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Community Heroes: First Responders

In recognition of Emergency Medical Services (EMS) Week, 19-25 May, the Health Services Authority EMS providers exhibited this year's theme "Beyond the Call" by taking the initiative to educate community members on how they can potentially save a life prior to the arrival of EMS.

For EMS Week, the medical first responders hosted safety sessions throughout the island, teaching members of the public hands-only CPR, how to stop bleeding and the importance and proper usage of car seats through hands-on demonstrations.

"Each session's turnout was excellent. It's reassuring to know that people are interested in learning and being more proactive about life-saving practices," said EMS Manager Stephen Duval. "CPR can double or even triple a person's chance of survival and Hands-Only CPR, when executed correctly, can be just as effective as conventional CPR. A person can die in 5-10 minutes due to uncontrolled bleeding. The stop the bleed training our team demonstrated can save a life. Using the correct car seat or booster seat can also be a lifesaver. We wanted to reemphasise the importance of basic car seat safety and

... Continued story on page A2



► Minister for Health Hon. Dwayne Seymour thanks the EMS providers at the EMS Recognition Luncheon and Awards Ceremony



► L-r: David "Jayse" Wilson (EMS Officer of the Year), Alvaro Obando (Outstanding Service), Stephen Duval (EMS Manager), Kendal Connor (Outstanding Service) and Michael Blackburn (Outstanding Service)

Elections Supervisor and Mr Roy Bodden to speak at CPR meeting

Cruise Port Referendum (CPR) Cayman have announced that Elections Supervisor Mr Wesley Howell and historian and author Mr Roy Bodden will both be speakers at this Thursday's public meeting.

Following last week's announcement that the grass roots community group had reached the

constitutionally required 25% threshold on its petition, the group is hosting a public meeting this Thursday 30th May at George Town Town Hall from 6pm - 8pm to share with the public the lat-

... Continued story on page A3



► Elections Supervisor Mr Wesley Howell

Premier pays tribute to Former PM of Jamaica Edward Seaga



Premier Hon. Alden McLaughlin said he was deeply saddened to have learned of the passing today of former Jamaican Prime Minister Edward Seaga.

Premier Hon. Alden McLaughlin said "He will be remembered as a great and respected Caribbean Leader and as one of Jamaica's outstanding politicians. He was the only remaining member of the team who drafted the Constitution when Jamaica gained independence from the UK in 1962 and one of the longest serving Members of the Parliament, not just in Jamaica but in the Caribbean, holding his seat in West Kingston for over 43 years. That is no mean feat in politics."

... Continued story on page A3

<p>INSIDE THIS ISSUE</p> <p>● EDITORIAL — A2</p> <p>Hurricane Season</p> <p>Be Prepared!</p>	<p>● LOCAL NEWS — A4</p> <p>Kimpton to celebrate Global Wellness Day</p>	<p>● OPPOSITION SPEAKS — A7</p> <p>Opposition congratulates CPR</p>	<p>● ART & CULTURE — A8</p> <p>Steeped in Tradition opens at the National Museum</p>
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EDITORIAL

Be prepared!

It's that time of year when we pay more attention to what's brewing in the Atlantic and Caribbean regions.

Forecasters have predicted a near-normal Atlantic hurricane season this year with, the respected group from Colorado State University indicating it is likely that there will be 13 named storms with four hurricanes, two of which are expected to be major.

Although we have been fortunate enough to be spared nature's wrath in recent years, we ought not to let our guards down. All it takes is one storm to change our fortunes. We just need to remember the catastrophic damage that Irma and Maria left in their wake across the region a couple of years ago.

As the hurricane season begins, we ought to have our plans in place. Home Affairs Minister Tara Rivers offered the following advice in her address to mark National Preparedness Day on May 20th:

"I therefore urge all residents to not only evaluate your family and business plans, but also identify how you can help to prepare your community and assist in the event that a hazard strikes.

In addition to ensuring that your family's hurricane supplies are well stocked, you can enhance your family's



level of preparedness by taking small steps, such as discussing your personal plans with all family members so that everyone knows what to do and what to expect; installing carbon monoxide detectors; reviewing your home and business insurance coverage to ensure that your premiums are up to date and starting your own emergency savings fund."

Let her words be a guide that we should not wait until the threat of a storm is imminent to start thinking about how we plan to stay safe should the need arise. Let's also think about the vulnerable among us: the elderly and disabled in our communities, as well as anyone else who may need help if a hurricane is about to strike.

Let's hope we don't have to worry about storms this year, but if we do, let's ensure we are prepared. 🌪️

COMMUNITY

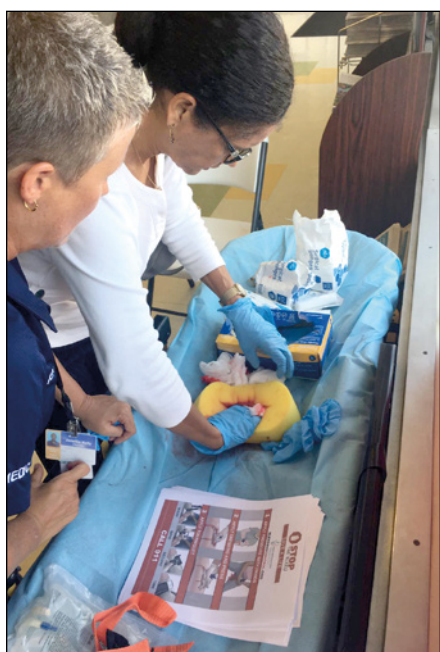
First responders go beyond the call for EMS Week

... Continued story from page A1

ensure that all children are buckled up the right way on every ride."

Safety sessions were held at Hurlley's Market, Foster's Food Fair (Airport), Tukka and Eagle Ray's Bar & Grill on 21-22 May. In addition to the public sessions, the EMS team hosted an EMS Recognition Luncheon and Awards Ceremony on Friday, 24 May at the Westin Grand Cayman Seven Mile Beach Resort to honor their colleagues and stakeholders in emergency care. In attendance were past and present members of the Cayman Islands EMS, their families, the Minister for Health Hon. Dwayne Seymour, HSA Chief Executive Officer Lizzette Yearwood and representatives of the Royal Cayman Islands Police Service, Cayman Islands Fire Service, Cayman Islands Red Cross, Department of Public Safety Communications and Rotary Central Cayman Islands.

All EMS staff were presented with certificates of appreciation. Special awards for outstanding service went to Kendal Connor, Michael Blackburn, Alvaro Obando and David Hurlston of Cayman Brac. David "Jayse" Wilson was awarded "EMS Officer of the Year". "We honor our EMS providers, whose selfless devotion and outstand-



► Paramedic Jennifer Kelly trains a member of the public how to stop the bleed

ing efforts help save countless lives each year," HSA CEO Ms Yearwood said. "As the first link to emergency medical care, EMS personnel are a crucial component of our healthcare system. This month, and always, we express our unending gratitude and respect to the fine men and women of our EMS staff for their continued dedication to excellence in emergency care." 🌟

COMMUNITY NOTICES

Recent Outages Explained

Customers east of Prospect, excluding North Side, have recently experienced above normal levels of outages within the last month as CUC transitions through a very active period of substation upgrades. The upgrades will increase capacity and reliability to customers in the affected districts, but in the interim, the necessary configuration to facilitate these upgrades reduces system redundancy and increases the vulnerability to outages.



► In June 2019, construction will begin to replace the existing Prospect Substation

The most recent outage occurred in the early hours of Sunday, May 26 due to lightning damage. Customers in the Savannah, Newlands, Lower Valley, Bodden Town, Frank Sound and East End areas experienced interruptions to their electricity service between 3:32 a.m. and 7:41 a.m.

CUC's line crews responded immediately to replace the damaged equipment and worked throughout the early hours to restore service to customers. Approximately 3,250 customers were affected. Under normal circumstances less than half this number of customers would have been affected. Customers regained service at various intervals throughout the morning as CUC personnel worked diligently to safely restore service to all customers affected. The final customers had their electricity restored at 7:41 a.m.

CUC has completed upgrades to the South Sound, North Sound Road, and Rum Point Substations in October 2018, March 2019 and April 2019 respectively. The Bodden Town Substation is current-

ly out of service for refurbishment and is planned to be fully back in service by the end of June. During the intervening period, customers who would normally be supplied from the Bodden Town Substation are being supplied from the Frank Sound or Prospect Substations and are exposed to a greater risk of outages.

In June 2019, CUC will begin construction of a new Prospect Substation with completion expected in 2020. CUC is able to complete the construction with minimal exposure to outages as the existing substation will remain in service throughout the construction period.

CUC has planned major upgrades to Frank Sound substation in 2021.

Following this major programme of upgrades and refurbishments to the eastern substations, CUC will be able to meet foreseeable load growth with increased reliability for its customers. As the Cayman Islands continue to grow and our population increases, CUC continues to invest in our country and our people, consistently striving to achieve our vision of empowering Cayman to be a global leader. 🌟

Smoking Cessation Classes: 'I Can Quit'

The Public Health Department reminds smokers who wish to quit the habit that there are still some spaces left for the upcoming smoking cessation classes the department is offering. Classes start on 05 June 2019 from 5.15 p.m. to 6.45 p.m. every Wednesday for seven weeks in the Public Health Department. The Public is being reminded that the new location for the classes will be held at Smith Road Centre on the second floor.



For more information or to sign up, contact the Public Health Department on 244-2889/244-2621, or email sarah.

hetley@hsa.ky or nola.sanderson@hsa.ky 🌟

Celebrate Cayman Coat of Arms memorabilia

Celebrate Cayman Coat of Arms memorabilia will be on sale in the lobby of the Cayman Islands Government Administration Building on Tuesday, 28 May 2019 from 11 a.m. to 2 p.m.

Sales will continue every Tuesday and Thursday through the month of June.

Items on sale are:

- Celebrate Cayman Umbrellas CI\$ 25

- Celebrate Cayman Neckties CI\$ 25
- Celebrate Cayman Bandanas/Scarves CI\$ 15
- Celebrate Cayman Puzzles 35pcs/200 pcs CI\$10
- Celebrate Cayman Plates CI\$35
- Celebrate Cayman Bistro Mugs CI\$10
- Cayman Islands Car Flags CI\$10 🌟

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Premier pays tribute to Former Prime Minister of Jamaica Edward Seaga

... Continued story from page A1

"His love of culture and particularly Jamaican folk music endeared him to many and as a major record producer

he played a role in introducing ska to the world". I knew him personally and have fond memories of our conversations on occasions when he visited Grand Cayman." continued Premier Hon. Alden

McLaughlin "my sincere condolences go to his family and friends."

Edward Seaga, 89, died on his birthday in Miami. Although he lost the general election in 1989 he remained the

Opposition leader for many years afterwards and built national institutions such the annual festival celebrations and the Jamaica Cultural Development Commission. [📍](#)

Elections Supervisor Mr Wesley Howell and Mr Roy Bodden to speak at CPR meeting

... Continued story from page A1

est updates on the process for a people initiated referendum and other related information.

The grassroots community group confirmed in writing to the Premier on 24th May 2019 that they had collected and internally verified over 5,300 signatures of Cayman Islands registered voters on the petition for the people initiated referendum on the proposed cruise berthing facility, in accordance with Section 70 of the Cayman Islands Constitution 2009.

Following a meeting on Tuesday between CPR Cayman and the Elections Office, the petition is currently being prepared to be delivered to Elections

Office to begin the official verification process.

The collection of signatures remains ongoing to safely exceed the minimum requirement, and registered voters who have not yet signed the petition are encouraged to sign right away to be a part of Cayman Islands history in the making.

The public are invited to attend this informative event and be apart of this historic moment as the country moves towards its first people initiated referendum.

More information on Thursday's event please visit the event Facebook Event page, CPR Cayman's Facebook Page or call 327-5411. People can also contact cprcayman@gmail.com. The event will

start promptly at 6pm and refreshments will be served.

Cruise Port Referendum Cayman is a grassroots initiative of concerned citizens advocating for a democratic approach to the decision-making for the proposed cruise berthing facility.

Petition booklets are still available at the following businesses around Cayman: Rubis Savannah, Four Winds Esso & Hell Gas Station in West Bay, Silhouette in Camana Bay and Pure Art and Cathy Church Photo Centre in George Town. Registered voters who wish to have the petition brought to them, at home or at work, can call 327-5411.

Organizers continue to encourage people not registered to vote but eligible



► Historian and author Mr Roy Bodden

to do so and interested in participating to register at the Elections Office. [📍](#)

PSPB Officially Opens Office in Cayman Brac

The Public Service Pensions Board (PSPB) is officially opening a new office in Cayman Brac and is recognizing this with a Grand Opening Event on Friday, 31st May 2019. The event will include the official ribbon cutting and remarks recognizing the opening from dignitaries such His Excellency, The Governor, Mr. Martyn Roper and the Honourable Deputy Governor, Mr. Franz Mander-son.

The opening event invites all PSPB Cayman Brac members to learn about their available on island supports and provide input to the PSPB on how to continue to expand services and supports.

"The PSPB has always made having a presence on Cayman Brac a priority. Since our 25th Anniversary Celebration Event we have talked about opening an office in the Brac and today we reach that goal." said Mrs. Jewel Evans Lindsey, Managing Director and Trustee with the PSPB.

Given cost considerations, opening an office took careful research and oversight to ensure that PSPB services would be utilized and that the office would provide both an immediate and long-term support and service to Cayman Brac.

The PSPB has worked over the past two years to establish a much bigger presence on Cayman Brac. This has included the continued ongoing relationship with the District Administration office to serve the island and quarterly trips by PSPB staff to ensure that on island support was offered to members. It became clear from increasing demand for more regular service that an ongoing presence on the island was necessary in order to deliver the highest standard of service to the Sister Islands.

"Even when we knew it was time to open an office to serve our Cayman Brac membership, we needed to carefully review our options," said Evans Lindsey. "In the end we selected the most cost effective option that was available and we have established a central location in Cayman Brac."

Another consideration beyond services that were being accessed is that the PSPB Cayman Brac office is now in place to serve nearly 700 individual members on Cayman Brac and this includes close to 200 people who are pensioners. The PSPB Cayman Brac of-



► Mrs. Jewel Evans Lindsey, Managing Director and Trustee with the PSPB


Based on the current Cayman Brac population, this means that nearly 1 in 3 people on Cayman Brac are members of a pension plan administered by the PSPB and when potential beneficiaries, spouses or children are linked to these members, the number served by this office further increases. Further analysis also showed that based on age demographics, the number of people in Cayman Brac who can potentially retire in the coming five to ten years is significant.

"Opening an office to serve members and pensioners who have lived and worked their lives for Cayman Brac and for all of our citizens is important and it shows a commitment to the Sister Islands," said Evans Lindsey. "This is an opportunity to give back and show that our seniors and pensioners can rely on easy to access service."

The Cayman Brac PSPB office is located at 5 Dennis Foster Road and it is open Monday through Friday from 9:00 a.m. to 1:00 p.m.

Information on the Public Service Pension Board is available on the PSPB website at: www.pspb.ky. [📍](#)

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As a part of Celebrate Cayman - 60 Acts of Service, the Prospect Red Bay Community Group will be hosting a 'Healthy Living Night'.

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Kimpton to celebrate Global Wellness Day

Anyone needing a kickstart to improving their well-being can head to the Kimpton Seafire Resort + Spa on Saturday 8th June, as the resort marks Global Wellness Day with a series of events geared to improving mental health and wellness.

Global Wellness Day is a social project first developed in a Turkish spa eight years ago as a way of bringing people from all over the world together with a central focus – to improve their wellness. Now this movement

has grown and Global Wellness Day is celebrated in around 5,000 locations in 130 countries globally. The main aims of the day are to help people recognise the value of their lives, to help them let go of the stress of everyday life and bad habits, and to raise awareness about living well and increase motivation, not just for the one day, but for every day of the year. The Cayman Islands is one of the newest countries added to the roster of countries celebrating the annual event.

The Kimpton's Director of Spa & Leisure is Ram Chatterjee and he is also titled the Global Wellness Ambassador of the Cayman Islands. Ram will be leading the Kimpton's Global Wellness Day starting at 7am with an hour-long community-wide beach clean-up. At 8am, Ram will give a welcome speech where he will be talking about the benefits of overall health, wellness and holistic healing. This short opening speech will then be followed by a half-hour-long Pilates class starting at 8.15am, followed by a 9:00 am balance and breathing exercise. A short mental wellness seminar will then take place from 9.30am to 9.45am and refreshments will follow at 10am.



► Ram Chatterjee, The Kimpton's Spa and Leisure Director



► The beautiful Kimpton Seafire

"Global Wellness Day is a worldwide phenomenon that we are celebrating at the Kimpton. Our event free to attend and is community-focused," Ram explained.

"Wellness is a passion for me, and I'm happy to share this passion with the entire community," he went on to say.

He gave some background as to how he became involved with helping people reach a happy mind set.

"I worked previously in a resort and spa in Azerbaijan and I noticed there was a high rate of divorce there. It was there that I realised that negativity was behind a lot of these divorces: I believe it is important for us to train our minds to

only think positive thoughts, to understand continuity and acceptance. Ego is another problem. We can dissolve these problems through breathing and train our minds to only think positively," he explained.

Ram said the power of positive thought brought people to him who said it had saved their relationships.

He also said that acceptance in particular was such an important quality to have as an individual.

"The whole world is my family," he said "not just where I came from. You cannot choose your place of birth, but that shouldn't mean that others around you don't matter." ☺

Men's Senior Team
Cayman Islands v Cuba

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CAYMAN ISLANDS FOOTBALL ASSOCIATION

Wednesday 29th May
8pm KO @Ed Bush Stadium

Friday 31st May
8pm KO @Annex Stadium



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COMMUNITY EVENTS

May

Early Childhood Assistance Programme Funding

31 May: Will your child be between 3 and 4 years old as at September 1, 2019 and will be attending an early childhood centre? Applications are now being accepted for those needing funding assistance for this. Forms and more information can be found on the website www.education.gov.ky or you may call the Ministry of Education at 244 2417.

World No Tobacco Day

31 May: On 31 May, every year, WHO and its partners focus on the health risks associated with tobacco use and advocate for effective policies to reduce tobacco consumption. Tobacco use is a major cause of cardiovascular disease, including coronary heart disease, stroke and peripheral vascular disease. Check Cayman Active's timeline for postings on what's happening in Cayman for World No Tobacco Day.

June

Car Wash

1 June: The Good News Baptist Church will be having a car wash

on Saturday 1 June from 7:30am to 2pm on its compound at the corner of Tropical Gardens Rd. and Crewe Rd. Cars are \$15 and trucks and SUV's are \$20. The money raised will assist with sending a group of teenagers to camp this summer.

Mango Mania!

1 June: The Queen Elizabeth II Botanical Park is celebrating mangoes! Come to the 1st. annual Mango Mania Fair outside the Visitor Centre on Saturday June 1 from 9:00 am to 1:00pm. Admission is free. Over 25 varieties of mangoes will be on sale as well as local mango products. There will also be live music, a BBQ, local drinks, and kids activities. Check their website <http://www.botanic-park.ky/> or call 947 - 9462 for more information.

Children's Story time

1 June: The George Town Public Library is hosting Children's StoryTime for children ages 0 to 5 years old starting at 10:30 am. No registration is required and a parent /guardian must be present at all times. No drop-offs are allowed. Reading is done by the Pink Ladies Volunteer Corps. For

more information, call the library at 949 - 5159.

2019 Sanctuary Choir Spring Tour

2 June: The tour continues! Join the First Baptist Church Choir at Bodden Town United Church on Sunday 2 June for an evening of praise and worship starting at 7pm. All are welcomed and refreshments will follow.

Annual Church Harvest at Savannah SDA

2 June: The Savannah Seven Day Adventist Church will be holding their Annual Church Harvest on Sunday June 2nd beginning at 4:30pm. Dinner is \$12. and includes a wide variety of ground provisions.

'Young Men at Risk' Presentation

5 June: The Community Affairs Ministry and the Alex Panton Foundation invites you to a presentation on Young Men at Risk on Wednesday, 5th June from 6:30pm to 8pm at the Bodden Town Civic Centre. Admission is free and all are welcomed.

Calvary Baptist anniversary celebration

5 - 9 June: All are invited to Calvary Baptist Church's 34th. an-

niversary celebration. It begins with a Missions Conference from Wednesday June 5 to Friday June 7 beginning at 7:30pm. The guest speaker is Pastor Robb Redlin. The Anniversary Service will be held on Sunday June 9 at 10:00am and lunch will be served. For more information, please call 949 - 0629.

Calling all former students of St. Ignatius High School

6 June: All former students of St. Ignatius High School are invited to our 25th anniversary social on Thursday, June 6th, 5:30-7:00 pm in Loyola Hall. Admission is free! Please RSVP to sicaymanalumni@gmail.com.

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@litttleague.ky.

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 C\$25 for adults and C\$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. 📍

Self-Inventory

Sometimes we may find ourselves unhappy with how we are being treated or feel like we are always being taken for granted, used or misused by some of the people in our lives. At those moments, it is high time to do a self-inventory to see if there is anything that we are doing to contribute to this. When we are not treated well, it is almost always not about the people and is almost always about ourselves. This is not to say that what people are doing is right but more that how we allow people to conduct themselves in our lives is allowing them to do as they please and not what is actually making us comfortable or happy.

Poet Maya Angelou said we should believe people the first time that they show us who they are which simply meant that we should pay attention to what people tell us about themselves from the very beginning and not make excuses for behavior that has been there from the start.

A story goes that there was a traveler who arrived at the outskirts of a village

where he saw an old man sitting on a rock. "What kind of people live in this village?" Asked the traveler.

"First, tell me where have you come from and what were the people like there?" Answered the old man. "I've just walked from the village across the hill. It was awful, people were rude and obnoxious and the place was really filthy - and a sales person there even tried to rip me off too!" explained the traveler in an irritated tone.

"Well, this village is just like the village you came from - I suggest you don't stop and carry on with your journey", replied the old man. With that, the traveler set off towards the next village with a huff and without even thanking the old man at the edge of the village.

Sometime later, another traveler arrived at the outskirts of the village where he saw an old man sitting on a rock. "What kind of people live in this village?" asked the traveler.

"First, tell me where have you come from and what were the people like

there?" Answered the old man. "I've just walked from the village across the hill. It was wonderful - the people were all cheerful and hospitable and some even invited me into their homes to share their meal! Such a marvelous, friendly and welcoming village!" exclaimed the traveler.

"Well, this village is just like the village you came from - You're welcome here!" smiled the old man.

In other words, it is how we see things or what we allow that really make up our reality.

We teach people what we will tolerate from them. You are the common denominator when anything negative seems to become a pattern in your life. If we are a part of the use, misuse and abuse, then we are a part of the final result. If what we want is peace, joy and respect, then we must insist on it by not allowing anything other than that into our daily lives or allow people who say that they care about us to think that it is ok to mistreat us. Sometimes it may take us creating space between us to get the point across but the option is never to accept any negative treatment from the people that we allow into our lives.

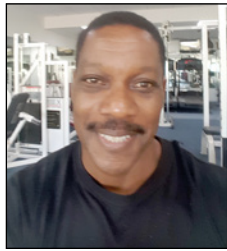


► Catherine Tyson

But before figuring what people are doing wrong to you, check yourself first and do a self-inventory and ask yourself how are you teaching people to treat you. 📍

Look Your Best for Summer

With vacation and beach days quickly approaching, most of us are now thinking about looking our best while dressed in our finest. Too bad that losing body fat is a slow and steady process, rather than an instantaneous fix.



► Ernest Ebanks

However...I do have an extremely effective 2-step method for losing belly fat faster than ever, and I'd like to share it with you today so that you can utilize it to look and feel your best this summer.

Look Your Best for Summer. This deadly, fat-incinerating method fights fat simultaneously on two separate fronts for maximum effectiveness: your sugar intake and your high intensity workouts.

First: This step requires zero extra effort on your part! In fact all you have to do is NOT do something that you're currently doing! You **stop** consuming refined sugar, in all its forms. This means no sodas, no desserts, no packaged snacks, no candy, no mocha lattes, **NO SUGAR AT ALL!**

When you stop to evaluate your diet, it may be shocking to find out how much refined sugar has crept in. Nothing will contribute to fat gains as swiftly as consuming sugar, so it makes sense that cutting sugar out is the top must-do for shedding those unwanted pounds.

It's not necessary, or beneficial, to starve yourself during this time of rapid fat loss - you should fill in your diet with lean meats, vegetables, nuts and seeds as you cut out the refined sugar. Keep your metabolism high by fueling

up on high protein, high fiber, low carb, and zero sugar foods whenever hunger strikes.

Second: Here's the step that requires some effort, but trust me when I say it's worth it. You **crank up** the intensity of your workouts to a whole new level.

Most people take exercise on with the slow and steady mentality - moving, pushing and pulling as little as possible while still "getting the job done". I've got some news for you...if you still have belly fat to lose then the job wasn't getting done.

If you can comfortably hold a conversation, hardly break a sweat, or feel the same when it's over as you did when it began, then you're simply not pushing yourself hard enough while you exercise.

Increasing the intensity of your workouts requires focused intent. You must go into the session with the goal of pushing your body to the limit. Remember, it's a contained timeframe that will be over shortly, so bear down and deal with the discomfort. With practice you will learn to embrace the burn.

The safest and most effective way to crank up the intensity and effectiveness of your exercise time is to work with a qualified fitness professional, such as myself. I would love to hear from you!

Call Ernest Ebanks at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com today and together we will get you started on your fastest fat loss ever now before summer vacation. 📍

YOUR ADRENAL GLANDS- ARE THEY BURNT OUT?

When your cortisol levels soar too high you are destined for ADRENAL FATIGUE. Your hormones are essential for your storage of energy. When these are out of whack your adrenals become under attack. Adrenal Fatigue can be classified into 3 categories.

1. Cortisol levels are too high all the time.
2. When the cortisol levels become too low.
3. Cortisol is so low that you can't perform simple activities. Symptoms of adrenal fatigue are:

Spiked blood sugar, low blood sugar, poor sleep, infertility, low back pain, weakness, heart palpitations, dizziness or light headedness on standing, premature aging, low libido and other issues. Here are some recommendations to ensure healthy adrenal glands and function.

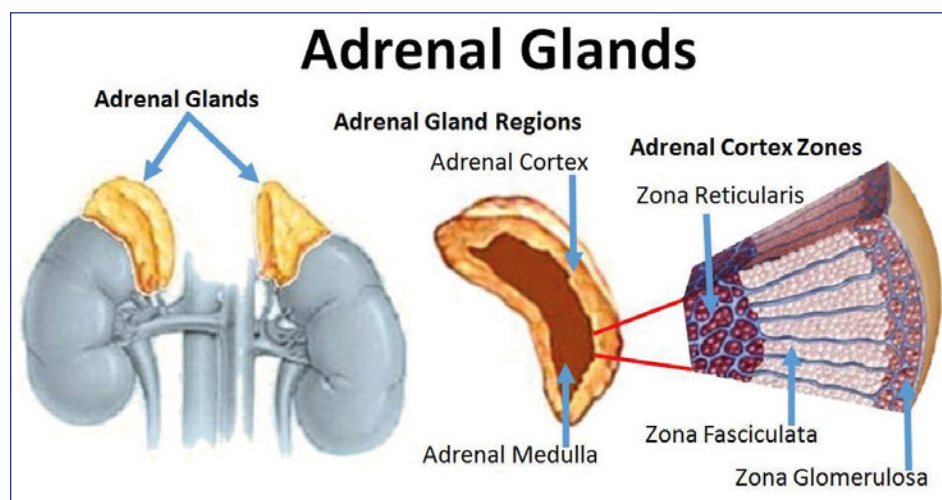
VITAMIN C - This directly related to cortisol output. In fact this vitamin is found in its highest concentration in the

adrenal glands. Choose a supplement with bioflavonoids.

B-VITAMINS - These are essential to gut health and over well-being. In particular is vitamin B5 or pantothenic acid. This plays a vital role in creating every hormone in the body.

ADAPTOGENIC HERBS - These are powerful for the great health of your adrenal glands. More specifically are the herbs rhodiola, cordyceps, ashwagandha and ginseng. These are called adaptogenic because they adapt to the state of your body and improve it. In other words they will raise cortisol levels if they are too low or reduce cortisol levels if they are too high.

You can also assist the health of adrenal glands by lowering stress levels, staying away from coffee for 30 days, eliminate sugar and processed foods, eat a natural, whole food-based diet and probably most important is to quality sleep. 📍



Cannabis investment summit held at the Westin

By Christopher Tobutt

CanEx, a company on the forefront of the development of the Cannabis industry, held a Cannabis Investment Summit at the Westin recently. It is part of a series of meetings and conferences the is holding across the Caribbean in order to inform prospective investors about opportunities in an industry that is developing very rapidly, and will soon be worth many billions of dollars, after one jurisdiction and then another either legalize cannabis outright, or legalizes the availability of cannabis-based medicines.



► T'Shura Gibbs

In the Cayman Islands, medicinal use of some cannabis-based medicines has been legal since 2016, but legal use of cannabis-based products is still quite limited compared to other countries such as Canada where legal use is far more extensive, and where investment has really taken off. But part of the reason for the summit, according to CanEx founder, Douglas Gordon, is to give potential investors in the industry the chance to see all the different facets and opportunities for a wide range of Cannabis-dependent industries in overseas operations, from Jamaican-based start-ups to processing, marketing and distribution of products.

"The precursor for a successful legal cannabis industry is a full understanding of the tremendous health and economic benefits that the industry can bring to any developing nation. We are bringing together a cross section of experts and operators at the highest levels of the industry who can provide a full-some understanding of the opportunities that are inherent in the industry, as well as speak to the key challenges that need to be considered to create a successful industry," Mr. Gordon stated.

"Apart from growing and processing medicinal Cannabis products, there are many opportunities for law firms, marketing and PR companies, as well as brand development and intellectual property development. We have experts from the US and Canada, South America and the Caribbean, who can speak to practical, operational considerations, not theory, that will provide a sound ba-



► Three panelists during the afternoon session. Left to right, Prentice Pantan, Delano Seiveright, and T'Shura Gibbs

sis for understanding the industry and its potential," Mr. Gordon said.

"We are getting people together to talk about the broader sense of what the industry offers, everything from cultivation, which is what we traditionally think about, all the way through to the research, the clinical and the medical benefits and opportunities that it offers. So it is really giving people an opportunity not just to figure out if they want to participate, and how, but also if they are going to invest, what that looks like."

During the afternoon a panel discussion entitled, 'Legal Cannabis, the Opportunity,' explored different chal-

lenges and opportunities that panelists Prentice Pantan, Delano Seiveright, and T'Shura Gibbs, had either encountered or anticipated. T'Shura Gibbs, CEO of Zimmer & Co Ltd, a pharmaceutical company, spoke afterwards about some of the opportunities on the horizon for the Cayman Islands. "Cayman is already known for medical tourism," she said, as she outlined some of the benefits of her company's products, which included creams and ointments for arthritic pain: "Imagine you can't play with your grandchildren. If you rub this on an area, it helps you to get rid of that pain," she said.

DoE issues advisory on jellyfish stings

The Department of Environment (DoE) received reports from a number of water sports operators of several individuals being stung by jellyfish in the North Sound on Monday, 27th May, at Stingray Sandbar and near the North Sound's barrier reef. Two people were taken to hospital with injuries from the jellyfish stings Monday morning.

The DoE has tentatively identified the jellies causing the stings as 'Sea Wasps' (*Carybdea alata*), a small (2-3 inch) species that is nearly transparent. They are occasionally found off the coastal waters of Florida, Bahamas and other areas of the Caribbean. Sea Wasps are rare in Cayman. However, recent weather conditions may be responsible for bringing them into near-shore waters.

Anyone going to the Stingray Sandbar or near the barrier reef is asked to be cautious. These small jellies are not easy to see and can deliver a painful sting that leaves welts and redness if they contact bare skin. Home treatments can include pouring white vinegar on sting areas, however, if the victim's reaction to the sting persists or becomes severe, it is advised to seek proper medical attention immediately.

A photo of a Sea Wasp is attached. These creatures typically tend to inhabit shallow water at night, like to float near coral reefs and are attracted by lights.



► Sea wasp

Cayman's decade of shark conservation

Shark numbers higher than in most of Caribbean

This year marks the 10th anniversary of a fruitful partnership between the Department of Environment (DoE) and UK-based Marine Conservation International (MCI) aimed at gathering information on and protecting sharks in Cayman waters.

The partnership led to the creation of the Shark Conservation Cayman programme (initially called Cayman Islands Large Marine Predator Programme), which helped push for the complete protection of elasmobranchs, such as sharks and rays, under the Cayman Islands National Conservation Law (NCL). The protections took effect in April 2015 making it illegal to fish for sharks and stingrays in Cayman waters.

Although the NCL protections are relatively recent, thus making it difficult to gauge their overall impact, the shark conservation partnership has documented some encouraging data for these apex marine predators.

"Our data suggest the overall abundance of sharks in Cayman Islands' waters is currently higher than in most of the Caribbean," said MCI Co-Director, Mauvis Gore, a professor at Heriot-Watt University in Edinburgh. "However, the numbers are not quite as high as in a few places - such as Bahamas and Belize - where sharks have been protected for longer periods."

Large-bodied sharks, such as reef sharks, nurse sharks, hammerheads and tiger sharks - all of which are found in Cayman's coastal waters - have significant value, according to Prof. Gore. The non-consumptive tourism value of local shark species estimated by the project was between US\$46 million and US\$63 million. Scientists also the-



► Six Caribbean reef sharks are shown here in one frame taken from a DoE/MCI survey in Little Cayman during 2017 (Photo credit DoE/MCI)

orise that sharks, as top marine predators, can help protect coral reefs via a "cascade" effect within the food chain.

"Simply put, sharks will eat a certain number of mid-level predators that feed on smaller, herbivorous reef fish. This, in turn, regulates the number of fish that eat algae from reef areas, keeping them clear for coral growth," said DoE-MCI Shark Project Officer Johanna Kohler. "We believe there is a correlation between a healthy shark population and healthier coral reefs."

"Sharks do not 'steal' marine stocks from local fishers," Ms. Kohler said. "Rather, we've observed they tend to bolster the numbers and health of reef fish by protecting them from mid-level predators and also by weeding out some less successful specimens, keeping the weaker ones from reproducing."

Ms. Kohler, a PhD student from Germany, has partnered with DoE and MCI scientists for the last three years in Cayman, performing the biannual shark surveys using Baited Remote Underwater Video cameras, a non-invasive technology that allows scientists to record the sharks in their natural environment without the animals having to interact with humans. Shark Conservation Cayman has also placed tracking devices on more than 50 local sharks over the past 10 years, allowing scientists to track their movements via acoustic monitoring.

The tracking data available tends to show that many Caribbean shark species have a range of more than 10 kilometres. "This suggests that, to be provided with adequate protection, shark species require marine protected areas on the scale of Cayman's recent marine parks enhancement to be put in place

throughout the Caribbean," Prof. Gore said.

To form Shark Conservation Cayman, the DoE combines its marine and staff resources in conjunction with MCI's scientific expertise and the participation of graduate-level students, such as Ms. Kohler, to do more than either organisation would achieve on its own.

"When we started the shark project 10 years ago, the DoE identified this area as one where we needed to improve our scientific data collection and research," DoE Director Gina Ebanks-Petrie said. "Now, thanks to this partnership, we have much better information available to help protect these ecologically and economically important predators."

"To some extent, the attitude in Cayman toward sharks has changed over the past decade. Shark Conservation Cayman has spent a lot of time in local classrooms and talking to local fishermen about these crucial marine species," Ms. Ebanks-Petrie said. "Ten years ago, the prevalent view of sharks was 'if you see one, kill it.' I believe that people today have a better understanding of why sharks are important to us."

In addition to DoE and MCI staff time and resources, Shark Conservation Cayman has been the recipient of three Darwin Initiative grants from the U.K. Department for Environment, Food and Rural Affairs (Defra). It has also received generous donations from local brewery Caybrew via its aptly named 'White Tip' brand, a brand which supports shark conservation developed collaboratively with DoE and MCI. In addition, other sponsors include the Save our Seas Foundation, Fosters Food Fair, the Southern Cross Resort and Ocean Frontiers.

Project collaborators in the scientific community include Dr. Edd Brooks



► DoE/MCI Shark Project Officer Johanna Kohler, assisted by DoE's Mike Guderian, places an acoustic tag on a shark during a recent research survey

... Continued story on page A7

Opposition congratulates CPR

Opposition Members welcome and congratulate the cruise pier campaigners for reaching the threshold required to trigger a People's Initiated Referendum.

The newly elected Leader of the Opposition, Arden McLean said:

"The Official Opposition Members support and applaud the cruise pier campaigners in achieving a historic first. Their determination in the face of the Government machinery operating against them is a triumph for people power and the steadfast belief that Governments should work for, work with and not work against its people.

Their victory is therefore a victory for all of us who believe and embrace the democratic principles that so many have fought for and continue to do so.

The proposed Cruise Berthing Facility is the largest infrastructure project this country has ever considered, and more importantly, the outcome, if built as proposed, will impact generations to come and have a lasting impact on our environment.

We all must share this planet and it is disheartening, disappointing and dispiriting to see the Government refusing to engage transparently on the financial as well as the environmental impact of this project. Despite being aware that the campaign has reached the required threshold, the Premier is still in denial.

While the real work is yet to come, we are encouraged that the Caymanian people have demonstrated their intention to embrace participatory democracy, but we must express our disappointment in the Government's abject failure to follow suit." 🇧🇼



▶ Leader of the Opposition, Arden McLean

Political Party vs. Independent Representative - Cayman's Dilemma

Introduction

Two years after Cayman's general elections, local politicians are now debating the merits and demerits of party politics vs. independent representative. The Hon Premier Alden McLaughlin of the Peoples Progressive Movement (PPM) is leading the debate in favour of a government based on party politics, while members of the opposition are arguing in favour of forming a government based on independent representatives.

You will recall that during the political campaign leading up to the 2017 elections, the public was bombarded with political speeches and adverts that claimed the independent elected politicians would provide the best form of government for the Cayman Islands, and would essentially solve all of the country's political problems. This strategy appears to have worked as a majority of independent representatives were elected to the Legislative Assembly. It is said that politics is a numbers game. If this is true, the independents had the numbers to form the government. Despite the explanations given, it is still a mystery to most Caymanians why this did not happen.

No one should forget the fiasco that followed the 2017 elections, when the elected independents met several times to form a government and failed to do so. The result was the formation of a coalition government by the PPM and the Cayman Democratic Party (CDP), and a couple of independents thrown in to boost the numbers. The independents had to settle for second prize, forming the opposition. This is not what the independent candidates and their financial backers promised the Caymanian people in the 2017 campaign.

Independent Representatives

Independent candidates claim that they have greater freedom to speak their minds as they are not restricted by the official position of a political party. However, the fact that independents have the freedom to speak their minds exposes some of the disadvantages of relying on such a loose alliance to form a government.

In the Cayman context, when a group of say 10 independents get together to attempt to form a government, they must deal with 10 different agendas/manifestos, and in some cases, the agenda of their financial backers. Independents lack the organization and structure which comes with a party. This is largely responsible for the chaos that ensued when independents tried to decide on the structure and priorities for forming a government. Perhaps the biggest disadvantage in this scenario is that each independent's ego comes into play and no one is willing to compromise their position. It seems that politicians' egos are larger than most other people.

Another disadvantage is that voters will have no certainty before the elections as to who will be the premier of the independent group after election. This results in infighting for the leadership. In simple words, every independent want to be chief no one want to be just Indian.

In the history of our Legislative Assembly (LA), there was a brief period when the independent representative served a useful role in forming the government. However, it is only nostalgic thinking to believe that the independent representative can play the same role today. In my humble opinion, the biggest lesson that should be learnt from the 2017 elections is that independent elected politicians are not the best way to form a government for the Cayman Islands in today's world.

Historically, we have seen that independents that are not a member of the government or affiliated with the government are punished by the government, which tends to neglect the local needs of the independent's constituency/district.

In our Legislative Assembly, the opposition plays an important role in providing oversight and a system of checks and balances on the function and performance of government. However, we have seen that the recent resignation of the Leader of the Opposition has left the opposition in apparent disarray in appointing a new leader. Would this have happened if the opposition was formed by a party? This lack of organization and absence of a smooth transfer of leadership is what has given rise to the current debate on the suitability of independents forming government or performing the role of opposition. How would the independents cope with collective responsibility that is required to form the Cabinet of the government?

The independents clearly demonstrated that they were not capable of forming a government, and by their own action, indicted themselves from gaining the people's trust to do so. I am hopeful that the independents can see the bigger picture and can put their egos aside and work to create the best political system for the Caymanian people. The members of the opposition are decent and capable people who must find a better way to serve the Caymanian people.

Party Politics

Although political parties have their benefits in promoting good for the citizens of the nation, I by no means want to imply or suggest that a government formed on a party system will result in a perfect government. A prime example of an imperfect and failed government formed on the party system is the PPM. I once heard a West Bay lady on a radio talk show say that PPM stood for "Poor People Mistake". I absolutely agree with her.

It is my opinion that the PPM lacks the vision, planning capability and moral

fortitude to effectively address the issues that are affecting Caymanians who are suffering in poverty, unemployment, hunger, and who live pay check to pay check. Premier Hon Alden McLaughlin has had six years to fix the problem of unemployment for Caymanians, but has failed to do so.

His most recent attempt has been the creation of the Workforce Opportunities & Residency Cayman (WORC) department. However, recent published statistics show that work permits for foreign workers have increased from 25,000 to over 27,000. For example, there are over 800 lawyers practicing in Cayman, and only a very small percentage of those are Caymanians. I personally know a young Caymanian lawyer who qualified overseas, but after being called to the bar in Cayman, was refused a job by an expat law firm. This happened after the WORC was officially launched.

Therefore, one must ask the question, how effective is the WORC in helping Caymanians get jobs. It is common knowledge that many young Caymanians return home after studying overseas and cannot get jobs. The PPM government is busy passing laws like the International Tax Cooperation (Economic Substance) Law 2018, which is so onerous it will result in driving small Caymanian law firms out of business, while promoting large expat law firms.

The PPM government is busy working for the privileged 5% of the nation, including expat lawyers and big businesses, but has forgotten the thousands of Caymanians who are suffering.

As a side issue, I still don't understand why the Caymanian Bar Association merged with the Law Society to become the Cayman Islands Legal Practitioners Association. How will this merger with expat lawyers help Caymanian lawyers?

The most important distinction that must be made regarding the PPM government, is that it is not the party system that has failed the Caymanian people. It is the politicians in the PPM party that have failed the Caymanian people. Their mission seems to be the suppression of opportunities for Caymanians, rather than creating opportunities to lift them out of poverty. The members of the PPM need to stop focusing on getting their names written in the history books and think of the needs of Caymanians. The Premier Hon Alden McLaughlin claim to fame and the history books is that he will be the first Premier to serve two consecutive terms as premier. However, the historians will have an abundant of footnotes to remind them of how the Premier failed the Caymanian people. Much more can be said on the failure of the PPM government; however, there will be other opportunities.

Conclusion

Charles de Gaulle once said, "I have come to the conclusion that politics is

too serious a matter to be left to the politicians." I agree.

We need leaders who are thinking of Cayman's current and future needs, and who understand that we need to engage in nation building and the need to build political institutions that can fulfill the political development that will inevitably come to these islands. The Cayman Islands need to build political parties to best govern on behalf of the people. Will an independent representative style of government prepare Caymanians for internal self-government or independence?

I don't think so. We need politicians who have the vision and commitment to do the right thing for the Caymanian people. While independent candidates should have a seat at the table, if that is the wish of the people, their role should be minimized.

In conclusion, let me ask the independent representatives of our Legislative Assembly to name one or more current or former British colony that has implemented a government based solely on the independent representative system, as advocated by independents in Cayman. If the independent representative system of forming a government is such a good idea, why have other democratic governments around the world not chosen to implement such a system?

Finally, Caymanians need to become involved in the creation of political parties and the selection of suitable candidates to represent their interests. We need candidates that are honourable, intelligent, inspiring and passionate about helping Caymanians. Far too many MLAs sit in the LA year after year and make little or no contribution, yet they are paid a salary. Are they there just for the salary?

It is likely that voters will be faced with the dilemma of choosing between two evils in the upcoming 2021 elections - political parties and independent representative. The independent representative system must be the evil rejected.

About the author

Gilbert Connolly is a retired Cayman Islands senior civil servant. He is a graduate of Pace University, New York with a Bachelor's degree in Business Administration. He also holds a post graduate Diploma in Insurance Management from Nottingham University and City University London, and an EMBA from UCCI and the University of Toronto.

Disclaimer: The opinions, beliefs and viewpoints expressed in this article are those of the author's and do not necessarily reflect the official policy or position of the Editor and Staff of Caymanian Times. 🇧🇼



... Continued story from page A6

(Cape Eleuthera Institute), Prof. John Turner (Bangor University), Prof. Calum Roberts (University of York), Dr. Mahmood Shivji (Nova SE University) and Dr. Guy Harvey (Guy Harvey Research Institute).

"We'd like to thank all our partners in this effort and hope to receive their continued support over the next ten years," Professor Gore said.

"There is still so much we don't know for certain about sharks in our waters," said Ms. Ebanks-Petrie. "We believe more time and diligent study on this project will provide more valuable insights."

Minister for Environment, the Hon. Dwayne Seymour, is pleased with

the ongoing project: "I would like to take this opportunity to express my appreciation for the sustained efforts of the DoE team and their affiliates, for the protection of this important species."

If you want to learn more about DoE/MCI shark conservation research please see following link to the DoE website: <http://doe.ky/wp-content/uploads/2017/10/Ormond-et-al-2017-Protecting-Cayman-Island-Sharks-GCFI-69-7.pdf>. You may also wish to check out the Sharks & Cetaceans page on Facebook, which is updated regularly, or contact DoE Public Education and Outreach Officer Brent Fuller via phone at 244-5984/922-5514 or on email brent.fuller@gov.ky. 🇧🇼



▶ In this photo from 2010, DoE research officers Janice Blumenthal and James Gibb look on as members of the Marine Conservation International/DoE team, including Professor Mauvis Gore (centre), place an acoustic tag on a shark (Photo credit DoE/MCI)



► A fascinating glimpse into the past

► The Alvin McLaughlin Collection

Steeped in Tradition opens at the National Museum

By Lindsey Turnbull

If you want to appreciate a slice of Caymanian life as it was before the hustle and bustle of the modern world took over, then you will enjoy a new exhibition currently on display at the Cayman Islands National Museum, entitled 'Alvin McLaughlin: Steeped in Tradition, A Cultural Guardian's Story and Objects'. The exhibition features an interesting display of artifacts owned by Mr McLaughlin, successfully telling the story of everyday life in Cayman during the latter part of the 20th century.

The exhibition focusses on the collection and life of East Ender Alvin McLaughlin, who was born in 1949, a former merchant marine who returned to Cayman to become a welder in 1980. It was around the time of his return to Cayman that the islands began putting a great deal of effort into building Cayman's tourism industry. Mr McLaughlin, who was an early cultural heritage pioneer, recognised the need to collect and preserve items of everyday use that would soon become things of the past due to the advent of progress. The exhibition noted that not only did he have a strong desire to maintain Cayman's heritage, but he also very much wanted to share that with as many people as possible.

Cultural heritage a tourism draw

The Pirate's Week festival evolved at that time as a means for attracting visitors during Cayman's traditional slow tourist season and Mr McLaughlin became the chairman of the East End Heritage Committee, which in turn was an arm of the Pirates Week's Heritage Day Celebrations. Mr McLaughlin chaired that position for the following 32 years. As a result, he has been dubbed the Godfather of Caymanian Heritage, for his efforts to protect and preserve Caymanian history and also his hard work in ensuring that as many people as possible enjoyed and appreciated the islands' heritage.

"I collected these things because I really enjoy talking to the children and showing them what life was like in times past," he is quoted as saying.

In 2012 Mr McLaughlin received the Heritage Gold Cross Award by the Cay-

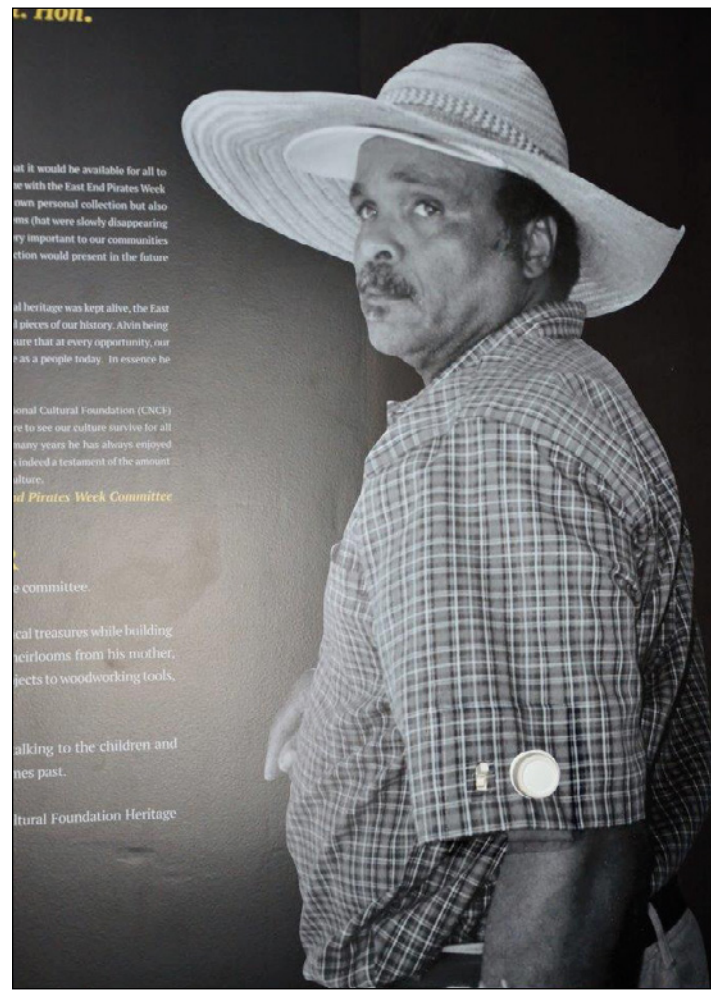
man National Cultural Foundation for his work and he was also awarded a Hero's Day Certificate in 2016 for long service to Agriculture, having sat on the Agricultural Board and also the Planning Board. He also has a reputation as a great cook, in particular his Christmas beef is highly regarded.

Visitors at the exhibition can learn more about this remarkable Caymanian's life, his work and his collection and enjoy viewing many artifacts that have been family heirlooms which may be unfamiliar to younger viewers, such as copper kettles, a gramophone and records, a steam iron, old style furniture, jewellery, cutlery, bowls and many other items that would otherwise have been lost to history books.

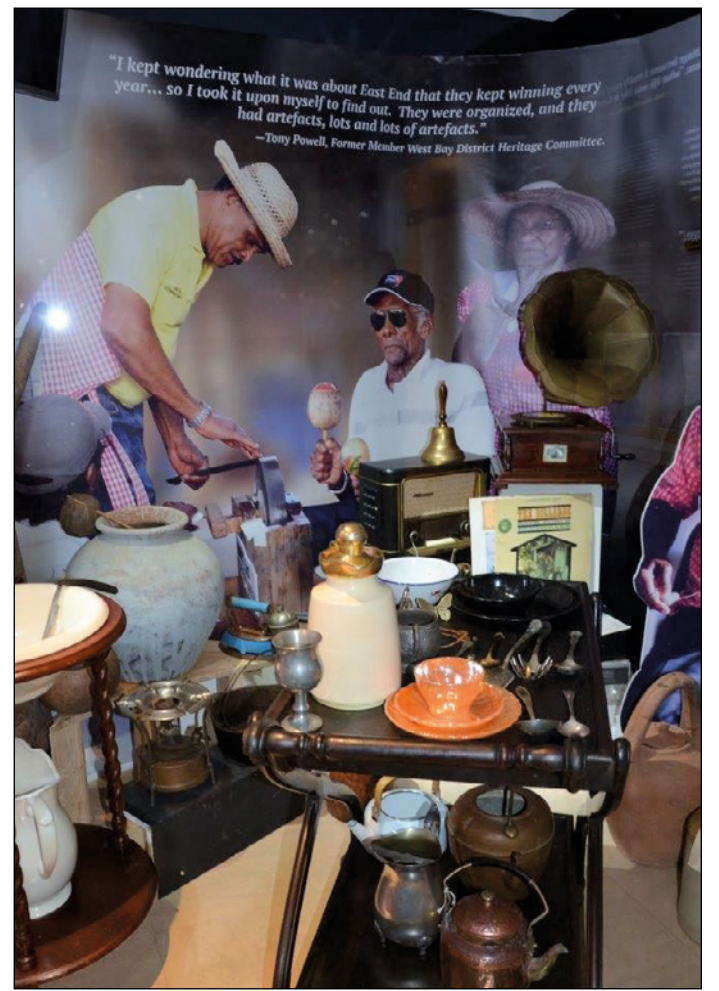
The exhibition runs until November. 📍



► Artifacts of time gone past



► Mr Alvin McLaughlin



► See Cayman's heritage

Cayman Islands Marathon Joins the Five Island Challenge



The CES Corporation along with the organisers of the Marathon Bahamas Race Weekend; Run Barbados Marathon Weekend; Bermuda International Race Weekend; Cayman Islands Marathon and Half-Marathon; and Jamaica Reggae Marathon & Half Marathon, is pleased to announce the Five Island Challenge series sponsored by the Atlanta Life Insurance Company.

The series is an economical and fun "runcation" that will provide a much-needed escape from the harsh North American winters. To successfully complete the challenge, runners must finish each of the five marathons and/or half marathons within a six-year period starting with the December 2019 races (Barbados, Cayman, Jamaica). Anyone who has previously completed any of the five races will be given credit for them. Once the series is completed, runners will receive a special finisher's medal.

Individuals who register for the Challenge at www.FiveIslandChallenge.com



before July 1 and register for one of the races before September 30, are eligible to win a \$100 Visa debit card at each race location in December 2019 and January 2020. They must be present to win.

"We are thrilled to be a part of the Five Island Challenge series. We are always looking for economical ways to grow our overseas numbers and runners are always looking for fun and unique opportunities to travel and run," said Rhonda Kelly, Co-Race Director of the Intertrust Cayman Islands Marathon. "We know that the Cayman Islands has a fantas-

tic product to offer participants in this Challenge, both on and off the course, and we look forward to welcoming them in December to experience our special brand of hospitality, our Caymankind."

The 2019 Intertrust Cayman Islands Marathon takes place on Sunday, December 8 and consists of a full marathon, half marathon, 4-person relay and a Kids Fun Run. The race is in its 17th year and continues to grow. Its reputation is that of an intimate, warm, friendly, well-organised event that attracts both local and international repeat runners. A Boston Marathon qualifier, reg-

istration for the event includes bib and timing chip, a commemorative runner tech shirt or tank top and a specially designed 2019 finisher's medal.

About the CES Corporation

The CES Corporation is a sports-oriented marketing firm. For more information about the Five Island Challenge, visit www.FiveIslandChallenge.com or contact us at info@FiveIslandChallenge.com.

About the Cayman Islands Marathon & Half Marathon

For more information about the Cayman Islands Marathon & Half-Marathon, Relay, visit <http://www.CaymanIslands-Marathon.com> or email Info@CaymanIslandsMarathon.com.

- Run Barbados Marathon Weekend – December 6-8, 2019
- Cayman Islands Marathon & Half-Marathon – December 8, 2019
- Reggae Marathon & Half Marathon – December 8, 2019
- Bermuda International Race Weekend – January 17-19, 2020
- Marathon Bahamas Race Weekend – January 19, 2020 📍



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2019**

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5:30PM**

SHOW STARTS 6:30PM

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TICKETS
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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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POLICE NEWS

Wanted Man Taken Into Custody

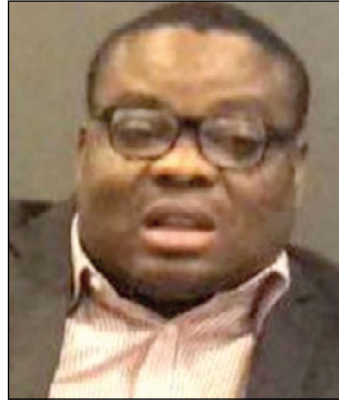
Customs & Border Control Officers, with the assistance of the RCIPS, have taken Kenneth Ajana into custody without incident.

On Monday the RCIPS sought assistance from the public to Mr. Ajana, a Nigerian national. Mr. Ajana had arrived on Grand Cayman on Thursday, 23 May and is want-

ed in relation to various incidents of fraud.

Mr. Ajana is 50 years old and is described as being of dark complexion, heavy build, and is about 5'8" in height.

The CBC and RCIPS thank the press and members of the public for their assistance in this matter.



Officers Recover 38 Ganja Plants in Bodden Town

On Wednesday, 22 May, officers conducted an intelligence led operation in the vicinity of Ranch Road, Bodden Town, acting on information that ganja was being cultivated in the area.

During the operation 38 mature ganja plants were recovered on a property at the location.

The matter is currently under police investigation.



77-Year-Old-Man Dies in Water Related Incident

Just before 4PM on Friday, 24 May, police and other emergency services were dispatched by the 9-1-1 Communications Centre to South Church Street, where it was reported that a man was unresponsive after having experienced difficulties in the water.

Persons on the location had assisted in returning the man to shore, and performed CPR until the arrival of emer-

gency services. However, he remained unresponsive and was later pronounced dead.

The man has been identified as 77-year-old Robert Barron from Colorado, in the United States of America.

The matter is currently under investigation.

The RCIPS offers its condolences to the family and friends of the deceased.

Evaluating Bodden's Book - From Guard House to the Glass House, One Man's Journey Through the Maze of Caymanian Politics

Readers of this column would know that I have set myself the task of reviewing Bodden's latest book, **From Guard House to the Glass House, One Man's**

Journey Through the Maze of Caymanian Politics.

Bodden's book carries both a Foreword and a Preface. The word "Fore-

word" is said to have been borrowed from the German and French languages. The purpose of a Foreword is to get the reader interested, if not excited, about what is to come - a kind of appetizer before the main course. It tells what the book is about and why the work is important and the reasons it must be taken seriously. It sets the tone and says good things about the author from the vantage point of someone who knows the author. When well crafted, a Foreword serves as a fine complement to a work.

The Foreword in Bodden's book is written by Annikka Brown, a childhood admirer of the author and fellow Bodden Towner. She sets the discussion in the context of 'truth' and the importance for the thinker to understand truth through the exploration of ideas. Herself a truth seeker, she explains how as a child, the author stirred her natural and youthful inquisitiveness and that, in time, she learnt to be "fearless" in her questions and understood her "right to choose any direction."

She describes the author as a "titan in the pursuit of knowledge" who helped to set her out in her own journey of exploration by exposing her to such substantial and weighty issues as the nature of colonial experience, race and colour, black history and Caribbean civilization. Through him, she even had an early introduction to Walter Rodney's, **How Europe Underdeveloped Africa**. Readers will know that Rodney, the brilliant Guyanese historian, had brought considerable weight to Caribbean and African history and to the understanding of the colonial enterprise.

Annikka Miller's Foreword to the work appropriately gives much praise to the author, describing him as a great teacher from whom she learnt many lessons. She says, "I learned many lessons for myself through his life." For her, this mentee is a warrior engaged in "the battle for the wellbeing of the youth and people of colour in our nation" and that he is the "lone voice of his generation."

She explains that the work needs no endorsement, implying that, like truth, it speaks for itself. She says the text presents "The truth told by a human that has lived it", and she invites the reader to become like students at the feet of the elder and listen. In near Biblical language, she exhorts, "Let the truths bubble up within you and choose what you will take as knowledge and live." In another sentence she writes, "Look in this work for answers to guide you."

In as much the Foreword mounts praise on the author, one can discern in



► Dr. Livingston Smith is a Professor at the University College of the Cayman Islands. He is also Director of the CXC Education Volunteer programme

the writer the attributes of the good student. The good student, while adoring who that person thinks is a great teacher, usually only agrees with the teacher to a certain extent, not totally. Aristotle did say of his teacher, Plato, "Plato is dear to me, but dearer still is truth." The writer of the Foreword says that the work is lacking in the giving of answers - that it comes up short on prescriptions. She says "There are things that are painfully and conspicuously absent for me in this book. I see no end to the fight Mr. Roy has so valiantly taken up for lives like mine. I see no answers to his questions out to our leadership (for whom are we developing?)."

In reading the Foreword, one learns of the important intellectual influence of the author, a kind of Socrates of Bodden Town, having only questions to ask, not answers to give. It must be noted, though, that the intellectual is not always keen to outline solutions, as he is interested in the role of an intellectual mid-wife, helping to hone and develop ideas and assisting the birth process. Sometimes the practitioner, wanting quick solutions, underestimates this role.

Even though at points maybe a bit too elaborate in praise to the author, the Foreword in this book, in my estimation, sets the right tone for a reader to begin the enjoyable task of exploring the preface and the eighteen chapters of this work. We will summarize a few in the next column.

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Sunset FC and Elite SC share Girls Under 18 titles

In a week filled with exciting games in the 2019 Cayman Islands Football Association (CIFA) youth leagues, Sunset FC lifted the Girls Under 18 FA Cup with a narrow 3-2 victory over Elite SC, while Elite SC were officially crowned Girls Under 18 league champions.

With Elite SC securing the Girls Under 18 league title in late April and Sunset FC finishing runners-up, it was only fitting that the final of the Girls Under 18 FA Cup would be contested by the two best young female teams on the island.

Although Sunset's three first-half goals were enough to clinch the coveted cup, they had to weather a spirited second half comeback from Elite SC.

With goals from Chloe Bentick-Lalli in the 16th minute, an Elite SC own goal in the 22nd minute and a Molly Kehoe strike in the 43rd minute, Sunset FC had one hand on the trophy going into half time. The young Elite SC ladies had other ideas as a 65th minute penalty from Ethiana Villalobos and a Stoyanna Stewart 68th minute trike gave the West Bay outfit a tremendous lift, but it was not quite enough as Sunset FC rode out the final 20 minutes to secure the 2019 FA Cup title.

In the Girls Under 11 FA Cup final, Sunset FC Fusion secured a league and cup double as they outlasted Academy SC 6-1. Three goals from Olivia Thorpe, two from Harper Nelson and a solitary strike from Cayden Coles was more than enough to see off a competitive Academy SC team. Sofia Bailey scored Academy SC's goal.



► The 2019 Girls Under 18 FA Cup champions Sunset FC (orange) and Girls Under 18 league champions Elite SC (blue)

In the Boys Under 11 FA Cup quarter finals, Sunset FC Warriors and Latinos FC secured their spots in the semi finals with victories over 345 FC II and Academy SC Saints respectively.

League runners-up Sunset FC Warriors defeated 345 FC II 5-1 with Matthew Rees scoring three goals, Phin Ellison adding a double and Luke Higgs scoring the fifth. Ajani Carnegie scored for 345 FC II.

Latinos FC advanced to the semi finals with a narrow 3-2 victory over Academy SC Saints. Latinos' Audrick Henriques, Keeshano Whittaker and Jharez McKenzie scored for the victors while David Stroh and Michael Godfrey replied for the Saints.

In Girls Under 13 regular season games played on Saturday morning, Elite SC outlasted Academy SC Dolphins 2-1 thanks to goals from Iliana Romero and Antoneya Baptist. Eva Bothwell scored for the Dolphins.

Roma Fusion FC drew 1-1 with Sunset SC Stingrays as Olivia Thorpe opened the scoring for Sunset FC and Amoya Burton replying for Roma with a goal late in the second half.

In Boys Under 13 play, Future SC defeated Bodden Town FC 2-1, Academy SC Jaguars beat Sunset FC 3-0 and Academy SC Stingrays got past 345 FC II 1-0.

In the Boys Under 15 FA Cup semi finals, Cayman Athletic SC defeated Sunset FC 6-1 and Academy SC got by 345 FC I 2-1. Cayman Athletic SC will face Academy SC Blue in the final scheduled for Saturday, June 1.

In the only Boys Under 15 league game played, Cayman Brac FC downed Academy SC White 5-0 thanks to goals from Curtis Hunt (2), Darrick Martin (2) and Jaedon Tatum.

A full schedule of CIFA youth league action continues this Saturday, June 1 with the Girls Under 13 FA Cup first round, Boys Under 15 FA Cup final and Boys Under 13 league games.

Philippine Volleyball Club's League Championship

Sunday evening on May 5th was anything but quiet at Airport Park, as teams, fans, friends, and families gathered to watch the championship games of the Philippine Volleyball Club Indoor League. The fans took their seats in great anticipation of the games to come, as many of the teams were defending their titles from the previous season. On the women's court they had the Clyde Built Construction Lady Knights defending their title against the Seven Mile Dental Clinic, and on Coed court they had Mainstay Sailing and Peerless B's & Bro's competing for the gold. The Men's division was scheduled to follow with the defending champions, The Blue Iguanas, taking on Surebuilt.

The competition got underway with the Seven Mile Beach Dental clinic Team quickly pulling ahead and giving the Lady Knights a run for their money. Chante Smith had several kills that aided SMBDC to take the first set 25-20. The Lady Knights' Coach, Richard Campbell, attempted to inspire his team by reminding of their four consecutive championships leading up to this game. Try as they might the Knights could not overcome the SMBDC team's strong attack. Victory is sweet, but it was that much sweeter for SMBDC as they defeated the defending champs in two straight sets, winning the second set 25-21.

The competition continued on the adjacent court with the Coed division. Finishing the regular season in 2nd place Mainstay Sailing easily secured their spot in the Coed Division finals. It was anything but smooth sailing for Peerless B's & Bro's, who had to rise up from 4th place in order to earn their spot in the championship game. Mainstay Sailing was fairly confident going into the first set and they easily defeated their opponents 25-15. They rode the momentum



from the first into the second claiming the title of champions with 25-10 victory.

With the handshakes, well wishes, and line up checks complete the men took to the court for what was bound to be a long winded match. The Blue Iguanas had a lot riding on this game, and the pressure clearly got to them as they began trailing Surebuilt early in the first

set. Despite Heron Espinoza's incredible sets and Keeble Knight's 18 attacks, the Blue Iguanas failed to bridge the gap and lost 25-20. The Blue Iguanas were not going down without a fight, so they revised their plan of attack and came out swinging in the second set. Surebuilt held their own in the second set, battling their opponents point for point. The surprise attacks from James Zabala

and Charlie Ma were essential in narrowly clinching the lead 25-23, as they each earned 8 points for the Blue Iguanas. The third set consisted of long rallies, and the hotly contested game made it next to impossible for either team to maintain a secure lead. In the end the Blue Iguanas claimed their victory by a small margin as they won by a single point due to the cap at 17.



WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
85°/80°F	85°/79°F	84°/80°F	85°/80°F	84°/81°F	84°/80°F	83°/80°F
A passing shower or two	Periods of sun	Times of clouds and sun; nice	Mostly sunny; nice	A p.m. shower in places	Periods of sun, a shower	Variable clouds, a shower

MOMENTS OF INSPIRATION



SECOND BEST- GENESIS 29:16-30

Have you ever felt insignificant, or second best. Well Leah felt that way. Look at the names of her sons: "Reuben means See, a son; Simeon means heard and Levi means attached." Their names were really a

play on words that indicated the lack of love she felt from her husband, Jacob. With the birth of each son she hoped desperately that she would move up in Jacob's affection and love for her. Slowly, her attitude changed

and when she had her fourth son, she named him, "Judah which means PRAISE." Although she felt unloved by her husband, perhaps she now realized how greatly she was loved by God.

We can never earn God's love, because it's not dependent on what we do. In His eyes we are worth the best heaven can offer- "JESUS CHRIST DIED FOR US WHILE WE WERE YET SINNERS." ☺

OBITUARIES

Churchill's Funeral Home

We have been asked to announce the passing of Mrs. Leah Marimah Jennings, who passed away on Monday, May 20, 2019. A Thanksgiving Service will be held at Cayman Islands Seafarer's Association on Saturday, June 01, 2019 at 10:00 a.m. Viewing: 9:00 – 10:00 a.m. In lieu of flowers donations to Seafarer's Association. Interment at: Prospect Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Ms. Myrtle Fyne, who passed away on Friday, May 10, 2019. A Thanksgiving Service will be held at New Testament Church of God, North Sound Rd, Grand Cayman on Saturday, June 01, 2019 at 1:00 p.m. Viewing: 12:00 – 1:00 p.m. Interment at: Prospect Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mrs. Perline Rosley Seymour, who passed away on Sunday, May 05, 2019. A Thanksgiving Service will be held at Elmslie Memorial United Church, 48 Harbour Drive, George Town on Saturday, June 01, 2019 at 10:00 a.m. Viewing: 9:00 – 10:00 a.m. Interment at: Old Man Bay Cemetery



Condolences can be registered at churchillsfuneralhome.com


Churchill's Funeral Home

We have been asked to announce the passing of Ms. Viola Joven, who passed away on May 18, 2019. A Thanksgiving Service will be held at Kings Seventh Day Adventist Church, 209 Walkers Road, George Town on Sunday, June 02, 2019 at 2:00 p.m. Viewing: 1:00 – 1:45 p.m. Interment at: Dixie Cemetery



Condolences can be registered at churchillsfuneralhome.com

The Family of the Late **Carlene McTaggart** regret to announce her passing on Thursday, 23 May 2019.




Funeral arrangements will be announced at a later date.

Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page

Bodden Funeral
"A source of comfort in a troubled time"

The Family of the Late **Mrs. Atheida (Theida) Bodden** of the Bight, Cayman Brac regret to announce her passing on Thursday, 23rd May 2019.



A service of Thanksgiving will be held at 3:00 p.m. Sunday, 2nd June 2019 at the Aston Ratty Centre, Cayman Brac.

Interment will follow at the Creek Cemetery.

Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page

Bodden Funeral
"A source of comfort in a troubled time"

CAUGHT! Last Two of Eight T&T Prison Escapees Back Behind Bars

After ten days on the run, the last two of the eight inmates who broke out of the Golden Grove Remand Yard Prison are back in custody.

Olatunji Denbow and Michael Findley were found at a home in South Oropouche on Saturday evening, according to a statement from the Trinidad and Tobago Police Service (TTPS).

“Acting on information, the Special Operations Response Team, members of the Trinidad and Tobago Defence Force and other security agencies went to the house where the men were hiding and arrested both escapees,” it said. “The arrest was incident free.”

Denbow and Findley, both on remand for a double murder, had escaped from prison on May 15th with six other men. The others were captured within 24 hours of the prison break, but Denbow and Findley continued to elude lawmen.

They had even published a video, which went viral on social media, in which they claimed they were being framed for murder.

The duo is accused of killing Andre La Touche and Abiola Noel at their Laventille home in February 2016.

“Let we have we day in court, sooner than later nah, please....We not armed, we not dangerous. We do not intend to be dangerous. We don’t intend to be a danger to society, no how. We ready and willing to hand in wese. We just want fairness. As soon as allyuh ready for real justice,” Denbow had said.

But Police Commissioner Gary Griffith has made it clear it was for the justice system to decide on their guilt or innocence and police would continue to actively search for them until they were recaptured.

The six escapees who were previously captured were: Mikhail Mohammed, Atiba Sealy, Kerry Valentino, Joshua Janet, Brent Johnson and Stefon Austin.



► Michael Findley (left) and Olatunji Denbow were captured over the weekend

Barbadian Creates History As First Black Person and First Female to Head UK College

A Barbadian will be the first black woman appointed to lead an Oxbridge college.

Sonita Alleyne has been elected as the 42nd master of Jesus College, Cambridge – the first female head of the college which was founded in 1496 – and will take up the position from October 1, in the college’s 40th anniversary of co-education.

The 51-year-old businessman and entrepreneur – a co-founder and former CEO of Somethin’ Else, a cross-platform media production company – said it was “an honour to be elected to lead Jesus College”.

“I left Cambridge 30 years ago, but it never left me. I am delighted to be re-

turning,” added Alleyne, who studied for her undergraduate degree in philosophy at Fitzwilliam College, Cambridge.

The Barbadian-born Brit, who is currently chairwoman of the British Board of Film Classification, is a former BBC trustee and was also previously appointed to the board of the London Legacy Development Corporation in 2012, as part of the drive to promote and deliver regeneration in the Queen Elizabeth Olympic Park and surrounding areas.

She is also fellow of the Royal Society of the Arts and the Radio Academy and was awarded an OBE for services to broadcasting in 2004.



► Sonita Alleyne

US Investment Bank Believes Political Uncertainty in Guyana Won’t Hurt Oil Development Plans

Despite the political uncertainty in Guyana, pending the Caribbean Court of Justice (CCJ) ruling on whether the no-confidence vote passed against the government in December last year was valid, US multinational investment bank Morgan Stanley believes that the country’s oil development plans remain on track.

And it said rumours of investigations into corruption in the award of oil blocks should not affect the plans either.

Morgan Stanley’s position was outlined in an article by OilNOW online news, which stated that the potential for new elections and the investigation rumours were discussed at a meeting last week with Jay Wilson, VP of Investor Relations at Hess Corporation.

The bank said investors have been concerned that the political uncertainty – over whether the CCJ will rule the no-confidence motion was invalid or rule that it was valid and order fresh

elections – may result in the government changing the production sharing contract terms or delaying approval of additional development.

However, it noted: “The recently announced Final Investment Decision for Phase 2 of development occurred despite this political uncertainty and included no changes to the production sharing contract or royalty regime.”

Morgan Stanley said it believes that regardless of the CCJ decision and the outcome of the next elections, there is no near-term risk to the production sharing contract, since both political parties have stated support for the existing contract with co-venturers ExxonMobil, Hess and CNOOC Nexen Petroleum Guyana Limited.

Regarding media reports that the Guyana State Asset Recovery Agency is investigating the issuance of exploration licences in several offshore Guyana blocks – Kaieteur, Canje, Orinduik and Stabroek – Morgan Stanley said that



the message from Hess was clear: “the Stabroek exploration license was fairly and transparently awarded” to Exxon-Mobil.

And it said that in “looking through the noise”, it sees “only limited risk in Guyana and significant potential upside.”

Barbados Defends Decision to Allow Importation of Marijuana-Based Prescription Drugs

The Ministry of Health and Wellness is insisting that the decision that medical marijuana products be authorized for use in Barbados was based on the best available scientific evidence from clinical studies.

And it says the five medicinal marijuana drugs which will be imported will be used only when traditional medication failed to give any relief for chronic pain, spasticity associated with multiple sclerosis, severe nausea and loss of appetite.

It was last Tuesday that Minister of Health and Wellness, Lt. Col. Jeffrey Bostic announced that the drugs had been approved for importation by the Barbados Drug Service on the recommendation of the Barbados National Drug Formulary Committee.

Responding to concerns raised by some members of the public, the ministry issued a statement reiterating its position that the smoking of marijuana would not be part of the process since

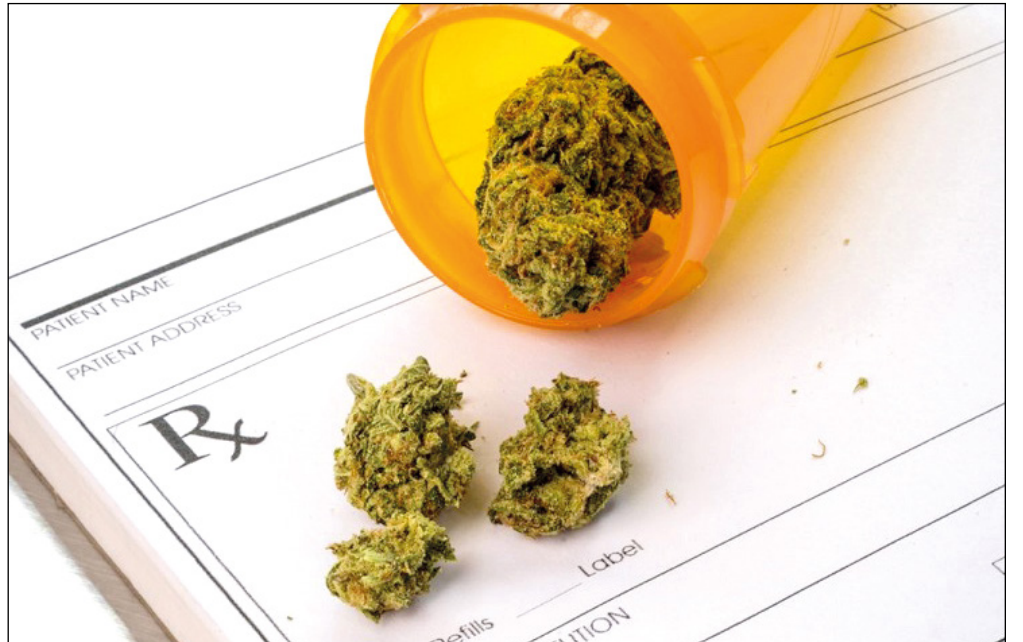
there was no scientifically proven medical benefit.

The drugs to be imported, it explained, were all approved by the United States Food and Drug Administration (FDA).

They have been identified as nabiximols such as Sativex®, purified cannabidiol oral solution such as Eidiolox®, synthetic non-psychoactive cannabinoid, namely Anabasum®, synthetic cannabinoid capsules – Nabilone® and synthetic cannabinoid capsules, Marinol®.

Acting Chief Medical Officer Dr Anton Best stressed that the drugs would be prescribed when other pharmaceutical products proved ineffective.

The Ministry of Health and Wellness has partnered with The University of the West Indies, Cave Hill Campus to conduct a series of workshops for pharmacists, physicians and



nurses in both the public and private healthcare sectors, who will be involved

in prescribing or administering any of the five approved drugs.

Call for End to St Kitts' Visa-Free Access to EU Over Citizenship By Investment Concerns

Two Members of the European Parliament are seeking to have St Kitts and Nevis' visa-free programme with the European Union (EU) revoked, over what they say are "questionable" individuals getting passports under the twin-island federation's Citizenship by Investment (CBI) programme.

The EU signed a visa waiver agreement with St Kitts and Nevis in 2009, allowing citizens of that Caribbean nation to enter the Schengen zone for up to 90 days in any 180-day period.

But in a letter sent to the Presidents of the European Council and European Commission and other top EU officials earlier this month, Ana Gomes of Portugal and Marietje Schaake of the Netherlands expressed their concern about that visa-free access to the EU.

To support their case, they identified situations in which individuals who obtained St Kitts and Nevis citizenship through the CBI programme were found to be involved in criminal activity, and also pointed out that even Canada had revoked visa-free access for citizens of St Kitts and Nevis.

One of the three individuals they highlighted was Andrei Pavlov, a Russian suspected of being involved in the 2009 murder of Russian auditor Sergei Magnitsky who uncovered a major tax scam. The MPs said Pavlov applied for a St Kitts and Nevis passport in 2014,

around the time the European Parliament was considering adding him to its Magnitsky Sanction List for his central role in the Klyuev Organised Crime Group which was responsible for organising the financial crime that Magnitsky had discovered. And they noted that since being added to that list, Pavlov has also been sanctioned under Magnitsky Acts in the United States, Lithuania, Latvia and Estonia.

"It has recently come to our attention through emails from Mr Pavlov that he engaged with several law firms - including Daniel Brantley - to obtain citizenship of St Kitts and Nevis. In his correspondence, they advertised the benefit of having visa-free travel to the European Union. It has also come to our attention that between 2015 and 2019 Andrei Pavlov has made over 70 trips to the European Union from Russia," Gomes and Schaake wrote.

However, Pavlov never obtained the St Kitts and Nevis citizenship. He said he did not go through with the CBI application after his initial inquiries.

The UK Guardian quoted him as saying in an emailed statement: "I have never applied for or [been] granted any citizenship other than Russian. I don't have any plans to acquire St Kitts and Nevis citizenship. I am not intended to comment whether I had these plans years ago. After December 2017 I never in-

structed any professional in order to obtain any foreign citizenship for myself."

But Gomes and Schaake said Pavlov was "not the only questionable individual to use St Kitts and Nevis' Citizenship by Investment".

They also cited the case of Iranian born Hasheminejad Ali Sadr - currently awaiting trial in the US for a variety of charges including money laundering - who obtained St Kitts and Nevis citizenship in 2011 and got his banking licence in Malta in 2013 on the basis of that passport.

The third individual case they mentioned was that of Malaysian financier Jho Low who was granted citizenship in 2011. He was indicted in the US in 2018 for conspiring to launder billions of dollars in illegal proceeds and to pay hundreds of millions of dollars in bribes to various Malaysian and Abu Dhabi officials. His St Kitts and Nevis citizenship was revoked that same year.

"Additionally, several Iranian nationals designated by the US Office of Foreign Assets Control have managed to obtain passports issued through St Kitts and Nevis. The situation got so bad that in 2014 Canada revoked visa-free access for citizens of St. Kitts and Nevis," the MPs added. "The US Financial Crimes Enforcement Network has also publicly stated that it believes that many foreign individuals have abused the Citizenship



by Investment programme sponsored by St Kitts and Nevis."

Expressing concern that non-EU countries, such as St Kitts and Nevis, have visa-free travel and bypass sanctions, allowing undesirable individuals to enter the EU and misuse their access for money laundering and other criminal purposes, they told the EU officials: "We urge you to consider terminating the visa free status programme with St Kitts and Nevis unless their authorities can provide full confidence that individuals, such as Mr Pavlov, are not slipping through the cracks, allowing them access to the European Union."

After being elected in February 2015, the new Team Unity administration in St Kitts and Nevis undertook a review and overhaul of the CBI programme for which the International Monetary Fund (IMF) had congratulated the government and for which it has received awards and recognition. 🌐

Former Jamaica Prime Minister Edward Seaga Dies on his 89th Birthday

Jamaicans are mourning the death of Edward Seaga, the country's fifth Prime Minister and longest serving parliamentarian, who passed away yesterday as he marked his 89th birthday.

The father of four died at a hospital in Miami, Florida where he was being treated since earlier this month.

Seaga - who was prime minister from 1980 to 1989; led the Jamaica Labour Party (JLP) from 1974 to 2005; represented the West Kingston constituency for 43 years; and had been the last surviving member of the committee that drafted the country's constitution in 1962 - was described by Prime Minister Andrew Holness as a great Jamaican.

"He served this country for most of his life. He was in this Parliament for over 40 years. He is truly a great Jamaican. He participated in the framing of the Constitution and the development of so many institutions which now define Jamaica," Holness said yesterday in the House of Representatives where a minute's silence was observed.

He said Seaga's passing was also a difficult time for him.

"It is, personally, a trying time for me, and I know it is also a very trying time for his family. And though they were pre-

pared and I was prepared, at the point of the event you still can't help but feel the emotional void that has been created by his passing," he said.

Holness recently visited Seaga in hospital and he said yesterday that on that visit, the former prime minister had expressed thanks to the Jamaican people for their prayers.

"All Jamaica should know that when I was about to leave the hospital room, I held his hands and he squeezed my hands and said, 'Thank you, Andrew, and tell the Jamaican people thanks for everything,'" he recalled.

Member of Parliament for Central Kingston, Reverend Ronald Thwaites expressed condolences on behalf of the Opposition.

He said Seaga dedicated his life to the Jamaican people.

Former prime minister Bruce Golding said that with Seaga's death, Jamaica had lost one of its most accomplished nation builders whose contribution to national development spanned more than 50 years from the early 1950s when he conducted research into the social structure and folk culture of both rural communities and Kingston's city slums.

"His trailblazing achievements as Minister of Development and Welfare, Minister of Finance and Planning and Prime Minister have left an indelible mark on Jamaica's institutional development and constitute a huge legacy from which the Jamaican people continue to benefit..."

"He was a strong leader, firm in his convictions and fearless in his approach. He was never daunted by criticism or controversy once he was convinced that the path he was pursuing was the right one. In so many respects, history has vindicated him. Edward Seaga has earned his prominence in the annals of Jamaica's journey as a nation and his contributions will be one of the pillars on which the greatness that we achieve will rest," Golding said.

Meantime, Prime Minister Holness said arrangements are in place for Seaga's body to be flown back to Jamaica, and it will be received by the Government with the appropriate honour guard in place.

"Thereafter, there will be a State funeral and before that, his body will lie in State and we will advise of a period of mourning," he said.

Holness added that a special sitting of the House would be held where Par-



▶ Edward Seaga died on Tuesday at the age of 89

liamentarians can pay their respect to Seaga.

In addition to helping to frame the constitution, Seaga played a significant role in the review of that constitution that led to the Charter of Fundamental Rights and Freedoms in 2011.

In 2005, when he retired from active politics, he was appointed a Distinguished Fellow of the University of the West Indies (Mona), whose Research Institute had earlier been named in his honour.

In 2008, he was appointed Pro-Chancellor of the University of Technology, Jamaica, and two years later he became the institution's second chancellor. 🌐

EU ELECTIONS FALLOUT

In one of the more bizarre outcomes of the European parliamentary elections contested in the UK, the British Overseas Territory of Gibraltar - a staunch Remain constituency - has found itself in a state of near political purgatory because of the Brexit Party.

In one of the quirks of the UK's constitutional relationship with its OTs (largely left unchallenged in the recent Foreign Affairs Committee inquiry), Gibraltar is the only OT 'allowed' to vote as a unit in the EU elections, UK elections and the 2016 referendum.

It is grouped in the UK's South West region where the pro-Leave Brexit Party of Nigel Farage has swept the polls as it has done elsewhere in the country.

The arch-Brexit party, just formed a few weeks ago, has captured 32% of the national votes, winning nine of the eleven regions in the UK - including Gibraltar which had voted overwhelmingly for the pro-Remain Liberal Democrats.

The Brexit Party is now guaranteed 29 seats in the European Parliament, making it the largest UK party by far in Brussels - albeit until October this year, the final extended deadline for the UK to leave the EU.

This is a repeat of Nigel Farage's feat of making his anti-EU party the main UK voice in the European parliament.

A 20-year veteran of the EU parliament, although he has never held a seat in the UK House of Commons, Mr Farage had previously taken UKIP (United Kingdom Independence Party) into the



EU's halls of power on a platform of taking the UK out of Europe.

His double-decade bid is succeeding on the dichotomous basis of campaigning and getting paid (plus a guaranteed pension) to represent the UK in the same bloc that he wants it to leave.

His relentless efforts to drag the UK out of the EU achieved its first significant reward when former prime minister David Cameron, buckled under fears that Farage's then UKIP party was making inroads against the Conservatives on home soil.

Cameron agreed to a referendum. The rest is history still unfolding.

Farage has since left UKIP - recently denouncing it as veering too far to the right of British politics - and in the process soundly trouncing it at the polls.

But not only has his so far single-agent Brexit Party 'swept the floor with UKIP, it has hammered the Labour Party

and dealt a savage blow to the Conservatives.

The ruling party's state of Brexit flux has been compounded by the forced resignation announcement just last week of Prime Minister Theresa May over her handling of the UK's Farage-fuelled exit from the EU.

With the Conservatives now descending into what appears to be a bruising leadership battle to replace Mrs May, after orchestrating her demise, Nigel Farage has upped the ante by inserting himself into their fray.

He is now demanding to be part of the Brexit negotiating process although he is not in government and not even in the British parliament.

His demand is purely on the strength of his Brexit Party's showing in the EU elections.

But Farage's underlying strategy is as clear as it is ominous.



He stands a chance of finally getting into parliament personally or via his Brexit Party at an upcoming by-election.

It's clear that he is also banking on a possible alliance with a Tory candidate of similar Brexit persuasions - a strong Leaver - which whom he might find a political accommodation.

Politics has been known to make strange bedfellows...and possibly to make bedfellows behave strangely.

If there are two things that the EU elections have thrown up in the mix, they are the surge to the right in European and British politics, and it's the current precarious state of politics in Britain.

The future seems even more uncertain.

Other than Gibraltar, the other OTs will be affected but can only look on as non-voting observers. 🌐

GLOBAL NEWS BRIEFS

Trudeau worried by former ministers

Canada's Prime Minister Justin Trudeau will see two former ministers of his administration run as independent candidates in this year's federal election, reopening wounds from a recent political scandal that has damaged his popularity and cast doubt on the Liberal party's ability to form a government in October.



► Jody Wilson-Raybould and Jane Philpott

In separate events held on either side of Canada on Monday, former ministers Jane Philpott and Jody Wilson-Raybould announced they would hold no party affiliation as they run for parliament.

In February, Mr Trudeau's office was accused of interfering in the prosecution of the engineering giant SNC Lavalin. Mr Trudeau denied the allegation, saying there was no wrongdoing in the case.

Ms Philpott and Ms Wilson-Raybould publicly rebuked Mr Trudeau, and in April they were expelled from the Liberal party.

"It's for those young girls I want to say there is a future; don't ever be afraid to speak the truth," Ms Philpott said of her decision to stay in politics. "What lesson would it be for those young girls if I walked away?"

Ms Philpott and Ms Wilson-Raybould were rising stars in the Liberal party and held top ministerial positions.

At their separate events, the two spoke of the importance of maintaining independent voices in government and acknowledged they had remained in close contact while choosing their new political paths. The former ministers also spoke about the need for bold action on fighting climate change as a top priority; both had previously been rumoured to be considering joining the Green party.

Their decision to run as independents could damage the Liberal party once campaigning begins, with Liberals worried the two could inadvertently help the Conservatives form a government in October. 🌐

Philippines makes students plant trees

The Philippines is doing its bit for ecology by passing a law requiring all graduating high school and college students to plant at least 10 trees each before they can graduate.

The law formalises a tradition of planting trees upon graduation, which is also hoped to simultaneously combat global climate change.

The proponents of the law say the legislation could result in as many as 525 billion trees planted in a generation if it is properly adhered to.

The Philippines' Magdalo Party representative Gary Alejano, who was the principal author of the legislation, said: "With over 12 million students graduating from elementary and nearly five million students graduating from high school and almost 500,000 graduating from college each year, this initiative, if properly implemented, will ensure that at least 175 million new trees would be planted each year.

"In the course of one generation, no less than 525 billion can be planted under this initiative.



► Filipinos have a culture of replanting trees

"Even with a survival rate of only 10 per cent, this would mean an additional 525 million trees would be available for the youth to enjoy, when they assume the mantle of leadership in the future."

The trees will apparently be planted in mangroves, existing forests, some protected areas, military ranges, abandoned mining sites and selected urban areas.

In addition to the immediate carbon-absorbing impact of the trees, it is hoped the legislation will help bring environmental understanding to future generations and lead to more ecological initiatives. 🌐

Honduras pumps money in agriculture

Honduras is giving its agricultural industry an overhaul although climate change and the failing economy makes that intention difficult.

The abrupt climatic changes and inconsistent winters in Honduras and a fall in the price of some products internationally are causing problems in agriculture. Nevertheless, Honduras is ready to invest heavily.

The country, through the National Programme of Economic Development Honduras 2020, has since 2016 been promoting all productive sectors, reaching important early milestones. The objective of the government of President Juan Orlando Hernandez is the promotion of investments and the generation of employment.

Honduras has enormous advantages to enhance its agricultural sector, including its strategic position in the tropics, more than 12 hours of daily sunlight, access to two oceans, modern ports with cargo terminals and that it can arrive to its main consumer market, the United States, within two hours by air.

With that aim, in the last five years the country has already advanced in



► Honduras is promoting its agriculture

new financing schemes for the sector, the construction of large-scale irrigation systems, and first-world technical assistance.

Honduras has about 2.7 million hectares of arable land, which is 24 percent of the country's land surface. However, in recent years, despite the efforts made by the government and private enterprise, Honduran exports have been overtaken by imports.

The government is working on a plan to reverse this volume of imports, produce 100 percent of what it consumes and generate surpluses for export which would place Honduras as the main exporter of horticultural products in Central America. 🌐

Cuba revives failing train system

Cuba's crumbling railway system is undergoing a major overhaul, with the government pushing a programme to revamp the decrepit and aging network with new carriages and engines in the hope of restoring a rail service that was once the envy of Latin America.

Cuba's Ministry of Transportation took possession last Monday of 80 new Chinese-made passenger cars, part of a promised consignment of 250 rail cars and trains the island will receive by year's end.

The government is busy restoring and repairing rail lines throughout the island, some with rusting rails overgrown with weeds or buried under drifting dirt.

But the overhaul will be challenging, government officials acknowledge, even with the new Chinese-made rail stock. Restoring 2,600 miles of track, communications lines and dozens of crumbling rail stations around the island will be a monumental task.

Workers have been restoring Havana's main rail terminal, an eclectic structure built in 1912, with four floors and a mezzanine, for over 10 years.

The station's platforms, which are more than half a mile long, recall a by-



► Cuba is updating its decrepit train system

gone age when train travel was a principle mode of transportation, and the restoration has been a painstaking, and at times frustrating, process, government officials say.

According to the Cuban Transportation Ministry, trains carried 6.7 million passengers in 2018, a sharp drop from almost 11 million passengers in 2004. The government hopes to increase ridership by 1 million in 2019 on long distance routes. Train service to the far-eastern cities of Santiago, Holguin, Camaguey and Guantanamo are heavily used by locals.

The Havana-Santiago trip costs as little as 32 Cuban pesos each way, about \$1.50, making train travel an affordable means of transport for many Cubans. 🌐

Even Venezuelan criminals suffer

Venezuela's economy is so bad that even street gangs are feeling the downturn and complaining that victims have nothing of value to rob.

The feared street gangster El Negrito sleeps with a pistol under his pillow and says he's lost track of his murder count. But despite his hardened demeanour, he gripes about how Venezuela's failing economy is cutting into his profits.

Firing a gun has become a luxury. Bullets are expensive at \$1 each. And with less cash circulating on the street, he says robberies just don't pay like they used to.

For the 24-year-old, that has all given way to the simple fact that even for Venezuelan criminals it's become harder to get by.

"If you empty your clip, you're shooting off \$15," said El Negrito who refused to give his real name or for his face to be photographed. "You lose your pistol, or the police take it and you're throwing away \$800."

Officials of President Nicolás Maduro's socialist administration stopped



► Venezuelan criminals are feeling the pinch too

publishing statistics charting crime trends long ago.

But the unexpected silver lining to the country's recession, experts say armed assaults and killings are plummeting in one of the world's most violent nations. At the Venezuelan Observatory of Violence, a Caracas-based non-profit group, researchers estimate homicides have plunged up to 20 percent over the last three years based on tallies from media clippings and sources at local morgues.

The decline has a direct link to the economic tailspin that has helped spark a political battle for control of the once-wealthy oil nation. 🌐

UK knife crime sees kids sent to Africa

Knife crime in the United Kingdom is now so bad that hundreds of British teenagers are being sent by their parents to East Africa, representatives of the Somali community say. Why are they taking this drastic choice?

One of them is Yusuf (names changed). "In those few years I was doing my A-levels it was tough. Just seeing people being dropped every other day, being stabbed," Yusuf told the Victoria Derbyshire programme from his new home in Kenya. "London's not the place to be for a teenager."

Yusuf was born and raised in London but moved to Nairobi after a close friend in his neighbourhood was stabbed to death.

It is a decision an increasing number of parents are taking, for their children's safety.

Of the 100 people stabbed to death in the UK so far this year, eight were of Somali heritage, according to the Rise Projects which works with young British Somalis in north London.

Jamal Hassan mentors young men in London, many from Somali families.



► Knife crime in the UK is at alarming levels

He said parents "want to protect that child by all means necessary".

"If it means that child doesn't finish school, college, university or he will not have a good job by the time you come for them the future is not really important. What's important is that child's life."

One mother who had sent her child to Africa told him she could now sleep at night, because she knew any police sirens she heard were not for her son. 🌐

Windies open World Cup

The World Cup has started in England and Wales and once again the chances of the West Indies winning cricket's biggest one-day prize since 1979 is a matter of great debate.

But the omens are not good despite a recently strengthened squad and more harmony with the new management.

Since the last World Cup, the Windies have not won a single bilateral ODI series, playing 12, losing ten and drawing the other two, as well as succumbing to defeat against Afghanistan in the final of the qualifying tournament for this World Cup.

And yet, after a 2-2 draw against world No.1 England on home soil this winter, and improvements in the way the game is administered off the field, the mood is optimistic.



► Andre Russell is back in the fold

Victory at the T20 World Cup in 2016 proves the Windies are still producing talent good enough to excel on the global stage, while the changes in selection policy that have led to returns to the international set up for Chris Gayle, Darren Bravo and Andre Russell have added to the feeling of resurgence under Jason Holder's captaincy.

The Windies have firepower in abundance and are one of the few sides in the tournament who could see a score of 400 on the board and back themselves to chase it. Against England in Grenada earlier this year, for example, they looked on course to chase 419 for victory, only to lose four wickets in the 48th over to end all out on 389.

That was also before the return of Russell, who comes in off the back of a brilliant Indian Premier League campaign in which he hit 52 sixes, 18 more than anyone else.

While they have the aggression and hitting power to match the world's best batting sides, they are yet to prove they can do it consistently enough to win a World Cup.

Also, their spin bowling attack is sub-par, particularly with Sunil Narine's planned return to international cricket failing to materialise. Ashley Nurse will be the lead spinner and was smashed all over the place by England in the winter, taking just one wicket for 189 runs across four games.

Gayle, as many times before, will be key for success. The 39-year-old Jamaican is one of the greatest limited overs batsmen of all-time. He is set to retire from ODIs after the World

Cup and will no doubt be intending to go out in typically box office fashion.

Scores of 135, 50, 162 and 77 from his four innings against England earlier this year served notice that he is back in form even before he hit 490 IPL runs in 13 games for the Punjab Kings XI, and it seems inevitable that he will produce fireworks in the coming weeks.

Windies face Pakistan at Trent Bridge on Friday and then Australia at the same ground on Thursday. Pakistan have an impressive line-up. Fakhar Zaman and Imam-ul-Haq are explosive batsmen with Babar Azam and Haris Sohail capable of consolidating. The top-order batting power is the team's strength. Mohammad Amir, the versatile left-arm seamer, is a mighty force by himself.

The two 19-year-olds, Shaheen Afridi and Mohammad Hasnain, with his scorching pace, can rattle the best. Hasan Ali and Wahab Riaz lend flair with their ability to get breakthroughs while Shadab Khan and Imad Wasim add variety with their slow stuff.

The enormously experienced batting trio of Sarfaraz, Shoaib Malik and Mohammad Hafeez make Pakistan a formidable unit.

The spirit of Asif Ali, mourning his daughter's death and returning to serve the team, is bound to bond the team into a formidable force. Two-year-old Noor Fatima died of cancer at a hospital in the United States last week. Imran Khan did it in 1992 when he targeted the World Cup to raise charity for a cancer hospi-



► Chris Gayle is key to Windies success

tal. It is possible that Pakistan turns this summer into a celebration of achievement.

Fixtures

- **Thursday, May 30:** England v South Africa, The Oval
- **Friday, May 31:** Windies v Pakistan, Trent Bridge
- **Saturday, June 1:** New Zealand v Sri Lanka, Sophia Gardens
- **Saturday, June 1:** Afghanistan v Australia, Bristol
- **Sunday, June 2:** South Africa v Bangladesh, The Oval
- **Monday, June 3:** England v Pakistan, Trent Bridge
- **Tuesday, June 4:** Afghanistan v Sri Lanka, Sophia Gardens
- **Wednesday, June 5:** South Africa v India, Southampton
- **Wednesday, June 5:** Bangladesh v New Zealand, The Oval
- **Thursday, June 6:** Australia v Windies, Trent Bridge

Liverpool favourites for Euro glory

Liverpool and Tottenham square off for the title of best club in Europe this weekend and, by extension, the world in the 2019 Champions League final.

This will be the first time since Man United beat Chelsea in 2008 that the final has featured two Premier League teams. It will also be the first time since Bayern Munich won in 2013 that the trophy doesn't go home with a Spanish side, which is ironic because the match on Saturday is in Madrid.

Liverpool are strongly favoured to lift the trophy against a side who have never even been in the Champions League final much less win it. Liverpool has won five Champions League titles to date, the most among English sides. However, it's been 14 years since their last title (2005) and the other four came from 1977-84.

Consensus is that this is the best team ever assembled at Anfield. A team who only lost once in the league and pushed outstanding defending champs Manchester City all the way, losing the race on the season's final day by a mere point.

While Tottenham finished a solid fourth in the table they limped to the finish line, both literally and figuratively, losing three of their last five and seven of twelve amid a rash of key injuries.

It's still not clear which of their recovering stars – Harry Kane, Danny Rose, and Jan Vertonghen — will be fully fit for the big match. While they may feature in the game, they will not be 100 percent, and that could be a massive problem against a team as fleet-footed as Liverpool.



► Liverpool are an exceptional side



► Kevin Durant is likely to join the Knicks

Big moves will have ripple effect

The NBA Finals between Golden State and Toronto Raptors will not only decide the 2019 championship, but how this series plays out is inevitably going to affect how free agency unfolds in the next few weeks.

It'll affect Warriors star Kevin Durant and his annual stay-or-go decision. It'll affect Raptors ace Kawhi Leonard as he ponders his next move, or if he'll be moving at all. Klay Thompson and DeMarcus Cousins will be free this summer. Their thinking will inevitably be influenced by this series. Their decisions will have a ripple effect on the rest of the NBA.

Durant made clear over the weekend that he's tired of the incessant talk about his future. "I know what I bring to the team," Durant said, "but I also know that a lot of people on the outside don't like to see us together." So he might stay after all and not move to the Big Apple?!

The New York Knicks will be paying intense attention to everything that gets said, tweeted, Instagrammed and intimated. So will the Los Angeles Clippers, who think they're on the cusp of building something good, and the Los Angeles Lakers, who made the biggest signing of last summer by getting LeBron James and have done very little right since.

They will all be waiting to hear what Durant, Thompson, Leonard and Cousins decide.

After that, there's an additional 60 or so players who could be free agents this summer — some have opt-ins and might not be relocating — and who are coming off seasons when they averaged at least 10 points per game. Their teams next season will be affected on some level by who gets whom in the draft. How some teams pick in the draft will be influenced by what they're hearing about free agency. And that hinges on this series.

Joshua's American debut fraught with danger

Anthony Joshua wants to sit down face to face with Deontay Wilder to finally thrash out a deal.

The two unbeaten heavyweight world champions look destined to meet in the ring but have so far failed to agree terms.

Joshua defends his titles against Andy Ruiz Jr on Saturday, two weeks after Wilder knocked out Dominic Breazeale inside the first round.

The 29-year-old Brit hopes victory over the late-replacement Mexican-American in New York on his American debut will lead to a unification showdown this year. Joshua holds the WBA, IBF & WBO titles and Wilder is the WBC champ. Joshua should overcome Ruiz, but the danger is that he has underestimated the gritty challenger and disaster could strike.

But the champ dismissed notions of an upset. He is aware of the conse-

quences of taking an opponent too lightly. "Saturday night, win and look good," Joshua said. "Then straight to Wilder."

Joshua added: "There's been a lot of interest around the whole fight. The Jarrell Miller situation, the Wilder situation, Tyson Fury, Dillian Whyte all these heavyweights. It's my time to shine now, so it's good, I feel the buzz, it's really good."

"There's steps, without all the hardship I went through. I'd never be at MSG and without the fight Saturday night, going through the tough times, emotions, physical struggle, I'd never get to Wilder. So I've got to get through that and straight on to the big fight."

"I think they should sit us down face to face and talk about what the issues are man to man and get this fight sorted this year."



► Anthony Joshua makes his US debut Saturday

CROSSWORD

By **THOMAS JOSEPH**

- ACROSS**
- 45 School event
 - 1 Pool hall triangle
 - 5 Arrow holder
 - 11 Clarinet's kin
 - 12 Different shepherd
 - 13 Stand up to
 - 14 In cahoots
 - 15 Hobbit helper
 - 16 Veep's superior
 - 17 Gives off
 - 19 Binary base
 - 22 Enjoyed avidly
 - 24 Got up
 - 26 Umbrella parts
 - 27 Bushy 'do
 - 28 Grind together
 - 30 Drummer's partner
 - 31 Crew tool
 - 32 Like a gymnast
 - 34 Linen source
 - 35 Chow down
 - 38 Fake
 - 41 Skilled
 - 42 Small beard
 - 43 Deck worker
 - 44 Weasels' cousins
- DOWN**
- 1 Took the bus
 - 2 Early shepherd
 - 3 Java joint
 - 4 Crucial
 - 5 Milk buy
 - 6 Except if
 - 7 Miseries
 - 8 Clock numeral
 - 9 — out a living
 - 10 Valentine color
 - 16 Card symbol
 - 18 Touse
 - 19 Brittle candy buy
 - 20 Had on
 - 21 Smell
 - 22 Best Picture winner in 2013
 - 23 Singer Turner
 - 25 Follow
 - 29 Horse restraint
 - 30 Predicament
 - 33 Loving looks
 - 34 Destiny
 - 36 Choir voice
 - 37 Be rife
 - 38 Freud topic
 - 39 Go bad
 - 40 Was inactive
 - 41 Band blaster

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

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 Concepts Sudoku increases from Monday to Sunday.

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

7/21

Answer to previous puzzle

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

Difficulty Level ★★★★★

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Word Search

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

- Algebra
- Angle
- Area
- Circumference
- Compute
- Count
- Cubic
- Decimal
- Denominator
- Diameter
- Equation
- Figure
- Fraction
- Graph
- Height
- Length
- Maximum
- Measure
- Quotient
- Radius
- Root
- Size
- Total
- Volume
- Width

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

THE AMAZING SPIDER MAN

By Stan Lee

JUDGE PARKER

By Woody Wilson & Mike Manley



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