

# Caymanian Times

Friday, May 17, 2019 Issue No 376

www.caymaniantimes.ky

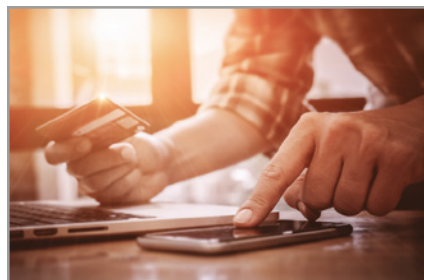
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# Child Month Annual Breakfast Feeds Young Spirits, Minds

The 8th Annual Child Month Breakfast, hosted by the Circle of Love (COL) Women's Ministry on behalf of the Department of Children and Family Services (DCFS), served up an entertaining and inspiring programme at Mary Miller Hall.

The child-focused event including songs, special dances and speeches is a popular fixture in May's Child Month calendar and attracted more than 350 attendees. Among the audience were students from many of Grand Cayman's primary schools, as well as parents, teachers/schools' administrators and representatives of Child Month partner agencies.

Saturday's (11 May 2019) buffet-style breakfast allowed for guests to enjoy fellowship and food before the performances began.

The packed schedule was formally opened with a welcome and opening remarks by COL President and Co-Founder Julie Hunter.

Mistress of Ceremonies, Triple C's Principal, Mable Richardson warmed up the audience with her effervescent persona before an energetic praise and worship session by Jaedyn Hanna from Cayman Prep & High and Triple C student Jamie Ebanks.

Taking her cue from this month's theme: "Be Strong! Be Brave! Be You!"



... Continued story on page A3

► The audience at the Circle of Love Annual Child Month Breakfast enjoys the event (Photo by Elphina Jones, GIS)

# Batabano: The kids version

Once Upon A Turtle was the theme for this year's Junior Batabano and Family Fun Day. The story began just outside the Glasshouse, as more than 400 children from six different schools got together. There was really a lot of fun happening too: Bouncy castles, face painting, and balloons, Sno Cones, cot-

ton candy plus a DJ playing lots of music. Proud moms and dads took photos of their children in the wonderful costumes that everyone had worked so hard to make.

... Continued story on page A6



► All the costumes were turtle-themed

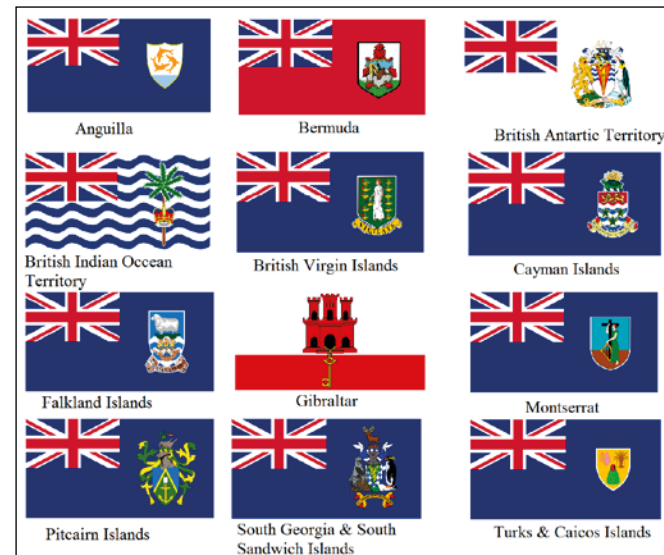
# UK/OTs: The future... for now

By Michael Jarvis  
UK Correspondent

Sighs of relief continue to ripple across the UK Overseas Territories (OTs) after news came through at midnight Sunday that the British government had rejected key recommendations in a landmark report on the OTs by the parliamentary Foreign Affairs Select Committee (FAC).

Those key, but controversial, recommendations were; to force the territories to recognise same-sex marriages, to grant voting and elected rights to British citizens, and bring forward to next year the deadline to implement a public registry of beneficial owners of offshore companies.

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MSC Cruises commits to cruise berthing project

# EDITORIAL

## Discovery day

Discovery Day will be celebrated on Monday May 20th in the Cayman Islands and even though the main focus will be the 60th Year Coat of Arms celebration, we must pause to remember a bit of our history. Our future is orchestrated by our past and the seeds we sow today will eventually bear fruit.

This holiday commemorates the 'discovery' of the islands of Cayman Brac and Little Cayman by Christopher Columbus in 1503.

"Some historians question whether Columbus was really the first person to set eyes on the Cayman Islands; a full year prior to Columbus' journey, the three islands appeared on the 1502 Cantino map. Moreover, Queen Isabella of Spain authorized four other voyages to the New World in 1499. Aside from these facts, even if Columbus was the first European explorer to set foot in Cayman, at the time of his visit there were as many as a million Carib, Taino and Arawak Indians living in the adjacent coastal areas around the Islands. Archival research suggests that Cayman is a word of Carib-Indian



origin (meaning crocodile). The Caribs and Taino were proficient mariners, and they were known to make ocean journeys in canoes up to 80ft in length. (The New Resident)"

The picture in this article is a replica of the Carib Indian's canoe and was taken from the book "A Voyage out of Time" by Mike Grudowski. The close resemblance to the "Cat Boat" is truly amazing and caused me to ponder our true origins.

In addition, we encourage our readers to develop an interest in history, particularly Cayman history, as history sometimes has a tendency to repeat itself.

# COMMUNITY NOTICES

## Department of Planning – Registry of Engineers

Please be reminded that as of September 2017, all engineers who will be conducting business with the Department of Planning must apply to be on the Registry of Engineers.

To remain on the Registry, a copy of the current Professional Indemnity In-

urance Certificate is required and any other updated information must be provided as it becomes available.

Please contact the Professional Registration Coordinator at tanya.vasquezebanks2@gov.ky or 244-6515 for further criteria information.



Members of the National Conservation Law Review Committee at their first meeting last week (Photo by GIS)

## National Conservation Law Review Committee Meets

The National Conservation Law Review Committee, led by chair the Premier, Hon. Alden McLaughlin, met for the first time last week at the Government Administration Building.

At the start of the meeting, the Department of the Environment provided a presentation on the law and answered questions from committee members.

Members discussed the need for a review of the law and agreed that the Terms of Reference (ToR) should be sufficiently broad to allow for wide ranging discussion as the committee does its work. The ToR will be settled at the next meeting.

Premier McLaughlin noted that while Government has its own concerns with certain aspects of the law, the expectation is that the committee would discuss these alongside any public concerns.

As part of the review process the committee will invite feedback from the public on any concerns or suggestions that they have on improving the law or the processes guided by it.

In addition its deliberations will consider, the impact of international conventions to which the Cayman Islands is a party, as well as regional and international best practice, among other things.

Decisions by the Committee will guide the development of drafting instructions for revisions to the law that would help address these concerns. The Committee will meet every two weeks and must submit a report of its findings to Cabinet within a month of the review process ending.

The Committee comprises a number of individuals with expertise across a range of sectors, such as environment, tourism, legal and development.

### Members include:

Name:	Title / Expertise:	Position:
Premier, Hon. Alden McLaughlin, MBE, MLA, JP	Premier	Chairperson
Hon. Minister Dwayne Seymour, MLA, JP	Minister of Environment	Dep. Chair
Capt. Eugene Ebanks, MLA, JP	Councillor for Environment	Member
Jennifer Ahearn, Chief Officer	Ministry of Environment	Member
Leyda Nicholson-Makasare, representing Chief Officer	Ministry of Planning	Member
Michael Smith, representing Solicitor General	Law	Member
McFarlane Conolly, Chairperson, National Conservation Council	Environment	Member
Gina Ebanks-Petrie, Director, Dept. of Environment	Environment	Member
Haroon Pandohie, Director, Planning Department	Planning	Member
Gene Thompson	Development	Member
David Ritch, OBE, JP	Law	Member
Joshua Ebanks	CI Angling Club	Member
Wayne Panton	Former Minister of Environment	Member
Nadia Hardie	National Trust	Member
Theresa Leacock-Broderick	CITA / Tourism	Member
Joel Jefferson	Sports Fishing	Member
Christine Maltman, representing Mark Van de Velde	Real Estate	Member
Mark Scotland	Road Development & Former Minister of Environment	Member
Ronnie Anglin	Watersports	Member
Troy Jacob, Senior Policy Advisor	Ministry of Environment	Member
Roy Tatum, Senior Political Advisor to the Premier	Premier's Office	
Nancy Barnard, Deputy Chief Officer	Ministry of Environment	
Andrea Bodden, Seconded Policy Advisor	Ministry of Environment	
Liz Walton Thompson	Cayman Brac	Member
Gary Bodden	Restaurateur	Member

# COMMUNITY NOTICE

## Child Month Talent Expo Spotlights Young Performance Artists

Harquail Theatre is the venue of the Child Month Talent Expo this Saturday (18 May 2019).

Organised by the Department of Children and Family Services (DCFS), the show's exciting line-up of youngsters and young people from across the Cayman Islands, includes more than a dozen homegrown acts. As well showcasing the artistic talents of singers and dancers, the event will also spotlight virtuoso instrumental performances and impassioned spoken word sets.

"May's Child Month theme is "Be Strong! Be Brave! Be You!" said DCFS

Director Paulinda Mendoza-Williams.

"This weekend's free talent show will be a stage for nurturing future stars by supporting the performers doing what they do best, be that modern dance or playing the steel pan. I encourage teens, families and other members of the public to come along and support them for what promises to be a wonderful celebration of excellence and accomplishment in our children," she added.

Child Month Talent Expo starts at 6.30pm with the doors opening at 6pm.

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



She has 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.



## Caymanian Times

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# Child Month Annual Breakfast Feeds Young Spirits, Minds

... Continued story from page A1

Ministry of Community Affairs' Chief Officer, Teresa Echenique, advised children to strive to be the best version of themselves, to value their uniqueness and explore their limitless potential.

"Someone here might actually take my seat as Chief Officer when I retire," she said. "Someone in this audience today might actually represent our country when Councillor Harris steps down... The amount of potential and opportunities are endless and every role in our community is valuable, so to you today as children I say, the sky is the limit. Please do not allow anyone to discourage you. If you have a dream, you reach for your dream... because all is possible."

Among the performances were Red Bay Primary who staged a poem and

a Gospel praise dance, a song medley by Truth for Youth School, "Trust in You" by George Town Primary's Junior Choir, "No Failure" sung by Wesleyan Christian Academy, "Heroes" by Sir John A. Cumber Primary, "Nobody's Business" performed by East End Primary School (EEPS) and a lively quadrille danced by students from Edna Moyle Primary.

A powerful prayer and blessing was delivered by past Pastor of Victory Tabernacle and John Gray High teacher Casius Feare. Other memorable moments included the self-penned speeches by student speakers which each took and expounded on one aspect of this year's theme which COL rephrased to be Be Bold. Be Brave. Be You! The student speeches, "How to be Bold" by Dwight Ebanks Jr. (John A. Cumber Primary), "How to Be Brave" by Hosania O'Connor



► Quadrille dancing by Edna Moyle Primary School students (Photos by Elphina Jones, GIS)

(EEPS), and How to be You by Garson Gardner Henis (Prospect Primary), re-

ceived universal applause for the talented wordsmiths.

Many spot prizes were given out for answering local trivia questions and for finding hidden seat prizes.

"Circle of Love Women's Ministry is extremely pleased with the success of this year's children's breakfast as it is important to us that we provide meaningful venues and opportunities to positively impact the children of the Cayman Islands," Ms Hunter said after the event.

"It was certainly a celebration of their extraordinary talent and we believe all children were encouraged and inspired to fulfill their life dreams and plans."

The 2019 Child Month essay winners were: 1st place Chole Reid (Prospect Primary) and Amina Sureta (Truth for Youth) and 2nd place winners: De Andre Beckford (Prospect Primary) and Bella Persuad (Sir John A. Cumber Primary).

At the end of the three-hour long event, attendees were given "Be Bold. Be Brave. Be You!" goody bags containing school supplies and treats. 🌐



► (L-r): COL member Brendell Rivers awards the 2019 Child Month essay competition winners their prizes. A Sir John A. Cumber teacher stands in for Bella Persuad, a Truth for Youth teacher accepts on behalf of Amina Sureta while De Andre Beckford (Prospect Primary), while De Andre Beckford (Prospect Primary) and Chole Reid (Prospect Primary) receive their prizes in person



► Ministry of Community Affairs' Chief Officer, Teresa Echenique pleased the audience with a very positive address

## CIAA Promotes Ground Transportation Officer

The Cayman Islands Airports Authority (CIAA), which owns and operates the Owen Roberts International Airport (ORIA) and the Charles Kirkconnell International Airport (CKIA), is pleased to announce the promotion of Ground Transport Officer Mark Wallace to Ground Transport Supervisor.

Mark Wallace joined the CIAA on 18 March 2013 as a Ground Transport Officer, providing ground transport services and customer service support at ORIA. In

April this year, after a competitive recruitment process, Mark was successful in joining two other colleagues in the post of Supervisor of the Ground Transport Unit.

"In his new role, Mark will be responsible for leading a team in providing dispatch services for Ground Transportation at ORIA and ensuring a safe and orderly flow of vehicular traffic, in addition to conducting briefings and preparing various internal reports," said CIAA Chief Commercial Officer Bianca

Moore Downey. "We are very proud of Mark who continues to lead by example

and congratulate him on receiving this well-deserved promotion." 🌐



► Ground Transport Supervisor Mark Wallace and team outside Owen Roberts International Airport



The Department of Environmental Health (DEH) reminds residents of the proper ways to dispose of household garbage.

### Dos

- All garbage must be bagged
- Garbage bags must weigh less than 40 lbs
- Use easy to grip, tightly covered garbage bins
- Garbage bins must have a capacity of 33 gallons or less
- Secure bins inside an enclosure
- Place bags/bins/enclosures at the front/side of the property by 11:30pm on the eve of your scheduled collection day

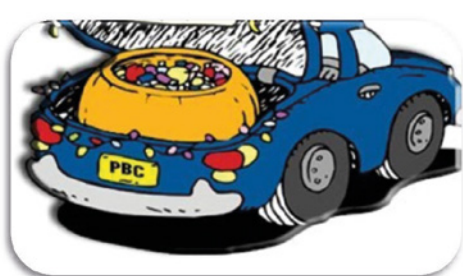
### Dont's

- No loose garbage
- No grease/coals/landscaping vegetation/bulk waste\*/hazardous items (bleach, paint, cleaning supplies)\*\*
- No sharp/broken objects in garbage bags
- No oversized garbage containers
- No overweight garbage (max weight of 40 lbs)
- Garbage containers must not block traffic

\* Bulk waste includes old furniture, appliances, tyres and metal items. DEH provides free bulk waste pick-up once per year. However, you may hire the DEH to pick up bulk waste throughout the year at the cost of \$75 per load.

\*\* Take these items to the nearest landfill. Deposit small quantities of garbage at the 24-hr drop-off site located at the entrance of the George Town Landfill. Take large quantities of household garbage, commercial garbage (landscaping, construction) and large metals to the main drop off area within the landfill.

graphics@gov.ky | © Crown Copyright 2019



## TRUNK SALE

Saturday May 25<sup>th</sup> 2019

6:30am to 9am

Sir John A. Cumber Primary School Parking lot

Proceeds to support Year 6 students

Graduation Event

See you there!

For more information on garbage collections, please visit DEH website at [www.deh.gov.ky](http://www.deh.gov.ky)



# Eleven New Students Receive Home Care Aide Certificates

Congratulations to the newest group of Nurse Assistants as they prepare to serve Persons in need of care. Eleven adults received their Home Care Aide Certificate from The Pines Retirement Home (PRH) 4th May 2019, completing a 10-week Vocational Course in Home Care Aide, and Ten (10) Hours of Practical Training.

Lynda Mitchell, The Pines Retirement Home's Manager, and one of the

facilitators said "Nurse Brown (The PRH Nurse Supervisor/Facilitator) and I are extremely proud of our graduates. The students were very focused on their studies passing the course with Outstanding marks. Since the inception of The Home Care Aide Course, 38 students have received their certificates and they should be very proud of themselves - what a major accomplishment."

The course highlights the Proper Care Procedures such as "how to" Develop Effective Communication Skills, Handle Emergencies, Understand the Client's Needs and How the Body Works, Observe Report and Record (ORR), Maintain a safe and Healthy Environment, Meeting the client's Nutritional Needs, Prevent Infection, Make Bed, Provide Personal Care, Measure Vital Signs, Care for Older Adults, Mother, Infants, and

Children, Care for Clients with Mental Illness and at the End of Life, and How to Get and Keep a Job.

The Home Care Aide Course is offered at The Pines Retirement Home in August and February of each year. The next class will commence Tuesday 27th August 2019, and the class is limited to 12 students. For more details, please contact Ms. Marie Rivers at The Pines Retirement Home on 949-5650.

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# COMMUNITY EVENTS

## Children's Story time

**18 May:** Children's StoryTime is back at the George Town Public Library for children ages 0 to 5 years old starting at 10:30 am. No registration is required and a parent /guardian must be present at all times. No drop-offs are allowed. Reading is done by the Pink Ladies Volunteer Corps. For more information, call the library at 949 - 5159.

## International Museum Day

**18 May:** To celebrate International Museum Day, stop by the Museum on the Waterfront for some old time good times on Saturday, 18th May between 10am and 2pm. Eat some old time food, see old time tings, watch the old time dance and hear old time talk. Also check out the newest exhibition featuring Mr Alvin McLaughlin, East End's Godfather of Caymanian Heritage. For more information, go to <https://www.museum.ky>.

## Family Fun Day at The Cayman Turtle Centre

**18 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 Family Fun Day at the Turtle Centre on Saturday, 18th May from 11am to 3pm. Call 949 - 3894 for more information.

## Braccanal

**18 May:** Cayman Brac celebrates Carnival on Saturday 18 May with an Adult Road Parade of bands from Spot Bay to La Esperanza beginning at 3pm. There are also pre - carnival and after parties to choose from. Visit [www.braccanal.com](http://www.braccanal.com) for more information.

## CayMas Carnival Parade

**18 May:** Join CayMas for their carnival parade beginning at 12noon. Go to [www.caymas.ky](http://www.caymas.ky) for more information.

## Child Month Intergenerational Cook Off at Cayman Academy

**19 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 an Intergenerational Cook Off at Cayman Academy on Sunday, 19th May from 2pm to 5pm. Call 640 - 2630 for more information.

## Public Holiday

**20 May:** The Cayman Islands celebrates Discovery Day on Monday 21 May. This holiday commemorates the sighting of the islands of Cayman Brac and Little Cayman by Christopher Columbus on his fourth voyage.

## Bullying, Young Men at Risk

**21 May:** The Community Affairs Ministry and the Alex Panton



► Family Fun Day at The Cayman Turtle Centre

Foundation continues its anti - bullying presentations this Tuesday. Everyone is invited to attend the free presentation - Bullying, Young Men at Risk - on Tuesday, 21st May from 6:30pm to 8pm at the South Sound Civic Centre.

## Yoyo Quilting at the Mission House

**May 25:** 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 C\$30. Email [projects@national-trust.org.ky](mailto: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](mailto:info@caf.ky).

## 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](mailto:president.rotaract-blue@gmail.com) for additional information, tickets and sponsorship opportunities.

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. 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.

## Child Month Trivia Game Night at Aston Ratty Civic Center, 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. 🌐

**Alvin McLaughlin: Steeped in Tradition**  
A Culture Guardian's Story and Objects

EXHIBITION OPENING Looky Ya!

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**LIQUOR LICENSING QUARTERLY SESSION**  
Thursday, 06 June 2019, at 10:30am,  
Government Administration Building, Room 1038, Elgin Avenue,  
George Town, Grand Cayman, Cayman Islands

**Confirmation of minutes:** - Minutes of the Meetings for the 1<sup>ST</sup> of March 2019 and 2<sup>nd</sup> of May 2019.

**Grant applications:** Applicants shall attend before the Board at the time of the opening of the session and may, in addition, be represented by a person qualified to practise law in the Islands.

- TORTUGA RUM COMPANY LIMITED T/A TORTUGA FINE WINE & SPIRITS**  
Business: RETAIL (TASTING)  
Location: Block 24E, Parcel 83, West Shore Centre, 508 West Bay Rd, George Town
- KRI PERFORMING ARTS SCHOOL LTD T/A KRI ENTERTAINMENT COMPANY**  
Business: RETAIL and MUSIC AND DANCING  
Location: Block 14CJ, Parcel 2, Enverto Place, 98 Shedden Road, George Town
- OMNI CARIBE LTD. T/A OMNI CARIBE TOURS**  
Business: RETAIL (VESSEL) and MUSIC AND DANCING  
Location: Block 22E, Parcel 437, 68 Grand Estate Quay, George Town
- REFLECTIONS DISCOUNT CLUB LTD T/A PAPA JACK'S BOYS**  
Business: RETAIL (MOBILE) and MUSIC AND DANCING  
Location: Block 20B, Parcel 261, 73 Maclendon Drive, George Town
- REFLECTIONS DISCOUNT CLUB LTD T/A LIQUOR 4 LESS #5**  
Business: PACKAGE  
Location: Block 57E, Parcel 16, #38 North Side Rd, North Side
- ROBERT & SYLVIA HAMATY - TORTUGA FINE WINE & SPIRITS**  
Business: RETAIL  
Location: Block 24E, Parcel 83, West Shore Centre, 508 West Bay Rd, George Town
- CROWN JEWEL LTD.**  
Business: RESTAURANT & MUSIC AND DANCING  
Location: Block 12E, Parcel 119, Coral Caymanian Beach, George Town
- EVON ROBINSON T/A GRILLO MACHINE - BEST OF THE BEST**  
Business: MUSIC AND DANCING (RETAIL MOBILE)  
Location: Block 14E, Parcel 520H43, Sterling Estates #43, 107 Coemer Drive, George Town
- CARENT ENTERPRISES LTD. T/A LITTLE HAVANA**  
Business: MUSIC AND DANCING (RETAIL)  
Location: Block 12E, Parcel 83, West Shore Plaza, 672 West Bay Road, George Town
- CHRISTOPHER HANS HADOME JR - THE GREENHOUSE**  
Business: MUSIC AND DANCING (RESTAURANT)  
Location: Block 14BG, Parcel 102, Unit 1, 72 North Church Street, George Town
- N & G TRADING COMPANY LTD.**  
Business: MUSIC AND DANCING (RESTAURANT)  
Location: Block OPY, Parcel 18, 23 North Church Street, George Town

**Ratification of Section 13 Decisions**

- PETER DUTTON - LICENCE NO. 0218RE**  
Business: VARY TO N & G TRADING COMPANY LTD  
Decision: Approved
- BATABANO (CAYMAN) LIMITED**  
Business: OCCASSIONAL LIQUOR & MUSIC AND DANCING  
Decision: Approved - 01/19 & 02/19 - 27 APRIL, 2019  
TIME: 4:00AM-9:00AM
- NATIONAL TRUST FOR THE CAYMAN ISLANDS**  
Business: OCCASSIONAL MUSIC AND DANCING  
Decision: Approved - 01190 - 30 MARCH, 2019 TIME: 5:00PM-9:00PM

Any member of the public who wishes to object to the aforementioned must do so in writing to the Chairman at least seven days prior to the date of the meeting. Anyone who has given to the Chairman seven days' notice of objection may also appear and ask for the revocation or discontinuance of any existing license.

*Shelise Jeffery*  
Shelise Jeffery - Business Licensing Officer I  
Liquor Licensing Board of Grand Cayman



► Face painting was just part of the fun



► Amazing costumes looked wonderful

# Turtle-themed Junior Batabano

... Continued story from page A1

And the costumes were truly wonderful. Aqua blues, turquoises, emeralds shone and glittered in the sun. There were translucent and iridescent wings, like beautiful dragonflies. Some were the colors of Cayman's sandy beaches. Then it was time to line up. The parade was all set for their turtle-trek down Elgin Avenue to the Waterfront, and along Fort Street. There was a huge turtle in the truck in front, waving to everyone with its flippers. Behind came a groups of little beauty queens, from some of the Islands' children's pageants, and behind them, row after row of children, looking like a children's dream of the sea. They danced and swirled like wave after wave gently breaking on the seashore.

Batabano is an old word for the turtle tracks left in the sand. Donna Myrie-Stephenson, Chairperson of the Cayman Carnival Batabano Committee, said: "With the turtle nesting season being all about the emergence of turtle hatchlings, it was only fitting that we launch this new initiative with the juniors."

Cayman International School had the theme, "Sailing in Las Tortugas," reflecting the time when Christopher Columbus named the Cayman Islands after the thousands of turtles he could see all around him. Since those days, overfishing of turtles all across the region, as well as habitat loss, meant that turtles which were so plentiful nearly got wiped out altogether from Cayman's waters. But the good news is they are making a comeback, thanks to conservation efforts stretching over many decades. Recent figures released show that there are at least 100 females making nests around Cayman's shores, and now snorkelers and divers regularly see turtles on their dives.



► Save the Turtle!



► Once upon a turtle – the theme for this year's Junior Batabano

George Town Primary School had two themes: "Have You Ever Seen a flying turtle?" and "Sir Turtle Playing Mas." Red Bay's theme was "Save the Turtles," and Savannah Primary School was, "My favorite Turtle Souvenir." John A Cumber had the theme, "Hidden in the Kelp."

St Ignatius had costumes that reflected the whole of the turtle lifecycle. Their costume sections included "Batabano in the Sand," "Batabano in the sand," and, "Emergence at Full Moon." One of the proud parents, Tina Dobbins stood by, trying to get some lovely photos of her

children. "They've been practicing for about two weeks now, in dancing and rehearsals. There's been a lot of effort by the kids and the teachers, and they have had lots of fun," she said.

Later in the evening the fun went on, at least for those who weren't too tired out by the parade. There was the Junior Batabano Teen dance at the Kings Sports Centre.



► Part of St Ignatius' display – this one reflected the turtle nests in the sand

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# Physical Educators get a lesson in 'Volleyball 101'

After a restful half term break, all of the government teachers returned to school on Monday, April 29th for a day of professional development. While most teachers attended sessions for literacy, numeracy, and other core subjects, the Physical Educators made their way to John Gray gym where they got a lesson in Volleyball.

The Cayman Islands Volleyball Federation partnered with Government for this professional development session, and CIVF provided visiting Canadian coach, Rick Bevis, to facilitate the program. The overall objective of the training was to equip the Physical Education teachers, from both primary and secondary schools, with different skills or games to introduce and develop the sport of volleyball within the public school system. Coach Rick was thrilled with the turnout and said "We had a terrific morning of 'learning by doing' with a variety of progressive Volleyball activities that emphasized key curriculum attainment targets."

The physical educators in attendance found the session to be informative and worthwhile. John Gray's PE Teacher, Carl Morgan, noted "The games we covered help to develop fine motor skills, gross motor skills, social skills, and critical thinking amongst many other skills that students can use, not only in sports but in other areas of their lives. Even though volleyball is not currently one of the core sports it still covers all areas of the curriculum." Excited by the engagement in the session and the feedback he received from the educators, Coach Rick said "I'm looking forward to hearing about the implementation and success back in the schools."

Physical Education plays an integral role in students' athletic pursuits, as it is the one place that many of the students are first exposed to sports other than the select few that are deemed core sports. This is one of many of initiatives that CIVF has recently rolled out over the past few months, specifically



targeted at developing the sport amongst youth on island. For instance, they have their annual BIG-little Tournament scheduled for May 25th at Public Beach. This event is for youth players ages 8-12 and 13-17, who are then partnered with National League players to compete in a round robin beach tournament.

In addition, they will be hosting the first ever Secondary School Beach Championship on June 10th at Public Beach. For anyone interested in registering for either of these events please look at the Cayman Islands Volleyball Federation's Facebook page or email youth@civf.ky.

# 345 FC I win Boys Under 11 league

The 2019 Cayman Islands Football Association (CIFA) Boys Under 11 regular season concluded this past Saturday, May 11 with 345 FC I claiming the championship following a 3-1 victory over Sunset FC Warriors at the Annex Field.

It was only fitting that the two regular season group winners would face each other in the final and for fans in attendance, the high level of youth football on display was most certainly a highlight of their day.

The game itself was not a classic but both teams gave it their all in the stifling heat. The 345 FC I forwards found the Warriors' goal keeper Tommy Ibister in fine form as his key saves kept the scores level for much of the first quarter.

345 FC I finally made the breakthrough in the 13th minute as Kyan Okoli found space between the Warriors' defence to slot home the opening goal. Sunset's talismanic leader Jaxon Cover equalised in the 20th minute but a minute later, Kyan Okoli scored his and his team's second goal to regain the lead.

345's Harry Narborough grabbed a third in the 50th minute to seal the Under 11 championship but not before Sunset's Charlie Ibister made the game very interesting with a 52nd minute goal. Unfortunately, it was 'too little too late' as 345 FC I held on for the win.



► 345 FC I are champions of the 2019 CIFA Boys Under 11 League

In the Boys Under 11 third and fourth place game, Academy SC Wanderers overcame 345 FC II 5-3 in penalties after both teams could not break a 1-1 deadlock after extra time.

Academy's Ijah Jennings opened the scoring in the 19th minute but 345's

Jhaiyre Willis equalised in the 24th minute. With the score tied at 1-1 after full time, 10 minutes of extra time could not separate the teams.

The Wanderers sealed third place scoring four of their five allotted penalties with Joshua Bryce, Oliver Cooke, Kai Rob-

inson and David McLaughlin finding the back of the net. In response, 345's Leon Frank and Kai Armstrong were the only two to score from the penalty spot, but it was not enough to prevent the Wanderers from lifting the third place trophy.

In the first of two Girls Under 11 FA Cup semi finals, Sunset FC Fusion secured their place in next Saturday's final with a 3-2 victory over their club mates Sunset FC Stingrays. Harper Nelson opened the scoring for the Fusion and Olivia Thorpe added a double as the Fusion raced into a 3-0 lead. The Stingrays fought back as Jazzy Woodford and Emily Woolfe each added a goal but the young ladies in 'yellow' could not find the equaliser.

In the second semi final, Academy SC overpowered George Town SC 6-0 as Emily Hasbun, Millicent Hoffman, Maddie Jamieson, Siena Kelly, Estella Ridley and Olivia Ridley secured the win and a place in the final against Sunset FC Fusion.

In the Boys Under 13 league, Academy SC Stingrays defeated Bodden Town FC 6-1.

A full schedule of CIFA youth league action continues this Saturday, May 18 with the Girls Under 11 FA Cup final, Boys Under 11 FA Cup first round and Boys Under 13 and Boys Under 15 league and FA Cup action.

# 7TH ANNUAL CAPTAIN THEO BODDEN MEMORIAL GOLF TOURNAMENT



On Friday, May 10th, Triple C School hosted the 7th Annual Captain Theo Bodden Memorial Golf Tournament. It is one of our school's largest fund-raisers and thanks to our sponsors, players, volunteers, staff, and supporters it was a huge success! Our players won some great prizes this year including a 3 Day/2 Night Vacation Getaway, gift certificates, original artwork and more.

Congratulations to all our players, we all had an amazing day! Here are the results from the golf tournament:

- First Place: Queensgate
- Second Place: CTMH Doctors Hospital
- Third Place: KPMG

Triple C School would like to thank our event sponsors for their support:

- Title Sponsor: Home Gas
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- NCB Group
- Red Sail Sports
- Yello

From our team at Triple C School - thank you to everyone who helped make this event a huge success! We are looking forward to next year's tournament.

## About Triple C School

Triple C School has been providing a quality Christian education in the Cayman Islands since 1941. It was the first private school to provide both elementary and secondary education. The school, which includes Pre-

School through Grade 12, is accredited by the Association of Christian Schools International (ACSI) and the Southern Association of Colleges and Schools (SACS). Triple C School partners with families to provide an internationally competitive education in a Christ-centered environment and seeks to lead students to fulfill their God-given purpose.

It is the vision of Triple C School that their students will acquire wisdom, knowledge, and a Biblical world view as evidenced by a commitment to Jesus Christ with a lifestyle of creativity, character, leadership, service, stewardship and worship. For more information on Triple C School, please visit [www.tripleschool.org](http://www.tripleschool.org)



## National Conservation Council

### Public Notice: Proposed changes to hunting season



White winged dove (*Zenaidra asiatica*)



Blue winged teal (*Anas discors*)

The National Conservation Council (NCC) is seeking public comments on a plan to change hunting seasons for the white-winged dove (current season October-March - proposed season August-September) and the blue-winged teal (current season September-April - proposed season October-December). The public consultation period will end on 15 July, 2019.

Copies of the proposal may be obtained at the Department of Environment (DoE) offices at 580 North Sound Road or online at [www.doe.ky](http://www.doe.ky)

Any comments on the proposal may be received at the DoE offices, mailed to PO Box 10202, Grand Cayman KY1-1002, or sent via email to [ConservationCouncil@gov.ky](mailto:ConservationCouncil@gov.ky)

**POLICE NEWS**

## Two Arrested in Relation to Use of Unlicensed Motorcycle

Shortly before 7:00PM on Wednesday, 8 May, officers responded to a report of a female riding a motorcycle on Martin Drive, George Town, without a helmet or license. Officers attended the location and instructed the woman to pull over; however she continued to ride and stopped near a house in the area. As officers attempted to speak to her, a man at the location became verbally aggressive towards them. The man also attempted to prevent the officers from inspecting the bike, which was determined to have no license plate or coupon.

The woman, age 18 of George Town, refused to provide her name and address to the officers and was subsequently arrested. The man, age 35 of George Town,

continued to act aggressively towards the officers, and was arrested for obstructing police in the lawful execution of their duty, and failing to provide his name and address.

In addition, the woman was warned for intended prosecution for keeping a vehicle on road required to be licensed, using a vehicle without a certificate of roadworthiness, and driving a motor vehicle without insurance.

The man was also warned for intended prosecution for permitting the use of a motor vehicle required to be licensed and permitting a person to drive without insurance.

They have been bailed as investigations continue. 📍

## Road Closures for CayMAS Carnival Street Parade

The RCIPS is informing the public about the following road closures taking place on Saturday, 18 May, in order to facilitate the CayMAS Carnival Street Parade.

**From 10:00AM to 12:30PM, South Church Street will be closed between Memorial Avenue and Boilers Road, in preparation for the parade.**

The parade begins at 12:30PM and sections of the road along the parade's route will be closed as follows:

**12:30PM to 1:00PM - South Church Street will remain closed between Memorial Avenue and Boilers Road.**

**1:00PM to 1:30PM - South Church Street and Harbour Drive will be closed between Boilers Road and Fort Street.**

**1:30PM to 2:15PM - North Church Street will be closed between Fort Street and Eastern Avenue.**



**2:15PM to 3:45PM - West Bay Road will be closed between Eastern Avenue and Lawrence Boulevard.**

**3:45PM to 4:15PM - West Bay Road will be closed between Lawrence Boulevard and Gecko Link (Galleria Roundabout).**

**4:15PM to 5:30PM - West Bay Road will be closed between Gecko Link and Lime Tree Bay Avenue.**

**5:30PM to 6:00PM - West Bay Road will be closed between Lime Tree Bay Avenue and the Seven Mile Public Beach entrance. 📍**

## 1998 Honda Accord Reported Stolen

On Saturday, 11 May, officers responded to a report of a stolen vehicle, a 1998 Grey Honda Accord, registration #123 125. It was last seen parked at an address on Woodlake Drive in George Town at about 8:00PM on Friday, 10 May, and discovered stolen at about 4:00AM on Saturday, 11 May. The vehicle is described as having a crack in the middle of the windscreen and scratches on the left doors.

**Year: 1998  
Make: Honda  
Model: Accord  
Colour: Grey  
Reg. #: 123 125**



of Crime Stoppers at **800-8477(TIPS)**, or online <https://www.tipsubmit.com/WebTips.aspx?AgencyID=681> 📍

Pictures of the vehicle are attached. Anyone with information regarding this stolen vehicle is asked to call 9-1-1 or the **George Town Police Station at 949-4222.**

Anonymous tips can be provided directly to the RCIPS via our **Confidential Tip Line at 949-7777**, or via our website <http://www.rcips.ky/submit-a-tip>. Tips can also be submitted anonymously via the Miami-based call centre

## Motor Vehicle Collision with Injury, Esterly Tibbetts Highway

Just before 8:55PM on Sunday night, police and other emergency services were dispatched by the 9-1-1 Communication Centre to a motor vehicle collision that took place along the Esterly Tibbetts Highway.

The collision involved 2 vehicles and each vehicle had two occupants. It was reported that persons appeared to be trapped in the vehicles. The southbound lanes on the Esterly Tibbetts Highway were block for a short time after the collision so that officers in attendance could carry out investigations. They have all since been re-opened.

Officers from the Cayman Islands Fire Services assisted the Emergency Medical Services to remove all four parties from the vehicles. They were all transported to the hospital by EMS

for medical assessments. The fire service and the police remained on the scene and assisted with clearing debris and the removal of the vehicles involved.

Three persons involved in the collision were injured but the injuries are believed to be non-life-threatening and the parties are in stable condition. All three were kept overnight for observation.

The incident is currently under investigations by the Traffic and Roads Policing Unit and investigators are appealing to anyone who may have witnessed the incident to come forward with information. Anyone with information regarding the collision is encouraged to call the **George Town Police Station at 949-4222.** 📍

# 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.**

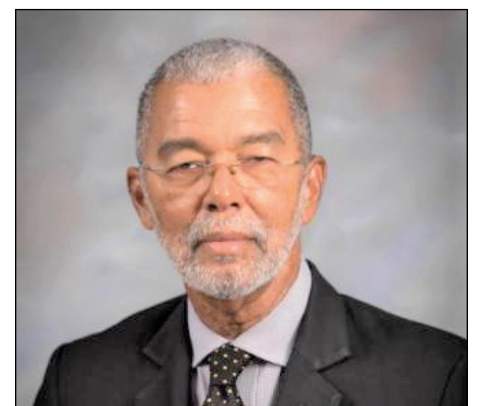
By any account, this is quite an impressive body of work on the Cayman Islands told from the perspective of the Cayman Islands, even if from one person's point of view. The act of writing can be a tedious task, especially for those who take it seriously. The actual writing itself is preceded by research, organization of thought, the sifting and

interrogation of materials, and the exercise of critical judgement. Writing requires discipline, not to mention 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 development of a society is not confined to the building of businesses, physical edifices and landmarks and



► Roy Bodden, Emeritus President of the University College

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 appreciation 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. 📍







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# Breaking the stigma of cancer surveillance in the Caribbean

The Cayman Islands Cancer Registry has identified stigma as a major obstacle of cancer surveillance in the Cayman Islands and a contributing factor to the lack of cancer data and registries in the Caribbean.

May is Cancer Research Month (CRM) and one of the goals of the global awareness campaign is to reduce the stigma surrounding cancer and thereby open up channels for public discussion and the sharing of information. "Stigma surrounding cancer, in my opinion, is one of the biggest barriers we face in cancer surveillance at the Cancer Registry," noted the Cayman Islands Cancer Registrar Amanda Nicholson.

"I think sometimes people in the Cayman Islands choose not to join a registry because cancer is something very personal and they still don't feel comfortable talking about it with others," said Ms Nicholson. "Yet, stigma around this disease hinders the process of monitoring cancer trends, advancing cancer treatments, conducting research and improving cancer prevention and screening programmes. In order to combat the stigma surrounding cancer, we must first break the cycle of misinformation and fear. We must be able to have informed, intelligent conversations

about how this disease impacts our population."

Presently, little information exists regarding cancer trends in the Caribbean. A research study, Advancing Cancer Control Through Research and Cancer Registry Collaborations in the Caribbean, co-authored by the Health Services Authority Pathologist Dr. Shravana Jyoti states that, "Few national registries exist in the Caribbean, resulting in limited cancer statistics being available for the region. Therefore, estimates are frequently based on the extrapolation of mortality data submitted to the World Health Organization." Results from the study showed that "twelve of 30 Caribbean nations have cancer registries. Four of these nations provide high-quality incidence data, thus covering 14.4% of the population; therefore, regional estimates are challenging."

Despite the challenges, local and regional efforts towards change are underway. In June of 2018, the Caribbean Public Health Agency (CARPHA), and the International Agency for Research on Cancer (IARC), officially launched the first IARC Caribbean Regional Hub for Cancer Registration. "Cancer registration is limited in the Caribbean and the Caribbean Cancer Registry Hub will

seek to strengthen cancer surveillance by building capacity for cancer registration in the region. The availability of cancer surveillance data is critical to enable evidence-informed decision making in support of wider national and regional cancer control and prevention programmes," stated Dr James Hospedales, executive director of CARPHA.

The efforts of the Caribbean Regional Hub can already be seen with the launch of Jamaica's first population-based national cancer registry last December. The Jamaican registry will collect information on all new cancer cases and cover the entire population of the island.

The Cayman Islands continues to advance towards the development of a more comprehensive cancer registry. On review of data collected for the 2018 year, Ms Nicholson confirmed a 20% increase in registration rates when compared with 2017. "For a number of reasons including greater media exposure and regular referrals from medical professionals and cancer organisations, more people are choosing to participate in the cancer registry. We now have 443 registrants," she stated.

Ms Nicholson further shared that the top five most commonly reported cancers to date are breast cancer (with



► Cancer Registrar Amanda Nicholson of the Cayman Islands Cancer Registry

infiltrating duct carcinoma being most prevalent), colon cancer, cancers of the blood, prostate cancer and ovarian cancer.

"Cancer survivors in the Cayman Islands have the unique opportunity to actively join the fight against cancer. Whenever someone joins the registry they are providing valuable information which can be used in cancer prevention," she stated. Cancer survivors wishing to register may contact Ms Nicholson at (345) 244-2560 or [Amanda.nicholson@hsa.ky](mailto:Amanda.nicholson@hsa.ky).

# 10 Ways to Burn a 100 Calories FAST

Some days you simply do not have time for your usual workout. Perhaps you are traveling or you have meetings from dawn 'til dusk. Or maybe something totally unexpected comes up and your workout time disappears.

When life steals your exercise time, however, you do not have to forgo your workout. If you have just a few minutes, you can burn off 100 calories, get your heart pumping fast and redeem at least a little of your workout.

## Here are 10 ways to burn a 100 calories

Use them on busy days or even to supercharge your normal workout days. Most estimates are for a person weighing approximately 130-150 pounds. If you weigh more, you can probably shorten the duration, but if you are

lighter, add a few minutes to ensure that you burn at least 100 calories.

1. **Take the stairs.** Stair climbing for 15 minutes will burn 137 calories. Have a 15 minute break at work? Find a stair case and set your phone alarm to alert you when 15 minutes have passed.

2. **Run a 5-minute mile.** By the time you are 4 and ½ minutes in, you will have already burned 100 calories. If you can't get outside, just run in place.

3. **Ride a stationary bike** at 20 mph for 4 minutes 54 seconds.

4. **Work on the lawn.** Pull weeds for 17 minutes, rake leaves for 20 minutes, or dig dirt for 16 minutes.

5. **Calisthenics.** Spending 15 minutes doing some light body weight squats, lunges, jumping jacks, get-ups and kneels will burn about 137 calories.

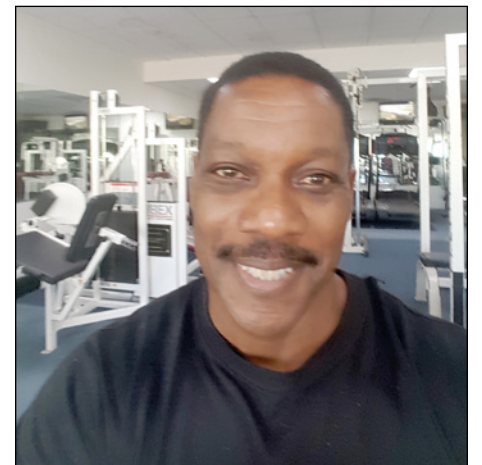
6. **Go for a walk.** A 150 pound person will burn approximately 117 calories by walking at a 4 mph speed for 20 minutes. Walk in place if you do not have a good area to walk in outdoors. Try walking in place while you watch your favorite television show!

7. **Grab the vacuum.** Vacuuming your home or office for 28 minutes will burn 100 calories. This is a great way to sneak in some exercise at work and get on the good list of your coworkers!

8. **Chop fire wood.** It is hot now, but winter is coming! Spend 5 minutes chopping fire wood and you will burn 100 calories.

9. **Swim laps.** It only takes 12 minutes to burn off 100 calories while swimming.

10. **Mow the lawn with a push mower.** 14 minutes is all it takes to zap 100 calories.



► Ernest Ebanks

For more helpful tip call Ernest at Body Shapers Fitness 325-8696 or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com).

# Seize Each Day

Every day we have to GET UP, DRESS UP and SHOW UP to get what the world has for us.

**Get up** out of that bed early enough to seize the hours that you are blessed with.

**Dress Up** to make sure that you are looking your best so that you feel your best.

And **Show up** because unless you are in the line, you cannot be counted, and lines are everywhere in this life that we will have to encounter and join to get through.

Life should be approached as if there are no closed doors because with courage and the right attitude, those doors really do not exist. We cannot blame anyone failure because somewhere at the root of it all, we played a part. If we can face that fact and move forward, we will conquer. Some steps to consider as we get on our road to success.

## Close the past to open your future

ALL yesterdays become the past and all tomorrows become the future; grasp the future and prepare to live it better than yesterday. Bring the good parts of the bad experiences with you and let the rest stay in the past. Just leave it there no matter who tries to keep you there. If your current circle refuses to allow you to forget or get on with things, then you might just need to change your circle to move forward. Anyone who is interested in you succeeding will allow you the space to grow and be better. Your opinion of you is all that really matters; the rest is just background noise.

## Make a decision to bounce back

This sounds so simple but the truth is, deciding to step up is where it all starts. Everything you do next can be traced back to that fateful decision to not to sit there but when you decided to do something about it. Remember, not making a decision is a decision-- a decision to do nothing. So get up and bounce back; as quickly as possible.

## Be positive

This is an important step in getting past negative outcomes. Remember the saying



► Catherine Tyson

"Where a door closes... a window opens." Move on. Get over it. You need to acknowledge that the door has closed and no matter how difficult that may be, you need to also look around for that window that has opened. As long as you have life, you still have hope. Stay hopeful and hope filled.

## Know that you will succeed

Don't ever let one disappointment discourage you from moving forward. It does not brand you as a failure but backing down or quitting is losing. You can't change what has already occurred but you can change how you deal with it and you can build on what you learn from every experience, good and bad. Be a magnet for all that you want to reach you so that you can attract it.

## Do Not dwell

It is okay to acknowledge that something went wrong but it is not okay to hold onto it for dear life. Dwelling on the setback and overanalyzing it will amplify its negative effects so just make peace with it, breathe and just let it go. Put your mind on the positives in your life and dwell on those. Play your favorite song, wear your favorite color or do something nice for yourself. Treat YOU how you want to be treated.

## Failure is not an option

When you decide that come hell or high-water you will not fail, you are telling the universe what you want. But often we do have those self-deprecating moments or thoughts where we utter words of negativity and nonsense to ourselves that only serve to bruise our inner beings and souls. Make sure to utter words that we want to believe about ourselves. Even if you do not truly believe them yet, say them enough that one day they become the truth. We also need to be careful not to use negative words about ourselves, so the universe doesn't get confused as to what we really want. Because failure is not an option, always walk with the attitude of success.

# PUMPKIN SEEDS

Don't you love scooping the guts out of a pumpkin, cleaning off the seeds and roasting them too? Well I do! However, you must not roast them at high temperatures because that destroys their God-given nutrients. They are a great source of fiber, vitamins and some minerals as well. According to the University of Maryland Medical Center, "pumpkin seeds are crucial for normal growth and development, as well as, brain function." So here are some reasons to add them as a daily snack.

**BLADDER** - Incontinence and bladder irritation are a nuisance for many people. This seed strengthens the bladder muscles to bring relief.

**PROSTATE HEALTH** - Strong evidence has shown that pumpkin seed oil can prevent prostate enlargement a common issue for men. Studies have also shown that it reverses the enlargement of the gland.

**DIGESTIVE TRACT HEALING** - The high fatty acid content in the oil can balance out excess inflammation in your gut. When your GI tract is at optimal health you are able to absorb more from the food consumed.



**HAPPY HEART** - According to HealthandEnergyFoods.com, "pumpkin seed oil contains high levels of phytosterols which are believed to help reduce bad cholesterol levels."








**LIVER SUPPORT** - Since it's a great source of antioxidants and healthy fats, consuming it can help in the healthy nature of your liver.

**BRAIN NOURISHMENT** - The health essential fats in this oil is paramount to providing fuel for your brain.

**EASES MENOPAUSE SYMPTOMS** - Vivian Kelly at WeWomen.ca says, "hot flashes and insomnia might be a thing of the past. Research now shows that post-menopausal women can get relief with this oil. The natural phytoestrogens in the oil can help to lower your blood pressure and bring relief from symptoms such as headaches, hot flashes, and joint pains." And of course the actual fruit can be enjoyed boiled or steamed.



**WEEKLY WEATHER FORECAST**

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
<b>85°/80°F</b>	<b>84°/80°F</b>	<b>85°/80°F</b>	<b>85°/79°F</b>	<b>83°/80°F</b>	<b>83°/80°F</b>	<b>83°/80°F</b>
Partly sunny	Partial sunshine	Partial sunshine	An afternoon shower	Partly sunny	A t-storm around in the a.m.	A morning shower in spots

**MOMENTS OF INSPIRATION**

**SUBMIT TO GOD Genesis 3:5**

Have you ever watched the game show, "Are you smarter than a Fifth Grader?" and tried to answer the questions? Many have and very quickly had to conclude that they were indeed not smarter. Adam and Eve felt they were smarter than God: they thought they had a better plan for their lives.

You see, life works better when we allow God to be in control. We fall for

Satan's lies that we can be as wise as God; we fall for the lie that we are better off on our own. **NO NEED FOR GOD.** Yes, Satan often appeals to our pride and ego much to our detriment.

The serpent deceived Adam and Eve into trying to gain something for themselves all be it at the expense of disobedience to God. Their actions

were driven by a desire to be morally independent of God. What a mistake! The tempter implied that God was withholding something from them. But it was a flat out LIE!

So, in this New Year why not recognize that without Him you are nothing and can do nothing but if you submit to Him, what a life of joy yours will be. 🙏



**OBITUARIES**

**Churchill's** Funeral Home

We have been asked to announce the passing of Ms. Adella Ebanks, who passed away on Friday, May 10, 2019. A Thanksgiving Service will be held at West Bay Seventh Day Adventist Church, Batabano Road, West Bay, Grand Cayman on Sunday, May 19, 2019 at 2:00 p.m. Viewing will be from 1:00 – 2:00 p.m. Interment follows at West Bay Cemetery.



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

**Churchill's** Funeral Home


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



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

**Churchill's** Funeral Home

We have been asked to announce the passing of Mr. Dave Anthony Hooker, who passed away on Friday, May 10, 2019. A Thanksgiving Service will be held at Church of God Universal, Walkers Road, George Town, Grand Cayman on Saturday, May 18, 2019 at 10:00 a.m. Viewing: 9:00 – 10:00 a.m. Interment at: Prospect Cemetery



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

**Churchill's** Funeral Home

We have been asked to announce the passing of Mr. Roberto Seymour, who passed away on Tuesday, May 07, 2019. A Thanksgiving Service will be held at First Assembly of God, 195 Old Crewe Rd, George Town, Grand Cayman on Saturday, May 18, 2019 at 3:00 p.m. Viewing: 2:00 – 3:00 p.m. Interment at: Prospect Cemetery



Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)

**A SPECIAL MOTHER'S DAY TRIBUTE IN LOVING & BLESSED MEMORY OF OUR WONDERFUL GRANDMOTHER-HETTIE, GREAT-GRANDMOTHER & GREAT-GREAT-GRANDMOTHER - MRS. HETTIE BODDEN; OUR WONDERFUL MOTHER, GRANDMOTHER & GREAT-GRANDMOTHER - MRS. VALERIE MERREN & OUR WONDERFUL MOTHER, GRANDMOTHER, GREAT-GRANDMOTHER, SISTER, & AUNT DEANNA MERREN**



**MRS. HETTIE BODDEN**  
22nd Sept. 1940 - 8th Aug. 1973



**MRS. VALERIE MERREN**  
30th March 1911 - 4th Dec. 1997



**MS. VALERIE DEANNA MERREN**  
30th Sept. 1940 - 24th Feb. 2019


**TOGETHER WITH CHRIST IN HEAVEN NOT A DAY GOES BY WITHOUT THOUGHTS OF LOVE AND APPRECIATION FOR ALL YOU DID FOR ALL OF US.**

SPECIAL MOTHER'S DAY WISHES to our three Dear Beloved Precious ones - our Precious Deanna's First Mother's Day in Heaven - for much Happiness in Heaven today and everyday as you were all such 'Great Mothers'. Thoughts about how kind and wonderful each one of you were to all of us in each and every way. Thank you, Lord, for the hope of a joyful reunion in Your presence in Heaven.

No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who LOVE Him. I CORINTHIANS 2:9

Always lovingly remembered and FOREVER in our hearts. Sadly missed by all your loved ones in the USA and Deanna's children - Daughter -Merilyn; Sons - Darcy, Craig, Perri, Shane & their Wives; her Grandchildren and Great-Granddaughter - Amira.

Sent in by your loving Granddaughters, Daughters and Sisters - Mrs. Aline Wood, Mrs. Chasteen Bodden; Grandson, Son & Brother - James Clayton Merren and all our families. RIP. XOXOXOX



**THANK YOU**

The family of the late Valerie Deanna Merren would like to thank each and everyone who attended and participated in her beautiful and uplifting Thanksgiving Service at the Church of God (Universal) on Saturday, 9th March, 2019. Special thanks and appreciation to Pastor James Arch, Pianist Sister Esther Jackson, Organist Bro. Glarman Grant, and the Church family for all their love and prayers.

Special thanks to all the Doctors, Nurses and other staff who attended to her or assisted in any way during her illness at the George Town HSA and at Health City. Also, her Caregivers - Janice, Joyce and Jennifer for all your love and care given to her.

Special Thanks and appreciation to others who kindly gave flowers, tributes & cards, made a donation to benefit the HSA in her memory or gave in any other way - Jane & Paul Bodden and Special Niece Jenica Merren; Special Cousins - Pat Brugger, Bonnie Rancel, George Hinds, Valerie Galloway & their families; & dear Friend - Gloria Bodden of the USA; Cecile & Dale Crighton, Pauline Wood, Maxine & Maureen Bodden, and Bodden Funeral Services. Also, all her many caring other family members; friends and former Co-workers.

May God bless each and every one of you.

Our Precious Sister Deanna, Mother, Grandmother, Great-Grandmother, Aunt, Special Cousin, Nieces and Nephews and Wonderful Friend is greatly missed and will always be lovingly remembered. She lived her life to the fullest, and we are richer for that. Her pleasant personality and laughter brought so much joy and happiness to everyone. Knowing how 'Special' she was to so many people will help to comfort our hearts.

Though we know heaven has welcomed our Very Special Deanna/Nana, our hearts still feel the sorrow. May her precious soul Rest in Peace and light perpetual shine upon her.

# UK/OTs: The future...for now

... Continued story from page A1

While the first two have now been taken off the table, the third is still in a process of consultations over its implementation.

Those three 'hot topics' might have taken centre stage but there are other issues equally worthy of attention.

Some have been kicked into the proverbial 'long grass of consultations, some status quo, others less so, while there are at least encouraging signs of movement on the rest.

## FCO ALTERNATIVE: No deal

The FAC had called for a broad review of the relationship between the Foreign and Commonwealth Office (FCO) and the OTs.

The FCO functions as a go-between and oversight agency between the territories and the British government.

Several OT leaders and representatives had voiced concerns about a growing disconnect with the FCO, a point also made in various written submissions to the inquiry conducted in 2018.

The very label 'foreign' was also considered objectionable by some.

The FAC had proposed looking into alternatives to the FCO as the point of contact between the OTs and HMG (Her Majesty's Government), or reforms within.

However, while it politely noted the concerns expressed, it's clear that the British government does not plan to shift the OTs away from the FCO.

It said "the FCO is open to ideas of how this structure could evolve to support the modern, 21st-century relationship to which both the OT and the UK Governments aspire.

"The Foreign Secretary has committed to considering this and other longer-term issues, including the possibility of an independent review, through an inter-Ministerial group that will meet in the summer."

Another recommendation to secure further training and development of OT public servants via the FCO - the much-lauded 'capacity building' - through staff secondments especially, wasn't quite embraced either.

Arguing that existing processes are adequate, the UK government ruled out creating "any other mechanisms for seconding staff at present", limiting itself to "discuss(ing) the core issues identified and see how we can address them further."

On the matter of the FCO recruiting and appointing policies in the OTs, espe-



UK Overseas Territories

- 1 Bermuda
- 2 Turks and Caicos Islands
- 3 Cayman Islands
- 4 British Virgin Islands
- 5 Anguilla
- 6 Montserrat
- 7 Pitcairn Island
- 8 British Antarctic Territory
- 9 South Georgia and South Sandwich Islands
- 10 Falkland Islands
- 11 Tristan da Cunha
- 12 St Helena
- 13 Ascension Island
- 14 Gibraltar
- 15 British Indian Ocean Territory
- 16 Sovereign Base Areas on Cyprus

cially of governors (mainly career British civil servants in the diplomatic services), HMG restricts itself to detailing the systems it has in place.

It could be that the FAC itself was rather vague on this point.

## THE BREXIT REMIT

With some OTs particularly reliant on UK aid, especially for disaster relief, and more so considering the implications of Brexit, the government has given an assurance that the territories will not be left in limbo.

The FAC was particularly strident on this point.

It had stressed in its report that: "There must be scope to ask hard questions about the long-term sustainability and viability of individual OTs without further significant levels of UK capital investment.

It also insisted that "if the Government does not think significant capital investment is possible, then it must be frank about what it will spend and towards what end."

The government's response is to assure that "future funding arrangements for the OTs will be considered as part of the next Spending Review, which will conclude at the budget.

"The Government is establishing an Inter-Ministerial Group to meet to examine the issue of whether to develop a dedicated OT fund, including ODA (Overseas Development Administration) assistance, together with other longer-term issues, including those raised in the Committee's report."

Specifically regarding post-Brexit funding to fill the void that will be left when the UK eventually leaves the European

Union, the tone adopted by Whitehall is noteworthy for its cautiousness...almost as of not to unduly raise expectations.

"When reviewing future options careful consideration will be given to any loss of EU funding the OTs may experience as a result of the UK leaving the EU.

Any future funding arrangements will need to demonstrate value for money and adopt a consistent approach across all government departments that manage such funds.

No decisions have yet been taken on this matter. The OTs will be fully consulted in the process," it states.

The government further reminds the FAC that "some of the report's recommendations and conclusions are wide-ranging and significant in scope. They will require careful analysis and consultation across a range of government departments."

## CITIZENSHIP BY DESCENT

Two other pressing issues addressed by the FAC are the thorny issue of citizenship by descent and the question of access by OT citizens to healthcare under the UK's National Health Service (NHS).

On the cumbersome and complex citizenship by descent issue, the FAC had called on the government to "urgently address concerns in the OTs about the issue of citizenship by descent and anomalies in the British Nationality Act that have taken too long to resolve."

For its part, the government says it "recognises the difficulties which current British nationality law presents for some British Overseas Territory citizen parents who wish to pass on their citizenship to their children and acknowl-

edges the unhappiness that this has caused."

It seeks to reassure those affected and caught up in a veritable state of citizenship limbo that "a consultation process with governors and territory governments (is underway), and will consider what possible legislation might be available in order to make the changes required."

## NHS ACCESS

Access to NHS healthcare by the OTs is currently done on a limited quota system. There have numerous repeated calls from the OTs to remove the restrictions.

To this end, a review which started last June to review the current quota system is expected to be completed by this summer.

"This review will consider current needs and requirements for specialist healthcare treatment across the OTs and is expected to be complete in the summer of 2019. DHSC have confirmed that leaving the EU will not have any impact on access to the NHS for British Nationals resident in Gibraltar," the British government said.

## ALSO...

On the other issues addressed, the FCO is said to be "exploring with the relevant authorities whether and how OT representatives might be included in Remembrance Sunday ceremonies in the UK" in recognition of their citizens' role on the field of battle for the 'mother country'.

And finally, "there are no plans to change the designation (name) from British Overseas Territories."

# MSC Cruises commits to Cayman Islands Cruise Berthing Project

Premier Hon. Alden McLaughlin announced on Wednesday that the Cayman Islands Government has received a formal financial commitment from MSC Cruises to provide funding toward the costs of constructing the cruise berthing facility.

MSC Cruises is the fourth cruise line company to financially commit to the cruise berthing project, along with Royal Caribbean, Carnival and Disney.

Mr. McLaughlin affirmed that having four cruise lines signed on to the cruise berthing project provides tremendous benefit to the Cayman Islands.

"These agreements, coupled with the finance to be provided by whichever entity is eventually selected as the preferred bidder on the project, ensure that no public funding will be required to build the cruise berths and enhanced cargo facility," he said.

"As well as strengthening the project's financing structure, having cruise companies financially vested in the project provides assurance that the Country's finances will not be exposed to risk and is a positive indication of their commitment to our Islands for decades to come. It is a win-win situation for the country, the preferred bidder and the cruise lines," he said.

Minister for Tourism Hon. Moses Kirkconnell said he is very pleased that MSC



Cruises has signed on to support the development of the Cayman Islands cruise berthing facility.

"This agreement represents the accomplishment of another key milestone in the lifecycle of this project. MSC operates more than 1,000 routes globally and is one of the fastest growing cruise companies in the world. Their commitment to the Cayman Islands will help

to sustain and grow our cruise tourism industry into the future," said Mr. Kirkconnell.

The Cruise Berthing Facility Project is now in its sixth year and has undergone a rigorous procurement process to identify a preferred bidder to construct the berthing facility within a design, build, finance and maintain framework. The Port Authority of the

Cayman Islands will continue to own, operate and manage the facility as it does today.

To stay informed on all of the latest news and information on the cruise berthing project the public is encouraged to visit the cruise berthing facility website at <http://www.SupportOurTourism.com> and to check the project's Facebook page for daily updates.



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GLOBAL NEWS BRIEFS

# Canada job figures on the rise

Canada's employment figures for April was encouraging, posting the largest one month gain in net jobs on record.

Employment rose by 107,000 in April, with notable gains in Ontario, Quebec, Alberta and Prince Edward Island.

The unexpected jump in employment far surpassed a widely forecasted increase of 10,000 net jobs and helped push Canada's unemployment rate to 5.7 percent, down slightly from 5.8 in March.

Of the net new jobs in April 73,000 were full-time and most of the gains — 84,000 — occurred in the private sector. On a year-over-year basis, employment grew by 426,000, of which 248,000 was full-time.

Statistics Canada reported that employment rose for youths aged 15 to 24, people aged 55 and older, and women in the core working ages of 25 to 54.

The employment increase reflected the fact the Canadian economy is pulling in new workers, namely immigrants and those 24 and younger, rather than falling unemployment.



▶ Canada's employment stats are encouraging

Canada's most populous province, Ontario, posted an employment increase of 47,000 in April, which Statistics Canada said was mainly due to gains in part-time work among people aged 15 to 24.

Employment increased by 38,000 in Quebec and the province's unemployment rate dropped 0.3 percentage points to 4.9 per cent, the lowest rate since Statistics Canada began compiling similar data in 1976.

Alberta also posted an employment increase in April of 21,000.

New Brunswick was the only Canadian province to see employment decrease in April and the remaining Canadian provinces saw little change.

# Duterte's drugs enforcer voted in

The architect of Rodrigo Duterte's brutal campaign against illegal drugs in the Philippines has won a senate seat in the country's midterm elections, prompting concerns among victims' groups.

Former police chief Ronald "Bato" Dela Rosa is among Mr Duterte's allies who were on track to take nine of 12 open seats in the upper house, with 95 percent of ballots counted at press time. The senate has previously been an opponent of some of the president's most controversial proposals.

"Dela Rosa now has his own influence and clout, independent of the president," said Kristina Conti, a lawyer for the victims' group Rise Up for Life and for Rights, which filed criminal and civil cases against police in relation to Mr Duterte's drug war. "He might use his political clout to whitewash investigations into the human rights violations of the police."

Before the elections, families who lost loved ones in the drug war agreed not to vote for Mr Dela Rosa. "Now that



▶ Ronald "Bato" Dela Rosa enforced the drugs violence

he's going to be a senator, two mothers who filed cases against police told me they're afraid for their security," said Rubilyn Litao, a church worker helping those affected pursue cases against the police.

More than 18,000 positions were at stake in the vote, primarily local posts, but also half the senate and nearly 300 seats in the lower house of representatives.

Mr Duterte's deadly crackdown has drawn international censure, but is central to the populist appeal that has buoyed his remarkable standing among Filipinos since taking the presidency in 2016. Administration loyalist candidates for the senate were heading for a resounding win after Monday's vote.

# Honduran divers' health suffering

Honduras is seeing an alarming number of lobster divers suffering injury and death because they are taking chances with their health to earn a living.

Saul Ronaldo Atiliano was diving for lobster in the clear waters off Honduras's Caribbean coast when he felt a pressure, a pain in his body. And he knew he'd gotten the sickness that has killed or disabled so many of his Miskito comrades.

"The pressure attacked me deep in the water," said Mr Atiliano, a 45-year-old member of the Miskito ethnic group who for 25 years has dived for lobster, most of which is exported to the United States.

Thousands of men across the Mosquitia region of Honduras and Nicaragua depend on lobster fishing to eke out a living. And like Mr Atiliano, hundreds have been stricken with the bends — decompression sickness caused when nitrogen bubbles form in divers' bodies. Some are paralyzed. Some are killed.

With more than 60 percent of its nine million people living in poverty,



▶ Lobster divers in Honduras put their lives at risk

Honduras is one of the poorest countries in Latin America, and the Mosquitia, in the country's far east, is one of the most impoverished areas.

Safe standard diving techniques call for a gradual ascent to the surface to eliminate the nitrogen that the body's tissues absorb during a dive, and for a limit to the number of dives a person makes in a day.

But many of the divers of Mosquitia dive deeply, surface quickly and then go back for more, racing to collect as much lobster as possible. The boats, where they spend days playing cards and talking among themselves between dives, often have only rudimentary safety equipment and use aging tanks and masks.

# Cubans gays march in protest

Cuban gay rights activists held an unauthorised independent pride parade in Havana on Saturday despite the Communist government warning against it and calling it subversive, an unprecedented show of civil society in the one-party state.

More than a hundred Cubans chanting "long live a diverse Cuba" and carrying rainbow flags joyfully marched from Havana's Central Park down to the seafront boulevard before being stopped by dozens of security officials.

At least three activists were arrested by plainclothes policemen while others were ordered to disperse given the activity did not have an official permit.

"This moment marks a before and an after for the lesbian, gay, bisexual and transgender community but also for Cuban civil society more generally," said independent journalist and LGBTQ activist Maykel Gonzalez Vivero.

"Social media is playing its role and civil society demonstrated it has strength, and can go out onto the streets if necessary, and from now on the government will have to take that into account."

This was the second march organised independently of state institutions -



▶ Cuban gays were angry that their parade was cancelled

hitherto a rare occurrence in Cuba - in just over a month, although the previous one, in defence of animal rights, had received a permit from local authorities.

Activists called for their own parade after the state-run National Centre for Sex Education (CENESEX) last week abruptly cancelled its 12th annual conga against homophobia - Cuba's equivalent of gay pride.

CENESEX, headed by Mariela Castro, the daughter of Communist Party leader Raul Castro, said in a statement that certain groups were planning to use the event to undermine the government, emboldened by the escalation of aggression by the Trump administration against Cuba and its leftist ally Venezuela.

# Venezuela lifts bank controls

Venezuela has lifted foreign exchange controls on banks for the first time in 16 years, but some observers are sceptical that the measure will do much to lift the shrinking economy and rampant inflation.

Few people lined up at money exchange windows in private banks in Caracas to take advantage of the new policy. One man, Rodolfo Gutiérrez, said Venezuela's hyperinflation is so severe that many people find it hard to buy dollars and are focused on buying whatever food they can.

Economist Asdrúbal Oliveros said some private institutions struggle to do international transactions because of US sanctions imposed in a campaign aimed at pressuring President Nicolás Maduro out of office.

"An exchange control can't be lifted by decree. There have to be the conditions for it," Mr Oliveros said.

The exchange controls were imposed by Mr Maduro's predecessor, Hugo Chávez, following an attempted coup in 2002.

The Venezuelan government took steps in August to loosen controls, al-



▶ Venezuela's economy is in freefall

lowing people and companies to buy and sell dollars through exchange houses subject to regulations on the price and amount. But the measure had little success due to the scarcity of foreign currency. For years, Venezuela has had a flourishing black market in which dollars are sold for more than the official rate, currently at 5,200 bolivares to the dollar.

Venezuela's financial problems have intensified because of a sharp reduction in oil exports, a key source of foreign currency. The oil industry is under US sanctions as Washington and its allies try to open the way for opposition leader Juan Guaidó to replace Mr Maduro, who says he is the target of a coup plot.

# UK crime figures 'staggering'

Crime figures in the United Kingdom are so high that enforcement forces appear to have lost control.

Organised crime is killing more UK citizens than terrorism, war and natural disasters combined and "significant new investment" is needed to tackle it, the National Crime Agency (NCA) has said.

A comprehensive assessment by the NCA reveals how criminals are exploiting advances in technology alongside traditional methods to commit crimes.

NCA director general Lynne Owens said: "People should understand that serious and organised crime kills more of our citizens every year than terrorism, war and natural disasters combined."

"It is chronic and corrosive, and the message needs to be heard by everyone."

"Against a backdrop of globalisation, extremism and technological advances, serious and organised crime is changing fast and law enforcement needs significant new investment to help combat it."

"This is the most comprehensive assessment we have ever produced and



▶ UK crime is at an alarming level

describes in detail the growing and ever-changing nature of the threat posed by serious and organised crime - to individuals, to communities and to wider society."

The agency's annual review of organised crime says there are more than 4,500 groups with 37,000 members in the UK.

Ms Owens said the threat from criminal gangs is "staggering" and that the public will "feel the consequences" if the extra funds are not found.

She said the investment should include more than doubling the NCA's annual budget from roughly KY\$500m to nearly KY\$1.5bn.

The government says it invests in the right tools for law enforcement.

# Leonard compares with legends

All coming from playoffs games replete with thrillers and shockers, the final four teams look to ride on the momentum as they slug it out for the NBA conference crowns.

The Golden State Warriors – the defending champions who had to dig deep minus Kevin Durant to get past the Houston Rockets – battle the plucky Portland Trail Blazers in the Western Conference finals.

Although the Blazers are the clear underdogs, there's no dismissing this squad that rallied to shock the No. 2 Denver Nuggets in Game 7 on the road.

The Milwaukee Bucks – the top seeds who needed to regroup after absorbing an early blow against the Boston Celtics in the series opener – also marched to

the Eastern Conference best-of-seven title series as the favourites over the Toronto Raptors.

But after Toronto's historic and heart-stopping Game 7 escape over the Philadelphia 76ers, the Raptors look more than capable of overcoming the improbable.

Kawhi Leonard was the hero for the Raptors with that heart-stopping final second winner. His form has given a strong reason to consider him the NBA's current best.

Yes, Kevin Durant, Steph Curry and Giannis Antetokounmpo are still in these playoffs, and James Harden and LeBron James remain outstanding players, but Leonard has been absolutely brilliant.

The 27-year-old Californian poured in 41 points in the Raptors' Game 7 win, with 15 coming in the fourth quarter when Toronto needed him most. And, of course, there was the ridiculous buzzer-beater to send the Raptors to the Eastern Conference Finals, a shot that is already etched in NBA playoff lore.

Leonard also held Jimmy Butler to 5-of-14 shooting, cutting off the guy who was arguably the 76ers' No. 1 source of offense.

How often does a player dominate on both ends of the floor like Leonard? Legends like Hakeem Olajuwon, Kevin Garnett and Tim Duncan immediately come to mind, but overall, there have not been many.

Durant may be the league's smoothest scorer, but he is not a lockdown defender. Antetokounmpo might be a great



► Kawhi Leonard is in supreme form

allrounder, but his lack of a consistent jumper is a big hole. As for LeBron? When was the last time he played defence at elite level?

Leonard is top-notch on both ends of the floor, an efficient assassin on offense and an absolute nightmare on defence. He can shoot, dribble, post, rebound and dunk with aplomb. He can also guard any position.

Leonard is obviously a player for the big occasion. He has shown that before.

He won Finals MVP in 2014 when his San Antonio Spurs decimated LeBron's

Miami Heat in five games, with Leonard making big play repeatedly on both ends of the court in that series.

Leonard was also brilliant in the 2013 NBA Finals in what ended up being a seven-game loss to the Heat. And how about in 2017 when he led the Spurs to the Western Conference Finals and had his team up by 23 points in Game 1 against the Golden State Warriors before going out with an ankle injury?

There is no flash to Leonard's game, nor showboating. There is just unbelievable skill, will and determination. 🌐



► Tim Duncan was a great all rounder too

## Atlético Madrid in All-Star game

Soccer fans in America get a chance to see another top European team when La Liga giants Atlético Madrid face the 2019 MLS All-Star Game on July 31 at Orlando City Stadium in Orlando, Florida.

Atlético Madrid is the second Spanish side to play against the top players in the MLS in the league's annual summer exhibition game; Real Madrid won the 2017 MLS All-Star Game 4-2 on penalty kicks in Chicago.

Atlético have won La Liga 10 times, most recently in 2014, and features a squad of stars including World Cup winner Antoine Griezmann, Span-

ish internationals Alvaro Morata and Diego Costa, and Jan Oblak, named La Liga's top goalkeeper the past three seasons. The club is also a mainstay in European competitions, winning the UEFA Europa League and UEFA Super Cup three times each, and reaching the UEFA Champions League final in 2014 and 2016.

For La Liga, having Atlético come to the United States is another integral part in the league's growth and awareness in North America. Atlético will also play in East Rutherford, New Jersey and Arlington, Texas as part of the 2019 International Champions Cup. 🌐



► Antoine Griezmann is a World Cup winner

## Boling, 18, almost as fast as Bolt was

An American teenage sprint sensation shattered another national record with a blistering run just fractions of a second slower than Usain Bolt at the same age.

Matthew Boling, 18, became recognised worldwide only weeks ago after winning a wind-assisted 100m race with a time just 0.4 seconds slower than the Jamaican legend.

But he has since proved it was no fluke with another stunning performance at the 6A High School Championships in Austin, Texas, US, over the weekend.

Boling, from Strake Jesuit College Prep in Texas, US, ran his 100m final in a wind-legal 10.13 seconds – a time that shattered the previous record at a high school meet.

Boling's new record ups the previous 10.15 seconds record set 29 years ago and is reported to be the fourth fastest wind-legal 100m set by any American high school student in history.

His April dash of 9.98 seconds wasn't considered a record breaker because of the wind factor but there was no denying him this time as he triumphed his previous wind-legal personal best by 0.09 seconds.



► Matthew Boling is a teenage sprint sensation

"When I looked at the race before us and saw the wind was 1.3 (metres per second), I was like, 'Oh, I'm excited,'" Boling said.

"Because after last week everyone was like, 'Oh, the wind was illegal' and stuff like that. So I'm like, 'All right, I'll just drop a fast time today'"

Boling's most incredible effort was saved for the 4x400m relay, seeing him pulling out an impressive final leg by coming back from behind and winning.

Despite being 30m behind the leader when he was handed the baton, he stole victory for a seemingly impossible task. He ran his 400m leg in just 44.74 seconds which only seasoned adults can achieve. Boling hopes to be part of the Tokyo 2020 Olympics team. 🌐

## Brit diving for Jamaican gold

A British-born diver who now represents Jamaica has his sights set on a medal at next year's Tokyo Olympic Games.

Yona Knight-Wisdom was born in Leeds to a Jamaican father and a mother from Barbados. His parents took him to a local swimming club and, although he was only 9 years old, it changed his life. "I was watching the Athens Games in 2004. I had just started diving and I saw Leon Taylor and Peter Waterfield win a silver medal in the men's 10m synchronised diving event. It was after I saw them that I started to say that I could go to the Olympic Games," he said.

Now on his way to becoming an elite athlete, in 2012 he chose to represent his father's country, even though he is still based in Leeds. Diving barely exists as a sport in Jamaica where athletics dominates but Knight-Wisdom, 24, intends to write his own sporting history.

He said: "I am 1.90m tall, I weigh 90kg, I'm a heavy diver, I'm black. If you watch diving competitions, it's not something you'll see very often." During the 2014 Commonwealth Games in Glasgow, he finished fifth in the 1m springboard and eleventh in the 3m men's springboard. They were Jamaica's best results in a discipline that requires power, awareness of one's body in space, extreme precision and timing, and the use of every muscle in the body.

During the FINA Diving World Cup 2016, he finished second in the 3m men's springboard event. It was Jamaica's first medal in a world diving competition. He

won his place at the Olympic Games Rio 2016, where the diving events were to be held at the same venue. He had realised his childhood dream by becoming not only the first Jamaican, but also the first diver from a Caribbean island to participate in an Olympic tournament. "Which was already huge in itself," he said. "I was overcome with emotion. I was in tears by the pool and my friends started crying too. That victory was not just for me, it was for all of them too."

In Rio, where he was beginning to attract some attention, he finished 11th in the first heat of the 3m men's springboard, allowing him to progress to the next stage, the semi-finals. But his competition ended there, and he finished 14th. He was only 21 at the time and was already looking ahead to the next Olympic Games, in Tokyo next year. Meanwhile, he was elected sportsman of the year at his university, Leeds Beckett.

At the Commonwealth Games on Australia's Gold Coast last year, Knight-Wisdom had already established a reputation and was competing among the favourites for the podiums in the 1m and 3m men's springboard events. He finished fourth in the 1m. In the 3m springboard he also earned a place in the final and finished in ninth place.

Given that he trains for over 25 hours a week, he has decided to leave Leeds for Scotland, specifically the Royal Commonwealth Pool in Edinburgh, and work with renowned coach Jenny Leeming to better prepare his assault on the Olympic Games. 🌐



► Yona Knight-Wisdom hopes to win an Olympic medal for Jamaica

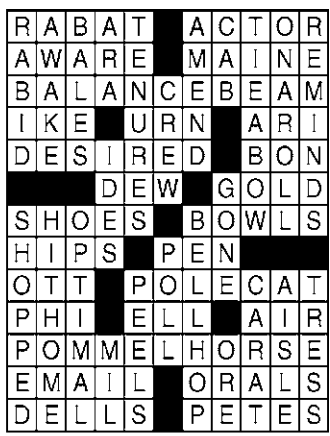
**CROSSWORD**

By **THOMAS JOSEPH**

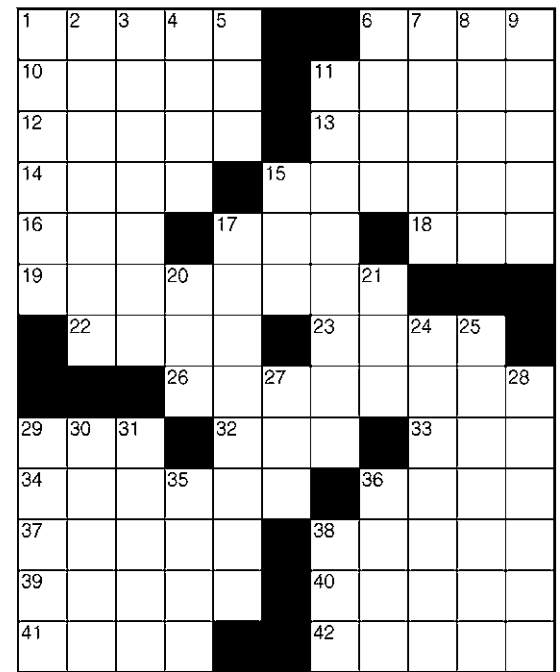
- ACROSS**
- 40 Ham it up
  - 1 Salon creations
  - 6 Largest amount
  - 10 Set free
  - 11 — blanche
  - 12 Treat the turkey
  - 13 Burger topper
  - 14 Altar vows
  - 15 Whatever person
  - 16 Church topic
  - 17 Successful song
  - 18 Tennis need
  - 19 Made hard
  - 22 Bender
  - 23 Pound hound
  - 26 Fiddled
  - 29 Cove
  - 32 Auction buy
  - 33 Important age
  - 34 Carry too far
  - 36 Consign to failure
  - 37 Surgical tool
  - 38 Fundamental
  - 39 Like cheap speakers

**DOWN**

- 1 Picasso, for one
- 2 Trying to lose
- 3 Treater's words
- 4 Is the right size
- 5 Spot
- 6 Quite a few
- 7 Stellar hunter
- 8 Sculpting medium
- 9 Doctrine
- 11 Disdain
- 15 Hang out
- 17 Coat of arms
- 20 Light touch
- 21 Expected
- 24 Crime against the state
- 25 House eater
- 27 Cattle call
- 28 Waltz and Watusi
- 29 Fabric bundles
- 30 Use
- 31 Kind of question
- 35 Budget item
- 36 Titled lady
- 38 Panhandle



Yesterday's answer



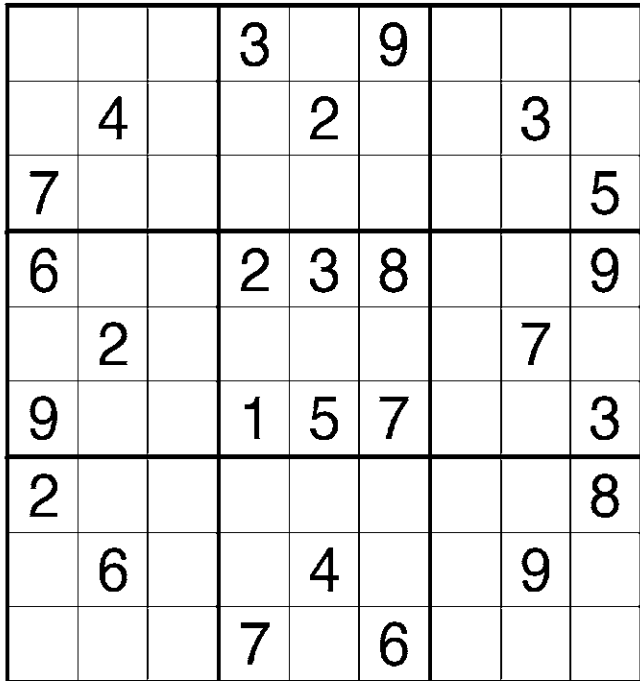
8-15

**SUDOKU**

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

**Conceptis Sudoku**

By Dave Green



Difficulty Level ★★★★★

7/15

Answer to previous puzzle

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

Difficulty Level ★★★★★

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**Word Search**



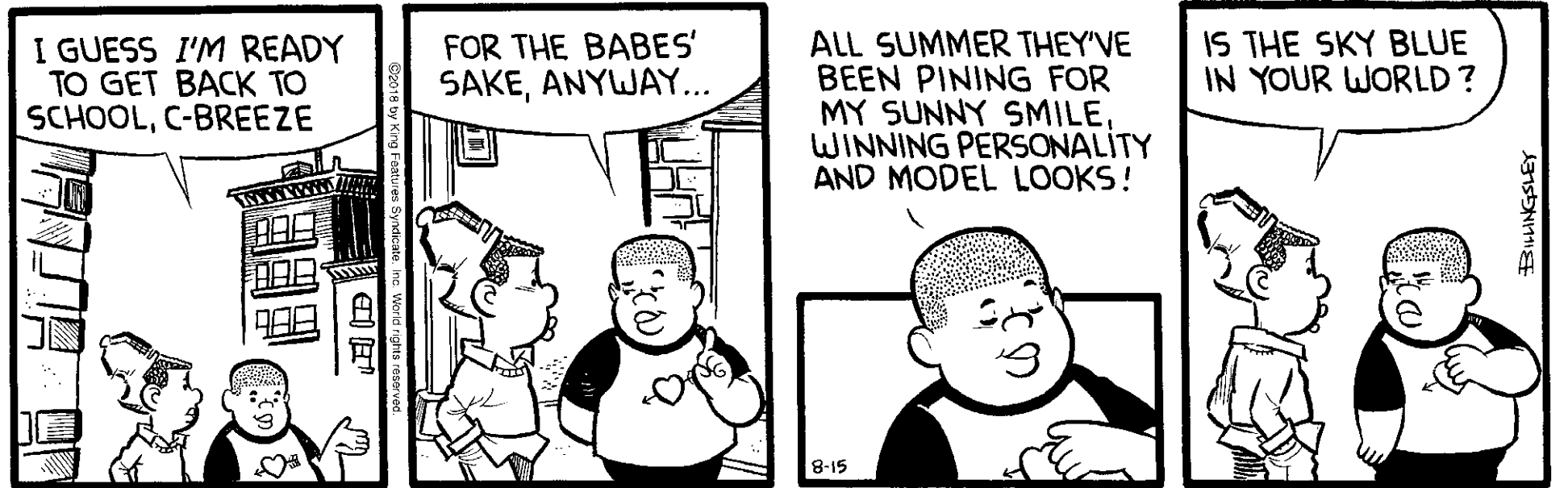
Find the listed words in the diagram. They run in all directions – forward, back, up, down and diagonally.

- Apple
- Castle
- Cottage
- Dwarf
- Elves
- Fairy
- Forest
- Giant
- Gnome
- King
- Mirror
- Ogre
- Pixie
- Prince
- Queen
- Ring
- Rose
- Slipper
- Troll
- Witch
- Wolf
- Wood

Have fun with  
**CAYMANIAN  
TIMES**

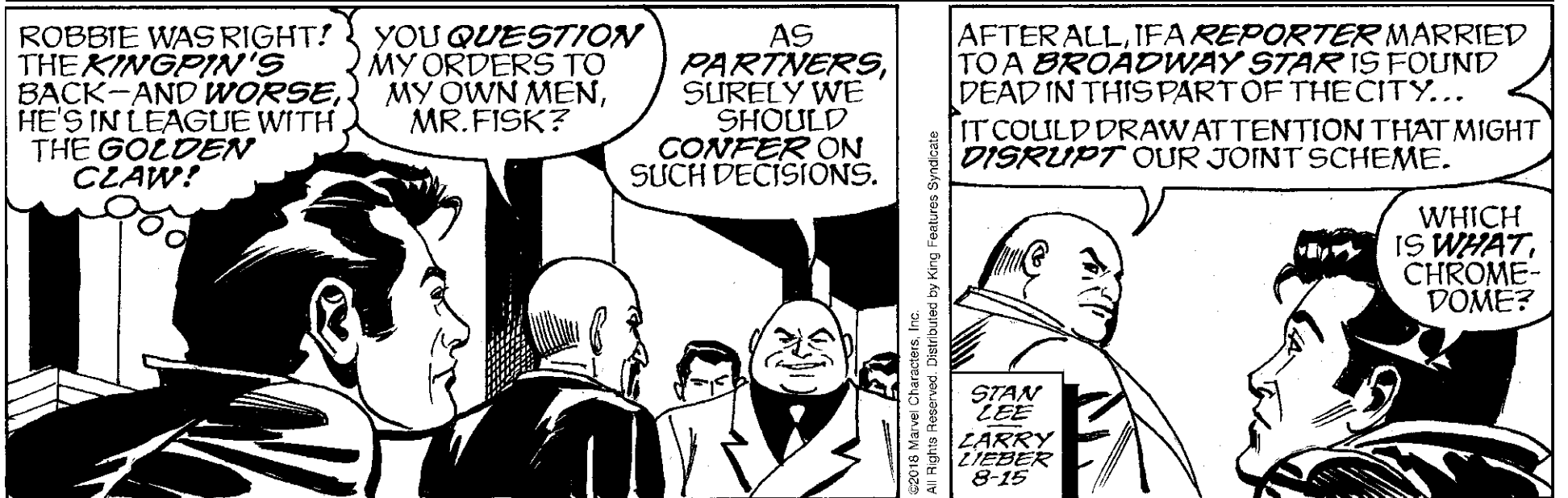
**CURTIS**

By Ray Billingsley



**THE AMAZING SPIDER MAN**

By Stan Lee



**JUDGE PARKER**

By Woody Wilson & Mike Manley





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