. They should also act with objectivity, be accountable, act openly, honestly and show good leadership skills.

The Governor was speaking at the three-day conference being held at the Grand Cayman Marriott Beach Resort this week. He outlined the "great strides" the Cayman Islands had taken towards developing and implementing policies within the civil service and strengthening its integrity oversight bodies over the last few years.

But while he believed Cayman had "a good story to tell", he said there was much more to be done.

"I attach the greatest importance to the law, the Standards in Public Life, to be implemented as soon as possible. The Premier assured me he is committed to doing so," Mr Roper said. "Consultations are currently underway to understand some concerns by chairs and members of some of our statutory boards, people who serve voluntarily with little remuneration whose contribution is essential in a small jurisdiction like ours."

The Governor said that the conference came at an opportune time for the Cayman Islands to intensify its enhancement of the ethical integrity of its public bodies.

He confirmed that while they waited for the law to be implemented, the body entrusted with overseeing the law, the Commission for Standards in Public Life, did not sit idle.



► Delegates at the ongoing Commonwealth Caribbean integrity commissions and anti-corruption bodies conference

"Spearheaded by the Chair, Mrs. Rosie Whittaker-Myles, and current members Ms. Sheenah Hislop and Ms. Isatou Smith, the Commission continues to seek ways to carry out its constitutional remit of preventing conflicts of interest and corruption in the public service," he stated. "Outside of this conference the Commission's latest initiative involves the dissemination of a United Nations Office on Drugs and Crime educational programme - Education 4 Justice. This programme seeks to promote a culture of lawfulness, with modules specifically addressing corruption and integrity, amongst our primary, secondary and tertiary students at local private and public educational institutions."

The Governor said that the Anti-Corruption Commission, a sibling to the Commission for Standards in Public Life, also remained a strong and active oversight

body, having received 166 reports since its inception with numerous arrests, convictions and ongoing investigations.

He also mentioned the Whistleblower Policy which was affected for the civil service in 2017, which supports the confidential reporting of wrongdoing by public officials, and the Whistleblower Protection Law that came into effect in 2018.

"The civil service now also has the ability to utilize a whistleblower hotline staffed by an overseas office, empowering civil servants to confidentially and safely report suspected fraudulent activity," he said, adding that the civil service policies were all a part of the Deputy Governor's comprehensive Anti-Fraud Policy from 2017, which included other provisions for codes of ethics and conduct, offering and receiving gifts, and information management.



► Commonwealth Secretary-General Rt. Hon. Patricia Scotland sat down for a quick chat with His Excellency the Governor, Mr. Martyn Roper.

Exciting start to Cayman Islands Invitational U15 Youth Football Cup

... Continued story from page A1

ation changed in the 52nd minute, when attacking midfielder Ruben Brown put his shot past Andrea Tognazzo in the Cayman goal to make it 1-0 for the visitors from Jamaica. A vibrant crowd that included Minister of Education, Youth, Sports, Agriculture and Lands, Hon. Juliana O'Connor-Connolly, cheered on the local boys as they pursued the elusive equaliser, as Portmore United picked up three points with the win.

Cayman Islands head coach Lovane Joven said: "It was not a bad game for us. I think in the end, we took our foot off the pedal, we got a little complacent and we gave the goal up."

Joven, who is preparing his side for the CONCACAF U15 Championships this summer, noted that he's seen improve-

ment in the boys since last year's tournament. "We look a lot better. We just need to finish our chances," he said, adding that competition like this provides valuable preparation for the tournament in the summer.

Mt Pleasant 2 Cavalier FC 0

In Cayman Brac, it was an all-Jamaica affair to kick things off. A pair of goals from Deandre Johnson in the 2nd and 44th minutes gave Mt Pleasant Academy the edge against their rivals from Kingston.

CD Victoria 1 Tobago All-Stars 0

CD Victoria picked up an important three points against first-time competitors, Tobago All-Stars. An early goal by Carlos Rodrigues in the 7th minute was the difference.

DC United 3 Cuba 2

The second match of the double-header featured a rematch of the 2018 finals between DC United and the Cuba National U15 Team. After feeling each other out for the first half an hour of play, it was DC United

taking the advantage thanks to a strike by Gage Lyons (31'). Five minutes after the resumption of play, the Caribbean side equalised when Osmany De La Torres found the back of the net. The Cubans picked up the energy and were rewarded in the 48th minute with a goal by

Romario Torres Gutierrez. The American side had no quit in it, as evidenced by a finish from substitute Jose Gutierrez in the 58th to pull things level. Shortly after entering the game, Edwin Henriques provided the winner for the defending champs in the 64th.



► Honduran side CD Victoria (blue/white) opened their campaign with a win against first-time participants, Tobago All-Stars. (Photo: JET Photo)



► Back Row (L-R): Breshawn Watson, Daniel Rivers, Gabriele Dell'Oglio, Jacob McMillian, Jaydon McField, Akiel Bodden. Front Row (L-R): Shameer Seymour, Andrea Tognazzo, Cameron Smith, Jynu Jacob, Jeremy Scott. (Photo: Cayman Sports Buzz)



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Commonwealth Sec Gen says fighting corruption creates a level playing field

By Lindsey Turnbull

The Cayman Islands has long felt that the playing field has not been even when it comes to regulations and legislation heaped upon it from offshore countries, but Commonwealth Secretary-General Rt. Hon. Patricia Scotland, QC said that if corruption was fought jointly by Caribbean Commonwealth countries and a global standard found, then a common understanding could be agreed upon that could benefit not only the Caribbean, but the world as a whole.

Her remarks were made at the opening ceremony of the fifth Commonwealth meeting of heads of anti-corruption agencies in the Caribbean, held this week at the Grand Cayman Marriott Beach Resort.

Sec-Gen Scotland said it had been “absolutely critical” that all these anti-corruption agencies come together.

“Unfortunately, when you look at the level of corruption globally, the World Bank and the IMF have made it clear the difference between the money to implement sustainable development goals and the money we have is the sum equivalent that’s syphoned off by corruption,” she stated.

Underscoring the importance of stamping out corruption, Ms Scotland said that so many people thought that corruption was a victimless crime but she said it was the money needed for roads, schools and our hospitals.

“We understand this scourge of corruption cannot be dealt with by us individually, it can only be dealt with by us working together because the crooks work together collectively. They don’t respect boundaries, so what the Commonwealth has done is to bring together all the agencies within our commonwealth countries so that we can work and fight corruption more successfully,” she advised, adding that records had proven that Commonwealth countries were doing better than the non-commonwealth Caribbean countries.

Ms Scotland anticipated that the Cayman Islands would be leading the charge against corruption.

“I’m really proud of what Cayman is doing today, bringing out the Commonwealth best practice benchmarks for anti-corruption and I really hope that since Cayman has been at the forefront of a lot of these issues it will help by taking up the benchmarks and by helping us to implement them in a way that gives a really good standard. I know that the Attorney General Sam Bulgin and the agencies here have shown such commitment traditionally that I’m pretty confident that Cayman will be ahead of the pack along with other jurisdictions trying to make this the cleanest jurisdiction in the world and there is a lot of competition,” she stated.

Ms Scotland outlined that the Commonwealth Caribbean Association of Integrity Commissions and Anti-Corruption Bodies (CCAICACB) who were represented at the three-day conference had created 22 benchmarks which cross anti-corruption issues in relation to both the public and private sector.

She said that the issues these benchmarks addressed were “difficult, complex and challenging issues”, particularly in small jurisdictions where countries were reliant on many people undertaking pro bono work who want to make a contribution to their society but who also had to abide by good public standards.

Ms Scotland said the Commonwealth wanted global standards.

“We want benchmarks which everyone will see are fair, are implementable and then we audit who is implementing them and how,” she said. “So, if for example, 22 anti-corruption benchmarks are endorsed by our 53 countries and then adopted next year in the Commonwealth heads of government meeting as the global standard and there is then the benchmark by which we all judge our performance, we then have a fair playing field.”

She said that she understood that many countries had objected to the fact that there was an unfair playing field and that people changed the goal posts normally after the play has started.



Commonwealth Secretary General Patricia Scotland

“This is a common complaint what the Commonwealth is trying to do is bring everyone together to help us to come to a common understanding of what is transparent, what is effective, what

works and what is the most cost efficient and then deliver it,” she stated. “By pooling these efforts, we believe we won’t just be helping the Commonwealth 53, we will be helping the whole world.”



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COMMUNITY EVENTS

Little League fun

7 June: The CI Little League invites all former players from the past 30 years to join us for an evening of fun baseball/softball games on Friday, June 7th, 6:30-9:00 pm at the Field of Dreams. To RSVP, or for further details, please e-mail info@littleleague.ky.

Free Yoga Class

8 June: Celebrate Global Wellness Day with a complimentary Yoga class at The-Ritz Carlton, Grand Cayman on Saturday June 8 beginning at 8:00am. Limited availability so please reserve your space now by calling (345)815-6900. Bring your yoga mat and arrive 7:50am for set up.

Environment Day Fair

8 June: Girlguiding Cayman in association with Plastic Free Cayman and Guy Harvey Ocean Foundation is celebrating World Oceans Day at the South Sound Community Centre and Beach on Saturday June 8 from 8 to 11am. There will be a beach cleanup followed by an Environment Fair. All are welcomed! For more information go to plasticfreecayman.com.

Ice on Ice

8 June: Feeling lucky? On Saturday 8 June, The Marriott Beach Resort is hosting a casino night to benefit the Cayman Cancer Society. Four

lucky persons can each win a ½ diamond worth \$1500 courtesy of Rocky's Diamonds. There will be table games, a silent raffle, live jazz, gourmet food and drinks and much more. Cost is \$59 per person or \$99 per pair. Purchase your tickets at eventpro.ky.

Wind of Hope 5K Walk/Run

9 June: Come out and join the Wind of Hope 5k Walk / Run to benefit the Nadine Pre-School on Sunday June 9th beginning at 6:30am. Entry cost is CI\$25 for adults and CI\$10 for under 12's. The run/walk starts and ends at Smith Cove Public Beach. There will be prizes, trophies and giveaways. For more information email windofhope5k@gmail.com or call 328 - 2850.

FREE Vaccination Clinics for Puppies & Adult Dogs

9 June: The Cayman Islands Humane Society and Island Veterinary Services are sponsoring a series of free vaccination clinics for puppies and adult dogs at the Humane Society North Sound Rd from 8am to 12 noon. The clinics will be only for reserved dogs that have not been vaccinated yet, and no other examinations or treatments - with the exception of de-worming - will be done at the time.

Public Holiday

10 June: Monday 10 June is a public holiday as the Cayman Islands celebrates Queen Elizabeth's 92nd. birthday. Most businesses will be closed but pharmacies and supermarkets will be open.

Community Chess

11 June: Community Chess at The West Indies Wine Company, Camana Bay - Join the Cayman Chess Club for a complimentary chess class and open challenges weekly. Anyone can learn play and enjoy chess; even complete beginners. Start time is 5:00pm. Call 640 - 4000 for more information.

2019 - 2020 - Government School Registration

11 - 28 June: The registration for students enrolling in, or transferring to, Government schools for the 2019/2020 school year is ongoing and will close on Friday, 28th June.

Registration for Government Reception is open for qualifying children aged 4 Years 0 months before 1st September 2019. As such, a child born between 1st September 2014 and 31st August 2015 is eligible for reception, and that he/she must have already turned 4 before 1st September, 2019. Contact the Department of Education Services at 945 - 1199 for more information.



Deckers Restaurant and returns to Public Beach. Cost is \$10 per person and all proceeds go towards the Graduating Class of 2019. Registration is available at www.caymanactive.com/registrations. For more information, contact priscillapowery@gmail.com or call 927-4213.

World Blood Donor Day

14 June: World Blood Donor Day is celebrated by countries around the world annually on 14 June. The event serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood. Call the Cayman Islands Hospital at 949 - 8600 to find out how to donate blood.

Flowers One Mile Sea Swim

15 June: Everyone is invited to participate in the 27th. Flowers One Mile Sea Swim on June 15 beginning at 2:30pm. Named as one of the World's Top 13 Water Swims, this event attracts gold medal swimmers and open water specialists from around the world. There will be over \$100,000 in cash and random prizes to be won. All registration proceeds will be donated to the Special Olympics Cayman Islands. To register, go to https://flowersseaswim.com.

Dancescape

15 - 16 June: Cayman Islands National Dance Company & School Dance Unlimited presents its 31st annual dance show at the Harquail Theatre on Saturday 15 June and Sunday 16 June. This year's presentation - Dancescape - will showcase dancers from 3 years old to adulthood. It promises to be fun for the whole family! Adults are \$30 and children under 16 are \$15.

Father's Day Family Fun Day

15 June: The Bodden Town District Committee is hosting a Father's Day Family Fun Day on Saturday 15 June from 11:00am to 4:00pm at the Mission House, # 63 Gun Square. Email community@nationaltrust.org.ky for more information.

SIJACP 5K Walk

15 June: Join the Sir John A Cumber Primary School students, teachers and parents on their 5K walk on Saturday 15 June beginning at 6am. The walk begins at the 7 Mile Public Beach, heads to



► Turmeric



► Ginger

USE THESE INSTEAD

Inflammation can wreck your health. There's a plethora of medications that are being used to treat inflammation. But did you know that natural herbs are even more beneficial and powerful? Inflammation is your body's way to protect yourself from injury, infections and other pathogens. If inflammation becomes chronic it can turn on your health. According to Dr. Jockers, "chronic inflammation can last for months or years. It's the underlying reason for every major health issue." Chronic inflammation can lead to: memory loss and cognitive decline, cardiovascular risk, abnormal growth of healthy cells, compromised digestive function, loss of muscle, weight gain, accelerated skin aging and joint pain with loss of mobility." Here are a few powerful herbs you can add to your regimen.

TURMERIC - This is one of the most potent herbs to stave of chronic inflammation. It's a staple Indian



► Boswellia

cuisine and the main spice used in all curry dishes. It has also been used by the Chinese for as long as time can tell. The secret of this herb is an active compound and powerful anti-oxidant called CURCUMIN. This supports heart health, mood balance, cognitive function, joint and muscle health, helps in weight loss, fights body-wide inflammation, promotes radiant skin and boosts detoxification.

GINGER - This is another widely used herb for centuries by Indians and Chinese. Out of over 100 components, gingerol is its powerhouse. One of the main aspects of this herb is its ability to fight inflammation. Studies have shown that this helps protect the heart.

BOSWELLIA - Otherwise known as Indian frankincense, it's a potent extract from the Boswellia serratta tree. Research has shown the potency in it to reduce inflammation in osteoarthritis and rheumatoid arthritis.

ROSEMARY - This is a fragrant, delicious, anti-inflammatory herb native to the Mediterranean and popular worldwide. It's a rich source of anti-oxidant and anti-inflammatory compounds. According to Dr. Jockers, "it improves and lymphatic circulation, reduces headaches and migraines, reduces stress and anxiety, lifts mood and aids bowel activity."

So go ahead and give them a try you will be pleasantly surprised.



► Rosemary

HABITS can give you EVERYTHING

Want proof that the habits you keep make all of the difference?

Confucius said, "Men's natures are alike; it is their habits that separate them."

John Dryden famously said, "We first make our habits, and then our habits make us."

And Aristotle noticed that, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

It's pretty clear that the habits you adopt will shape who you are.

What are your habits?

Do you eat the same thing for lunch, go through the same exercise routine, and fall into bed at the same time each night?

Or maybe you've made a habit out of eating something sweet before bed, avoiding the gym, and staying up as late as possible.

When it comes to your fitness, the two habits that define you are your eating and exercise habits. In fact, everyone that you know who is in great shape has dialed in these two important habits.

If you aren't happy with your body, then simply adjust your eating and exercise habits.

Here's how to adopt a habit:

1. Decide on the ONE habit that you would like to develop. It's tempting to pick up 3 or 4 healthy habits but choosing just one new habit is realistic and doable.

Here are some healthy habit ideas:

- Do not eat after 7pm each night.
- Bring your lunch to work instead of eating fast food.
- Exercise 4 times a week after work for 45 minutes each time.
- Only eat fruits and veggies as your afternoon snack.
- Get up early and exercise for an hour each morning.
- Workout with me 3 times a week.

2. Write your new habit down on paper. Also include your 3 main motivators for developing this new habit, the obstacles you'll face, and your strategies for overcoming these obstacles.

Here's an example:

- My new habit is to work with a personal trainer 3 times each week.



• My 3 main motivators are 1) to feel confident in my bathing suit this summer, 2) to have more energy, and 3) to fit into my skinny jeans.

• The obstacles I will face are 1) not having the energy to go to my session after work, 2) not having enough money to pay for sessions, and 3) not having my spouse's support.

• I will overcome these obstacles by 1) doing my workouts before work instead of after work, so I have more energy, 2) cutting down on frivolous spending to ensure that I can afford it, and 3) asking my spouse to join me so we can get in shape together.

3. Commit fully to your new habit, in a public way. This could mean posting it on social media, or simply announcing it at the dinner table. Put yourself in a position where you'll be embarrassed to give up on your new habit.

4. Keep track of your progress. You could keep a detailed journal or simply make a check mark on each calendar day that you successfully exercise your new habit.

Once your new habit becomes second nature, usually in about 30 days, feel free to add a second habit by going through the same steps.

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Local Causes to Benefit from Sixth Year of DG's 5K Challenge

The Deputy Governor's 5K Challenge is celebrating its sixth anniversary by selecting three deserving causes to benefit from the 2019 event, which will take place in September.

With a focus on stepping up to the mantle to support the most vulnerable and reduce stigma, the beneficiaries this year will be: the Cayman Islands Crisis Centre (CICC), the Special Needs Foundation Cayman (SNFC) and the Alex Panton Foundation.

Deputy Governor, Hon. Franz Manderson personally leads the DG's 5K Challenge. He says supporting this year's charitable organisations will make a real impact on many of the most vulnerable people in the Cayman Islands. He adds: "2019's charities do sterling work tackling the stigma of mental illness, supporting the challenges of living with



► Hon. Franz Manderson, Co-Chair of the DG's 5K Challenge at the 2019 DG's 5K Challenge press conference launch on Thursday, 30 May 2019



► Charities and Platinum Sponsor at the 2019 DG's 5K Challenge press conference launch on Thursday, 30 May 2019. From left to right: Mehr Lamba, Crisis Centre; Susie Bodden, Special Needs Foundation; Shane Purcell, Alex Panton Foundation; Hon. Franz Manderson, Co-Chair of the DG's 5K Challenge; Jennifer Ahearn, Co-Chair of the DG's 5K Challenge; and Bryan Hunter, Appleby – DG's 5K Platinum Sponsor



► Deputy Governor, Hon. Franz Manderson crosses the finish line during the DG's 5K Challenge, 2018

special needs and assisting those in crisis. Looking after all aspects of our health – mental and physical – is really important to me. So I encourage you all to support the 2019 DG's 5K, lace up your trainers and get moving!"

This year, the event has a fund-raising target of \$70,000. Efforts are already underway to reach this ambitious goal, thanks to platinum sponsor Appleby, which has pledged a \$15,000 donation.

The DG's 5K Challenge brings together civil servants, private sector employees and members of the public in a fitness and fundraising challenge. It is part of Mr. Manderson's vision to have a healthier, more active and more socially engaged civil service, while benefitting charitable organisations and initiatives in the Cayman Islands.

Last year, the event raised \$89,000 which was split amongst five charitable causes. In 2017, \$85,000 was raised to build a ropes challenge course for the YMCA of the Cayman Islands. In 2016,

the event netted \$60,000 to help Cayman Heart Fund buy an ambulance, which was gifted to the Health Services Authority. In 2015, Special Olympics Cayman Islands was awarded \$50,000 to help athletes attend the Special Olympic Games in Los Angeles the following summer. In 2014, the inaugural DG's 5K Challenge raised \$12,500 for Cayman HospiceCare (now known as Jasmine) towards its new premises on West Bay Road.

The DG's 5K Challenge raises money through a combination of corporate sponsorship pledges and the registration fees of participants in the event.

The walk/run will be held on the following dates this year:

- Sunday, 15 September 2019 - Cayman Brac
- Sunday, 29 September 2019 - Grand Cayman

Due to seasonal accommodation closures, this year's event will, unfortunately, not take place on Little Cayman. However, pending logistics, it is hoped to reinstate the event on all three Cayman Islands for 2020.

Prospective participants can register on the CaymanActive website www.caymanactive.com/dg5k from the beginning of June.

Companies interested in sponsoring the DG's 5K Challenge, or anyone interested in making a donation, can contact Fundraising Subcommittee Chairwoman Nancy Barnard at SupportDG5k@gov.ky.

To see the event's media conference launch, please visit the CIG TV YouTube channel. Further photos of the media conference can be found on the event's Facebook page and by using the hashtag #DG5KChallenge2019. 📷

Richard Simms Confirmed as DEH Director

... Continued story from page A1

Observing that the Department of Environmental Health provides one of the most high profile essential services in the Cayman Islands public sector Chief Officer Jennifer Ahearn comments; "The

past 11 months have seen a strongly positive trend in how the department delivers its services and the morale of its employees. Mr Simms has very much the kind of positive leadership style that will be essential to the success of department and projects going forward.

Deputy Governor Franz Manderson also offered congratulations to Mr Simms and said he was delighted to see another capable Caymanian being promoted in the Civil Service.

Mr Simms was previously confirmed as Director of the Department of Vehicle and Equipment Services on 1 January 2015. The former long-serving police officer was originally seconded to that role from the Department of Vehicle and Drivers Licensing, where he spent several years as Deputy Director. 📷

Joel Burke's leadership applauded with EOM

The Ministry of Community Affairs' Chief Financial Officer Joel Burke is the Cayman Islands Government Employee of the Month for April 2019 under the Deputy Governor's Award Programme. He was selected on the basis of his exceptional leadership skills.

During the presentation last Thursday (30 May), Deputy Governor Hon Franz Manderson commended Mr Burke for being a critical and highly valued member of the Ministry's senior management team. "He consistently demonstrates excellent teamwork, collaboration and

support to not only to his team and the Ministry's senior leaders, but also to other entities via professional and technical advice to ensure the overall success of the Civil Service," Mr Manderson stated.

The Deputy Governor remarked that this level of commitment is outside of Mr Burke's scope of work as Chief Financial Officer. However, going above and beyond the call of duty is one of his characteristics. This is demonstrated by his membership on various boards and committees across the island.

Another example of the CFO'S exemplary performance and "can-do" attitude is his work as Deputy Chairman of the Housing Repairs Committee which provides funding to families in need of home repairs. Mr Burke allocates the budget appropriately and establishes methodologies to help families get back in their homes or receive repairs in a timely manner, which has made the lives of many Caymanians better.

Colleagues describe Mr Burke as a natural leader who keeps his team highly organised and effective. He ensures that both staff and customers are treated fairly. He can be relied on to always provide his team with credit for outstanding performance and offers guidance and support to equip staff to meet their true potential.

Mr Manderson commended Mr Burke on his willingness to come to work be-



► Deputy Governor Franz Manderson presents Ministry of Community Affairs' Chief Financial Officer Joel Burke with Employee of the Month certificate

fore his official start date, when he was appointed as the Ministry of Community Affairs' CFO, in order to ensure that the Ministry's finances were kept in order, and was instrumental in the Ministry gaining an unqualified audit opinion from the Auditor General on the accounts of the Ministry.

Wrapping up the presentation ceremony, Mr Manderson thanked Mr Burke for his commitment and dedication to the Ministry of Community Affairs, making it a World-Class Ministry, and making a difference in the lives of those we serve. 📷

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► Ministry of Community Affairs celebrate with CFO Joel Burke and Deputy Governor Franz Manderson being selected as CIG Employee of the Month for April



Theme: The Beauty of Cayman

The Garden Club of Grand Cayman held its Horticultural and Floral Exhibition at the Jasmine Villa on WB Road on 24th and 25th May. Although it looked like a traditional flower show, with some exceptions, it was quite different as it was fully open to the public to submit entries as the rules were relaxed to encourage public participation.

This year's exhibition was divided into several divisions for example, Children's exhibits which focus on "Recycling" where designs were made of recycle materials. Adult designs exhibit depicting the theme, Yesterday, Today and Tomorrow. Horticultural exhibit which encompasses all types of plants and plant materials, and photography exhibit with over 80 photos of Cayman Islands objects, landscapes, flora and fauna.

Over 200 people attended the two-day event where raffle tickets were giv-

ing to everyone who put a design in the show. At the end of the event there were over 52 drawings.

The Garden Club is a registered charity with a long history of horticulture and beautifying the Cayman Islands. It was created in 1957 by a group of dedicated citizens who wanted to beautify Cayman, while the country was developing as a tourist and offshore financial centre. The club has grown to be an intricate part of Cayman culture. Its main purpose is to develop and maintain the natural beauty of the Cayman Islands and to cultivate a passion for gardening.

Today the club engages in community gardening projects all around the island. It is funded by a small grant from the Cayman Islands Government and annual contributions from members and friends of the Garden Club.



MRCU and Cayman Prep Partner for Math Class

A Mosquito Research and Control Unit (MRCU) employee, listening to the radio on her way in to work, was thrilled to hear a student at a school she had recently visited get all the questions right in a quiz on mosquitoes.

Earlier in May MRCU's new junior entomologist Whitney Ebanks joined outreach volunteer Florence (Flo) McNelly to introduce MRCU's work to some 150 years five and six maths students at Cayman Prep School.

Cayman Prep Primary Maths Leader Julie Cheriton made contact with Ms McNelly, when she reached out to MRCU in mid-March to request a mosquito programme with a maths theme for the age group.

"I was so excited to meet with Flo, as she was keen and willing to work with us. We thoroughly enjoyed this first of hopefully many outreach projects with MRCU. The children also benefited from wonderful opportunities to research and have a contextual experience of maths in the real world", Ms Cheriton says.

To celebrate Maths Week she and Ms McNelly developed a five-day programme that gave the MRCU team rough-

ly two hours with the students each day, to teach them about the relationship between mosquitoes and maths.

During this time the young people aged nine to 11 were able to count mosquito eggs and watch the insects develop from the egg stage to adult mosquitoes.

In addition Ms McNelly taught them how containers around homes and businesses can create a breeding ground for potential disease vectors (insects that transmit disease), like the *Aedes aegypti* mosquito and *Aedes albopictus*.

They also learned about diseases that mosquitoes carry such as chikungunya, dengue, malaria and heartworm.

From Whitney, a young Caymanian recently employed by MRCU, they heard about the five most abundant mosquito species in the Islands and the habitats in which they live.

As part of the outreach the students were challenged to inspect their residences/property for containers that mosquitoes might use as breeding sites.

Any schools or youth organisations that may be interested in a similar outreach partnership with MRCU should contact the department at 949-2557.



► MRCU Outreach Volunteer Flo McNelly and Junior Entomologist Whitney Ebanks (not pictured) spent a week last month working with years five and six students at Cayman Prep as part of a mosquito themed maths class requested by the school (Photos by Suzette Ebanks, GIS)



► Whitney Ebanks helps a Cayman Prep student with an assignment using a magnifying glass

► Working in groups during the special math week class students aged nine to 11 were able to watch the insects develop from the eggs to adult mosquitoes

Talent Expo Stages a Night of Youth Performances

With Child Month having just come to a close, the observance was certainly "Moving in the Right Direction" with an impressive roster of young acts at the first-ever Child Month Talent Expo.

Following words of welcome by DCFS Director Paulinda Mendoza-Williams, the show at the Harquail Theatre opened to a stirring rendition of the National Song. Sung by the Williams Quartet, the siblings set the bar high with their perfectly harmonised delivery before the audience joined in.

George Town Primary School grabbed the crowd's attention with their bouncy and energetic version of "Moving in the Right Direction." Thanks to the students' enthusiasm and the song's upbeat lyrics, it became the unofficial theme of the evening celebrating the wealth and diversity of young talent locally.

Blues and jazz standards were belted out with conviction by John Gray High School's Year 7 Pop Group. "Take Me to the River" and "Dancing in the Moonlight" were sung with a level of maturity which belied the band's age. The lead singer's



► Sir John A. Cumber students perform "Hidden in the Kelp" at the Child Month Talent Expo

... Continued story on page A9



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WHEN:

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WHERE:

HARQUAIL THEATRE

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SHOW STARTS 6:30PM

PREPAID \$10 GATE \$15

TICKETS FUNKY TANGS WINNERS CIRCLE SPORTS

PERFORMANCES:
 Caitlin Tyson, Althea Miller, Centre Pointe Dance Studio, Tiffany Conolly, Rita Estevanovich, UCCI Performing Arts, Trifina, Denys Carbo, Ericka Rockett Mcbean, Dream Chasers Cayman, Dance Unlimited, John Gray High School Performing Arts, Liana DaCosta, Zariah Anglin and Tatyana

RISING STARS:
 Rising Star Dancers, Cayman Music School, Reyah Stewart, Amber McLaughlin, George Town Primary School Performing Arts, Daniella Shibli, Vitoria Buttrum, Cayman Academy Performing Arts, Edna M. Moyle Primary School Quadrille Dancers, Poetry Slam Finalist Shante Ramoon

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PART PROCEEDS FROM THIS EVENT TO BENEFIT THE FRANCIS BODDEN CHILDREN'S HOME.

Talent Expo Stages a Night of Youth Performances

... Continued story from page A8

James Brown shuffle earned him applause as did his impressive range.

Organisers then slowed the tempo down with "Away in a Manager" danced by Sir John A. Cumber Primary School students.

Next up was a medley of pop songs by the Cayman Youth Choir: "Royal," by Lorde, Annie Lennox's "Sweet Dreams" and the Bon Jovi classic "Livin' on a Prayer," earned the singers well-earned applause.

The night's first solo artist was Ruby Pileta. The Clifton Hunter High School student added regional flair to the lineup with a faultlessly executed version of "Pan in A Minor."

Butterfield Young Musician of the Year, Dequan Smith, played a cello solo. The evening's first classical piece held the audience spellbound showing why he had recently won the prestigious accolade against stiff competition.

After the intermission Jamie Ebanks from Spark! School of Performing Arts sang. Her emotional rendition showcased the teenager's impressive vocal range and delivery to full effect.

Mas and the spirit of carnival leapt onto the stage, helped by lively choreography, in "Hidden in the Kelp" performed by Sir John A. Cumber Primary School students. Infectious and life-affirming, the dance had the crowd cheering.


Artists who gave memorable vocal performances included soloist Keisia Blake from Clifton Hunter, and Spark! Vocal Performance Troupe which sang an arrangement of "Diamonds" by Rihanna.

Poet and this Child Month's Poetry Slam winner, Alia Smith performed a self-penned piece. The expressive poem explored the difficult intersection between self-actualisation and community's demands on young women with conviction and insight. Ukayla Dixon delighted the crowd with her techni-

cally on point and emotionally strong "I Choose You." Her transcendent performance left the audience wishing that her set could have been longer.

Completing the classical offerings of the night, was pianist Charles Henderson. Already a composer, the teenager clearly shows much hope for the future if that evening's performance of Mendelsohn's "No. 2 from Kinderstücke" was anything to go by.

Dreamchasers Cayman JRS dance troupe rounded out the Child Month Talent Expo. Performing "Afro Jazz," the fluidly choreographed piece was well-executed by the dynamic dancers.

The free event offered a highly entertaining night of family entertainment. As the Child Month Talent Expo showed, there are plenty of gifted young performers in the local arts scene. The challenge ahead lies not just in nurturing and celebrating that artistry but also in using it to empower youth identity and self-expression. 



► Winner of this year's Slam Poetry contest, Alia Smith performs her award-winning, self-penned poem for the Talent Expo audience



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POLICE NEWS

65-Year-Old-Man from North Side dies after falling from pickup truck

Just after 11AM on Sunday, 2 June, police and other emergency services were dispatched to a residence in North Side, where it was reported that a man had received injuries after falling from the back of a pickup truck. This incident was said to have taken place approximately 9 hours before the police and emergency medical services were notified.

The man was transported to the hospital where it was discovered that he suffered from a serious and life-threatening injuries and was in critical condition.

On June 4th, the 65-year-old-man was pronounced dead.

The matter is currently under police investigation.

Police are appealing for witnesses to assist with the investigations. Anyone who may have seen the incident or the victim prior to the incident is encouraged to call the George Town Police Station at 949-4222.

Three Men Arrested for Drug Related Offenses in George Town

Just after 1:30AM on Monday 3rd June, police had cause to speak with and search three (3) men and the vehicle they were travelling in, at a parking lot off Shedden Road, George Town. The men

were observed behaving suspiciously and when the officers approached them, they smelt a strong scent of ganja coming from their direction.

The men were searched and small portions of ganja were found on two of the men at the location. Enquiry was made regarding a vehicle they were stood next to and a search of the vehicle was also conducted under the Misuse of Drugs Law.

Several packets of ganja as well as drug paraphernalia were found inside the vehicle. Two of the men ages 34 and 21 of West Bay, were arrested on suspicion of possession and consumption of ganja, and the owner of the vehicle a 35-year-old-man of East End, who was also present, was arrested on suspicion of possession of ganja with intent to supply and other related offense.

The matter is currently under investigation.

Joint Operation on Shedden Road, George Town

Just after 1:25PM on Friday 31 May, officers from the RCIPS and the CBC conducted an operation at a bar on Shedden Road and the surrounding area based on information that there has been illegal gambling and drug activities at the location.

When the officers arrived at the location a large number of persons were

present and a significant amount of those people dispersed on foot. Several persons were search and spoken to by the officers and 4 arrests were made as a result of the operation.

Two women ages 58 and 39, both of George Town, were arrested on suspicion of illegal gambling and two men ages 18 and 21 were also arrested on suspicion of possession and consumption of ganja.

All four investigations are being carried out by the police.

Motor Vehicle Collision Involving a Motorcycle on Shamrock Road

Just before 7:15PM on Sunday night, 2nd June, police and other emergency services were dispatched by the 9-1-1 Communications Centre to Shamrock Road in the vicinity of Poindexter Road, where it was reported that a motor vehicle collision had occurred involving a pickup truck and a motorcycle.

The driver of the truck was travelling east after entering Shamrock Road from Poindexter Road. The motorcycles was travelling west from Bodden Town when he lost control and collided with the right side of the truck damaging both vehicle significantly.

The driver of the motorcycles was immediately transported to the hospital with serious injuries. After further enquires it is now believed that he

sustained serious but non-life-threatening-injuries. There were no other reported injuries in this matter.

The driver of the motorcycle, a 27-year-old-man of George Town, was arrested on suspicion of dangerous driving and other traffic related violations.

The roadway was closed for a short time as debris was cleared and a traffic investigation was carried out. The matter is currently under investigation by the police.

Altercation at the Bodden Town Police Station

A 49-year-old-man of Bodden Town has been charged with Assault GBH and 2 counts of Intentional Harassment, Alarm and Distress following an incident that took place at the Bodden Town Police Station on Wednesday 29 May just after 5:40PM.

The Bodden Town man had attended the Bodden Town Police Station when another member of the public entered the police station shortly after. The man attacked the other man in the view of the officers and other persons present at the time, causing injury to the other party involved.

Both parties were separated by the officers and the aggressor in the incident was arrested and the injured party sought medical assistance.

A RCIPS civilian staff also received injury during the incident.

Top police recognised and connections forged at Caribbean conference

By Lindsey Turnbull

As the Association of Caribbean Commissioners of Police 35th Annual Conference drew to a close at the end of May, organisers said that the event successfully brought together Commissioners and Chiefs of Police from all across the Caribbean in a bid to strengthen ties and discover ways in which forces in the region could work together to combat crime.

Countries represented at the conference were: Anguilla, Antigua and Barbuda, Aruba, the Bahamas, Barbados, Belize, Bermuda, the British Virgin Islands Curacao, Dominica, French Antilles, Grenada, Guyana, Haiti, Jamaica, Montserrat, St Kitts/Nevis, St Lucia, St Maarten, St Vincent and the Grenadines, Suriname, Trinidad and Tobago, Turks and Caicos Islands, the United States Virgin Islands, as well as the Cayman Islands host country.

As well as the slew of presentations and discussions throughout the week-long conference, the Governor Martyn Roper and his wife Elisabeth hosted a welcome reception held at Government House and the ACCP/amalgamated awards reception was held at the Westin Grand Cayman Seven Mile Beach Resort hosted by the RCIPS.



► Simon Mason and Mrs Mason, Sarah Murphy and mother, Mrs Deidre Byrne and friend



► Closing cocktail reception

At this special reception, two officers were finalists in their respective categories. Acting Chief Inspector Everton Spence was nominated for Top Caribbean Career Move after being recognised for his exceptional leadership and management skills. A/CI Spence was also placed third in the Region for the category of Top Caribbean Career Move.

Also nominated was Acting Police Sergeant Kenval Bryan who was nominated for the category of Top Crime Fighter. A/PS Bryan has been a police officer for the past 11 years and during that time he has been a Detective Constable for eight years. A/PS Kenval Bryan placed second in his category of Top Caribbean Crime Fighter.

On the following evening, MOTOROLA held their dinner at the Marriott Grand Cayman Beach Resort, whereby Emili Small was the proud recipient of the 2019 Motorola scholarship.

"I am very thankful for the award which



► Charmaine Moss with members of the New Jersey Police

helps to alleviate the financial costs associated with completing my undergraduate studies at the Westchester Community College, New York," Ms Small said. "A journey of a thousand miles begins with a single step' has always been my life philosophy in pursuing my dreams to become a psychologist

and to contribute to society. I believe in the core values of Motorola, 'We help people be their best in the moments that matter'. I am enthusiastic about my affiliation with Motorola because this entity brings together top achievers, and this interaction provides collective motivation to grow as future leaders."



► Members of the Local Organising Committee



► CoP Derek Byrne & Heather McIntyre



► CoP Derek Byrne, Deputy Director, Office of the Director of Public Prosecution Patrick Moran, Sgt. Odale Mulgrave, Deputy Commissioner Kurt Walton



► Acting DG Gloria McField-Nixon, Emili Small and Michael Nixon

GRAND CAYMAN HOTEL LAUNCHES SUMMER SIZZLER

Grand Cayman's newest hotel in the Seven Mile Beach corridor is tempting visitors with a seasonal "Summer Sizzler" offer.

Locale, Grand Cayman opened earlier this year with a fresh, modern vibe, easily and quickly distinguishing itself across the accommodations landscape.

Guests coming to the property through August 31, 2019 get a five-night stay for the price of four, plus complimentary daily breakfast at the in-house restaurant, Bonfire Urban Italian Kitchen, and an additional US\$30 food and beverage credit during their stay. Rates start at US\$175 per room, per night, plus fees and taxes.

Bonfire Urban Italian Kitchen is a boutique eatery serving affordable gourmet fare in a fun, sociable atmosphere. Open for breakfast, lunch and dinner every day of the week, it offers indoor and al-fresco dining and an expansive drinks list. Specialties include house-made pastas and pizzas and other dishes created using local ingredients.

"We use only fresh, homemade ingredients," explains Marco Mauthner, director of food and beverage, an Austrian

national who's made a name for himself establishing restaurants across the globe in Europe, Asia, the Middle East and the Caribbean. "Already, Bonfire has received rave reviews from locals and visitors alike, who love our unique atmosphere and one-of-a-kind menu offerings."

The two businesses - Locale, Grand Cayman and Bonfire Urban Italian Kitchen - easily complement each other, says Aliya Dunstan, Sales & Marketing Manager. "They each bring together residents and visitors for communal dining and social mingling in a lively atmosphere," she says.

Guests who stay at Locale, Grand Cayman, will love its easy access to the world-famous Seven Mile Beach and the spacious guest rooms along with residential style lofts and close proximity to the newly renovated Owen Roberts International Airport.

Guest rooms feature essential accoutrements such as modern televisions, wireless chargers, contemporary bathrooms, kitchenettes and complimentary WiFi, while social spaces provide opportunities for guests to mix and mingle



► Bonfire offers delicious food and cool vibes



► Locale, Grand Cayman offers spacious loft rooms

while enjoying a drink, creative activities or both! The hotel offers a beautiful outdoor pool deck and easy beach access a short amble away.

Guests interested in booking the new Summer Sizzler offer can call +1 345 233 STAY (7829), 1 866 345 STAY (7829) or visit www.staylocale.com.

Registration for YMCA Summer Camps Open

... Continued story from page A1

fun! Our caring, well-trained staff members are dedicated to providing new, exciting and character-building experiences and memories that will last a lifetime. We are all looking forward to a fun and impactful summer," says Jenny Stuesser who oversees the Day Camp programme.



► Kids enjoying Y camp and all the activities

Families can choose from six unique camp experiences, open to varying age groups, says Mrs. Stuesser. "Whether they're problem-solving on the ropes course or developing their swim skills at the pool, kids will be a part of a camp experience that is founded on the Y Char-



► Island Explorer camp

acter Development Programme, which integrates the values of honesty, caring, respect, responsibility and faith into all we do."

New this year is Discovery Camp, a STEM-focused camp (Science, Technology, Engineering, Mathematics) which will include activities such as wild science experiments, discovery with drones, and LEGO engineering. This programme is open to kids ages 8 to 12 and takes place at the CIBC Youth Centre (Savannah).

2019 YMCA "Summer to Remember!" Day Camp Options

Traditional Day Camp

Running for the full eight weeks, Traditional Day Camp will explore a variety of different themes and activities throughout the summer. From discovering the world of sports to the great mysteries of the universe, there's no shortage of fun at Y Camp!

Island Explorer

Campers will spend their time visiting exciting attractions island-wide, from local heritage sites to some of Cayman's top visitor attractions, each day will bring a new adventure!

Y Junior Chef

Budding chefs will get hands-on experience in the kitchen as they learn to whip up their favourite meals, food-to-go and after-school treats. Campers will explore cultural and traditional foods as they visit local farms, markets, restaurants and gardens island-wide. This summer's challenge: create a recipe for a Summer to Remember!

Adventure Camp

This camp features action-packed days of outdoor exploration. Kids will



► Swimming camp

come home happy, tired and with a new experience every day! Featured activities include climbing, cookouts, water sports, beach exploration, archery, and much more!

Teen Challenge Camp

This half-day programme explores the great outdoors through a variety of land and water-based excursions. Teens will participate in fun outdoor challenges on the new Y ropes course and beyond, developing leadership skills and friendships at the same time.

For more information about camp options, prices or to begin the registration process online, log on to www.ymcaycayman.ky. On-site registration is open weekdays from 9:00am to 5:00pm at the Field of Dreams. The Day Camp team can also be reached at ysummercamp@ymcaycayman.ky. Financial Assistance is available for families in need. For more information about financial assistance please email info@ymcaycayman.ky.

Follow the Y's Facebook page @YmcaOfTheCaymanIslands and Instagram @ymcaycayman for updates on camps and other Y programmes.



► Adventure camp



Sunset girls secure Under 15 league and cup double

With the 2019 Cayman Islands Football Association (CIFA) youth leagues coming to a close, play in the Youth FA Cup competitions have grabbed the headlines recently as clubs look to end the season on a high.

Sunset FC's female programme continues to dominate the domestic youth leagues as their Girls Under 15 team secured a league and cup double following their 8-0 win over Roma Fusion SC in the Girls Under 15 FA Cup final on Thursday, May 30 at the CIFA Centre of Excellence.

Four goals from Molly Kehoe in the 1st, 11th, 57th and 67th minutes and a goal each from Chloe Bentick-Lalli (23rd minute), Ashlyn Evans (25th minute), Evie Nicholson (60th minute) and Riley Doyle (69th minute) sealed the win against league newcomers Roma Fusion SC.

This being their inaugural season in the CIFA youth girls' leagues, Roma Fusion SC did very well in reaching the FA Cup final, considering they field a number of very young and inexperienced players. Roma's coaching and administrative staff have done an ex-



► The 2019 Girls Under 15 FA Cup and League champions Sunset FC (orange) and Girls Under 15 FA Cup runners-up Roma Fusion SC (blue)



ceptional job with this group of young ladies and what the players have lacked in quality on the field, they have made up for with determination and spirit.

Sunset FC clinched the Girls Under 15 league in April going undefeated with Elite SC finishing runners-up and Academy SC third.

In the Girls Under 13 FA Cup first round played on Saturday, June 1, Sunset FC Fuego continued their march to the final with a 4-0 win over Academy SC Mermaids. Three goals from Ashlyn

Evans and a fourth from Sofia Bonati secured their spot in the semi finals. In the second first round game, Elite SC defeated Roma Fusion SC 3-1 thanks to a double from Illiana Romero and a goal from her sister Isabella Romero. Roma Fusion's goal was an unfortunate own goal scored by Elite SC.

In the Girls Under 13 FA Cup semi finals, scheduled for Saturday, June 8, Sunset FC Fuego will do battle against their club mates Sunset FC Stingrays, and on Saturday, June 15, Academy SC

Dolphins will face Elite SC for a place in the final.

In the only Boys Under 13 league game played on Saturday afternoon, Bodden Town FC and Cayman Brac FC played to a 0-0 draw at the Annex Field.

A full schedule of CIFA Youth FA Cup and league action continues this Saturday, June 8 with a Girls Under 13 FA Cup semi final, Boys Under 13 FA Cup first round games, Boys Under 13 league game and Boys Under 11 FA Cup semi finals.

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
85°/80°F	85°/81°F	86°/80°F	86°/81°F	86°/82°F	83°/82°F	84°/82°F
Partly sunny, a shower	Partial sunshine; beautiful	Partly sunny; nice	Partly sunny; beautiful	Partial sunshine	An a.m. thunderstorm in spots	Mostly sunny

MOMENTS OF INSPIRATION

When Doubts Arise

By the Rev'd Christopher D. Pierce
Rector, St Alban's Church
www.churchofenglandcayman.org

Time has a way of affecting our memories. Things that we once believed unquestioningly can fade. Something that we were sure about can become an uncertainty. So, it is with many aspects of our lives...but Satan wants this to be so about the most important things in our lives...particularly about our relationship with Jesus. Do I really have saving faith? Is my faith for real or is it just a cultural affectation? Now, I write and speak as a Christian clergyman. I truly believe all that the bible teaches and those words will be meaningless to someone who does not believe thus.

Some might even make fun of such a statement because they do not believe that Satan is real. That's ok. Many with your current persuasion have come to believe exactly like me.

So, how does one deal with those doubts as they arise? As time goes by, do you waffle or do you remember that God is not like us and that where we are changeable, he is utterly unchanging? Where that we are sometimes like a weather vane, he is the same yesterday, today, and forever.

God is not like the taciturn husband who told his wife that he loved her twice; the day he proposed and the day of their wedding and not since. No, God tells us throughout his word that he loves us repeatedly. He loved us so

much that he gave his only son to die in order to satisfy our sin debt. Sadly, many people do not read their bibles enough or get to church enough for that truth to get into their bones where it belongs. Because of this, they become vulnerable to doubt and thus a target for the purveyors of the "Did God really say?" line of reasoning.

How then are we to guard ourselves in this regard? My advice to you is to do it this way: 1.) remember that God's word is always objectively true, and 2.) that your subjective understanding and doubts do not overrule God's objective truth.

Here's a prima facie example for the subject. The Apostle Paul as he wrote to the Church at Rome and writing as

the Holy Ghost gave him utterance, taught: "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, whosoever believeth on him shall not be ashamed. For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him. For whosoever shall call upon the name of the Lord shall be saved." Romans 10:9-13

There are two ways to take those words. 1.) that they are utterly true, or 2.) that they are not. If you believe they are, stop worrying because you are believing the objectively stated truth of God. Don't let Satan rob you of your peace or joy and live with the assurance that comes by faith. ☺

For a complete update of Local News, Notices and Events, log on to www.caymaniantimes.ky
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OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of **Jehu Blessing McGuire**, who passed away on Sunday, June 02, 2019. Jehu Blessing McGuire will be repatriated to Trinidad and Tobago.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of **Mrs. Beverly Adma Banks**, who passed away on Saturday, June 01, 2019. Details of a Thanksgiving Service will be announced at a later date.

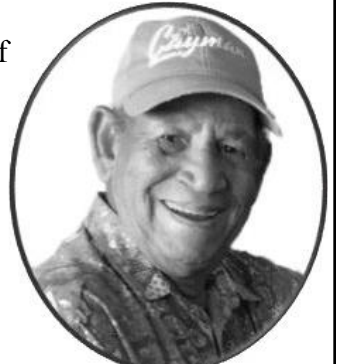


Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of **Mr. Glenn Powery**, who passed away on Monday, May 20, 2019. A Thanksgiving Service will be at Wesleyan Holiness Church, West Bay on Saturday, June 08, 2019 at 3:00 p.m. Viewing: 2:00 – 3:00 p.m. Interment at: North West Point Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of **Mr. George Leo Kelly**, who passed away on Monday, June 03, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of **Mr. Osmond Mayhew**, who passed away on Tuesday, June 04, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

The Family Of The Late **Robert Barron** regret to announce his passing on Friday, 24 May, 2019.
Mr. Barron will be repatriated to the United States of America.
Condolences can be registered at boddendfuneralservices.com & Bodden Funeral Service Facebook page.

"A source of comfort in a troubled time"

The Family of the Late **Carlene McTaggart** regret to announce her passing on Thursday, 23 May 2019.
A service of Thanksgiving will be held at 3:00 p.m. Monday, 10 June 2019 at the First Baptist Church, Crewe Rd.
Interment will follow at the Prospect Cemetery.
In lieu of flowers donations may be made to Cayman Islands Humane Society or The Pines Retirement Home.
Condolences can be registered at www.boddendfuneralservices.com & Bodden Funeral Service Facebook page.

"A source of comfort in a troubled time"

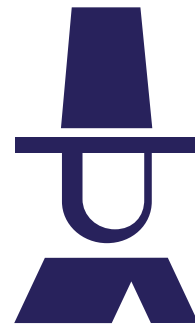
The Family of the Late **Ashton Millwood** regret to announce his passing on Sunday, 2 June 2019.
A service of Thanksgiving will be held at 1:00 p.m. Saturday, 15 June 2019 at the Webster Memorial United Church. Viewing will be held from 12:00 p.m. prior to the service. Interment will follow at the New Bodden Town Cemetery.
Bus service will be available from Eastern Ave. Texaco/Rubis with pick at 11:00 a.m.
Condolences can be registered at www.boddendfuneralservices.com & Bodden Funeral Service Facebook page.

"A source of comfort in a troubled time"

Happy Father's Day



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SAT 8:00 AM-12:00 PM/1:00 PM- 7:00 PM

George Town Elgin Avenue
Tel#: 949-2452

M-F 7:30 AM-6:00 PM
SAT 8:00 AM-6:00 PM

George Town Eastern Avenue
Tel#: 949-7104

M-F 7:30 AM-6:00 PM
SAT 8:00 AM-6:00 PM

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GLOBAL NEWS BRIEFS

Canada accused of 'race genocide'

Canada's human rights record is under scrutiny after a government inquiry found that it is complicit in "race-based genocide" against indigenous women.

The report found that indigenous women were 12 times more likely to be killed or to disappear than other women in Canada. The inquiry blamed the crisis on deep-rooted colonialism and state inaction.

Among more than 200 recommendations is a call for all Canadians to help end violence, including by learning indigenous history.

The 1,200-page document released Monday is the culmination of almost three years of hearings and research by the inquiry into disproportionate violence faced by indigenous women and girls in Canada.

"Despite their different circumstances and backgrounds, all of the missing and murdered are connected by economic, social, and political marginalisation, racism and misogyny woven into the fabric of Canadian society," said Marion Buller, chief commissioner of the inquiry.

It cost C\$92m (KY\$57m), and heard from more than 2,000 witnesses since 2017, including survivors of horrific violent acts.



► Canada's indigenous women want more rights

In 2015, a landmark Truth and Reconciliation report into the legacy of residential schools in Canada issued a damning verdict - that the policy amounted to "cultural genocide".

Mr Trudeau's government launched the national inquiry in September 2016, after years of calls for one by indigenous and international organisations.

Notable cases of missing or murdered indigenous women and girls had fuelled the call for a national inquiry, including the Vancouver murders by Robert Pickton and the death of schoolgirl Tina Fontaine.

This new document finds that the murder and disappearance of indigenous women and girls in recent decades has amounted to a "race-based genocide of indigenous peoples".

Duterte: I'm 'cured' of being gay

President Rodrigo Duterte of the Philippines has made another outrageous sexual statement, this time claiming that he had "cured" himself of homosexuality with the help of "beautiful women."

Mr. Duterte volunteered the remarks last week at an even in Tokyo in a speech to a Filipino crowd.

In the speech he also appeared to try to insult Antonio Trillanes, a senator who is a prominent critic of Mr Duterte's antidrug crackdown, by saying the lawmaker is gay.

Mr Trillanes responded by saying: "By admitting his gay past, I am beginning to be suspicious of the true nature of Duterte's seeming obsession towards me. It's also entirely possible that his strongman projection is just a front. Whatever, such comments by Duterte show how perverted and sick his mind is."

In his three years as president, Mr Duterte has made many controversial remarks, often casting them as a bad-taste joke. He has frequently invoked homosexuality as an insult, using it to describe Communist rebels, Catholic priests and the former United States ambassador to his country. He is also



► Rodrigo Duterte has made another outrageous statement

critical of the country's powerful Roman Catholic Church, saying he was sexually abused by a priest as a teenager.

But Mr Duterte has also expressed other views that have won him support from Filipino gay rights activists. Though he has opposed same-sex unions in the past, he now says he supports them.

Homosexuality is not outlawed in the Philippines. Gay Filipinos have open relationships there, and while the Catholic Church disapproves of gay unions, there is a Christian sect that presides over same-sex marriages. Some Filipino gay rights activists say they have got used to Mr Duterte's public outbursts.

Honduran protests resume

Honduran President Juan Orlando Hernandez's decision to repeal laws that have sparked violent demonstrations against his government recently, failed to stop protesters from returning to the streets on Monday.

On Sunday night, Mr Hernandez pledged to overturn two laws approved last year to restructure the education and health sectors. Critics feared the policies would lead to the privatisation of public services.

The laws were officially revoked on Monday, but Mr Hernandez's opponents said they remained concerned. The government has sought dialogue with unions and trade groups, but the

groups have demanded conditions such as that issues of health and education be tackled together.

As protests continued Monday, demonstrators blocked streets in cities across Honduras and burned tires. The protests began a month ago and have drawn tens of thousands of people as they intensified over the last 10 days.

Public hospitals and schools have been crippled by strikes. Classes in public primary and secondary schools have been suspended for about three weeks, and consultations in public health centres have also been suspended for a month.



► Hondurans have taken to the streets again

Cuba hit by new Trump travel ban

The Trump administration has imposed heavy new restrictions on travel to Cuba by US citizens, including a ban on cruises, in a bid to further pressure the communist island over its support for Venezuela's president, Nicolás Maduro.

The tightening of the decades-old US embargo on the Caribbean's largest island will further damage its crippled economy as well as hurt US travel companies that had built up business with Cuba during a brief 2014-2016 detente under Barack Obama.

The state department said the United States would no longer allow "group people-to-people educational travel", one of the most popular exemptions to the overall ban on US tourism to Cuba.

The United States will also no longer permit visits to Cuba via passenger and recreational vessels, including cruise ships and yachts, as well as private and corporate aircraft, it said.

The Trump administration had announced the new restrictions in April.

It also last month allowed US citizens to bring lawsuits against foreign companies for the use of property confiscated after Cuba's 1959 revolution, hurting investment in the island.



► Travelling to Cuba just got tougher for Americans

"The administration has advanced the president's Cuba policy by ending 'veiled tourism' to Cuba and imposing restrictions on vessels," said a tweet from Trump's national security adviser John Bolton, who has led the US campaign against what he has called the "troika of tyranny" of Cuba, Venezuela and Nicaragua. "We will continue to take actions to restrict the Cuban regime's access to US dollars."

Bruno Rodriguez, Cuba's foreign minister, said on Twitter the move was "an attack on international law" and the embargo was the main obstacle to the country's development, thereby violating Cubans' human rights.

This is the second time the Trump administration has tightened US travel restrictions on Cuba.

Venezuela can't pay Russian arms bill

Venezuela's economy is so bad that Russia has withdrawn most of its military people there because they have not paid their bills.

Russia has informed the US that it has withdrawn "most of their people" from Venezuela, Donald Trump, the US president, said on Twitter.

The remark came after a source close to the Russian Defence Ministry said that Russia's largest weapons exporter, Rostec, had downsized its presence in Caracas over long-outstanding payments for military hardware and services.

It was not immediately clear that Mr Trump's tweet referred to Rostec personnel.

The Wall Street Journal was the first to report on the draw-down, reporting that Rostec's presence in Venezuela was down to a few dozen people after peaking at around 1,000.

The Kremlin has not yet commented, but a spokesperson for Rostec said that the newspaper's numbers were way above the real figure.

Venezuela's military operates an extensive selection of Russian hardware



► Venezuela's military debt to Russia is huge

and has been one of Moscow's largest customers -- signing more than \$10 billion in contracts for equipment ranging from Kalashnikov to Sukhoi jets and missile systems.

The sales have helped cement political ties between Caracas and Moscow. The arms trade is inherently political, but Russia will generally sell arms to any nation that can afford them - in the past four years, however, Venezuela has struggled to meet its payment obligations.

Moscow rakes in around \$15bn annually from military exports to foreign nations and that money flows through Rostec, a massive state-owned holding company that has grown to control almost two-thirds of Russia's defence industry.

Trump protestors out in force in UK

Donald Trump's official state visit to the United Kingdom this week has seen protestors turn out at every opportunity.

The US president's trip to the UK has been met with widespread protests, and the president has delivered some fiery words of his own.

Anti-Trump protests went ahead on Tuesday in central London, including a robotic "Trump" sat upon a toilet that was paraded around the city - along with the infamous "Trump baby" balloon.

Mr. Trump's spat with London Mayor Sadiq Khan has played out on Twitter. On Monday, the president compared him to one of his arch rivals, Bill de Blasio, the mayor of New York.

"I don't think much of him," the president said of Khan. "I think that he's the twin of de Blasio, except shorter." Mr Trump called Mr Khan a "stone cold loser." Mr Khan criticised Mr Trump in 2016 for his views on Islam, calling him "ignorant." At the time, Mr Trump responded by questioning Mr Khan's IQ.



► Anti-Trump protestors in the UK numbered thousands

Despite low approval ratings in the UK, the president tweeted that he thought the media would have to work "hard" to find people demonstrating against his presence in the British capital. Only a handful of demonstrators have popped up in London wearing Mr Trump's trademark "MAGA" hats, supporting his visit.

As the rain picked up in London, a handful of pro-Trump demonstrators got into a heated shouting match with hundreds of anti-Trump protesters massed in Trafalgar Square.

There were obscene words and gestures hurled from both sides and police eventually had to separate them as pushing and shoving began.

Reggae Girlz make World Cup debut

The Women's World Cup kicks off in France on Friday and one of the most popular teams will be Jamaica's Reggae Girlz. The USA, France, England, Germany and Brazil are the favourites of the 24 teams.

Jamaica are in Group C with Brazil, Australia and Italy and face Brazil in their first match on Saturday. Jamaica play Italy on June 14 and Australia on June 18.

Jamaica are ranked No. 53 in the world so unlikely to reach the latter stages but can boast that they are the first Caribbean team to appear at the finals.

That achievement came by way of their momentous third-place finish in the CONCACAF Championship after a dramatic 4-2 penalty shootout win over Panama in October. The Reggae Girlz lost only two games (2-0 against Canada and 6-0 against the United States) dur-

ing the entire qualifying period, scoring 53 goals and conceding only 14. They were led by the talismanic striker Khadija "Bunny" Shaw, who scored 19 times in the qualifiers.

The team in France includes several American and English-born players with Jamaican heritage and is virtually the same one that competed in the qualifiers but the coach, Hue Menzies, has been able to unearth some new additions.

Menzies favours the 4-3-3 formation, as they bank on their speed and athleticism to open up opposing defences, particularly from the wide areas. Shaw, as always, will be the focal point in the attacking trio and could make a difference against their more illustrious Group C opponents if she is able to get on the ball close enough to goal.

The Reggae Girlz appear more effective when playing on the break using



► Khadija "Bunny" Shaw is Jamaica's best player



► The Reggae Girlz hope to get to the latter stages

their speed and the return of the forward Trudi Carter from injury should add further impetus. The defence showed its strength in the qualifiers and, while they often play deep against tougher opponents, the centre-backs sometimes step up to pressure the ball high and support the midfield's attempt to gain possession.

Strong performances can be expected from the captain, Konya Plummer, and her fellow defender Allyson Swaby. They are both strong in the air and resolute on the ground.

Without doubt Jamaica are one of the biggest underdogs at the World Cup but they enter the tournament with a positive attitude and will be hard to beat.

Menzies was born in England and grew up in Jamaica before moving to the United States in 1980. He now has more than 30 years of coaching experience and has 15 years of Olympic develop-

ment coaching experience at the national, state and regional levels.

He was introduced to the national women's programme on the recommendation of ambassador for Jamaica's women's football, Cedella Marley, in 2014. Despite the lack of resources, Menzies got his side to the finals.

Shaw is 5ft 11in tall and her physicality and speed of thought has meant success from a young age. In fact, she was so good that she's played for Jamaica's Under-15, Under-17 and Under-20 teams simultaneously since 14. She made her debut for the senior women's national team in 2015, scoring once in a 6-0 win over the Dominican Republic.

Since then, the 22-year-old has been amazing, and she already heads the Reggae Girlz all-time charts with 26 goals in 30 caps. Shaw has studied at Eastern Florida State College and University of Tennessee and is expected to turn professional this summer. 📧

Shepherd aims for Guyana glory

Fast bowler Romario Shepherd is hoping to transfer his success from the longer format of the game to the Caribbean Premier League in his second stint with the Guyana Amazon Warriors.

It will be the second-successive year Shepherd will turn out for the Warriors, after also being selected in 2018. The powerfully built all-rounder said he was delighted to be playing for his home team.

He said: "It's obviously a great feeling for me to earn selection for a sec-

ond-successive year for the Warriors, and this is a confidence-booster for me. It is early days, but looking into the future, with any opportunity given in the CPL I will bowl my best."

The 24-year-old only featured in three matches for the Warriors last year. However, following a superb showing in the Regional Four-Day competition, Shepherd is hoping to play a bigger role this time around.

He was the best fast bowler in that tournament, taking 37 wickets in ten matches. He also scored 315 runs, including two half-centuries.

"The Four-Day tournament is obviously a different format, but my performance has given me the confidence moving forward", Shepherd said.

The 2019 CPL is scheduled to start Sept. 4, with the final set for Oct. 12. Trinbago Knight Riders are the defending champions. 📧



► Romario Shepherd will be a force at the CPL

Williams enters Forbes richest list

Serena Williams has made history as the first athlete to make Forbes' list of the World's Richest Self-Made Women.

According to the publication, the 23-time Grand Slam champion made the list through her estimated fortune of \$224m.

Most of Williams' fortune has been made as a result of her "brain and brand rather than her backhand", according to Forbes, with the star investing in 34 start-up business in the past five years alone.

Opening up about her financial investments, Williams said: "I want to be in the infrastructure. I want to be the brand, instead of just being the face."

In April, Williams announced she was launching her own venture-capital firm, Serena Ventures, in a post on Instagram.

In the announcement, the tennis star revealed she had launched the



► Serena Williams is investing in many start-ups

firm "with the mission of giving opportunities to founders across an array of industries" and that the company has been quietly investing in more than 30 companies since 2014.

Forbes reports that 60 percent of Williams' investments so far have gone to companies led by women or people of colour. 📧

Siakam dedicates success to late dad

Pascal Siakam achieved his late dad's dream of playing in the NBA. Now every game the Cameroonian forward plays for the Toronto Raptors is dedicated to his father's memory.

Siakam scored a career play-off high 32 points to power the Raptors over the defending champion Golden State Warriors 118-109 in last week's opener of the NBA Finals then promptly stated: "I'm just doing it for my dad."

The 25-year-old Cameroonian was still thinking of his father, Tchamo Siakam, who died from injuries in a 2014 auto accident before seeing his youngest of four sons realise the family dream.

"For me it's bigger than basketball and every night I go out there, I have a bigger purpose and I play for something bigger than just basketball," Siakam said. "That's what makes it special that every night I'm out there, no matter the result, no matter how many points I score, I'm playing for something bigger than myself."

Siakam had three older brothers who played major US college basketball but

Pascal's interest in the sport only came in his teens ahead of his big break being discovered in an African Basketball Without Borders camp.

He wound up at New Mexico State when his father died and his mother, Victorie, pushed him not to return home for the funeral but keep working on making his dad's dream a reality.

"In terms of adversity, I went through something that I considered the hardest moment of my life when my dad passed away," Siakam said. "I was in college and just away from my family. Thank God I had the support of my teammates and coaches in college that helped me go through it."

"But it was definitely one of the toughest moments in my life, and not being able to go home for the funeral and all that. So it was definitely a moment where it kind of tested me as a man, just being able to go through that and using that as a motivation, something that's going to push me to do better things for my family, for myself, for my dad."



► Pascal Siakam made the NBA for his dad

"It was a turning point in my life, just going through that type of adversity. It

definitely made me the person I am today." 📧

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 40 Cunning
 - 1 Some coasters
 - 6 Idiots
 - 11 Capital on the Songka
 - 12 Directional sign
 - 13 Mink's cousin
 - 14 Keyed up
 - 15 Deteriorate
 - 17 Consumed
 - 18 Look over
 - 19 Like some flights
 - 22 Singer Carly — Jepsen
 - 23 Hot
 - 24 Clamorous
 - 25 Position
 - 27 Squeezing snake
 - 30 React to a punch
 - 31 Hosp. parts
 - 32 Snapshot
 - 33 Wave or wink
 - 35 Bouquet
 - 38 Time being
 - 39 Bit of gossip
- DOWN**
- 1 Bridal party
 - 2 Michael's sister
 - 3 Menu choice
 - 4 Female rabbits
 - 5 It's alluring
 - 6 Belfry dweller
 - 7 Mine find
 - 8 Decorative
 - 9 Celtics' home
 - 10 Win all games
 - 16 Perceives
 - 20 Punk accessories
 - 21 Crafty
 - 24 Pester
 - 25 Agitate
 - 26 City near Mt. Rainier
 - 27 Clyde's partner
 - 28 Source of answers
 - 29 Dozing
 - 30 Prepares for a fight
 - 34 Foot ailment
 - 36 Work wk. start
 - 37 Bible boat

P	A	C	T	S	J	A	C	O	B
A	L	O	H	A	A	R	O	M	A
W	A	V	E	R	G	I	V	E	S
E	M	I	T	G	E	N	E		
M	A	R	E	A	J	A	R		
A	L	E	P	R	O	T	E	S	T
L	A	D	L	E	V	O	D	K	A
E	N	D	O	R	S	E	W	I	N
I	O	T	A	B	A	N	K		
B	A	S	K	G	R	O	G		
E	T	H	O	S	E	R	O	D	E
A	T	E	U	P	A	N	N	O	Y
T	A	S	T	Y	R	E	S	E	E

Yesterday's answer

SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Sunday.

Conceptis Sudoku

By Dave Green

7			6	9				1
	2		5					4
		6				7		
			7	5			8	2
8								6
4	3		2		6			
		7				3		
	4				7		5	
5				4	8			9

Difficulty Level ★★

7/24

Answer to previous puzzle

4	7	2	3	8	6	9	1	5
5	1	6	9	2	7	4	8	3
9	3	8	4	1	5	6	2	7
6	4	5	7	9	2	8	3	1
3	8	1	5	6	4	7	9	2
2	9	7	8	3	1	5	6	4
8	2	4	1	5	9	3	7	6
7	6	9	2	4	3	1	5	8
1	5	3	6	7	8	2	4	9

Difficulty Level ★

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Word Search

S	H	I	M	P	D	U	G	L	I	S	T	E	N	B
D	R	Y	E	L	U	C	E	N	T	D	G	E	E	R
I	O	N	Y	G	E	V	F	V	S	N	G	O	F	I
B	S	N	U	N	G	L	I	T	I	S	A	M	F	G
L	Y	U	C	D	I	L	A	N	S	V	O	E	U	H
A	T	S	B	S	D	H	I	K	F	S	I	L	L	T
Z	N	E	B	G	I	H	S	T	R	N	D	D	G	W
E	A	U	Y	Y	S	N	W	L	T	A	B	P	E	F
M	I	G	B	U	G	N	Y	L	P	E	P	D	N	R
C	D	G	N	Y	L	I	E	N	A	S	R	S	T	E
P	A	S	L	E	C	P	B	D	O	M	L	V	L	G
N	R	H	S	E	I	D	H	T	L	M	B	Z	Y	E
C	F	E	B	P	A	H	Y	P	T	O	Z	E	S	M
W	M	E	F	T	U	M	T	M	S	A	G	C	N	V
P	Y	N	U	G	L	E	A	B	D	R	S	W	U	T

- Beam
- Blaze
- Bright
- Dazzle
- Effulgent
- Gleam
- Glisten
- Glitter
- Gloss
- Golden
- Lambent
- Lucent
- Radiant
- Rosy
- Sheen
- Shining
- Shiny
- Sparkle
- Sunny
- Vivid

Have fun with
**CAYMANIAN
TIMES**

Find the listed words in the diagram. They run in all directions – forward, back, up, down and diagonally.

CURTIS

By Ray Billingsley

I WHINED TO GET MONEY FROM DAD AND AFTER AN HOUR HE BROKE DOWN AND GAVE IT TO ME!

I VISITED MICHELLE UNANNOUNCED AND SHE DIDN'T SCREAM OR CHASE ME AWAY!

NOW I'M HAVIN' FRIED PORGY AND A HEAP OF SPAGHETTI, ONE OF MY FAVORITES!

ALL I NEED NOW TO MAKE THIS THE BEST DAY IS FOR BARRY TO GIVE ME A REASON TO BEAT HIM UP!

THE AMAZING SPIDER MAN

By Stan Lee

KRAASSH

YOU DID THAT WITH JUST YOUR FIST?

WELL... I HAD YEARS OF TRAINING.

JUDGE PARKER

By Woody Wilson & Mike Manley

DAD...NO...

GO. LIVE YOUR LIFE, APRIL. START A NEW ONE. AND LET ME END MINE ON MY TERMS, ON ONE LAST POSSIBLE NOTE OF GRACE...

NOW, IF YOU'LL EXCUSE ME, I HAVE SOME PEOPLE I NEED TO SEE...

DEPAUL + MANLEY 8/25

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