

POLAR BEAR
AIR CONDITIONING
640-2561
POLARBEAR.KY

30 YEARS

Complimentary



Let's celebrate Cayman's greatest asset, our children.



This month the Department of Children and Family Services are organising several events and activities across our islands, for the complete listing visit their Facebook page @departmentofchildrenandfamilyservices.



CAYMAN NATIONAL

www.caymannational.com

Clash of the Legends raises funds for Hope for Today



Full story on page 3 >>

► Legends! East End's Legends in yellow, and West Bay Legends in blue and yellow

Swimmers roar into action

Lion Michael Havlin, Chair of the Swim Committee, on behalf of the Lions Club of Grand Cayman spoke briefly, and passionately, about the Lions continued commitment to supporting swimming in the Cayman Islands.

"The Lions Sprint Meet is an important part of the annual activities schedule devoted to the youth of the Cayman Islands, and it comes immediately after a successful meet at the new 25m pool on Cayman Brac. The Brac Barracudas joined the swim community in Grand Cayman for the meet, providing spectators with a competitive and entertaining event."

"The Lions, value the partnership that has developed with Stingray Swim Club, our hosts, over

the years, and we congratulate them and the other competing teams, on their continued successes both in the pool here in Cayman and overseas. The Lions Club of Grand Cayman is also grateful for the close relationship with the Cayman Islands Aquatic Sports Association (C.I.A.S.A.), with whom the Lions work in supporting efforts to build a new Aquatic Centre. This (new aquatic centre with 50m pool) would certainly see the meet become even more successful in the future."

"We would like to thank the whole community, especially all the volunteers, for coming out to keep this meet as an important part of the calendar."

... Continued story on page A7



► Stingray's Senior Girls diving into action (Photo by Scott Swing)

Hurley's Goes Plastic Free



Hurley's announced on Tuesday that it will no longer distribute single-use plastic shopping bags at its check-out counters. The store has replaced the plastic bags with sturdy eco-friendly paper handle-bags and large reusable Earthwise shopping bags.

"We have listened to our customers' comments and agree with their growing environmental concerns," stated Hurley's Director Shanna Merren. "So today at Hurley's we begin the transition to greener options. We were distrib-

... Continued story on page A4

<p>INSIDE THIS ISSUE</p>	<p>● COMMUNITY VOICE — A2</p> <p>Batabano & CPR Referendum</p>	<p>● REAL ESTATE DEVELOPMENT — A3</p> <p>DOWNTOWN REACH BREAKS GROUND</p>	<p>● LOCAL NEWS — A7</p> <p>Tortuga showcases at the Ritz</p>	<p>● GLOBAL NEWS BRIEFS — B2</p> <p>Honduras strike grounds Cayman flight</p>
---------------------------------	--	---	---	---

EDITORIAL

A boom for whom?

As you make your way across Grand Cayman, there seems to be a construction boom, with development taking place across the island.

Whenever ground is broken on one of these projects, there's often the talk about the stimulus to the economy and how many jobs will be created.

There's no denying that there is benefit to the economy. But the question begs: who are those who feel the real benefits?

Often times, developers get concessions that include government waiving fees that they would have collected, as an incentive to those financing the project to ensure shovels go into the ground.

"X number of jobs will be created over x years" is often the proclamation by developer and politician. Are these new jobs of just providing continuity of work for those in the construction

sector? There's nothing wrong with that but is it fair to say that jobs are being "created"?

Also, despite the warning signs about threats to Cayman's top economic sector, tonnes of cement are being poured as projects across the island continue to move in sync with government's desire for population growth toward 100,000 residents.

Who will occupy these places? Many of the units in some of these residential properties carry price tags of seven figures, leaving the average Caymanian knowing that they're unlikely ever to set foot inside unless as a guest or a service provider.

Development is a plus in any economy, but many are left to wonder if with this boom that's underway, if they'll ever feel the real benefits or be priced out of their own paradise. 🌐



Planned Works – Maclendon Dr Traffic Delays

Water Authority – Cayman wishes to advise its valuable customers that the motoring public will experience restricted access to Maclendon Dr (off Dorcy Dr) from 6:00am to 4:00pm on Sunday 26 May 2019 in order to carry out system improvement works in the area.

During this time, local access only to businesses and residences in the area will be available and representatives of the Authority will be on hand to direct traffic.

Traffic signs will be posted in the general vicinity and all motorists are asked to drive with caution to ensure their own safety as well as that of the Water Authority staff.

The Water Authority appreciates the patience and understanding of its valuable customers as it upgrades its water infrastructure to better serve you, and apologises for any inconvenience this may cause. 🌐



With sad regret, the family of **Johann Guschelbauer** announce his death on Sunday 28 April, 2019 in Vienna, Austria, Europe.

Left to mourn are: brother Werner and sister - in - law Trudie; sister Eva and brother - in - law Norbert; two nieces Sylvia and nephew - in -law Martin, Sabine and nephew - in - law Michael; nephew Michael; two grand nephews Lucus and Manuel; grand niece Sarah; special friends Dawn Dilbert & family; Jim and Jamie Dutcher & family of Idaho.

Laid to rest on 22 May, 2019 at 11:00am.

Will always be loved and missed by relatives and a host of friends.

COMMUNITY VOICE

Your voice matters

Dear Media,

Batabano is a disgrace and should be changed with immediate effect. I am surprised and disappointed that the Rotary Club would want their name associated with such a spectacle of nudity, vulgarity, and revelry. I can only imagine the liquor, drugs, and unacceptable conduct on the weekend that followed this spectacle.

As responsible citizens we should be doing everything to raise the social stature of our people. We wonder why domestic abuse is on the rise, why crime is on the rise, why drug use is on the rise, why many students are unmotivated, unsuccessful, and dabbling in crime even in their teenage years. We adults are responsible; The example that adults are setting is poor, is degrading, and is ruining our island.

Public parades should be something that families can go to and enjoy. I recall a visitor to the island commenting to me that she thought public parades were for families to enjoy, but Batabano was anything but family oriented. I observed a Batabano parade many years ago and determined that I would never be near one again. I have caught glimpses of what has circulated at times on social media, on TV and in the newspaper and I have seen more than I want to see. I happened to be passing by the Public Beach last Saturday on my way to town and there in front of my eyes, I saw women that were virtually naked with only strings and spots here and there to cover the more sensitive parts. I was shocked. I saw the color, the beauty, and the creativity too and I thought, Why do we have



to add this disgraceful element of nudity and vulgarity to what could otherwise be a time of color, beauty, creativity, and glitter. I implore parents, don't take your children to the Adult Batabano parade. I didn't observe the behaviour, but I am told that not only is there nudity, but the dancing is disgraceful. And starting a Junior Batabano, innocent as it may seem now, is only setting the stage for these very children to adopt vulgar behaviours of the adults (as many are already doing at their parades, although I am thankful that their bodies are not on display).

This is not hate speech; this is love speech. We love our children, we love our island, we love a well-ordered society where there are moral standards.

We need to get rid of Batabano or recreate it – It doesn't have to be "ugly", degrading, and vulgar. It can be a thing of beauty, creativity and a happy family time, but what it was and is has no part in a moral society. Let's get rid of it or change it.

Regards,
Marjorie Ebanks 🌐

Response to MSC Cruises commitment

By CPR Cayman

The announcement of another cruise line's commitment does not answer outstanding fundamental questions about the proposed cruise berthing facility. From the very limited information the Government has disclosed it appears that the commitment from the cruise lines is only to bring passengers, which is essentially no different from the current status quo. Will there be any monies paid upfront and what are the terms of the agreements? What is the Government's anticipated annual target commitment from the cruise lines for passengers per year to make the financing agreement viable? Is it 2.5million - 3.3million per year? As the age old adage goes, the devil is in the details, however the Government continues to be unwilling to discuss the details and terms of the contract and financing model with the public. Without this critical information, we are still in the dark about how much this will actually cost

the Cayman Islands and what risks we are exposing ourselves to.

The petition for the people's initiated referendum on the proposed cruise berthing facility has now surpassed 96% of the constitutional requirement. With only 200 signatures to go, CPR Cayman will be joined by MLAs the Hon Chris Saunders and Hon Alva Suckoo this Sunday afternoon to bring the petition to the residents of Bodden Town. Additionally on Friday evening there will be a petition signing in West Bay at the Hell Service Station from 4 to 7pm and on Saturday afternoon volunteers will take the petition door 2 door in North Side. Volunteers will also be out once again with MLA Hon Kenneth Bryan taking the petition to his George Town Central constituents on Thursday from 5 to 7pm in the Crew Road and Palm Dale area.

The public are invited to a Town Hall meeting on Thursday May 30th at the George Town Town Hall from 6 to 8pm for important updates on the people's initiated referendum. 🌐



Under the Constitution

25%

of the Electorate is needed for the people's initiated referendum.

Whatever your position on the Cruise Port, you deserve to be heard and have a direct vote on this decision that will impact our country for generations to come.

CPR CAYMAN PUBLIC MEETING
GEORGE TOWN TOWN HALL

JOIN US
THURS, 30TH MAY
6PM - 8PM

Latest updates on the people's initiated referendum

Refreshments

📞: 328-8187 / 327-5411
✉: CPRCAYMAN@GMAIL.COM



Caymanian Times

Issue # 379

Publisher: Ralph Lewis
Company: Lewis Cayman Islands Ltd
#19 Walkers Road (next to Tomlinson Furniture)
Telephone: 345 916 2000
Email: sales@caymaniantimes.ky, or info@caymaniantimes.ky
Website: www.caymaniantimes.ky



► Cayman National representative Lori Ebanks presents a check to Brent Hydes and Sarah Orrett, of Hope For Today Foundation, with East End Legend Graham Rankine, in the centre



► It was an exciting match

Clash of the Legends raises funds for Hope for Today

By Christopher Tobutt
Local Correspondent

It was a legendary night up at West Bay's Ed Bush stadium when the Legends team from West Bay beat the Legends from East End, three goals to two, at the Clash of the Legends, a fund raiser for the Hope For Today Foundation. It was very special too, because Cayman National Bank presented a check for five hundred Cayman dollars to support the foundation, which operates programs and runs a halfway house for people struggling with substance abuse.

But there wasn't only a football match; people came out to listen to the cool

sounds from DJ Danny Jah Rover, who was giving up his time, as he always does, to help the foundation. Then there was a bouncy castle, too, and plenty of mouthwatering food, cooked by hard-working volunteers to make it a very special occasion.

Hope for Today Operations Manager, Brent Hydes, said: "Today we are having another game of the Clash of the Legends East End versus West Bay. Both districts recognize the fact that Cayman is home to many people struggling with substance abuse issues and we believe we can make a difference in the lives of those individuals. At the moment there are seven residents at the halfway

house and I can honestly say that there are people in this community now who have better children, and better families, better friends. Since the halfway house has been opened the last several years we have had about 32 people that have actually engaged in the program. I can tell you that most of them successfully completed the program, and most of them today continue to stay engaged in recovery. I believe that the Hope Foundation is making a difference in the lives of many people in this community."

"The Hope foundation is in operation through contributions through some corporate sponsors, and through our annual fundraising events particularly the Clash of the Leg-



► Ferocious tackles marked the game



► East End's Brent McClean tackled

ends and our Walk for Recovery. Many companies that have contributed to the welfare of these individuals once they are at that halfway house which provides food, and a place to sleep. We operate a twelve-step based recovery program. The twelve steps of recovery gives an individual an opportunity to look at himself, and we have people who come at the house who are helping the residents also, for example, to get more advanced in their computer skills. So there are a number of volunteers that come by the house for the benefit of the residents."

Mr. Hydes is actually one of the West Bay legends too, although he doesn't brag about it. "Today we're playing for the Marcus Cumber Community Cup, and the McKeeva Bush Community

Shield. The legends are football players from the 80s and 90s. These names were really popular back in 80s and 90s. We are talking about Antonio Smith, Brent McLean from East End, we've got Joelle McCrae, He's an old West Bay legend," Mr. Hydes said. East End's Brent McLean said: "We're here to 'represent,' we always come to support it because we believe that this is vital in our community for people who are struggling with drug dependency."

Lori Ebanks, Senior Customer Support Representative with the Cayman National Bank said: "Cayman National continues to sponsor the Hope for Today foundation. It is our way of giving back to the community and to the people that are struggling to give them a second chance." 🌐

DOWNTOWN REACH BREAKS GROUND

Sixtees Properties Developments Limited is proud to announce that phase 1 of its latest project at Downtown Reach, George Town has now broken ground.

Phase 1 consists of 52 one and two bedroom apartments and two bed town homes.

Ben Tonge, Director of Sixtees Properties said: "After months of careful planning and hard work from our dedicated team we are delighted to be getting started on the construction phase of the project. We are committed to delivering

high quality, stylish and modern but affordable residences particularly for first time buyers."

The units will be spread across seven separate buildings with landscaped communal areas including swimming pool, cabana and gym. Completion is targeted for September 2020.

With over 90% of phase 1 units sold, Sixtees Properties plans to release phase 2 later this year.

For further information please contact : Ben Tonge at ben@sixteesproperties.com 🌐



My Island Dentist is proud to welcome **Dr. Talia Davidson**



She completed her Doctor of Dental Surgery (DDS) degree at Western University in Canada and received awards in Oral Medicine as well as Crown & Bridge at graduation. She is an Invisalign Provider and can provide all procedures under sedation as an option for patients. Dr. Davidson loves preventive dentistry and focuses on children's dentistry, family dentistry, and cosmetic dentistry.

We are now accepting new patients, appointments available Monday through Saturday.

Call us at 324-9500 to schedule an appointment.

Grant Thornton Cayman Islands expands service offering with new tax practice

Global accountancy, tax and advisory firm Grant Thornton is pleased to announce its continued growth in the Cayman Islands with the establishment of a



new tax practice and the appointment of Chris Willemse to lead the division.

Chris has over 25 years' experience in tax, spanning Canada, USA and the Americas. He is a specialist in US reporting requirements for the Alternative Investment Industry and possesses expertise in structuring issues associated with US tax compliance.

Dara Keogh, Managing Partner of Grant Thornton Cayman Islands expressed delight in welcoming Mr Willemse to the team. 'We are delighted to have expanded our practice and to be offering a tax service from Grant Thornton Cayman Islands. Adding this line to our services, compliments our stronghold as the fastest growing firm in Cayman, and widens our offering to current and future clients with US tax reporting requirements.'

Chris is a highly reputable tax expert, and we are thrilled to welcome him and his wealth of experience to lead the new tax practice.'



Grant Thornton Cayman Islands' new tax practice will offer compliance and advisory services for US tax returns and US

foreign reporting for a wide range of clientele, including hedge funds and private equity, insurance and individuals.

Hurley's Goes Plastic Free

... Continued story from page A1

uting about 15,000 single-use bags per week, but now we are done with plastic and will now only offer reusable bags."

The environmental impact of single-use plastic bags has taken center stage around the world, with nations and several US states banning or limiting distribution of plastic bags. Single-use plastic bags take many years to biodegrade, while Hurley's new paper bags will biodegrade in as little as a month.

Additionally, the effect of plastics on the ocean and marine animals has become evident in recent years. The US Environmental Protection Agency estimates that 80 percent of the plastic found in oceans originates from land and that by 2050 there will be more plastic by weight in our oceans than fish. Thousands of seabirds and sea turtles, whales and other marine life are killed

each year after ingesting plastic or getting entangled in it.

"We all love and enjoy our Cayman waters," continued Ms. Merren. "It is estimated that five or six million single-use bags are distributed annually in the Cayman Islands. If Hurley's alone can cut this number by 800,000 bags a year, we are pleased to take that first step in protecting our greatest natural resource."

In addition to discontinuing single-use plastic bags, Hurley's has also replaced plastic straws, Styrofoam deli containers and plastic salad containers with recyclable, environmentally friendly alternatives.

"We are so thankful to Hurley's for taking this monumental step," said Claire Hughes, founder of Plastic Free Cayman. "Single-use plastic bags continue to litter our beautiful island and surrounding waters. With other countries making bans on single-use plastics this shows we don't have to wait for govern-



ment to make changes, we can simply stop using them as it's the right thing to do. We hope to see other stores in Cayman follow suit in the near future."

Hurley's eco-friendly paper handle-bags will be sold at the register for 10¢ each. Earthwise eco-friendly bags are available for \$1.59.

HARQUAIL THEATRE

Jun 9 & 16 at 5pm

Jun 15 at 7pm



Tickets \$30.00 adults / \$15.00 under 16

For tickets contact 926-1826 / 927-2882 / 916-1273



AÇAÍ ULTRASOUND IMAGING SERVICES



Other sponsors:
Wayne and Sherri Cowan
Woodward Terry
& Co. Attorney-at-law

COMMUNITY EVENTS

May

Yoyo Quilting at the Mission House

25 May: The National Trust of the Cayman Islands is having another traditional craft class - Yoyo Quilting - at the Mission House on Saturday 25 May from 10:00am to 12:30pm. Adults and teens are CI\$30. Email projects@national-trust.org.ky to sign up.

CAF Tea Party and Fundraiser

25 May: The Cayman AIDS Foundation will be hosting its 7th Annual Tea Party Fundraiser on Saturday 25 May from 7:00pm to 10:00pm at the Grand Cayman Marriott Beach Resort. Special guest speaker will be His Excellency the Governor Mr. Martyn Roper. Prizes are to be won for the best dress table showcasing unique teapots and best tea party hats. There will also be other prizes and raffle tickets on the night. Please call: 946 - 3029 for more information or email them at info@caf.ky.

Butterfield 800m sea swim

25 May: The 17th annual Butterfield 800m Sea Swim will be held on Saturday May 25th 2019, start-

ing at Governor's Beach at 4pm. Registration for the event is at the start of the race, on race day from 3pm to 3:45pm. Registration fees are CI\$10 for children and CI\$15 for adults who are CIASA members. Non-members are CI\$15 for children and CI\$20 for adults. T-Shirts and refreshments will be provided for all participants. Trophies will be awarded for the 1st, 2nd and 3rd place in age groups 12 and under, and medals for top 3 places in other age group categories. For more information, go to caymanactive.com.

Annual Open Arms Gala

25 May: Rotaract Blue presents the 11th Open Arms Gala: The Great Gatsby! The Open Arms Program promotes non-discrimination for disabled persons and serves to enhance society's understanding of the needs of disabled persons. It also aims to help to integrate those living with disabilities into the community and providing much needed support to those who care for them. This event will be held on Saturday, 25 May at Ristorante Pappagallo. Ticketare \$100 or \$1500 for a table. This includes a 3 Course Dinner, Awards Ceremony and Silent

Auction. Cocktails are at 6PM and the ceremony at 7PM. Attire: Gatsby Chic. Email president.rotaract-blue@gmail.com for additional information, tickets and sponsorship opportunities.

CIMA's 5/10K Walk & Run

26 May: The Cayman Islands Monetary Authority will be hosting its 3rd annual Charity 5/10K Walk & Run event on Sunday, 26th May 2019. The start/finish points will be located within the vicinity of Elizabethan Square, Shedden Road, George Town. Participants will have the option to register for either the 5K Walk/Run or the 10K Run. Event start times will be 6am for the 10K Run and 6:30am for the 5K Walk/Run. All proceeds to benefit the literacy and numerous needs at the various Cayman Islands Government primary schools. Participants will be timed and water will be available on course and at finish. Unfortunately, no dogs are allowed. Check the CIMA website <http://www.cima.ky/cima-510k-walk-run> for more information.

KickBall Tournament

26 May: Everyone is welcomed to come on out and join the fun at the Rotaract Grand Cayman Hearts and Homeruns Kickball Tournament on 26th May 2019 at the Field of Dreams. Kickoff time is 2:00pm.



► Learn the art of Yoyo Quilting

Food is included and teams will be created on the day. Cost is \$10 for adults. Children aged 6 to 12 are \$5 and children aged 5 and below are free. Go to Rotaract's website <https://www.rotaractky.org> for more information.

Sounds Of Expressions

29 May: The Toastmasters Club presents Sounds of Expression, an evening of intimate poetry and music from members of the Toastmasters Club across the Island and Alumni of the Youth Leadership program on Wednesday 29 May from 6pm - 7:30pm. Venue is the George Town Town Hall and admission is \$10. Proceeds go to the Toastmasters Youth Leadership Program. For more information, please contact TM Ayon on (345) 326 1870 or TM Nikita on (345) 939 7844.

World MS Day

30 May: World MS Day is officially marked on 30th May every year, though events and campaigns take place throughout the month of May. Multiple sclerosis (MS) is one of the most common neurological disorders and causes of disability in young adults. Most people with MS are diagnosed between the ages of 25 and 31, with around twice as many women diagnosed than men. The cause of MS is not yet known and as yet there is no cure, though there are treatments

available that can help some forms of MS and many things you can do to improve the symptoms. To find out more about MS, go to www.worldmsday.org

Child Month Trivia Game Night at Aston Ratty Civic Centre, Cayman Brac

30 May: The Department of Children and Family Services (DCFS) is organizing several events to celebrate Child Month in May under the theme "Be Strong! Be Brave! There will be a Trivia Game Night on Thursday, 30th May from 6pm to 9pm at the Aston Ratty Civic Centre.

June 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@littleleague.ky.



► CIMA's 5/10K Walk & Run



CUC recognised as a Top Employer

Caribbean Utilities Company, Ltd. has been recognised by the Cayman Islands Society of Human Resource Professionals (CISHRP) as a Top Employer in the Cayman Islands placing second in the 'Large Employers' category.

The Company submitted applications for four of the seven categories covered including Recognition and Rewards, Learning and Development, Community Involvement and Diversity.

In May 2019, CUC celebrated 53 years of providing electricity to Grand Cayman. Throughout the years, the Company has faced many challenges and exciting periods but has kept pace with Grand Cayman's development.

Since 1966, the Company has employed generations of Caymanians and now boasts a workforce of 243 employees, 86% of whom are Caymanian.



In 1989, CUC established its scholarship programme and since then has awarded over 45 full and partial scholarships in the fields of mechanical and electrical engineering, information technology, systems operations, environmental management, occupational safety and health and financial services. In 2016, the Company further enhanced its scholarship programme by offering assistance for qualified students to pursue their A levels.

In 1997, the Company officially launched its Community Involvement Programme, which allows employees to give back to the community offering support, time, talent and donations to various charitable organisations

CUC's President and Chief Executive Officer Richard Hew said, "We have strived to develop a safe, professional and nurturing work environment at CUC where our people can grow to be the best that they can be. I thank and congratulate all of our employees on being recognised by the Top Employer award and for their continued care for and dedication to our customers and the entire Cayman community."



The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001



Caymanian named Head Boy at prestigious Trinity College

By Lindsey Turnbull

Seventeen-year-old David Pitcairn has recently been appointed as Head Boy at Trinity College School in Canada, an impressive achievement at this highly-regarded school. Essentially the "face" of the school, along with the Head Girl, David will represent Trinity at various events and become a role model for his fellow students to follow.

David, along with twin sister Jade, have almost completed their first year at Trinity, having been schooled in the Cayman Islands up until they were both 16.

David is studying a variety of subjects, some for his current grade 11 and also a few grade 12 subjects that are useful for his eligibility to university.



► Jade and David Pitcairn

"I hope to attend university to study Sports Management. My two passions are business and sports, and finding a job that interlinks both of these is magic. My dream university for this programme is the University of Edinburgh where I hope to be enrolled in 2020," David said.

David and Jade are both avid sports players. David has played football for Sunset and Cayman Prep and has been a member of the Cayman Islands Under 15 National Team and member of squad at the 2016 Concacaf international tournament. He has also been a member of the Cayman Islands squash team, participating at the Caribbean Area Squash Junior championships from 2015 to now. He is the former U17 and U19 national squash champion in Cayman and has been awarded a Distinction Award for squash at Trinity.

Sister Jade has also played football for Sunset and Cayman Prep, is a red belt in karate and has been a member of the Cayman Islands squash team participating at the Caribbean Junior Squash championships from 2015 to now. She has been the eight times winner in the Junior Championship in Cayman (U13, U15, U17 and U19), has been ranked number two in the Caribbean Area Squash Assoc (CASA) for past three years. Jade won two bronze medals at the Central American & Caribbean games and was this year's 2019 Dept Sports Honoree and won the Coaches Award at squash a month ago at Trinity.

A great schooling

Mum Theresa said that Trinity had, so far, met expectations and that David

and Jade are following in big sister Jazz's footsteps.

"It's difficult to get a teaching post at Trinity due to intense competition. Teachers are not only qualified academically but it's also mandatory that they love teaching, love kids, and have depth. The support staff is amazing. The school's leadership is also visionary," she explained.

Theresa said she was very pleased for David appointment and he has been greatly supported by his sisters, who she calls his greatest advocates.

David said he had really enjoyed his time at Trinity so far.

"I love the exposure to a variety of cultures, from all over the globe and learning about different so-called 'norms,'" he stated. "I love learning how our Cayman Islands differ from or ranks in comparison to other foreign countries, but ultimately appreciating the importance of respecting others and their differences. Trinity has also taught me how to become more independent, self-reliant and organised with my time and academics. But despite having these amazing qualities, I still love to come home and 'feed off' of mom's cooking!"

Strong support

David went on to say that although his new title was portrayed as an individual achievement, he felt it was not.

"I owe most of my success to my family, my parents, Theresa and John Pitcairn, and my two sisters, Jade and Jazz Pitcairn," he explained. "Without their constant love and support, I would nev-



► Trinity College School's Head Boy David Pitcairn

er have had this honour. I have also been very fortunate to be surrounded by so many persons who have had my best interest at heart. Additionally, I would also like to express my gratitude to the students and teachers at Trinity who had faith in me, voted for me, as I have only been with Trinity for nine months. I am still in a state of disbelief (for real). I will try my very best not to disappoint them (or my family) and honour this leadership role with grace, integrity and humility." 🌐

Youth Poets Have Their Say

Snaps and claps were given to the 10 finalists of this year's Poetry Slam finals held by the New-Self Help Community Foundation in partnership with Youth Services Unit's YouthFlex radio show as a Department of Children and Family Services Child Month activity.

The event, which took place at Radio Cayman on Wednesday, 8 May 2019 was the culmination of a contest opened in February. In all 70 contestants took part in the preliminary round from the University College of the Cayman Islands (UCCI) the Cayman Islands Education Centre (CIFEC), Cayman Prep & High

School, John Gray High School, Cayman International School (CIS), Clifton Hunter High School and Cayman Academy, Triple C School and Grace Christian Academy.

The finalists performed self-penned poems, which ranged from the pressure placed on girls to conform to societal norms to the proposed cruise berthing facility.

Overall winner CIS student Alia Smith won the closely-fought competition with her insightful and well-performed poem: "The Art of Getting By." The slam poetry veteran received a \$500 cheque,

which she will put towards her college fund.

Mohyndra Brown (CIFEC) and Colindra-Rodricka McGarvey-Sterling (Cayman Academy) won \$400 and \$300 respectively.

"The New Self-Help Community Foundation was created to inspire, educate and cultivate the creative imagination of young people to take responsibility for their future, and the quality of slam poetry entries truly reflects that mission," said the organisation's CEO J.C. Connor.

Acting Head of Youth Services Unit, Mr. James Myles concurred, "The Youth

Services Unit is happy to partner with New-Self Help Community Foundation to deliver this year's Poetry Slam. This is another quality youth development initiative facilitated by grant funding from the Ministry of Youth."

Poems and performances were evaluated on content and delivery by a four-person panel. This year's judges were recording artist and poet Patrick Lopez, former George Town Primary School Principal and Golden Apple award recipient Marie Martin, Proud of Them honoree Latoya Francis and award-winning actress Rita Estevanovich. 🌐



► (L-R) The Acting Head of the Youth Services Unit, James Myles, with Poetry Slam winners: Colindra-Rodricka McGarvey-Sterling (3rd), Alia Smith (1st) and Mohyndra Brown (2nd) and New Self-Help CEO J.C. Connor



► Brianna Ebanks and Evan Elizondo of Grace Christian Academy perform their slam poem at the slam poetry final



► Shante Ramoon of CIFEC during this year's Child Month Poetry Slam competition



► Alia Smith winner of the Poetry Slam competition 2019 performs her self-penned entry

Swimmers roar in to action at the 2019 Lions Sprint Meet

“We, Lions, value the partnership that has developed with Stingray Swim Club, our hosts, over the years...”

... Continued story from page A1

Stingray’s Head Coach David Pursley said: “The Lions meet is a very unique experience in that it is a complete community event that allows free participation for everyone. The meet hosted athletes from teams in Grand Cayman, a team from the Brac, special Olympians, those just finishing learn-to-swim and Cayman’s top athletes. The Lion’s meet brings together every level and inspires the youngest swimmers. The development of swimming in Cayman depends on meets such as these.”

Swimmers from Stingray Swim Club (SSC), Camana Bay Aquatic Club (CBAC), Seven Mile Swimmers (SMS), Darren Mew Sports & Fitness (DMSL), Cayman Sporty Kidz Team and the Brac Barracudas competed in the fast-paced sprint meet on Saturday 18 May in the 100M IM, 50M and 25M sprints in each stroke.

Overall club standings were as follows: first, Stingray Swim Club with 323 point, followed by Camana Bay Aquatic

Club with 312 points and Seven Mile Swimmers with 137; and High Points honours were won by:

- Girls 6&Under Teagan Marr, CBAC; 7-8 Tessa Danter, CBAC; 9-10 Sierrah Broadbelt, SMS; 11-12 Lila Higgs, CBAC; 13-14 Kyra Rabess, SSC and 15&Over, Alison Jackson, SSC.
- Boys 6&Under Zaiden Rankin, CBAC; 7-8 Chase Watson, SSC; 9-10 Jack Clark-Terrell, SSC; 11-12 Connor Macdonald, CBAC; 13-14 Stefano Bonait, CBAC and 15&Over, Lliam Henry, SSC.

“This meet was fun, but it was something more important for our swimmers,” added Stingray Head Coach David Pursley. “Our senior swimmers buddied up with younger swimmers, supporting them with navigating the meet, making their races on time and encouraging and supporting them after their races. It provided the younger swimmers with support and encouragement; while the older swimmers developed leadership and mentoring skills with the club’s younger swimmers.



► Coach David gets down to eye level with a fearless Bronze swimmer Holly Clark-Terrell (Photos by Scott Swing)



► Lions Volunteers work as timers at the Lions Sprint Meet. Left to Right: John Edward Ebanks, Shanna Bodden, Lions President Stephen Best, Michael Havlin, Reshma Ragoonath, Ian Callow of the Lions Club of Grand Cayman

Each swimmer grows individually – and the club grows as a team.”

The Lions Sprint meet celebrates and encourages the younger swimmers; and the parents, friends and family all had a wonderful time cheering on all of the swimmers.

After the Lions Sprint Meet, SSC is participating in the CIASA Butterfly 800M Sea Swim on 25 May; the Landon Von Kanel Swim Meet, 8-9 June which offers a full array of events – sprint, middle and long distances and the Flowers One Mile Sea Swim on 15 June.

For more information go to the Stingray Swim Club website www.cayman-swimming.com.



► IM action for Corey Westerborg-Frederick

Tortuga showcasing at The Ritz-Carlton

Sunbathers at The Ritz-Carlton resort will have spotted an unusual addition to the usual sun loungers, umbrellas and cocktails at one of the best stretches of Seven Mile Beach this week, as the iconic Tortuga Rum truck joined them for the day.

The truck, along with a whole range of Tortuga products, including 12-year old rum punch and rum cakes, was parked on the beach by special request from a corporate gathering at the resort.

“Our truck was brought to the beach for a large convention,” Tortuga Rum Company President Robert Hamaty advised. “A corporate group of 500 people staying at The Ritz-Carlton loves Tortu-

ga and requested the Tortuga truck, Tortuga rum punch and Tortuga cakes and so on for their beach party day.”

A logistically difficult exercise, a platform of plywood was laid so the truck could get on the beach, Mr Hamaty advised.

“It provided great revenue for our company and we are happy they selected us,” he said.

Tortuga Rum Company produces Cayman’s top selling export, the Tortuga Rum Cake and has been around for 35 years, having been established in 1984 by husband and wife team, Carlene and Robert Hamaty. It is also the largest duty-free liquor business in the Cayman Islands.





► Avril Ward



► Avril's Awardart Gallery

Something for everyone at Art Nest

By Lindsey Turnbull
Local Correspondent /
Photographs by Amy Mobley (Young
Caymanian talented photographer)

Art lovers may have heard that Avril Ward's Awardart Gallery has moved to its new location within the Art Nest space on MacLendon Drive in 131 Centre (just behind Foster's at the airport), but what they may not know is that this evolving space is quickly becoming a big draw for anyone who wants to spend time in a creative environment enjoying visual arts, crafts and the performing arts.

Art Nest is the brain child of Christina Pineda, who moved into the old Woods furniture space a couple of years ago and set about creating the perfect spot for creative people to enjoy the arts in a relaxed, friendly and stimulating environment. Spark! School of Performing Arts quickly followed, along with the imaginative Conscious Café, owned by Sau-

cha Conscious Living's Britta Bush. Avril Ward's Awardart Gallery is the latest addition to the Cayman Creative Collective of art businesses all housed under one roof. It's a light and airy space that sees every available space adorned with some kind of artistic expression. Clever decorative plants decorate one wall, showcasing the skills of Blair Ebanks from Plant Based Studio, who gives classes on her skills.

"The space has grown organically and very quickly," Avril confirmed. "When I became involved, I helped to give the entire space a face lift. It's now a fantastic place where like-minded entrepreneurs within the art field have joined together to create a wonderful destination for people to visit and enjoy everything that we offer."

Jam-packed with creativity

As well as the art studio, music school, the café and gallery, there is a huge space at the back of the building which houses birthday parties and other celebrations with an art theme. Art Nest now also provides retail space for the many local artisans who used to sell their items at the Camana Bay Artisans Market, which has now closed, so visitors can browse and buy jewellery, pottery, soft furnishings and more, all locally made.

"Conscious café is a wonderful vegetarian café that does amazing smoothies, coffees, teas, and delicious food. It also has a liquor licence and they do a fantastic brunch menu as well," Avril said. "This really adds to the experience



► Something for everyone at Art Nest

coming to Art Nest. For example, when parents bring their children to the music school, they have a comfortable place in which to relax before pick-up time."

There is lots to do at Art Nest. The Glaze café offers ceramic painting and there are lots of interesting classes that are advertised at the reception entrance to the studio. A great place for young and old to express their creativity, the art studio also holds holiday camps for students, sometimes combined with the music school as well.

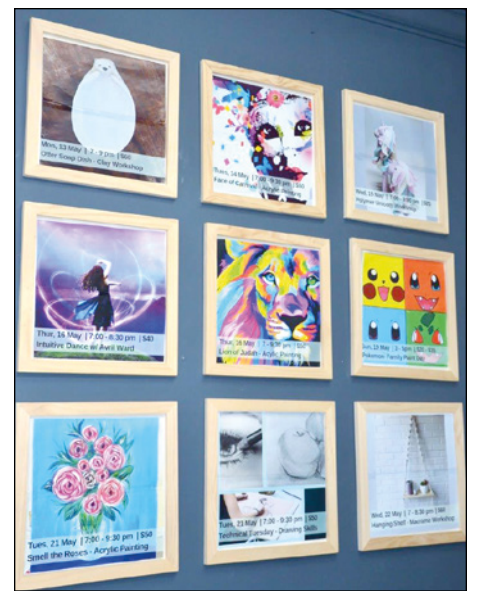
Avril's art gallery is packed full of brilliant local art, with the likes of Yonier Powery, Maureen Lazarus, Renate Sefer, Nasaria Suckoo Cholette, Cera-Tan Kennaird, Kerwin Ebanks, Teri Grimes, Scott Swing, Sabine Hofmeyer, Kim Cadenhead, Loude and her own artwork adorning the space. Avril also features work by international artists Janis Hopley (South Africa) and Gevord Tadevosyan (Armenia) as well as various Cuban artists.

"It's all going very well," Avril said. "It's always very busy with people coming and going. Sometimes art galleries can be quite intimidating but often it's a while before people even realise that they are in an art gallery here. I love being surrounded by this creative group of mainly female entrepreneurs. The talent here is unbelievable."

Look out for Sweet Cheeks micro bakery coming soon. Find out more via email events@artnestcayman.com, on Instagram @artnestcayman, @consciouscafecayman, @sparkmusicschool and on Facebook [artnestcayman](https://www.facebook.com/artnestcayman)



► Emilio enjoys the art



► Up and coming events and classes



► The fabulous Art Nest



► Britta Bush on the opening night of Awardart's new location. Photo by Amy Mobley



► Cover Photo Lots of interest on opening night. Photo by Amy Mobley



► Michiel Bush runs Conscious Cafe



► Katherine Lloyd prepares for art groups

CRUISE SHIP SCHEDULE — WEEK — MAY 26 - JUNE 1



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
	Caribbean Princess	Carnival Miracle	Carnival Horizon	MSC Armonia		Carnival Sunrise
		Disney Fantasy	Liberty of the Seas			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
	3,100	6,680	8,336	2,163		3,360

Roy Bodden's – From Guard House to the Glass House: A Preliminary Discussion

Roy Bodden, now Emeritus President of the University College, recently launched the latest of his academic work, **From Guard House to the Glass House: One Man's Journey through the Maze of Caymanian Politics**.

Bodden is also the author of **The Cayman Islands in Transition: The Politics, History and Sociology of the Cayman Islands; Politics, Personalities and Parties: Caymanian Politics from 1950- 2000; Reflections from a Broken Window and A Gathering of Old Men: A Collection of Short Stories**.

By any account, this is quite an impressive body of work on the Cayman Islands told from the perspective of the Cayman Islands, even if from one person's point of view. The act of writing can be a tedious task, especially for those who take it seriously. The actual writing itself is preceded by research, organization of thought, the sifting and interrogation of materials, and the exercise of critical judgement. Writing requires discipline, not to men-

tion cogency and clarity of mind. American writer, Harlan Ellison, once said that 'People on the outside think there's something magical about writing, that you go up in the attic at midnight and cast the bones and come down in the morning with a story, but it isn't like that. You sit behind the typewriter and you work, and that is all there is to it.' Writing is hard work and the two hundred and sixty four pages, the size of Bodden's recent book, is quite an accomplishment.

In writing about writing, Arthur Homes, the author of the famous book: **The Idea of a Christian College**, says that to write is to become articulate, to express what one feels, to explain why one feels that way, to expound, to argue, to offer good reasons, to explore relationships, to have a sense of the whole, and so on.

One should never underestimate the power of the pen, the power of the book, the power of ideas. And, certainly, the writing of history must never be underestimated. Even if one believes Churchill's famous quip: 'History will be kind to me, because I intend to write it' and proceeded to write history, this kind of enterprise must be celebrated. Marcus Garvey did say that 'A people without the knowledge of their past history, origin and culture is like a tree without roots'. There is the famous saying that ' No one can tell your story, so tell it yourself, no one can write your story, so write it yourself.'

Bodden took the latter saying seriously. I believe that there are many other stories not yet written, and that should be. Others must be encouraged to write their story as Bodden has done. The devel-

opment of a society is not confined to the building of businesses, physical edifices and landmarks and such things. The role of the writer, the thinker, the historian, is vital. The past must be documented and told and the more the voices, the more interesting the record.

How does one make sense of the current issues and their impacts without having some understanding of the historical context that gave rise to them?

A study and knowledge of local history is indispensable to a real understanding of the society itself. How can a country can understand its own character or fully appreciate its unique identity without an accurate knowledge of its past? How can the young of a society properly appreciate other cultures, without being immersed in their own? How can a multicultural society forge bonds of cohesion without having strong ties, understanding and appre-

ciation of the culture of local society itself?

Thinkers like Caribbean intellectual icon Rex Nettleford and Michel Foucault, French philosopher and historian of ideas, have always pointed to the importance of history for self-knowledge and self-empowerment. As Foucault reminds us, correctly used, history is a form of critical self-knowledge that promises a certain freedom.

In the next article, we will open Bodden's book. 🌐



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

SPECIAL NOTICE

REAL ESTATE AGENTS AND DEALERS IN PRECIOUS METALS/STONES

The deadline for registering as a Designated Non-Financial Business & Profession (DNFBP) is

Wednesday, 29 May 2019

Failure to register may result in prosecution under section 55U of the Anti-Money Laundering Regulations (2018 Revision).

Registration forms can be found at www.dci.gov.ky or the DCI counter at the Government Administration Building.

To book registration clinic time or to receive assistance, please contact DCI: enforcement@dci.gov.ky or 244-3168

Caymanian Times

ADVERTISE WITH US 3 DAYS PER WEEK

Monday, Wednesday and Friday

Email : Sales@caymaniantimes.ky

CELLULAR WORLD.KY
 PHONES • ACCESSORIES • REPAIRS

Monday to Friday 9 am to 6 pm
 Saturday 10 am to 5 pm

Baytown Plaza. West bay Road
 Phone Repairs 943-2355 | Phone Retail 945-2355
 Email - info@cellularworld.ky

DENTURE STUDIO Tradition Of Excellence

Vladimir Tomascik - Denturist

- Free Consultation - New Clients Welcome • Full & Partial Dentures
- Specializing in Cosmetic Dentures • Re-Lines/Soft Liners
- Dentures Over Implants • Athletic mouthguards & night guards
- Over 30 Yrs Experience • Denture Repairs while you wait!

Call: 929-6455 Emergency Services 24Hrs
 Park Place (Coconut Plaza)
 E-Mail: caymandentures@gmail.com | www.caymandentures.com

Sea Grape Secretarial Services

Services: Work Permits, Trade and Business Applications & Renewal Annual Returns, General Letters
 Please call for other services

Contact: Susan
 Cellular: 345 326-9953
 Address: Unit #2, Grand Plaza (Opposite Hi-Tech Electronics)
 Email: seagrapesecretarial1@gmail.com
 Business Hours: 9am - 5pm, Mon - Fri

NOTICE

THE ELECTIONS OFFICE WISHES TO ADVISE THAT AS THERE HAVE BEEN NO CLAIMS OR OBJECTIONS FILED WITHIN THE PRESCRIBED PERIOD IN RELATION TO THE REVISED LISTS PUBLISHED ON 23rd APRIL, 2019 THE REVISING OFFICER WILL NOT BE SITTING IN ANY OF THE NINETEEN ELECTORAL DISTRICTS FOR THIS QUARTER

SUPERVISOR OF ELECTIONS

The New Self-Help Community Foundation

THE NEW SELF-HELP COMMUNITY FOUNDATION PRESENTS

STELLA MARIS Junior Dancers

TALENT

position OF THE Arts

POETRY, DANCE, EXHIBITION, CREATIVE TEACHINGS

SPECIAL APPEARANCES BY AWARD WINNING GOLD MEDALIST STELLA MARIS JUNIOR DANCERS JAMAICA

Miss Cayman Islands Universe, Actress, Model: Caitlin Tyson
 Miss World Cayman: Kelsie Woodman-Bodden,
 Miss Teen Cayman Islands: Latecia Bush
 Emcees: Andre Harris and Anika Conolly

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

SPONSORS:

Logic, WALKERS, NCB Group, Thompson Shipping Co. Ltd, FRANK HALL HOMES, FASHION Start, Caymanian Times, DR. STEVE TOMLINSON, A. L. THOMPSON'S, RITCH & CONOLLY, CUC, CAYMAN ISLANDS NATIONAL CREDIT BUREAU, BURGER KING, RUBIS, Rainbow Realty, CAYMAN NATIONAL, MITSUBISHI, FIRE EXTINGUISHER Pros, BROWN'S, Esso, L&T, RUBIS, RUBIS, Island Heritage, RELIABLE INDUSTRIES, MINISTRY OF HEALTH & CULTURE, MARKSONS, MCRUSS

WHEN: **SUN JUNE 30 2019**

WHERE: **HARQUAIL THEATRE**

GATES OPEN 5:30PM
 SHOW STARTS 6:30PM

PREPAID \$10
 GATE \$15

TICKETS
 FUNKY TANGS
 WINNERS CIRCLE
 SPORTS

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

POLICE NEWS

Man found Dead in His Vehicle

Police have now confirmed that the deceased man that was found in his vehicle in a complex off Esterly Tibbetts Highway is Graham Heron, a 56-year-old Canadian National, who was living and working in the Cayman Islands.

He was found to be non-responsive inside a vehicle at the location. Fire officers assisted with a breach of the vehicle and emergency medical tech-

nicians immediately administered to the man.

Shortly afterwards, the man was pronounced dead. The matter is currently under police investigation.

The RCIPS sends condolences to his family and loved ones in their time of grief.

The below release can be viewed at: <http://www.rcips.ky/assault-in-george-town-sunday-night-21-may>

Assault in George Town Sunday Night

Shortly before 9:00PM on Sunday, 19 May, the 9-1-1 Communications Centre dispatched officers to a report of an assault at an address on Snooze Lane, George Town. A man at the location had responded to a knock on the door. As the man opened the door, the person at the door, a masked male, swung at the man with an object suspected to be a machete. The man immediately closed the door and the culprit fled the scene. The man sustained a minor injury to his hand. He was taken for treatment and

subsequently discharged. The suspect is described as being about 5'7" tall, with slim build, and of brown complexion. He was wearing a dark hoodie and pants, and had a dark mask over his face.

The incident is currently under police investigation. Anyone who may have seen any suspicious persons or activity in or around Snooze Lane on Sunday night, or who may have any information about this incident, is asked to contact the George Town CID at 949-4222.

Three (3) Persons Charged with Dishonest Handling of Stolen Goods

Officers executed search warrants at the residences of 3 people on Friday 17 May. The searches were as a result of on-going investigations into burglary and handling stolen goods,

being carried out by detectives. Two (2) men, ages 46 and 47 of George Town, and one (1) woman, age 25 of West Bay, were arrested based on the findings of the searches. From these

arrests, the following charges were recommended:

- The 46-year-old-man from George Town was charged with one count of Dishonest Handling of Stolen Goods.

- The 47-year-old-man of George Town was charged with three (3) separate counts of Dishonest Handling of Stolen Goods.

- The 25-year-old-woman of West Bay was charged with five (5) separate counts of Dishonest Handling of Stolen Goods.

All three persons that have been charged were expected to be before the court on May 21, 2019

4 Easy Steps to Quit Junk Food

If only junk food didn't taste so good, then it would be easier to resist. The reason for its craveable flavor is a specialized balance of sugar, fat and salt.

But while it tastes phenomenal...it's detrimental to your fat loss results.

Wondering what exactly classifies as junk food? You're not alone, especially now that many junk foods are being cleverly marketed and packaged as healthy choices.

Here's what classifies junk food:

- Junk food has little to zero nutritional value
- Junk food is processed and packaged
- Junk food is high in sugar, fat and salt
- Junk food is high in calories
- Junk food is rarely eaten out of hunger
- Soda pop, convenience foods, packaged snacks, frozen treats...

4 Easy Steps to Quit Junk Food

Imagine being 100% free of junk food for the next 30 days. How would your

weight improve? How would you feel? How many empty calories would you save yourself from? Now let's take some action!

Step #1: Get Rid of It

Step one is simple: get rid of all the junk food that currently resides in your home, office and car. Go through with a big garbage bag and toss anything that remotely resembles junk food. Remember, junk food is stuff that is high in empty calories.

Step #2: Stock Up on the Healthy Stuff

Don't worry; you aren't going to starve now that your junk food has been cleared out. Step two is where you go to the store and stock up on delicious, nutritious foods that will take the place of the junk food. Nuts, seeds, fruit, veggies, hard boiled eggs, meatballs, and hearty salads or burrito bowls (like the recipe below) are great items to have on hand. You'll eat less of these healthy snacks, since these aren't empty calories, but rather nutrient-filled calories that satiate.

Step #3: HALT!

When the next craving strikes you, tell yourself to HALT! This word is actually a handy acronym. Ask yourself, "Am I Hungry, Angry, Lonely or Tired?" If you're hungry then reach for one of the healthy snacks from step two. If you're angry, then explore the issue and seek resolution. If you are lonely, then reach out to a friend, instead of reaching for junk food. And if you are tired then make the time to grab a nap or get to bed early to catch up on sleep.

Step #4: Stick With It

The first day that you go without junk food will be the hardest day. The second day will be a smidge easier. The third day will be even easier than the second...and so on.

The fact is that your taste buds adjust to the foods that you exist on. When your diet is filled with junk foods then that is what your taste buds will crave, but as you shift to a diet that is filled with fresh, nutritious foods then your taste buds will forget all about that old junk food. Stick with it, one day at a time, and you



► Ernest Ebanks

will break free from the grip of junk food addiction.

For more helpful tips call Ernest at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com.

EXTRAORDINARY MINERAL

Also called mineral pitch, SHILAJIT is the long process of breaking down plant matter and minerals. It's a sticky, black, tarlike substance that comes from rocks in the high mountain ranges. Traditionally sourced in India and Tibet, it's now used worldwide. It has been used extensively in traditional Indian Ayurvedic medicines and the compounds existing within it has been researched to have many health benefits. The health benefits in Shilajit are due to the presence of fulvic and humic acids, as well as, many minerals. Here are some of the health benefits discovered:

BRAIN FUNCTION - It's believed that this can help in Alzheimer's therapy. A study in the International Journal of Alzheimer's Disease, it was found that Shilajit has the potential to slow cognitive degeneration.

SLOWS AGING - One study noted that the fulvic acid, acts as an antioxidant and anti-inflammatory compound. As such it may help reduce free radicals and cellular damage, two key factors in accelerated aging.



ANEMIA - This developed when the blood does not have enough healthy cells or haemoglobin. There are many causes of anemia, including iron deficiency. Iron deficiency causes health issues such as: irregular heartbeat, fatigue and weakness, cold hands and feet and headaches. Shilajit contains high levels of humic acid and iron. Always check with your health care provider before using.

LIVER CANCER - One study found that it helped force the destruction of cancerous cells in the liver. It also stopped these cells from multiplying. Researchers concluded that it's powerful for cancer but future studies are necessary.

HEART HEALTH - One study in animals treated with Shilajit prior to cardiac injury, had less damage to the heart than those untreated. It is to be noted that it has the tendency to reduce blood pressure so check with your health care provider.



PACK LIGHT

By Catherine Tyson

Pack light because the journey may be long and you don't want to get too bogged down with unnecessary cargo. Each of us all have baggage of some sort. We have bags of insecurity. Bags of self loathe and criticism. Bags of generational and family issues. We have kid's problems, work problems, spouse problems, sibling problems, health problems, enemy problems, you name it and we have got it. Stuff of the past is also baggage that we need to rid ourselves of for the journey ahead. Yet it is sometimes hanging on for dear life that we don't even know that it is there. If you believe in the Bible, it teaches that we should cast our troubles on him and he will dump it into to the deepest ocean. Sometimes it is almost as if we literally say "no thank you, I will just carry all of this myself if you don't mind" and then we complain to everyone who will listen while carrying the baggage being hunched over and in pain, And sometimes do unaware that we even are carrying it around.

We all want to think that we are evolved and past some things but in truth we are our own prisoners and hostages of the past and holding on to the baggage and all of the stuff that brings us down. Remember you are making them real today because even if they happened it doesn't mean that you have to hold on to them and take them into your tomorrow. Take all the things that you've learned from the past and let the rest go. There will also be people that want you to remember those things in the past and keep you hostage but you have the power to just move on and not allow that. There is a song by Erykah Badu that is called Bag Lady and in it she says "bag lady you gon hurt your back, dragging all them bags like that. One day all them bags gon get in your way,



► Catherine Tyson

so pack light. She also says, "Bag lady you gon miss your bus, you can't hurry up, you got too much stuff. I guess no one ever told you all you must hold onto is you. Bag lady, let it go, let it go, let it go." This song should be an anthem for people to let go of their baggage.

Do you want to be free? Then drop those bags and run to freedom.

Run to where you don't have to think about them anymore.

Run to where they don't even matter. Do you want to know where that place is? That place is literally only one step ahead of you. Just step into that place and drop those bags down and leave them there. And breathe free.

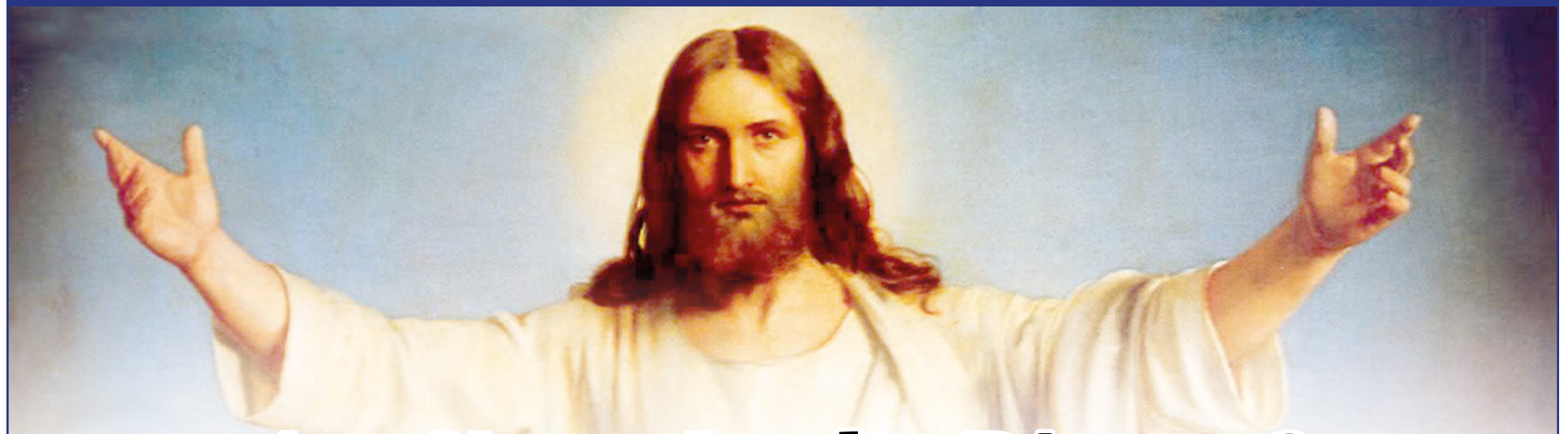
And forget that those things ever existed. And live and be free like you deserve to.

Pack light because your journey might be long, and let it go, let it go, let it go.

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
84°/80°F	84°/80°F	84°/80°F	85°/82°F	83°/81°F	82°/81°F	83°/81°F
Partly sunny, a shower	A thunderstorm in spots	A p.m. shower in places	A morning shower in spots	An afternoon shower	Some sun, a t-storm in spots	A passing morning shower

MOMENTS OF INSPIRATION



Are You a Lucky Dipper?

The Rev'd Christopher D. Pierce
Rector
St Alban's Church, George Town
www.churchofenglandcayman.org

Do you read the bible methodically or are you a lucky dipper? To be more explicit, do you start at the beginning of a book and work your way through, or do you merely open the bible and let your eyes alight upon the first thing you see and that is God's word for you for the moment?

In my 25+ years of experience in ministry, it is my observation that if people read the bible at all that most are lucky dippers. I confess that I didn't invent that term, rather I picked it up from an old friend who is now with the Lord.

You couldn't meet John for more than 5 minutes without him telling you

about his faith. His age and demeanour gave him instant credibility. He was one of those people that you felt you should trust. Hedge funds could've made a fortune with him as their spokesman. He oozed trustworthiness.

John had retired as the personnel manager (long before people were "human resources") from one of the area's biggest companies. By his own admission, he had struggled with an alcohol problem for many years, but you would've never suspected. When John came to have a living faith in Jesus, he had a desire to know more about God and so he started trying to read the bible on a consistent basis.

As a new Christian, his reasoning about studying the bible was simple. It was all the word of God so it all must be for you on any given day. So, every morning John would sit down for his

quiet time. He would say a short prayer, then close his eyes with bible in hand and flip through the pages before putting his finger somewhere on a page to find his lesson for the day. He never shared with me what had broken him of this approach, but it rattled him. Couldn't help but wonder if he'd landed on something like Ezekiel 16:17, 23:19-20, or 2nd Kings 18:27. Nevertheless, he soon saw the wisdom of a different, more methodical way of studying the bible and became well versed. He always had an answer for why he believed, and his living hope radiated from his presence.

So how should we study the bible? All of it is good...but start at the beginning, not in the middle...whether it be of Genesis or in reading the entire bible. If a book, read through to the end before trying to dig in. Notice to whom

it is addressed. Determine the context in which it is written. There is benefit in reading any book of the bible but the OT historical books, the four Gospels and the Acts of the Apostles are generally written to everyone, whilst the Psalms, prophetic books, and apostolic letters are written specifically to the people of God. They won't make much sense to non-Christians because the things they address are spiritually discerned and those without the Spirit of God cannot understand their importation.

Just remember the Apostle Paul's words in 2nd Timothy 3:16 & 17: "All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect, thoroughly furnished unto all good works." 🌐

OBITUARIES

Churchill's Funeral Home


We have been asked to announce the passing of Ms. Viola Joven, who passed away on Saturday, 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

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Henry Glen Powery, who passed away on Monday, May 20, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home


We have been asked to announce the passing of Anthony Alexander Martinez Vaquedano, who passed away on Wednesday, May 15, 2019. A Thanksgiving Service will be held at the Philadelphia Seventh Day Adventist Church, Rosemary Street, Prospect on Sunday, May 26, 2019 at 10:00 a.m. Viewing: 9:00 – 10:00 a.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. Leah Marinah 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 Mr. James Talmage Wood Jr. better known as "Jim", who passed away on Sunday, May 19, 2019. A Thanksgiving Service will be held at Savannah United Church on Saturday, May 25, 2019 at 3:00 p.m. Interment at: Pease Bay Family Cemetery. In lieu of flowers donations to Seafarer's Association, C.I. Cancer Society & Meals on Wheels.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Graham Haron, who passed away on Friday, May 17, 2019. Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home


We have been asked to announce the passing of 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. 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. Perlina 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 Mrs. Perlina 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

The Family Of The Late **Stephen Connors** regret to announce his passing on Wednesday, 15 May, 2019.

Mr. Connors will be repatriated to the United States of America.

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





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

The Family of the Late **Blossom Scott** regrets to announce his passing on Thursday, 16 May, 2019.

A funeral service will be held 2:30 p.m. Sunday, 26 May, 2019 at Church of God (Universal). Viewing will be from 1:30 p.m. prior to the service.

Interment will follow in Prospect Cemetery.

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 **Leonard Steele** regrets to announce his passing on Tuesday, 7 May, 2019.

A funeral service will be held 3:00 p.m. Saturday, 25 May, 2019 at George Town Wesleyan Holiness Church Windsor Park. Viewing will be from 2:00 p.m. prior to the service.

Interment will follow in Prospect Cemetery.

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

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

Jamaican Doctor Recognized as Health Leader by World Health Organization

Jamaican doctor and professor, Peter Figueroa, has been recognized at the World Health Assembly as a health leader for his substantial contribution to public health in Jamaica, the Caribbean, the Americas and the world, over the past four decades.

Dr Figueroa, a Professor of Public Health, Epidemiology and HIV-AIDS at the University of the West Indies in Jamaica, received a plaque from the Director General of the World Health Organization, Dr Tedros Adhanom Ghebreyesus yesterday.

"This recognition means a lot to me. It is a true honour. I've been working in public health for 40 years and believe that I am an example, like many other health workers, of someone who commits their life to trying to help others," he said. "I've enjoyed working in public health and it is an honor for me to make a contribution."

After gaining his medical degree, Dr Figueroa worked in Public Health in Jamaica during the 1970s, contributing to the movement that developed Primary Health Care in Jamaica including the introduction of community health aides, in advance of the 1978 Alma Ata Declaration. He was awarded a PhD in 1996 by the School of Hygiene and Tropical Medicine, University of London and has since written or co-authored more than 150 published papers and co-edited three books on a range of public health topics.

As a young doctor, Dr Figueroa organized his colleagues in the Government

service to form the Junior Doctors' Association (JDA), now the Jamaica Medical Doctors Association (JMDSA). As President of the JDA he led doctors to improve health services and their conditions of work. He was also a founding member of the Caribbean Public Health Association and the Caribbean College of Family Practitioners. In 1986 he earned a United Nations Peace Medal for his service as Vice-chair of the National Committee for the commemoration of the International Year of Peace.

Dr Figueroa's roles over the years have included: Principal Medical Officer – Epidemiology in the Ministry of Health; Chief Medical Officer; Director of the National HIV-STI Programme; Scientific Secretary and Chair of the Caribbean Health Research Council (CHRC); and temporary advisor to WHO on a range of public health topics.

He has been instrumental in the HIV response in Jamaica, leading the response from its outset in 1986 until 2008 and transforming it into a highly successful multi-sectoral programme. He led the development of a national surveillance system and the investigation of disease outbreaks, and established the Epidemiology Research and Training Unit, where numerous research studies were conducted including an HIV vaccine trial.

In his early career he was one of the few clinicians willing to provide medical care to HIV patients, and he still provides medical care for scores of people

living with HIV at his medical practice.

"Many people were afraid back then, but we had a responsibility. We had to deal with it, so I lead the response in HIV for many years", he said.

Figueroa mobilized considerable funding, established condom usage as a norm nationally and established the public access anti-retroviral treatment programme. He also expanded STI services, leading outreach for HIV testing and prevention, resulting in a reduction of HIV prevalence among sex workers from 12 to under 4 per cent. Professor Figueroa has been a member of the UNAIDS scientific expert panel since 2014.

"Health is more than health. It is having a just society. It is having the social conditions in place where persons, special the most vulnerable are not left behind", he said.

But his contribution to public health in the Caribbean goes well beyond his work in HIV. He has provided technical advice to many Caribbean countries and to the CARICOM Council on Human and Social Development on a variety of public health issues since the 1980s. He served on the Scientific Advisory Council of the Caribbean Epidemiology Centre and since 1989 has been the Chair of the Caribbean Immunization Managers'



► Dr Peter Figueroa (centre) with his plaque

Annual Meeting. He is currently part of the Technical Advisory Group for immunizations conveyed by the Pan American Health Organization.

Professor Figueroa currently serves as the chair of the Caribbean Immunization Technical Advisory Group, which advises Caribbean Ministers of Health, and as chair of the Caribbean Certification Committee for Eradication of Poliovirus. Dr Figueroa has also made significant contributions to public health research, with a body of research on a wide range of public health and infectious disease topics.

He has received many awards in his country, with accolades such as the Medical Association of Jamaica President's Award, the Jamaica Public Health Hero Award, the Caribbean Health Research Council Award for outstanding contribution to Public Health and Research in the Caribbean, and the Order of Jamaica. 🌐

First Named System of Atlantic Hurricane Season Forms, But Forecast to Dissipate Soon

Ten days before the official start of the 2019 hurricane season, a subtropical storm formed in the Atlantic but is not expected to be around for much longer.

Subtropical Storm Andrea came to life over the Western Atlantic, about 335 miles southwest of Bermuda, yesterday evening.

Its maximum sustained winds remained at about 40 miles per hour until late this morning when the National Hurricane Centre (NHC) in Miami said in an 11 a.m. advisory that they had decreased to 35 miles per hour.

Andrea is now a subtropical depression. "Continued weakening is forecast, and Andrea is expected to

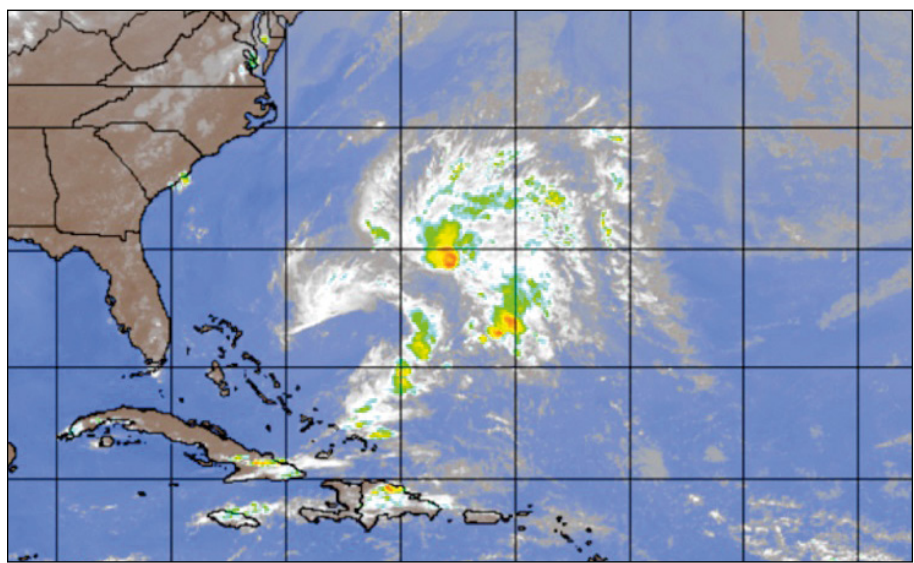
degenerate into a remnant low by this evening," the NHC said.

At the time, Andrea was about 280 miles west southwest of Bermuda and moving northward at eight miles per hour, with a turn toward the northeast and east expected tonight.

There are no coastal watches or warnings in effect but the NHC advised that interests in Bermuda should still monitor the progress of the system.

This is the fifth consecutive year with a named storm in the Atlantic before the official start of the season.

The next tropical storm that develops in the Atlantic will be called Barry. 🌐



Barbados Scraps Visa Requirements for Several African, Asian and Gulf States

Barbados has removed visa requirements for several countries as the government seeks to increase the number of tourist arrivals, and make it easier for investors to do business with the island.

Minister of Foreign Affairs and Foreign Trade Senator Dr Jerome Walcott, who made the disclosure during a post-Cabinet press conference, said visas will no longer be required for nationals of the following African countries to enter Barbados: Cameroon, Ethiopia, Ghana, Liberia, Morocco, Senegal, Rwanda, and Burkina Faso.

Visa waivers have also been granted to the Gulf States of Bahrain, Jordan, Oman and Qatar as well as the Asian countries of Indonesia, Vietnam, Thailand and India.

In addition, Barbados has an honorary consul present in Monaco and visa requirements have also been lifted for that nation.

Minister Walcott explained that it was important for Barbados to strengthen relations with countries within the global sphere, make new friends and attract more opportunities.

"We depend on tourism, investment and opportunities for business. We recognize in terms of travel that the stipulations for visas are sometimes a deterrent for tourists and those seeking to establish business with the country,



they find it fairly complicated. In this regard, the Cabinet of Barbados agreed to remove the visa requirements for several countries in different parts of the world," he said.

"We recognize that Africa, a continent of 54 countries, many of them showing growth rates of five, six, and seven per cent, in terms of Rwanda, it is time for us to look more closely at that continent. We have made a pledge, and we are moving towards establishing a mission in Accra, Ghana before the end of this year."

The Foreign Affairs Minister said government was also hoping to attract more tourists and investors from the Gulf States and Asian nations.

"We are recognizing and certainly hoping that the removal of these visa requirements would encourage a number of persons from these countries, not only in terms of tourism, but for investment and business," he said. 🌐

Cannabis Authority in Jamaica Taking Steps to Meet Growing Demand

Minister of State in the Ministry of Industry, Commerce, Agriculture and Fisheries Floyd Green says the Cannabis Licensing Authority (CLA) is taking steps to respond more efficiently to the growing demand within the industry.

He said the entity has embarked on a review of its application process, which should be completed over the next six weeks.

"We want to ensure there isn't too much bureaucracy in the system while still ensuring the safeguards," Green said.

He informed that the CLA will also be improving site inspection through engagement of two additional officers.

"We are going to be strengthening our human resource framework by bringing in a senior director of operations. This is important because my goal is to reduce the time it takes for someone to get into the legal industry," he noted.

Meanwhile, Green said that the Government is in the process of developing the regulatory framework to enable the country to capitalise on the US\$100-billion global medical marijuana industry



► Minister of State in the Ministry of Industry, Commerce, Agriculture and Fisheries, Floyd Green (second left), participates in the ribbon-cutting ceremony to officially open Epican Montego Bay. Others (from left) are President of the Jamaica Hotel and Tourist Association (JHTA), Omar Robinson; President of Epican, Dwayne McKenzie; and President of the Montego Bay Chamber of Commerce and Industry, Winston Lawson. (Photo Credit: JIS)

He said that internationally, there is a steady movement towards scientific exploration, testing and acceptance of the

many health benefits of cannabis, and Jamaica sees those areas as highly beneficial and of top priority.

The Minister noted, however, that proper regulations must be in place to enable access to export markets.

"Jamaica has a unique brand appeal in the cannabis world, and that gives us an edge. We also know that we need to take a part of the international market, and we can only do that if we put together export regulations that will make companies like Epican, able to export," he said.

"We want the entire country to understand the possibilities that await us, especially when we... show that our industry has structures and standards in place and is regulated to meet international guidelines and standards."

Green was speaking at the official opening of Epican Montego Bay, Jamaica's new medical cannabis dispensary. The company has a second store in Kingston and is looking to open three additional dispensaries in short order.

He noted that Epican is "uniquely Jamaican", with the company cultivating certified-organic cannabis at its Blue Mountain farm where the conditions produce the highest-quality product. 🌐

GLOBAL NEWS BRIEFS

Canada vaccine research makes progress

Canadian scientists may have developed a new method of transporting life-saving vaccines to remote and impoverished regions of the world at only a fraction of the cost of current techniques.

The research team from McMaster University in Hamilton, Ontario, has found a way to eliminate current costly refrigeration methods or "cold-chain constant storage," which stores vaccines at a temperature between 2 and 8 Centigrade to keep them viable.

"One of the biggest problems is the need for refrigeration or what we call the cold-chain," lead author Vincent Leung, an assistant professor of chemical engineering at McMaster University, said. "Right now, almost all vaccines on the market are required to be refrigerated from manufacturing all the way to the end user."

The cold-chain method is considered a significant barrier to inoculating people in remote or poor regions of the world where they don't always have the means or infrastructure to refrigerate and transport fragile vaccines.

"You can spend all kinds of money developing a vaccine, but if it is deactivated



► Canada is advancing vaccine research

by high temperature an hour before you can give it to someone, it doesn't matter," co-author Ali Ashkar, a professor of pathology and molecular medicine specialising in immunology, said.

Mr Leung said the new method they've developed could have the potential to save the lives of millions of people around the world who currently don't have access to life-saving vaccines.

"Right now, there's like 18.5 million children under the age of one that do not have access vaccines," Mr Leung said. "Every year, there's about one and half million people that die from preventable diseases because they don't have access to vaccines, so this is a huge global health issue."

Philippines row grows over garbage

The Philippines has recalled its ambassador to Canada in an escalating row after Ottawa missed a deadline and failed to reclaim garbage shipped to Manila around six years ago.

More than 100 containers filled with household waste believed to be recyclable plastic arrived in the Port of Manila between 2013-2014. It was non-recyclable plastic, household waste, and diapers.

Private Canadian company Chronic Inc. and its Philippine-based consignees transported 103 container vans of waste from Canada to the Philippines, according to the legal non-profit Pacific Centre for Environmental Law and Litigation.

In an April assessment, CELL said that Canada had violated the Basel Convention - an international treaty designed to reduce the movements of hazardous waste between nations - during those years.

"The container vans were falsely declared to contain homogenous plastic scrap material when in fact these shipments contained heterogenous waste including baled household garbage," CELL said.

Chronic's owner in 2014 told the Toronto Star he disputed the allegations, saying no garbage was shipped. The contents were 95 percent plastic, he claimed, and the rest contained materials one would find in a standard household recycling bin.

Canadian Prime Minister Justin Trudeau said that the government had been working "very closely" with Philippine officials on the issue over the past months, adding that "we very much hope to get to a resolution shortly."

Philippine presidential spokesperson Salvador Panelo was due to meet Canadian authorities to discuss the issue of waste, but he claims that they did not show up.



► The Philippines wants Canada to deal with its dumped garbage

Cuba feeds off tourism dollars

Cuba's economic future is so fragile that at present it all hinges on its tourism revenue. Cuba recently had to introduce food rationing because it cannot meet demands for its population of 11.5 million.

That's why it is relying on visitors to beaches and at its all-inclusive resorts, dive sites and cobblestoned colonial plazas.

As most of Cuba's economy stagnates or declines, the country has launched a full-scale effort to turn virtually the only bright industry — tourism — into the source that can pull the rest of the communist island out of its worst economic crisis in two decades.

Across the Florida Straits, the Trump administration is intently focused on scaling back tourism to the island as part of a campaign to smother the Cuban economy and force its government to sever ties with President Nicolas Maduro's government in Venezuela.

President Trump recently activated a section of the 1996 US law known as Helms-Burton, allowing lawsuits



► Cuba expects to reach 5 million tourists this year

against foreign companies doing business on properties confiscated after the island's socialist revolution.

Cuba began to open the island to tourists after the collapse of the Soviet Union and the subsequent loss of billions of dollars a year in aid. In 1996, Cuba had 30,000 state-owned hotel rooms and about a million tourists a year.

Last year it had about 70,000 rooms, with an additional 24,000 in privately owned bed-and-breakfasts. In total, Cuba drew 4.7 million tourists in 2018, a 1.3 percent rise over the previous year that puts its latest goal of five million within reach.

Brexit increases racism in UK

Ethnic minorities in Britain are facing rising and increasingly overt racism, with levels of discrimination and abuse continuing to grow in the wake of the Brexit referendum, nationwide research reveals.

Seventy-one percent of people from ethnic minorities now report having faced racial discrimination, compared with 58 percent in January 2016, before the European Union vote.

The data comes amid rising concern at the use of divisive rhetoric in public before this week's European parliament elections, where some leading candidates, including Ukip's Carl Benjamin and the independent Tommy Robinson, have records of overt racism.

The survey by Opinium suggests racists are feeling increasingly confident in deploying overt abuse or discrimination. The proportion of people from an ethnic minority who said they had been targeted by a stranger rose from 64 percent in January 2016 to 76 percent in February this year, when the most recent polling was carried out of 1,006 people weighted to be nationally representative.



► Racism in the UK has increased since Brexit

The trend appears in line with crime figures, which have shown that racially motivated hate crime has increased every year since 2013, doubling to 71,251 incidents in England and Wales in 2018, according to the Home Office.

David Lammy, the Labour Minister of Parliament for Tottenham and a leading anti-racism campaigner, described the findings as "alarming", while Omar Khan, the chief executive of the Runnymede Trust, a race equality thinktank, said it was now clear that Brexit, while not the source of racism, had led to higher levels of racism being expressed and that social media was "normalising hate and increasing division".

Honduras strike cancels Cayman flight

Honduran health, education and social service workers have been striking since May 13 which had a knock-on effect in the Cayman Islands on Monday, forcing Cayman Airways to cancel flights to La Ceiba and Roatan.

Around 40 passengers were left stranded at the Owen Roberts International Airport.

Doctors, teachers and other professions in Honduras have been striking and protesting recent legislation that would privatise health and educational services. The first protest was held by workers for the National Institute of Vocational Training, who fear that they will be fired once the institute is privatised.

In an action called by the Platform for the Defence of Health and Education, protesters gathered in Cuba Square in Tegucigalpa, the capital. The protest was supported nationwide by work stoppages and protests in schools and health and medical facilities.

Hondurans have held many protests against the US-backed government



► Honduras is experiencing a series of strikes

of President Juan Orlando Hernández - whose election many consider the result of fraud and violence - and his plans to privatise public sectors. The government's response has usually included repression.

For example, a month ago, a 10,000-strong protest against government privatisation policies, corruption, human rights abuses, violence and repression was broken up by police who fired tear gas into the crowd. Political assassinations are not uncommon. Honduras is one of the most violent places in the world outside of war zones.

Venezuela petrol in short supply

Venezuelans have been struggling to live with an increasing shortage of food, medicine, electricity and water for the last five years and in recent months the problem has got even more acute.

An unprecedented economic crisis and, more recently, the severe US economic sanctions aimed at forcing out President Nicolas Maduro have paralysed public service.

With hyperinflation running at over one million percent, feeding a family on an average salary has become almost impossible.

One of the very few things that Venezuelans could afford was petrol because it literally cost nothing. A litre of petrol cost less than one cent. But now, even filling a car with the fuel has suddenly become difficult for millions of Venezuelans.

Motorists are having to queue for hours to fill their vehicles because of the acute shortages.



► Venezuela is oil rich, but gas supplies are dire

Harsh US economic sanctions that have specifically targeted Venezuela's vital oil industry are punishing the already decrepit state-owned petroleum and natural petrol company, PDVSA.

"We are refining at only 20 percent of our installed capacity. In other words, our maximum capacity is 1.3 million barrels a day, but we are only managing to refine 260,000 barrels," said Alfredo Quiroz, an oil industry expert.

"That is not enough for Venezuela's five million vehicles. So that means we are having to import gasoline to make up for the shortfall."

Warriors join the legends club

The Golden State Warriors cannot be discounted as one of the greatest teams in NBA history. After an indifferent start to the season and some wobbly moments along the way, their place in basketball's pantheon is now assured after overcoming the Portland Trail Blazers on Monday.

This Warriors side compares with the very best. The 1979-88 Boston Celtics, the 1990-98 Chicago Bulls, and the 1979-91, as well as the 1999-04 Los Angeles Lakers, are undoubtedly the supreme teams and now the Warriors join that elite band.

Three NBA championships - and possibly four by next month - and a Finals appearance in the past five years speaks for itself.



► Draymond Green made another fine contribution

Despite the Warriors looking vulnerable since Kevin Durant's recent injury, they have had to battle player disputes, complacency, and an array of injuries in a rocky season, yet they are in the Finals again thanks to the 119-117 overtime win over the Blazers to win the Western Conference Finals series 4-0.

They will face either the Milwaukee Bucks or Toronto Raptors in the Finals.

Golden State join the Boston Celtics - who made 10 straight NBA Finals between 1957-66, winning nine of them - as the only team ever to reach at least five consecutive NBA Finals.

"I hope it doesn't go unnoticed," said Warriors coach Steve Kerr. "Five straight Finals hasn't been done since the Sixties, hasn't been done for a reason. It's very, very difficult."

Stephen Curry finished with 37 points, 13 rebounds and 11 assists, while Draymond Green chipped in with 18 points, 14 rebounds and 11 assists as the Warriors eased past Portland.

Stephen and younger brother Seth made history in the series, becoming the first brothers to face off in an NBA Conference Final.

While Stephen, 31, has twice been named the NBA's most valuable player (2015, 2016), Seth reached the play-offs for the first time in his career this season.

Despite Stephen coming out on top, becoming the fifth man to score 30 points in every game of a four-game sweep, he was full of praise for his brother.

He said: "Somebody had to lose, but this is just the beginning for him and his career in terms of being on this stage. He's proved to a lot of people that not only does he belong, but he can play big minutes in play-off games."

The Finals start on May 30 which gives the Warriors ample time to rest and possibly see injured players return.



► Steph Curry was in brilliant form again

"Happy to get a little rest before we have to play again," coach Kerr said.

It is much-needed rest, too.

Besides missing Durant, the Warriors clinched the series in Portland without injured DeMarcus Cousins and Andre Iguodala. There's no way of knowing yet if Durant and Cousins will be back in time for the Finals, either. Plenty of other Warriors are dealing with bumps and bruises as well.

Losing sharpness is always a major concern during these days without games, but the Warriors surely feel the obvious advantage - rest - outweighs any drawbacks, especially after they were stretched to seven games by Houston last year in the conference finals and had only two days off before the NBA Finals. 🌐

Gatlin, 37, has not slowed down

Justin Gatlin may be 37 and remains a hate figure for his two drug convictions, but he is still winning 100-metre races at elite level.

Gatlin pipped Japan's Yoshihide Kiryu to win the men's 100m as fellow American Michael Norman fired a World Championship warning with a superb 200m at the Golden Grand Prix in Osaka on Sunday.

Gatlin produced a strong finish to clock 10 seconds flat, the reigning world champion dipping at the line to edge out Kiryu by a hundredth of a second.

Indonesia's world under-20 champion Lalu Muhammad Zohri broke his own national record as he took third in 10.03 — the fastest time ever recorded by an athlete from Southeast Asia.

While Gatlin targets one last hurrah at the World Championships in Doha this summer, Norman laid down a marker by winning the men's 200m in a meet record 19.84 seconds, shaving 0.03 off the mark Namibia's Frankie Fredericks set 20 years ago.

The runaway victor, who last month clocked a personal best of 43.45 in the 400m, left Yang Chun-Han trailing in his wake, the Taiwanese runner-up, in 20.50.

Ominously for his rivals, Norman insisted that he can still get faster.

"I feel as though there are multiple areas I can improve on," said the 21-year-old Californian. "I didn't feel as though the intensity that I usually have during a 200m was there." 🌐



► Justin Gatlin shows no signs of slowing at 37



► Ravel Morrison has not fulfilled his potential

Morrison in Jamaica Gold Cup squad

Former Manchester United and England youth international Ravel Morrison has been named in Jamaica's preliminary 40-player squad for this summer's Gold Cup.

As a teenager at United, Sir Alex Ferguson said he was one of the most gifted 14-year-olds he'd ever seen. His future looked assured for greatness and string of England caps. But Morrison lacked discipline and had personal problems which led to him leaving Old Trafford.

The 26-year-old midfielder shone for England youth national teams and was widely lauded as a future star for the Three Lions, but the former West Ham United player struggled to consolidate himself at club level and is currently playing for Ostersunds in Sweden.

Along with time at Lazio and stints at Birmingham City and Queens Park Rangers, Morrison played one year on loan at Liga MX club Atlas.

Morrison travelled to Jamaica for the Reggae Boyz' game against Antigua and Barbuda in March 2018 and has since obtained his Jamaican passport.

Jamaica head coach Theodore Whitmore also called in Bayer Leverkusen's 21-year-old winger Leon Bailey, who has previously been reluctant to accept call-ups and has cast doubts on whether he would represent Jamaica.

Jamaica are in Group C of this summer's Gold Cup alongside El Salvador, Honduras and Curacao. The Reggae Boyz kick off their campaign against Honduras in Kingston on June 17. 🌐

Simmons looks set for Windies return

The decision by Phil Simmons to step down as head coach of Afghanistan after the World Cup has opened the possibility of a return to the West Indies team.

Simmons recently announced that he would be leaving the post after achieving his goal of helping Afghanistan qualify for the tournament, which runs in England and Wales from May 30 till July 14.

His contract, although due to expire at the end of the World Cup, would most likely have been extended.



► Dwayne Bravo may get a World Cup chance after all

After being West Indies head coach for 18 months, Simmons was controversially fired by the Dave Cameron-led West Indies Cricket Board in 2016.

However, while the 56-year-old Trinidadian challenged the decision in court, one of the first orders of business for new Cricket West Indies president Ricky Skerritt was to apologise to the former West Indies all-rounder and reach an amicable resolution.

It was agreed that the settlement amount would remain confidential.

Skerritt then ended the contract of interim coach Richard Pybus and named Floyd Reifer as head coach for the Windies' tour to Ireland to take part in the recently concluded Tri-Nations Series as well as the World Cup.

Meanwhile, after missing out on their 15-man squad for the event, all-rounders Dwayne Bravo and Kieron Pollard are in the West Indies' list of reserve players for the ICC Men's Cricket World Cup 2019.

Bravo's selection in the 10-man list comes despite him having retired from international cricket in October last year, while Pollard has just returned from a successful Indian Premier League season with Mumbai Indians, who lifted the IPL trophy for a record fourth time. The reserves are at a training camp in South-



► Phil Simmons is likely to re-join the West Indies

ampton this week which also included an additional warm-up game against Australia at The Rose Bowl on Wednesday.

West Indies World Cup squad: Jason Holder (c), Chris Gayle, Kumar Roach, Darren Bravo, Andre Russell, Shai Hope, Sheldon Cottrell, Evin Lewis, Shannon Gabriel, Carlos Brathwaite, Ashley Nurse, Shimron Hetmyer, Fabian Allen, Oshane Thomas, Nicholas Poonan

Reserve player list: Sunil Ambris, Dwayne Bravo, John Campbell, Jonathan Carter, Roston Chase, Shane Dowrich, Keemo Paul, Khary Pierre, Raymon Reifer, Kieron Pollard 🌐

Sport Fisherman for Sale

One (1) 48 FT Hatteras Sport Fisherman
(ready to go fishing with rods & reels, etc.).

Well maintained with some outstanding features:

Asking for \$75,000 KYD.

**For further details please contact the owner at
345-926-1038, 345-526-1039 & 345-526-1030**

- Having two (2) Redicci propellers and two(2) spare Michigan propellers.
- Pulpit and Tuna Tower, dive platform and out riggers etc.
- 250X Northstar GPS
- New blower and alternator drive installed on Port engine.
- 15HP ONAN reconditioned generator.



For a complete update of Local News, Notices and Events, log on to
www.caymaniantimes.ky
 The only website that allows you to download your daily news and upload your advertisements

CROSSWORD

By **THOMAS JOSEPH**

ACROSS 39 Coaster

1 Faucet part

7 Tube tops

11 On the go

12 Heaps

13 Wasn't selfish

14 Trick lead-in

15 Tiny openings

16 Good judgment

17 Drunks

18 Bouillabaisse bit

19 Responsibility

21 Slalom maneuver

22 They were big in the past

25 Pewter component

26 Some bills

27 Playing marbles

29 Wife of Zeus

33 Some skirts

34 "Death-trap" writer

35 List-ending abbr.

36 Deer's home

37 Tear down

38 Supposes

DOWN

1 Stingers

2 "Gesundheit"

3 Kick off

4 Takes a job

5 Preparation times

6 Spectrum color

7 Gives a hoot

8 Four-time Indy

9 Own

10 Hardens



Yesterday's answer

16 Writer

4 Takes a job

5 Preparation times

6 Spectrum color

7 Gives a hoot

8 Four-time Indy

9 Own

10 Hardens

28 Like

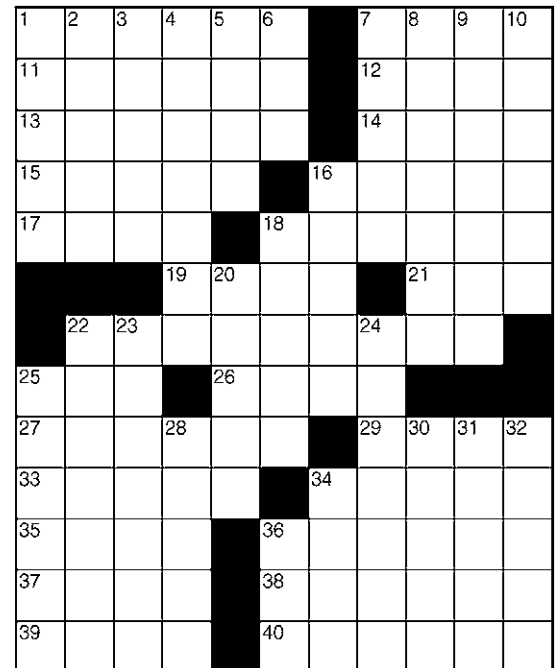
30 Calendar

31 Stair

32 Nervous

34 Easy

36 Sailing



8-18

SUDOKU

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

Conceptis Sudoku

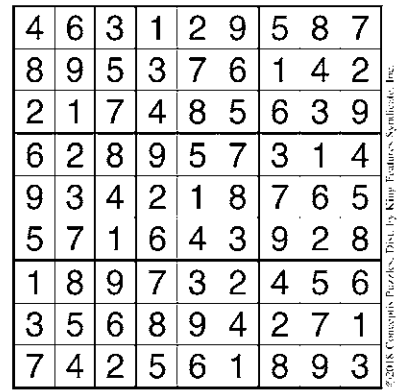
By Dave Green



Difficulty Level ★★★

7/18

Answer to previous puzzle



Difficulty Level ★★

Word Search



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

- Afternoon
- Book
- Cheer
- Conduct
- Evening
- Faith
- Fellow
- Friday
- Grief
- Hope
- Living
- Looks
- Luck
- Morning
- Nature
- Night
- Speed
- Time
- Turn
- Will

Have fun with
**CAYMANIAN
TIMES**

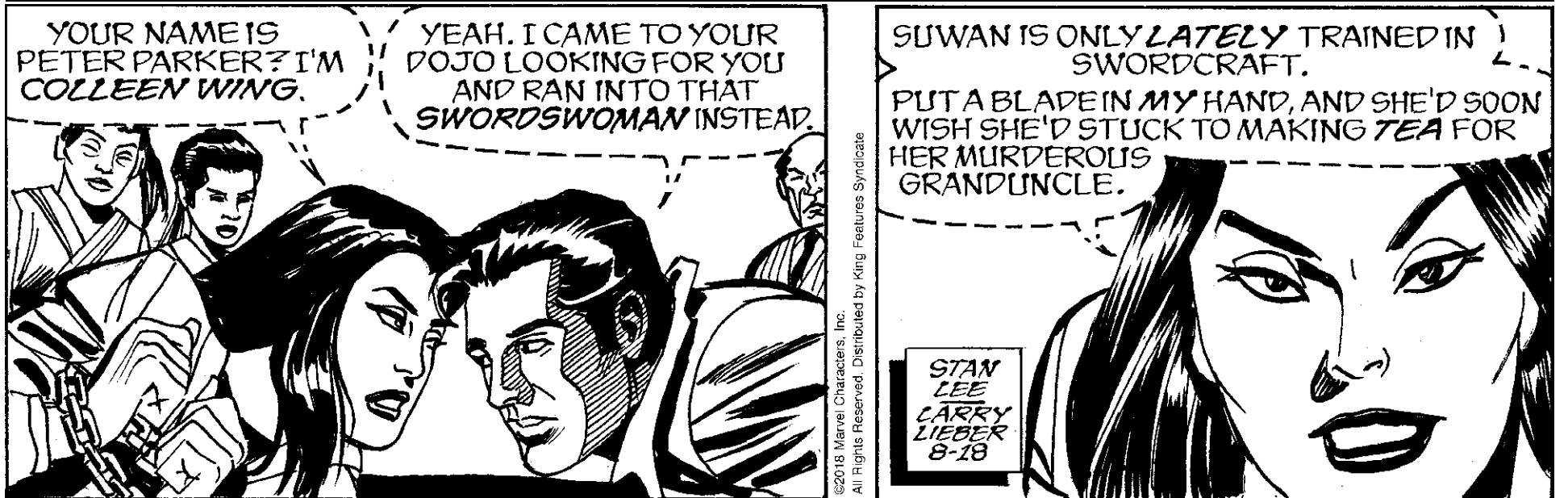
CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley





Caymanian Times



NEW BUSINESS ADVERTISING SALE

Use Caymanian Times to promote your new business



1/2 Page \$199

Sale expires May 31, 2019



For more information
Call 916 2000 or 926 1343
Email sales@caymaniantimes.ky
Visit our new location at #19 Walkers Road