

# Caymanian Times

Friday, April 26, 2019 Issue No 367

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## NORCECA tour returns to Cayman



► CAYMAN'S MARISSA HARRISON GETS UP FOR SPIKE WHILE STEFANIA GANDOLFI LOOKS ON DURING THE 2017 TOURNAMENT

Full story on page A3 >>

## Tourism officials discuss future of Tourism

Ministry and Department of Tourism officials, along with industry partners, met in Chicago, Illinois to discuss the future of tourism, strategic objectives guiding the business and the impacts of millennial and new market visitation to the Cayman Islands.

The annual Global meeting is designed by the senior management team of the Department to bring together all regions of the business for in-

... Continued story on page A3



## Rachel Pascal: A Star in the Making



By Flynn Bush

Rachel Pascal, Cayman's lone medal-winning athlete of the CARIFTA Games 2019, is only fourteen-years-old, but already there are comparisons being made to her hero in the sport. After all, in her first CARIFTA appear-

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Philippines rocked by earthquakes

# EDITORIAL

## Protecting our turtles

Those tasked with protecting our natural environment have signalled that the turtle nesting season is underway.

From now until around November turtles will be nesting and hatching on beaches across the Cayman Islands. The Department of Environment is urging the public not to interfere with wild turtles, especially adult females, if they are spotted on the beaches, and also not to rake or cover turtle tracks, or tamper with turtle eggs in the nests.

We hope the public heeds this advice, as it is an offence to crush or excavate a nest with a vehicle or machinery, and any vehicle or machinery to be used on the beach must first obtain planning permission.

If anyone finds a turtle nest or track, we encourage you to report it to the DOE's 24-hour hotline 938-NEST (938-6378). This number is used in all three islands.

As they make their way to shore and back out to sea, they can fall victim to poachers looking to make a quick buck on the local delicacy. We remind our



readers that poaching sea turtles is a crime under the National Conservation Law. If anyone becomes aware of such illegal activity, they are asked to please immediately contact 911 or call the DoE's Chief Conservation Officer Mark Orr at 916-4271.

Turtle meat can only be legally purchased from the Cayman Turtle Centre, formerly the Turtle Farm. Doing otherwise would be supporting criminal activity and working counter to measures implemented decades ago to stem the decline of turtles in the wild.

Turtle stew is a local delicacy enjoyed across the Cayman Islands but we encourage our readers to do the right thing and not only say no to poached turtle meat but to report those breaking the law to the DOW hotline we listed above. 📞

# COMMUNITY NOTICE

## Turtle nesting season begins

The Cayman Islands Department of Environment (DoE) is reminding residents and visitors to watch out for sea turtles nesting on our beaches over the next several months.

Although it's only April, DoE scientists have already recorded one nest along Grand Cayman's south coast. The busiest part of turtle nesting season typically runs from May through November each year, with the large adult females clambering up the beach to lay their eggs between now and September, and hatchlings emerging between July and November.

Members of the public are asked not to interfere with turtles in the wild, especially adult female turtles if they are spotted on the beaches, and also not to rake or cover turtle tracks, or tamper with turtle eggs in the nests. It is an offence to crush or excavate a nest with a vehicle or machinery, and any vehicle or machinery to be used on the beach must first obtain planning permission. Residents should always check with the DoE's Environmental Management Unit (EMU.doe@gov.ky) to clarify if any permissions are required for certain beaches, and whether any nests might be impacted by works on the beach in the turtle nesting season.

"Everyone must do their part in trying to ensure that nesting mother turtles and the baby turtles are not harmed during the nesting season" said Minister for Environment Hon. Dwayne Seymour, as he urged the public to be respectful



► Sea turtle off West Bay coast

and vigilant during the turtle nesting season.

"Baby turtles usually take 50-60 days to hatch from their eggs, so it's important those nesting areas are not disturbed while they are preparing to emerge and that the baby turtles are protected while they make their way to the sea," said Dr. Janice Blumenthal, DoE's research officer in charge of the turtle nesting programme. "While sea turtle nesting numbers have increased, the overall number of female turtles in the population is still extremely low and threats to the population have worsened. The most critical threats are poaching of nesting female turtles and bright lights on the beach that disorient turtles."

The ongoing development of DoE's turtle-friendly lighting programme aims to help reduce turtle disorientations. In recent months, DoE scientists have met with a number of beachfront property owners who are implementing softer, amber-coloured outdoor lighting schemes that do not confuse or draw turtles away from the beach where they face danger from predation, vehicular traffic and exhaustion.

If anyone finds a turtle nest or track, please report it to the DoE's 24-hour hotline 938-NEST (938-6378). This number is also used to report nests to DoE volunteers and staff in Cayman Brac and Little Cayman.

Poaching sea turtles is a crime under the National Conservation Law. If anyone becomes aware of such illegal activity, they are asked to please immediately contact 911 or call the DoE's Chief Conservation Officer Mark Orr at 916-4271. 📞



► DoE Research Officer Paul Chin inspects an egg from the first sea turtle nest of the 2019 season



► Sea turtle in Little Cayman

# COMMUNITY NOTICES

## Special Immunisation Clinic for Vaccination Week in the Americas

To mark Vaccination Week in the Americas a special immunisation clinic will take place at the Public Health Department at the Cayman Islands Hospital, on Saturday, 27 April 2019 from 9 a.m. to 1 p.m.

Organisers are inviting parents to bring any child in need of vaccinations, including those with missed or outstanding doses. For more information, contact the Department on 244-2648. 📞

## How you can help sea turtles

Members of the public can help our local nesting turtle population by calling to report turtle tracks and nests to the DoE's Turtle Hotline, 938-NEST (6378), and by turning off lights on the beach during the turtle nesting season.

In addition to reporting nests, beachfront property owners and residents can assist by following the DoE's guidelines for making beaches safe for turtles:

- **Reduce beach lighting:** turn off, redirect, or shield any lights that can be seen from the beach during the turtle nesting season (contact DoE for more information). Lights near the beach can lead baby turtles away from the sea and result in their death. Lighting may also deter nesting females from coming ashore.
- **Remove obstacles** such as beach chairs and recreational equipment from the beach at night.
- **Remain quiet and stay at a distance** if you see a nesting turtle. Flashlights, loud noises, or getting too close

might cause the turtle to abandon her nesting attempt.

- **Do not drive on the beach** — this can crush turtle nests. Contact DoE before using beach cleaning machines or heavy equipment.
- **Protect beach vegetation.** Vegetation blocks light from buildings, stabilizes the beach, and encourages turtles to nest.
- **Do not have bonfires on the beach in the summer** — use a designated BBQ pit.
- **Do not rake or cover turtle tracks.** Department of Environment staff and volunteers use the tracks to find and protect nests.
- **Call DoE's Turtle Hotline if you find a turtle track, nest, or baby turtle.**
- **Remember that sea turtles are protected under Cayman Islands Law** and turtle poachers face steep fines and imprisonment. If you see persons harming or taking sea turtles or their eggs call DoE Enforcement (916-4271) or the police (911). 📞

# JOB FAIR

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or [info@caymaniantimes.ky](mailto:info@caymaniantimes.ky)  
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# Tourism officials discuss future of Tourism

... Continued story from page A1

valuable in-person dialogue, strategic planning sessions, and reinforcing the importance of partnerships amongst stakeholders and government. This year's theme was: Great Expectations for Navigating the Future. The meetings welcomed the Hon. Minister of Tourism along with the Councilor, Chief Officer and Deputy Chief Officer of Tourism; representatives from the Chamber of Commerce, Cayman Islands Aviation Authority, Cayman Islands and Sister Islands Tourism Associations, the Tourism Attractions Board, the Public Transit Board, Port Authority and the global teams representing the Department of Tourism.



► Ministry and Department of Tourism officials, along with industry partners, met in Chicago, Illinois to discuss the future of tourism, strategic objectives guiding the business

# NORCECA tour returns to Cayman

The Cayman Islands Volleyball Federation (CIVF) are gearing up to the NORCECA Beach Volleyball Tournament this week end.

The competition returns to Cayman after a break in 2018, and will take place from 26 to 28 April at Seven Mile Public Beach.

Cayman will be one of the first stops on the 2019 NORCECA tour, and teams

from the USA, Canada and around the region will start their bid to accumulate points in order to qualify for the 2020 Summer Olympics in Tokyo.

"We are so excited to have Cayman back on the NORCECA circuit. This sporting event is popular among the locals and very well attended," said CIVF President Kennedy McGowan.

"This is CIVF's 10th year hosting which is a testament to the quality of the event here in Cayman, how well organised it is and the confidence NORCECA has that we will put on a good show. The players and officials know that they will be treated to the Caymankind hospitality for which we're world renown, and that the competition will be fierce, fair

and fun. We look forward to welcoming the athletes to our island."

In 2017, the tournament attracted elite athletes from Puerto Rico, Cuba, Guatemala, Trinidad, Nicaragua, United States, Canada, St Kitts and Nevis, Virgin Islands and El Salvador. Cayman entered two female teams and a male team.

[Cayman Sports Buzz]



► David Wood (diving) and Casey Santamaria represented Cayman in 2017



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# Cayman Athletes: Measured Success at CARIFTA 2019

Now that CARIFTA 2019 has come and gone, the process of evaluation has begun. Already, there are opinions formed in people's minds as to how the games were, and how well our national athletes performed. Most people who attended came away with a positive image of the games themselves. It was exciting action, in a well-organized competition. As for the athletes who represented our beloved isles, it seems that people are putting more thought into their analysis. Although, the prevailing has also been positive, there appears to

be a little more reluctance to declare our team as "successful."

While some people might think that success in track and field is an easily quantifiable figure, I am here to assure you that it is not. In athletics, there are numerous ways to gauge success. Of course, the most commonly used way, especially by individuals from outside the athletics arena looking in, is to look at the number of medals won by each country's team in a competition of this magnitude. For this CARIFTA Games, Jamaica ran away with the most medals as it has done forty-one times previously. Meanwhile, Cayman ended the three-day competition with a single medal to its credit. To be fair, there was another third-place finish by Cayman (Aijah Lewis in the Under-20 high jump), but that did not count toward the official medal count, because there were only

three athletes in the event. However, those facts do not necessarily mean that Cayman had a bad competition.

In track and field, as in swimming, some common measuring sticks are personal times or distances, level of improvement, perfection of technique, and especially personal bests set by individual athletes. For Caymanian athletes, there were quite a number of those markers achieved during these games. Some people would even say that, with the interruption of track usage during the buildup to CARIFTA, for our athletes to even come close to a personal best is admirable. Tyrone Yen, one of our National coaches, said that he was very proud of the athletes. "I think they did their best, and under the circumstances, that is all we could ask of them," he asserted.

Fourteen-year-old Rachel Pascal, competing in the Under-17 Javelin, did win the only official medal for Cayman; a bronze medal in her first CARIFTA Games appearance. Her performance projects a bright future for herself, and for our country. That, along with some of



the other near-misses by Caymanian athletes suggests that athletics in Cayman has a good foundation on which to build; for years to come. With continued hard-work and dedication; and with the strong support from the community; we should see many more medals draped around the necks of our young athletes. 🌐



## Rachel Pascal: A Star in the Making

... Continued story from page A1

ance, she came up with a personal best throw to garner a bronze medal in the same event that her hero competes in. Her hero is a previous medal winner of CARIFTA hardware, and has since gone on to compete in university, and in the highest-level competitions in the world. He is the Cayman Islands most decorated and successful javelin thrower ever, and the holder of the national record. He is also Rachel's older brother, Alex Pascal.

The future is bright for Rachel and it is evident that the hard work and dedication she has put forth, is starting to pay dividends. She describes it this way, "I feel excited winning my first medal at the CARIFTA games for Cayman. It took a lot of patience, work and pain as most of my training was mainly focused on getting strong and explosive at the gym and in my backyard. The days on

the track when I was working on my technique and speed with my brother; coach Williams; Coach Paul when he was here; and coach Tyrone as well; were hard, too." The effort was not just limited to the sport specific aspects of her craft. She adds, "I had to make a lot of sacrifices like spending less time with friends, less entertainment, and eating more healthily. Even my grades at school this term were great as I got a 3.09 GPA."

Although Alex is currently leading the way in the javelin arena, he has never stopped being a strong positive role model, and a great big brother to Rachel. He says, "I am so proud of where my little sister Rachel has come from, as I have been supporting her in every sport since she has been competing at a very young age, like myself. I feel even more proud that she has settled in to do the same sport as me; the javelin throw. It makes me so happy when we are able

to train together every day." Of course, he was there when Rachel was called to stand on the podium. "When she won her CARIFTA medal, I was the proudest brother in the world that day."

Behind both siblings, there is also strong familial support. Their father, Richard, himself an internationally experienced and Olympic cyclist, is always there to lend a hand. "I make sure that they keep their self-esteem up and that they love what they do," he says. However, he does much more than that. He serves as a coach, trainer, and motivator for both kids, in addition to his role as a father. He also says, "I don't get upset when they have a bad performance or if they lose. I teach them about failing; and that they should be willing to take risks and to use their failures in a positive way. I try to teach them how to view any setbacks in a positive way as failure is a stepping stone to success, and it depends on how badly you want it."

Now that CARIFTA is over, Rachel has reached an important milestone in her athletic journey. The process will continue, for sure. However, Rachel says that she will take some time to enjoy it. "I will take a short break and try to spend time with my friends and family and do some fun stuff again before something else comes up again lol." Granted, two hours prior to writing this article, I noticed her hard at work at the track, perfecting her javelin technique.

In Cayman, the Pascal family has two star-javelin throwers. The youngest of them, Rachel, is the one who is now stepping onto the scene, and she is poised to follow in her brother's footsteps. The future is bright for her, and by extension, the Cayman Islands. Undoubtedly, we will see more success achieved by her in the international arena. After all, as Alex says, "We both want to take javelin to a different level in Cayman." What a glorious sight that will be to behold. 🌐

## Carifta: Day 3

It was a thrilling final night of the Carifta 2019 games at the Truman Bodden Sports Complex, with lots of loud cheering, colorful flags waving, and plenty of excitement all round as the 600+ athletes from across the region got ready to say goodbye to the Cayman Islands which had been their home for several days.

Cayman's official medal tally for the Carifta games was one bronze medal. It came on Sunday when fourteen-year-old Rachell Pascall won a bronze in the Javelin. She also won a personal best - with a really great throw of 35.5 meters. Cayman's Aijah Lewis took a bronze in the Girls' High Jump event, but later it was ruled by officials that there had not been enough competitors to make it a to the official final medal table.

But there were some near-misses too. On Monday night Cayman's hurdling star, Rasheem Brown narrowly missed getting a bronze in the 110m hurdles. It was a truly thrilling finish, and impossi-

ble to tell the outcome by the unaided eye alone. "I am really pleased," he said.

Overall, Jamaica dominated the games, with more than thirty gold medals and more than 80 in total. On Monday night they seemed particularly decisive in the various relay races, but many of Cayman's rising stars put in very respectable performances too.

In the 3000 m Levi Superville ran strongly and came in fifth overall. "At about 1000 meters to go I think I was ceasing up; I was tired," he said. The 5000m saw another one of Cayman's star runners, Victor Magalae come in eighth. It had clearly been a hard race for him. Although he started running very strongly, and kept it up for most of the race, it was in the last couple of laps that the strain began to show. But he was determined to give it everything he had: "I tried to finish strong," he said, "but the bell came a bit early for me."

Both Kylie Porter, 15, and Hannah Gibson, 16 shone in the Girls' discus, al-



► Levi Superville in the 3000m



► Victor Magalae finds the power to finish the 5000m



► Leroy Malcolm in the shot put

though both of them felt they had not done their best and hoped to do better in future. "I don't think I did my best but I tried the hardest, in the competition, I feel," Ms Gibson said, "I just did an average performance. I am going to train harder and develop myself and learn how to work out."

In the Girls Under 17 100m Hurdle, 16-year old Danielle Bailey finished sixth with a time of 16.37 seconds. Jamaica's Kay-Lagay Clarke won the race, with a time of 13.68 seconds. But Danielle wasn't disappointed: "I feel pretty good that I could make it, overall," she said.

In the Men's 4x100m relay, Cayman's Errol Smith and teammate Neil Brown each felt differently about their race: Brown said: "I feel like I could have done better I could have improved a bit," but Smith said, "I feel like we did our best."



► Hannah Gibson

In the shot put, Leroy Malcolm came eighth. Although he was disappointed by his first two throws, he managed a personal best of 13.89. 🌐

# COMMUNITY EVENTS

## April

### Earth Day Dress Down

**26 April:** The National Trust of the Cayman Islands encourages everyone to dress down in celebration of 2019 Earth Day this Friday and to continue to protect our paradise. Purchase a 2019 Earth Day T-shirt and receive 50% off any previous design. CI\$20 Adult shirts and CI\$10 Youth Shirts. Email [marketing@nationaltrust.org.ky](mailto:marketing@nationaltrust.org.ky) to pre-order your shirt

### Science Fair

**27 April:** Rotary Central is hosting its annual Science Fair on Saturday 27 April at the Camana Bay Arts & Recreation Centre. Rotary Central's Science Fair is an annual competition held in the Cayman Islands that allows students to demonstrate their science skills and compete for major prizes to assist them with future college studies. Doors are opened to the public from 9:00am to 12 noon.

### Craft Classes

**27 - 28 April:** The National Trust of the Cayman Islands invites the public to its traditional craft class at the Mission House on Saturday 27 April from 10:00am to 12:30pm. Participants will learn the art of making rag rugs. Cost is CI\$30 for adults and teens. Email [projects@nationaltrust.org.ky](mailto:projects@nationaltrust.org.ky) to sign up.

### Beach Volleyball

**26 - 28 April:** The NORCECA Beach Volleyball Tour begins on Friday 26 April at the Public Beach. Teams from the Cayman Islands, the rest of the Caribbean, Canada and the US will play to qualify for the 2020 Summer Olympics in Tokyo. Covered stand seating is \$5. Bring the entire family for fun activities and entertainment. For tickets and more information, visit [www.civf.ky](http://www.civf.ky)

### Gigantic Garage & Car Boot Sale

**27 April:** St. Ignatius is having its annual Garage Sale & Car Boot Sale on Saturday 27 April from 6:00am to 11:00am at the school hall and car park. Lots of items including clothes, toys, books, household items, art and more will be available. Every dollar raised will go to support the St. Ignatius Food pantry. For more details call 949 - 6797 or email [ignatius@candw.ky](mailto:ignatius@candw.ky).

### FREE Vaccination Clinics for Puppies & Adult Dogs

**28 April:** The Cayman Islands Humane Society and Island Veterinary Services are sponsoring a series of free vaccination clinics for puppies and adult dogs at the Humane Society North Sound Rd. The clinics will be only for reserved dogs that have not been vaccinated yet, and no other examinations

or treatments - with the exception of de-worming - will be done at the time. Other clinics will be held on April 28th, May 19th and June 9th, all from 8am to 12 noon.

### 19th Annual Dr. J. Hugh Cummings Memorial 5K Run/Walk

**28 April:** Run/Walk takes place on Sunday 28 April starting at 6:00am from ICCI to Pedro Castle. Registration is \$25 for adults and \$15 for students and children under 12. Refreshments will be provided. All proceeds will benefit the Dr. J. Hugh Cummings Memorial Fund. Participants can pay on [caymanactive.com](http://caymanactive.com) or on the day of the event.

### Free HIV Screenings

**30 April:** The Public Health Department has extended its hours for free HIV screenings. The free testing is now available from 9.00 a.m. to 1.00 p.m. every Tuesday at the Cayman Islands Red Cross on Huldah Avenue, George Town.

### Developing your Hurricane Preparedness and Crisis Management Plan

**30 April:** The Cayman Islands Chamber of Commerce is hosting a free workshop on Hurricane Preparedness and Crisis Management on Tuesday 30 April from 12:30pm to 2:00pm. Haines Disaster Consultancy (HDC) will assist you with analysing and mitigating

your risks whether natural, accidental or deliberate to ensure both you and your organisation are prepared for what lies ahead, and can continue operations with minimal disruption after a major event. Contact the Chamber at 949 - 8090 for more information.

### Anti - bullying Workshop

**30 April:** The Alex Panton Foundation in collaboration with the Ministry of Community Affairs continues its anti - bullying workshop on Tuesday 30 April at the East End Civic Centre starting at 6:30pm. Over half of our young people in the Cayman Islands report that they have been bullied. Understanding bullying and its link with mental illness can support the children in our community in creating an anti-bullying culture. For more information email [info@alexpantonfoundation.ky](mailto:info@alexpantonfoundation.ky)

## May

### Adult Batabano and Food Festival

**4 May:** Join the Cayman Carnival Adult Batabano parade and Food Festival on Saturday 4 May. The colourful parade of costumes begins at the Public Beach, West Bay at 1:00pm and winds into George Town accompanied by the latest soca music. The Food Festival promises a feast of local food and other eats from more than 20 vendors. Visit [caymancarnival.com](http://caymancarnival.com) for more information.

### Spring Tea Party

**11 May:** St. Ignatius is having their Annual Tea Party on Saturday 11 May starting at 2:30pm. Tickets are \$5 and include afternoon tea, entertainment and a chance to win \$6,000 worth of door prizes, plus lots of random giveaways! This is a great opportunity to celebrate an early Mother's Day by taking your mother, grandmother or any female that plays a mother role in your life! The 1st. prize is a Ladies Christian Dior Watch worth \$3,600. 📍



► Rotary Science fair

### Cayman Carnival Junior Batabano - "Once Upon A Turtle"

**11 May:** Join the fun as over 400 children parade through the streets of George Town for Junior Batabano. The Family Fun Day begins at 1:00pm on the lawns of the Old Glass House and there will be many fun activities to enjoy. The costumed parade follows at 3:00pm. For more information call 925 - 3970 or visit [www.caymancarnival.com](http://www.caymancarnival.com).

# Maples FS A are named the Camana Bay Corporate Volleyball League Champions

With the end of the Camana Bay Corporate Volleyball league in sight, teams, supporters, coworkers, and families gathered in the Arc on Wednesday, April 17th to cheer on their respective teams in the final matches of the season. At 6:30 there was a showdown between Dart B and Maples Legal Eagles on court 1 and Dart A and Maples FS B on court 2. Both of these games would determine the fate of the teams' final ranking in the league, so Dart A and Maples FS B were competing for 5th and 6th place and Dart B were facing off with Maples Legal Eagles for 7th and 8th place. With 6 players aside, scorekeepers and referees in place, the whistle blew and the games got underway. Dart B ruffled a few feathers when they swiftly took the first set from the Legal Eagles with a 21-14 lead. Maples wasn't going down without a fight and they made that clear when they battled long and hard during the second set, only to lose it by two points when the score was capped off at 28-26. Meanwhile on court 2, Maples FS B and Dart A had an extremely contested first set with each team going point for point. Eventually Maples FS B snuck ahead a won the first set 25-21. Dart A were left feeling defeated after the first set, which didn't do them any favours leading into the second set. In fact, that's what ultimately led to their demise, as Maples FS B defeated them 25-12.

When 7:30 rolled around the top teams took the courts, on court one Maples FS A was playing KPMG for the championship, and on court two we had PWC and Wheaton Precious Metals competing for 3rd place. Wheaton Precious Metals had a slow start in their first set as PWC wasted no time earning a quick victory with a score of 25-11. That first set was a much needed wakeup call for Wheaton, and they quickly rallied together in the second set in order to secure an eight point lead on PWC. The phenomenal digs from Giselle Passchier and the killer attacks from Eric Wilson were large contributors to this lead. The team captain for PWC made the right call and used their two time outs to regroup and revitalize the team. It worked to their advantage as PWC bridged the gap and surpassed their opponents, beating Wheaton 25-22. Having lost two straight sets Wheaton's fate was set in stone finishing the competition in 4th place. KPMG had their work cut out for them as they were going up against the two time defending champions, Maples FS A. They fought hard in the first set, but struggled to defend against Maples FS A's power player, David Bakker. Although they lost the



first set 25-17, KPMG was determined to give it everything they had going into the second set because at this point in the game it was all or nothing. Their game plan worked to their advantage, as KPMG managed to take the lead with the help of Davison Ruwende's several kills. Maples FS A did not want to go to a third set, so they unleashed their strongest attack in order to seal the win 25-23. Despite KPMG's valiant effort, Maples FS A graciously accepted their trophy and basked in the glory of knowing their championship streak will continue for another year.

CIVF would like to thank all the volunteers for their ongoing support in the capacity of referees and scorekeepers. In addition, they are grateful for Camana Bay's continued support, as this is the third year that they've hosted this competition at the Arc. The corporate teams' participation has been tremendous this year, and all of the teams have stepped their game up. CIVF is exploring the possibility of hosting another league later this year to keep the teams' morale going. Any corporations interested in getting involved should reach out to Jen Strangeway at [eom@civf.ky](mailto:eom@civf.ky). 📍



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**TOTAL SHIPS - 10**  
**TOTAL PASSENGERS - 31,589**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
		Disney Magic	Brilliance of the Seas	Carnival Dream	Carnival Miracle	
		Carnival Magic	Carnival Freedom	MSC Armonia		
		Disney Fantasy	Carnival Horizon			
			Navigator of the Seas			
<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>
		10,190	12,910	5,809	2,680	

# Celebrate “The Magic of Tourism” at the 16th annual Stingray Tourism Awards! Nominations Open...

The Cayman Islands tourism industry is continuing to thrive and receive more and more accolades every day. These continuous honours would not be possible without the dedicated men and women who make up this remarkable industry. It is for this reason that the Cayman Islands Tourism Association seeks to celebrate these hardworking individuals at the annual Stingray Tourism Awards. The theme for this year's event is: “The Magic of Tourism” which seeks to highlight the collaborative efforts made to ensure visitors to our islands have a most magical experience while they are here. Nominations for this prestigious event are now open and CITA welcomes and encourages member businesses to put forth names. From back of house to front of house staff, everyone deserves to be recognised for their hard work and commitment to the

job. We look forward to honouring all nominees with personal certificates and the winners celebrated with cobalt-blue, hand blown glass stingray awards. From Rising Star nominees to Diamond Award (Long Service) nominees, all will have a grand time at The Ritz-Carlton Grand Cayman on Tuesday July 23rd, 2019.

CITA wants to know how your nominee has contributed to creating magical experiences for visitors to the Cayman Islands as well as their contributions to the Cayman Islands community overall. These awards are highly competitive so please bring your "A Game" when filling out the nominee application forms.

Visit [www.cita.ky/stingrayawards](http://www.cita.ky/stingrayawards) for more details regarding the guidelines and to access the online nomination form. “It is the CITA's honour to celebrate all those who faithfully contribute to tourism through their hard work and dedication. Sometimes magic happens, and sometimes magic is made. In this case, it is a combination of both a magical place and people coming together to create experiences of a lifetime for all who grace our shores”. – CITA Board Director and Stingray Awards Committee Chairperson, Mr. Ash McKnight.

CITA members may nominate top performers (manager or employee) in the following categories:

- Accommodations (condominiums/villas and hotels)
- Watersports
- Restaurants
- Allied, Attractions and Transportation (Allied includes retail, services, media, arts and entertainment)

CITA is actively seeking sponsors to come on board. Companies interested in sponsoring this event may contact the office at [info@cita.ky](mailto:info@cita.ky) or 1(345) 949-8522. The awards will start with a 6:00pm cock-



► CITA Executive Director Tiffany Dixon-Ebanks and President Theresa Leacock pictured with some Stingray Awardees



► Rising Star Andrew Ebanks receives from Tourism Ambassador Zariah Anglin and Director of Tourism Rosa Harris

tail reception and dinner and Awards Ceremony at 7:00 p.m. CITA warmly welcomes the public to attend and tickets for the event can be reserved through the CITA office for CI\$106 per person, or \$975 for a table of ten.

### About CITA

The Cayman Islands Tourism Association (CITA) was formed in March 2001, through an amalgamation of the Cayman Tourism Alliance and the Cayman Islands Hotel and Condominium Association. The CITA represents tourism businesses from all sectors, including hotels, condominiums and villas, watersports operators, restaurants, attractions, airlines, tourism transport providers, cruise sector businesses and allied tourism service providers. The CITA represents close to 250 tourism businesses and is active in the areas of industry and government relations, marketing and events, industry development and education. 🌐



► Lifetime Achievement Recipient Nancy Eastbrook receives award from Deputy Governor Franz Manderson

# HSM IP Supports Sports this World IP Day

World Intellectual Property (IP) Day is a yearly celebration of IP's role in stimulating innovation and creativity. Falling on April 26, this year's theme is “Reach for Gold” – a closer look inside the world of sports.

HSM IP, a specialist intellectual property law practice in the Cayman Islands, is proud to work with leading sports brands around the world such as Puma and Rip Curl.

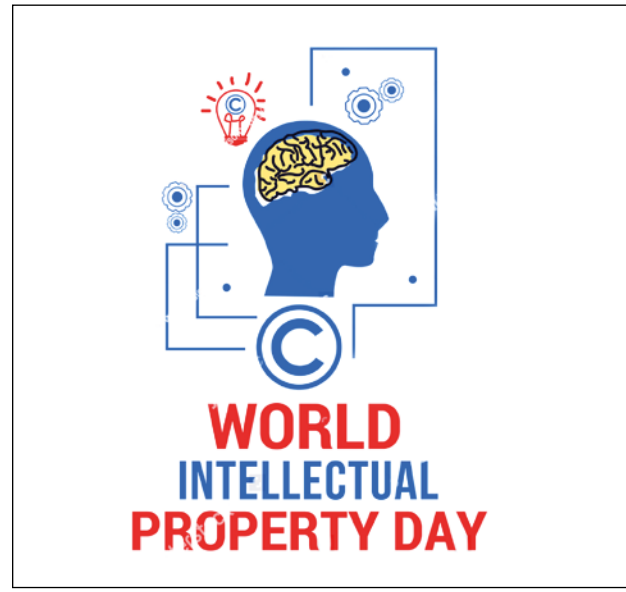
Businesses who create sports clothing, accessories and equipment can protect their brand names and logos as trade marks, their unique designs as design rights and protect inventive technology as patents.

Puma and Rip Curl are renowned sporting companies. Puma SE, branded as Puma, is a multinational company that designs and manufactures athletic and casual footwear, apparel and accessories. HSM IP protects Puma's trade marks in Bermuda, the British Virgin Islands and Montserrat.

RIP Curl International Pty. Ltd, owner of the Rip Curl brand, is an Australian designer, manufacturer, and retailer of surfing sportswear and accompanying products, and is a major athletic sponsor. HSM IP protects Rip Curl's trade marks in the Cayman Islands and across the Caribbean.

“These global brands work hard for their reputation and it is our mission to protect their identity and creative works,” shares HSM IP Managing Partner, Huw Moses.

Beyond providing intellectual property services. The HSM brand is also well-known locally as a sponsor of the Cayman Islands Flag Football Association Women's League. The HSM Vipers team are the reigning champions – three years in a row. HSM IP's Paralegal Jennifer Cotarelo-Choice is also a key member of this football team. Moses adds, “Sports play an integral role in society and our company is proud to have our brand featured on the field.” 🌐





► Adventist Community Services volunteers assembling desert trays for the student waiters in the background



► Cayman Academy's Malik Copeland dispensing water to one of the seniors

# Seniors Celebrate Easter at the Annual Government/Church Collaborative Fête

More than 200 seniors and their caregivers, including eight from Cayman Brac and one from Little Cayman, gathered for the annual Seniors' Easter Celebration at the Family Life Centre on Monday (April 15, 2019).

The celebration was a joint initiative of the Department of Children and Family Services (DCFS) and the Seventh-day Adventist Community Services Department. The visit of the seniors from the Sister Islands was sponsored by Deputy Premier Moses Kirkconnell, one of the elected representatives for the two islands. Cayman Economy Cars donated transportation for the day-long excursion to Grand Cayman.

The annual affair was a beehive of activity as seniors entertained and were entertained during the lunch hour and into the early afternoon.

Seniors entertaining on stage included "Aunt Sookie [former MLA Daphne Orrett] and Friends" and Mr. Roy Bodden on guitar, while Dr. Curtis Barnett and his wife Christine treated their peers to a duet featuring the song "Uncle Gummy's Cassava," composed by Dr. Barnett just three weeks prior to the event. Dr. Barnett and Christine followed with an instrumental rendition of the hymn "I Serve a Risen Saviour," on the guitar and alto recorder, respectively.

The programme also included musical performances by seniors drawn from the various districts.

Adding to the entertainment, younger students of Cayman Academy regaled the seniors with dramatic interpretations of songs, among other performances.

While the musical feast was underway, senior students of Cayman Academy waited on tables, demonstrating their growing prowess once again at an event in which they have been serving



► Student waiters and waitresses flank Cayman Academy Deputy Principal Jewel Meikle, who shared duties as master of ceremonies with Social worker Genevieve Tomlinson

as waiters and waitresses for the past several years.

In addition to entertainment and the lunch fare, the seniors were engaged in concurrent roundtable discussions, arranged by Mrs. Cassandra Fearon, the DCFS social work manager for the Elderly Services Unit. Social workers and community development officers, along with pastors and other leaders from a range of churches, led discussions at each table.

Mrs. Fearon said that the response during the group discussions, in which members shared issues in their lives and sought to help each other, demonstrated the necessity and importance of these types of activities for seniors. Topics included



► Enjoying the entertainment, from left are Mrs. Reva Bodden and her husband Roy; the Rev. Mary Graham, rector of the Anglican Church; and Chief Officer for the Ministry of Community Affairs Teresa Echenique

healthy expression of emotions, working through unresolved issues, and concerns related to decreasing social circles, poor health, and other life changes.

Setting the tone for the roundtable discussions, the Rev. Mary Graham, Rector of St. George's Anglican Church, spoke on exercising "faith in life's journey."

A facilitator at one of the tables, the Rev. Sylvia Wilks of the New Testament Church of God, commented to Mrs. Fearon at the conclusion of the celebratory event: "Well done. I am really grateful to be a part of this, and I am so glad I came."

Another facilitator, Ms. Thelma Richards, who is supervisor for the Adult Special Needs Programme (operated via the various residential homes), said, "The clients were willing to open up and share their thoughts," adding that the exchanges obviously brought a degree of emotional release.

Present for the occasion was Ms. Teresa Echenique, Chief Officer for the Ministry of Human Resources, Immigration and Community Affairs, who delivered

the opening remarks. Ms. Echenique could be seen going from table to table during the roundtable discussions, warmly greeting participants.

Commenting at the close of the event, Ms. Echenique said: "The value of our older persons far exceeds what words could express," adding: "Their hard work and dedication provided the foundation for us and opened opportunities that have allowed us to advance to where we are today."

It was therefore fitting to honour them at this Easter celebration, she said, adding: "We give thanks for the opportunity that we have to celebrate and enjoy our older persons."

Ms. Echenique thanked the Adventist Community Services Department for "collaborating with her ministry and the DCFS in organizing another successful event."

For the Adventist Church, it was all hands aboard, as volunteers worked an assembly line behind the scenes and senior students of Cayman Academy weaved their way from table to table in the packed hall, expertly balancing trays laden with lunch boxes, drinks, and dessert.

Notable as they were in their front and centre role, the black-and-white liveried student waiters and waitresses moving gracefully through the hall attracted many compliments.

Mrs. Eula Glidden, wife of the late Cline Glidden Snr. (who served as sergeant-at-arms of the Legislative Assembly for 15 years) and mother of former MLA Cline Jnr, singled out student Malik Copeland for special mention.

Ms. Eula remarked that Malik was "quite professional in the way he served, with one hand placed smartly behind his back, and charmed us all with his pleasant smile."

Closing the event, Cayman Academy Deputy Principal Jewel Meikle, who served as masters of ceremonies jointly with Social worker Genevieve Tomlinson, reminded seniors that the rewards of "nourish[ing] friends and family" are reaped in the golden years. 🌟



► The DCFS' Cassandra Fearon, social work manager for the Elderly Services Unit, leads out in one of the roundtable discussions



► A group of the volunteers who prepared trays of food behind the scenes for the annual Easter seniors' event. At rear right is Adventist Community Services Associate Director Angela Hall, who was central to organizing the entertainment and services to the seniors for the day

POLICE NEWS

## Police Respond to Serious Domestic Incident in George Town; One Man Arrested

Just after 5:30PM on Monday, 22 April, the 9-1-1 Communications Centre dispatched police to a residence in the Rock Hole neighbourhood of George Town where a man had cut two women known to him with a knife, and was holding a baby.

Armed police deployed to the scene with a trained police negotiator. When they arrived, the women were outside the home and the man was on the porch of the home with the baby, holding

a knife, and threatening harm to the baby if police approached. Police attempted to negotiate the release of the child for a period of time, and ultimately deployed Tasers to subdue the man. The women and baby were taken to hospital and treated for minor physical injuries. The man was arrested on suspicion of making threats to kill, assault and abduction, and was also seen by a doctor. He is currently in Police custody. 📍

## 2005 Mercedes Benz SUV Reported Stolen

Police have received a report of a black Mercedes Benz SUV, registration #96296 which was last seen at about 11PM on Sunday, 21 April. The vehicle had been parked at a residence on in the vicinity of Franklin Close in Bodden Town.

**Year: 2005**  
**Make: Mercedes**  
**Model: Benz SUV**  
**Colour: Black**  
**Reg. #: 96296**

A picture of the actual vehicle is included with this release.

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 of **Crime Stoppers at 800-8477 (TIPS)**, or **online** <https://www.tipsubmit.com/WebTips.aspx?enc=A0uW7bOrWH9ON7EXpuCq2+X-MY132NszhSA4e2fABga4=>. 📍

## BLACK SEED OIL

Black seeds are also known as black caraway, black cumin, kalonji and black onion seeds. They come from Nigella Sativa, a small plant with pale, purple, blue or white flowers that grow in Eastern Europe, Western Asia and the Middle East. These tiny seeds have been in use for thousands of years for a variety of health benefits. The seed contains Thymoquinone, an antioxidant and anti-inflammatory compounds that may also have tumor-reducing properties. It often added to massage oils, shampoos and home-made skin care products. So, here are some of its benefits.



**SKIN BENEFITS** - Eczema - A study reveals that using the oil can greatly help in reducing severe eczema.

**Acne** - It's antimicrobial and anti-inflammatory properties have been shown to greatly reduce severe acne.

**CANCER** - Research has shown that the presence of thymoquinone, can influence programmed, cell death, in several types of cancer. These include brain cancer, leukemia, and breast cancer cells. Bear in mind that such results were on cells and not humans.

**LIVER AND KIDNEY FUNCTION** - A 2013 study on rats with black seed oil, showed that the oil can reduce kidney and liver complications.

**DIABETES** - In an article in the Journal of Endocrinology and Metabolism, black seeds were recognized to have anti-diabetic properties and blood sugar levels. It's important to note that the study was not done on humans.

**OBESITY** - Black seed may reduce risk factors in women who are obese. In one study women consumed the Nigella Sativa and another did the placebo, with both groups on it for 8 weeks. At the end of the study it was found that waist circumference and triglyceride levels had decreased by more in the group using the seeds. 📍



## Prevent Impulse Eating: Helpful Tips

It's happened to all of us. You know the feeling - you are away from home running errands, or you are out late because you had to stay at work longer. And you realize that you are hungry. Not just a little hungry though. You haven't eaten for hours, your head is starting to throb, and you can't even think straight.

Bottom line: you have to eat. Now!

As you survey your options, you realize that getting something to eat that is even remotely healthy is going to be nearly impossible. But you have little choice, so you grab a burger or a salad with "grilled chicken." (Do you have any idea how much that piece of 'grilled chicken' has been processed and soaked and manipulated and transformed before it arrives in front of you?) Or a small order of fries just to get you through.

And just like that you have put food into your body that will lower your immune response, raise your blood sugar, reduce your energy and contribute to weight gain.

It is a tough situation, and like I said, we've all been there. Sometimes you really do have to eat 'right now.' But over time, these eating emergencies add up and significantly impact your health and fitness achievement.

### Emergency Preparedness

The answer is to stop having eating emergencies, and I will show you how to do this. It does take some planning, but it isn't as hard as you might think.

**The first step** is to make a list of healthy, on-the-go foods that you enjoy eating. Make sure that you include things with healthy fats, protein and carbs (if it's around your workout time). When you are very hungry, you need to have all the macronutrients covered in order to get quick energy, satisfy your hunger and clear your brain fog. This does not have to be a complete meal, but it needs to be balanced enough to substitute for one if needed.

**Here are some ideas to help you get started.**

- **Unsalted nuts.** Walnuts, pecans, hazelnuts, almonds, cashews, Brazil nuts. (These will provide protein and good fat)
- **Raw Veggies.** They are crisp, juicy, cold and sweet and full of the micronutrients your body craves.

- **Cheese.** If you eat dairy, having a small slice of your favorite cheese will give you a complete protein, a little fat and be very comforting. Remember: the goal is to tame the beast inside you that is calling out for a hotdog from the nearest drive through window. *This is a mental exercise as well as physical!*
- **Nut butters.** Cashew, almond, peanut...find your favorite. Almond butter is great on a banana; cashew butter is perfect on whole grain crackers. Go ahead and put 7-8 chocolate chips on top if you want. This is a tiny indulgence that will go far to settle your craving.



▶ Ernest Ebanks

- **Boiled eggs.** Do you like cold, salted boiled eggs? They are a powerhouse of protein. Just be sure to get free range eggs.
- **Sardines.** Yes, you read that right. If you like fish, you can buy small packets of wild caught sardines that travel very well.
- **Water.** You have to drink water.

**The second step** seems obvious, but it has to happen if you are going to eliminate impulse

eating: *buy the food on your list.* You have to get it in your house, so you have it when you need it.

**The third step** is to plan your food kit. This food has to travel with you, and you have to decide how you are going to transport it. The secret is convenience. If you only have five minutes to grab your kit on your way out the door before work, it has to be streamlined. Ideally you will leave yourself more than five minutes, but life happens.

**Here are some tips to help you set up your food kit for ease and speed.**

- **Small cooler.** Purchase a small cooler that will hold an ice pack and several other things. Keep this in your kitchen so you can grab it on the go.
- **Plates, utensils, napkins.** Whether you use paper/plastic or your everyday items, get a bag and put a couple of plates, some utensils and some napkins in it. You will use this same bag every time you use your kit, so it becomes a habit. It can be a plastic bag, a cloth bag or a paper bag. It doesn't matter. The point is that you can grab this bag on your way out the door and know that it has what you need in it.

- **Small storage containers or plastic bags.** You need individual containers to put your food in. Don't take the whole package of cheese or the whole bag of chocolate chips, because you will end up eating too much. Put one or two pieces of cheese in a container, and put only 7-8 chocolate chips in a bag. Toss some nuts in one container, some cut up fruit in another. Also, you don't have to prepare everything in advance. In a pinch, you can eat a big bell pepper just like an apple! Just have a plan so you can get it fast when needed. Some things don't have to be separately packaged, such as your nut butter. Just toss the whole jar in the cooler...if you can control yourself.

- **A tote bag or duffle bag.** This bag will be your "picnic basket," so to speak. Stuff everything into it that does not go into the cooler.
- **Water bottle.** You need something to store a lot of water in.

### Now do it

You've done the hard part. You've figured out what foods will make you happy and help you through the emergency, you've stocked up on them, you have gathered what you need for transport and you have your water situation figured out.

**All that is left is making it happen.** You have to take the food with you when you leave the house. The first few times you do this, it will seem complicated and tedious. But eventually, you will do it with little thought. It will be habit. That is why using the same cooler, the same bags and the same water container every time is so important. You will likely even find you grab the same foods nearly every time—it's just easier. **And it has to be easy, or you won't do it.**

The happy result is that when you are out and realize you are hungry, you will not have to eat food from a restaurant. You will have an assortment of health and energy promoting foods at your fingertips.

Call Ernest at **Body Shapers Fitness Studio 325-8696** or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com), get started on a training program that's best for you. 📍

# VOLUNTEERS NEEDED

Grab your family and friends and volunteer during the 2019 Hurricane Season

**SHELTER VOLUNTEERS:**  
 Manage shelter  
 Monitor sheltered persons  
 Provide shelter updates

**DISTRICT REPRESENTATIVES:**  
 Secure food supplies for distribution  
 Post disaster damage assessment  
 Track inventory supplies  
 Clean Ups

Training will be held for new volunteers and past volunteers who have not attended within the last two (2) years.

Date: May 27th and May 28th 2019  
 Time: 5:30 pm - 8:30 pm  
 Venue: John Gray High School Hall

No experience needed. Volunteers will be trained to offer support and immediate on-scene services

GIVING a little helps A LOT

To sign up, email [DCFS.SMT@gov.ky](mailto:DCFS.SMT@gov.ky) or call 949-0290

Deadline: 17th May 2019

DEPARTMENT OF CHILDREN & FAMILY SERVICES  
CAYMAN ISLANDS GOVERNMENT



WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
83°/78°F	83°/78°F	83°/78°F	84°/79°F	84°/79°F	82°/79°F	83°/78°F
Partly sunny; pleasant	Partly sunny; nice	A passing shower or two	Partial sunshine	Partly sunny	Mostly sunny	A t-storm around in the p.m.

MOMENTS OF INSPIRATION



IT IS FINISHED- LUKE 19V30

FIRST- OUR ATONEMENT FOR SIN

In the Old Testament a spotless lamb was required as a sacrifice offered for sins. This was needed to bring people back into relationship with God. Jesus is the Lamb of God who takes away the sin of the world. So, here He was taking our place, dying in our place so that we can have the gift of eternal life. Scripture tells us, "the wages of sin is death, but the gift of God is eternal life, through Jesus Christ our Lord." Yes He

took your place, are you going to accept Him as your Saviour?

SECOND- SALVATION 'N PLAN WAS FINISHED.

After Adam and Eve sinned in the garden of Eden, they became a marred and scarred couple. Sin destroyed their relationship with God and remains so to this day. However, God did not leave man alone to fend for himself. In the fullness of time Jesus came to this earth and gave His life and shed His blood on

the cross to redeem us from the curse of sin and the penalty of death.la

FINALLY- HEAVEN'S DOORS RE-OPENED TO US.

Yes they were shut the moment Adam and Eve sinned. Sin cannot and will not prevail in God's presence. As history unravelled man sought and chose a variety ways to get back to God. Gods of all kinds and religions of all forms were invented but none could

do the job of redemption. But when Jesus died on the cross, when He triumphantly cried, "It is finished," it meant that we now have that direct access to God. Yes Heaven's doors flung wide open and the refrain is now, "whosoever will may come!"

So at this Easter time everything has been done for us to saved, to be brought back to God because of what Jesus did on the cross. Why not accept as your Saviour? 🌐

OBITUARIES

**Churchill's** Funeral Home

We have been asked to announce the passing of Myrtle Beatrice Aiken, who passed away on Sunday, April 21, 2019. A Thanksgiving Service will be held at the Agape Family Worship Center, 50 Fairbanks Road, Grand Cayman on Saturday, May 04, 2019 at 11:00 a.m. Viewing will be from 10:00 – 11:00 a.m. Interment follows at Prospect Cemetery.

Condolences can be registered at churchillsfuneralhome.com

**Churchill's** Funeral Home

We have been asked to announce the passing of Ms. Lileith Hilda Murray, who passed away on Thursday April 18 2019. A Thanksgiving Service will be held at Church of God Chapel, 22 Academy Way, George Town, Grand Cayman on Saturday, May 4, 2019 at 3:00 p.m. Viewing: 2:00 – 3:00 p.m. Interment at: Prospect Cemetery

Condolences can be registered at churchillsfuneralhome.com

**Churchill's** Funeral Home

We have been asked to announce the passing of Mr. Raymond Rivers, who passed away on Wednesday, April 15, 2019. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com

The family of the late **Donna Cecile Smith/Welcome** regret to announce her passing on Wednesday, 20 March, 2019.

A graveside service will be held on Saturday, 27 April 2019 at 4:30pm at Boatswain Bay Cemetery. Guests are requested to wear something red.

Meet at Wesleyan Holiness Church, West Bay at 4pm for transportation to the Cemetery. NB: There is limited/no parking available at the Cemetery.

Donations may be made to Bank of Butterfield account #1361351830020, Account name: Donna Welcome, or online at <https://fundly.com/in-loving-memory-of-donna-smith>

Condolences can be registered at [www.boddenfuneralservice.com](http://www.boddenfuneralservice.com) & Bodden Funeral Service Facebook page

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

The Family of the Late **Helen Rivers** regrets to announce her passing on Thursday, 11 April, 2019.

A funeral service will be held 3:00 p.m. Sunday, 28 April, 2019 at West Bay Seventh Day Adventist Church, viewing will be from 2:00 p.m. prior to the service.

Interment will follow in West Bay Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page

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

The Family of the Late **Patricia Mary Tibbetts** regrets to announce her passing on Sunday, 21 April, 2019.

A Funeral Mass will be held 3:00 p.m. Saturday, 4 May, 2019 at St. Ignatius Catholic Church .

Interment will follow in Prospect Cemetery.

In lieu of flowers donations can be made to the CI Breast Cancer Foundation.

Funeral attendees are asked to wear colours of the sea.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page

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

The Family of the Late **Morgan Lee Callan** regrets to announce his passing on Friday, 19 April, 2019.

A funeral service will be held 3:00 p.m. Sunday, 5 May, 2019 at George Town Seventh Day Adventist Church, viewing will be from 2:00 p.m. prior to the service.

In Lieu of flowers donations may be made to Team Morgan-racing wheelchairs, at the service.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page

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

The Family of the Late **Olcie Marie Ebanks** regrets to announce her passing on Friday, 19 April, 2019.

A funeral service will be held 3:00 p.m. Sunday, 5 May, 2019 at Boatswain Bay Presbyterian Church, viewing will be from 6:00-8:00 p.m. Saturday, 4 May, 2019 at Bodden Funeral Service.

Interment will follow in Boatswain Bay Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page

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

The Family of the Late **Selma Vashti Eden** regrets to announce her passing on 15 April, 2019

Funeral services will be held 3:00 p.m. on Saturday, April 27, 2019 at Elmslie Memorial United Church, viewing will take place from 2:00 p.m. prior to the service, and from 5:00-7:00 p.m. Friday, 26 April, 2019 at Bodden Funeral Service.

Interment will follow in Eden Cemetery at Pedro Castle.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page

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

The Family Of The Late **Ignacio Kirzner** regret to announce his passing on Monday, 15 April, 2019.

Mr. Kirzner will be repatriated to Argentina

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page.

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

**Caymanian Times**

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# New 7 Mile Beach Location Now Leasing!



- Climate controlled
- Spaces from 4' x 5' - 10' x 15'  
Lockers available at 5' x 5' x 4'
- High & dry from 19ft above sea level
- Solid concrete building and roof, built to South Florida Building Code
- Safe and secure
- Pricing from \$125 per month

Visit Our Office: Monday - Friday 9:00 - 4:30, Saturday 9:00-1:00

Email: [greeneryselfstorageinfo@miniwarehouse2.ky](mailto:greeneryselfstorageinfo@miniwarehouse2.ky) for rates and availability

Island's best solution for short and long term storage

**949-7750**

Located opposite the Strand off West Bay Road

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**Mini Warehouse 2 offers the island's best solution for short term and long term storage, in a variety of sizes, as well as climate controlled facilities.**

- Operating in the Cayman Islands for over 30 years
- Conveniently located near the Owen Roberts Airport and West Bay Road
- High Tech Security Surveillance System, gated area and built above sea level
- Non air-conditioned storage units available from just CI\$66 per month
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A **4 x 7** (approx. 25 sq. ft) storage space can hold the contents of a small room or large closet, such as:



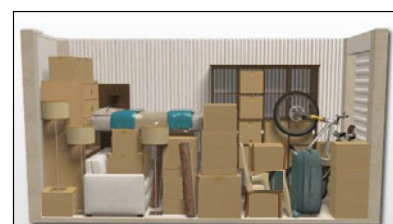
- Chairs
- Small desks
- Filing cabinets
- Files
- Bookcases
- A few boxes

A **6 x 9** (approx. 50 sq. ft) storage space can hold the contents of one room such as:



- Couches
- Chairs
- Chest of drawers
- Lamps
- A few boxes

A **6 x 13** (approx. 75 sq. ft) storage space can hold the contents of two rooms such as:



- Mattress sets
- Sofas
- Chest of drawers
- Bookcases
- Desks

A **10 x 10** (approx. 100 sq. ft) storage space can hold the contents of three rooms such as:



- Mattress sets
- Sofas
- Armchairs
- Dining room sets
- Multiple boxes

A **10 x 15** (approx. 150 sq. ft) storage space can hold the contents of four rooms such as:



- Mattress sets
- Sofas
- Armchairs
- Dining room sets
- Chest of drawers

A **10 x 20** (approx. 200 sq. ft) storage space can hold the contents of five rooms such as:



- Mattress sets
- Refrigerators
- Washers/dryers
- Many boxes

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GLOBAL NEWS BRIEFS

## Canadian vets need more support

Canada's war in Afghanistan ended five years ago but the price of that effort continues to grow because the number of veterans from the war there receiving federal support for mental-health conditions nearly doubled between March 2014 and March 2018.

The figures are in a report obtained from Veterans Affairs Canada through access-to-information legislation and underscore the enduring toll the war has taken on the mental health of many military members who served there. They also highlight the importance of adequate mental-health services for veterans, which successive federal governments have sought to address over the years with mixed results.

The report was provided to former attorney general Jody Wilson-Raybould in January upon her appointment as veterans-affairs minister, a post she held for only a few weeks before resigning amid the SNC-Lavalin affair. (The SNC-Lavalin affair is an ongoing political scandal in Canada involving allegations of political interference and of possible obstruction of justice by the Prime Minister's Office.)

More than 6,700 military members who served in Afghanistan received disability benefits for mental-health con-



► Canadian soldiers suffered in Afghanistan

ditions in March 2018 — an increase of nearly 3,200 from the same month in 2014.

In both cases, the clear majority of those receiving benefits for mental conditions were struggling with post-traumatic stress disorder "directly related to their service in Afghanistan," according to the report.

In fact, PTSD was found to have been the top medical diagnosis for Afghan war veterans applying for assistance, as compared to hearing loss and ringing in the ears for service members who had not deployed to Afghanistan.

More than 40,000 Canadians served in the 13-year Afghanistan mission, which began with fighting the Taliban after the 2001 terrorist attacks on the United States and progressed to trying to stabilize and rebuild the war-torn country. 🌐

## Cubans under more Trump pressure

Cuba is evidently another target for the Trump administration that is trying to crush it from free markets.

White House National Security advisor John Bolton announced new policies to further restrict US travel to Cuba, allow lawsuits against businesses operating there, and reduce the previously unlimited amount of money that Cuban-Americans can send back to their families on the island to \$1,000 per person every three months.

If fully enacted, the policies will crimp the Cuban government's access to foreign exchange, but it will damage Cuba's nascent private sector far more than a ruling regime that has outlasted six decades of US embargo. Donald Trump is thwarting Cuba's *cuentrapropistas*—literally, self-employed—eliminating their sources of capital and revenue and reducing their influence during the all-important transition to a post-Castro Cuban government.

If fully enacted, the policies will crimp the Cuban government's access to foreign exchange, but in the process, it will damage Cuba's nascent private sector far more than a ruling regime that has outlasted six decades of US embargo. Trump is pulling the rug out from Cuba's *cuentrapropistas*—liter-



► Cuba vendors are feeling the pressure

ally, self-employed—eliminating their sources of capital and revenue and reducing their influence during the all-important transition to a post-Castro Cuban government.

This generation of entrepreneurs are pushing their government for access to wholesale markets and the creation of new corporate laws, offering an organic Cuban alternative to stagnant state-owned enterprise. Bolton and other American hardliners with Cold War mentalities are taking an all or nothing approach. Any policy that might benefit the Cuban economy will benefit the Cuban regime. 🌐

## Philippines rocked by earthquakes

The Philippines has suffered a second major earthquake after an earlier 6.1-magnitude earthquake that left 11 people dead and 30 still feared trapped in the rubble.

The magnitude 6.3 earthquake with a depth of 53.6 miles was registered on the island of Sumar in central Philippines local time on Tuesday, according to the United States Geological Survey. There was no tsunami warning and no immediate reports of damage.

Tuesday's earthquake follows a large earthquake the previous day which struck near the town of Bodega on the Philippine island of Luzon.

The death toll from Monday's earthquake climbed to 11 on Tuesday, CNN Philippines reported. Around 30 people are still believed to be trapped after a supermarket collapsed in Porac, Pampanga, a province northwest of the capital Manila.

Authorities have put in place a state of calamity, which results in automatic price controls on necessities, and allows local government units to appropriate calamity funds.

Monday's earthquake was felt in the capital of Manila as well as other parts of Luzon. At least 52 aftershocks were recorded.

Jaime Melo, president of the Clark International Airport Corporation, said seven people suffered minor injuries when part of the ceiling at the check-in lobby of a passenger terminal collapsed, according to the Philippine News Agency.

The Philippines' Department of Transportation earlier announced that operations at the airport would be suspended for 24 hours due to the damage.

Local budget airline Cebu Pacific Air cancelled six flights scheduled for Monday evening as a pre-emptive



► Philippines rescue teams search for survivors

measure. The airline said it would allow passengers on affected flights to get a full refund or re-route their flights via Manila.

The Honduran Armed Forces are continuing their annual civil-military programme which started in February with a series of medical brigades in the country's north, central, and western regions. The objective is to provide medical assistance to more than a million Hondurans in need.

In mid-March, almost 200,000 people in Francisco Morazán, Atlántida, Yoro, and Lempira departments benefited from the assistance that will last until year-end. Villagers from rural communities received medical as well as gynaecological, dental, ophthalmological, and paediatric services, among others.

"Health services are among the Honduran government's top priorities in strategic planning," Honduran Navy Captain José Domingo Meza, director of the Armed Forces' Public Affairs, said. "The Honduran Armed Forces contribute to achieving national objectives through medical brigades." 🌐

## Honduras soldiers give medical help

The Honduran Armed Forces is providing medical brigades with military resources from each area to assist more patients. Volunteers, civilian doctors, and Secretary of Health personnel also join the humanitarian mission based on location.

Communities lacking health services look forward to the arrival of medical brigades. Adults, children, and the elderly form long lines beginning early in the morning to access the free services. Some make long journeys from remote communities.

The Armed Forces' brigades enable the population to access medical doctors and health professionals of various specialties. They provide free medicine, psychological assistance, and activities to strengthen spiritual and moral values—for children—and make donations of clothes, food, and school supplies.

"The population also receives audiological care and legal services," said Capt. Meza. "At the same time, the brigades conduct other activities, such as public building repairs, haircuts for men, beauty care for women, and educational talks." 🌐



► Honduran soldiers are providing medical help

## Russia blames US over Venezuela

Venezuela seems to be a political pawn between Russia and the United States after Russia accused the US of deliberately causing a succession of crippling power cuts in Venezuela as part of a plot to topple its president, Nicolás Maduro, dubbed "Operation Blackout".

The crisis-stricken South American country has been rocked by a series of nationwide power outages since March 7, which Mr Maduro's government has blamed on US-backed saboteurs and snipers but most experts attribute to poor maintenance and a bush fire that destroyed a key section of Venezuela's power grid.

However, Russia's deputy defence minister, Alexander Fomin, backed Mr Maduro's version of events. Mr Fomin claimed Washington felt reluctant to launch an outright military operation against Mr Maduro, fearing it "might rally the nation behind the current government" and anger other Latin American governments.

But the US was not a country to "sit idly by", Mr Fomin added. Instead, it was "employing a broad range of techniques" in its effort to remove Mr Maduro, including a "man-made shutdown of Venezuelan energy facilities".

"Operation Blackout is underway," Mr Fomin said. The Russian report was approvingly reproduced by Telesur, Mr



► Venezuelans collect water from a broken pipeline

Maduro's main international propaganda outlet.

Russia's claim contradicts widespread consensus among specialists and Mr Maduro's political rivals that Hugo Chávez's authoritarian heir is in fact responsible for an unprecedented electricity crisis that has deprived millions of citizens of light and water.

Three months after the push to unseat Mr Maduro began he remains in power and retains the support of both Russia and China.

Juan Guaidó, the opposition leader who most western nations have recognised as Venezuela's rightful interim president, last week summoned "the largest march in the history of Venezuela" for May 1 in an bid to keep up the pressure at a time when some fear his campaign is fading. 🌐

## Sri Lanka bomb victims buried

Sri Lanka held its first mass funeral on Tuesday as the country marked a day of mourning for the victims of Sunday's bomb blasts.

The death toll from the attacks on churches and hotels has risen to at least 321 with about 500 wounded, police said.

The country observed three minutes of silence and a state of emergency is in effect to prevent further attacks.

Sri Lanka's government has blamed the blasts on local Islamist group National Thowheed Jamath (NTJ). Sri Lanka is a majority Buddhist country. About ten percent of the population are Muslim, 12 percent are Hindu and six percent are Roman Catholic.

Police have detained 40 suspects in connection with the attack. A spokesman said they included a Syrian who was arrested "after the interrogation of local suspects".

The mass funeral for about 30 victims took place at St Sebastian church in Negombo, north of Colombo, which was one of the places targeted in Sunday's blasts. Another funeral service was held close by.

A moment of silence was observed at 8:30am, reflecting the time the first



► Sri Lanka has begun burying bomb victims

of six bombs detonated. Flags were lowered to half-mast and people, many of them in tears, bowed their heads in respect.

The state of emergency gives police and the military sweeping powers to detain and interrogate suspects without court orders - powers that were last used during the nation's civil war.

The government limited access to Facebook, WhatsApp and Instagram after the blasts.

NTJ, the group named by the government as the main suspect, has no history of large-scale attacks but came to prominence last year when it was blamed for damaging Buddhist statues. However, neither NTJ nor any other group has admitted carrying out the bombings. 🌐

# Durant keeps future under wraps

When Golden State Warriors forward Kevin Durant decides whether he's going to stay in the Bay Area or sign with a new team this summer, you can expect to hear it from him first.

The former MVP announced his decision to join the Warriors in 2016 by tweeting an article he wrote for the Player's Tribune titled 'My Next Chapter' and Durant will make a similar announcement this time around.

Most player signings and trades are usually reported by members of the media, but Durant is doing it his way.

"They need me," Durant said of the media to NBC Sports Bay Area. "If I wasn't a free agent, none of this stuff would go on, right? None of this speculation about who I am, what's wrong with my mental, why I'm miserable, why I ain't happy with life. Nothing."

He has been particularly irked with media coverage of his impending free agency and doubled down on those criticisms.

"That's a hot topic," he said. "But you don't have to talk about it. And then you don't have to get mad when I don't want to talk about it. And then you don't have to get mad when your little brain is roaming around, but you can't find the correct answers. That's bad journalism. That's not doing your job well."

As for his actual free agency plans, Durant insists he doesn't know what he will do yet.

NBA free agency doesn't officially open until July 1, so it will be a while until Durant makes his decision public. But the fact that he is selling his Malibu beach front house means he may be looking for a new suitor despite having



► Kevin Durant has opened an office in New York

a \$61.5m two-contract with the Warriors.

He has listed his Malibu home for sale at \$13.495 million. Durant bought the place last year for \$12.05m.

The multi-level house, built in 1976 and recently remodelled, is tailored for beachfront living with sliding walls of glass and terrace balconies on three levels. A small wooden staircase descends from the main patio area directly to a sandy cove on Broad Beach.

Durant, 30, is a 10-time all-star and was the NBA's most valuable player in 2014. Last year, the high-scoring forward won his third NBA title with the Warriors while earning his second consecutive NBA Finals most valuable player award.

Durant is aware of all the rumours that say he's set on signing with the New York Knicks. Most NBA insiders believe he's going to the Big Apple. That belief was strengthened earlier this season when it was reported that

his company is moving to a New York City office.

When the Knicks traded Kristaps Porzingis to the Dallas Mavericks to clear salary cap space, many felt it was a sign that the organisation knows Durant is coming. In his first time speaking with the media after the deal was made a few months ago, the reigning NBA Finals MVP was emphatic in saying he's had no communication with New York.

The Los Angeles Clippers are also speculated as a possible landing spot. Kawhi Leonard has been the free agent most often associated with LA, but the Clippers could have enough space under the salary cap to sign two max players this offseason.

After a 48-win season, the Clippers are the best team that's expected to land a superstar in July. A year after LeBron James signed with the Los Angeles Lakers, Durant could conceivably head to the same city in his quest to be recognised as the best player in basketball. 🌐



► Kawhi Leonard could head to the Clippers – and Durant too

## Lomachenko tops the lot

Vasiliy Lomachenko is making a rock-solid case to be regarded as the best boxer in the world, the pound-for-pound crown that has started millions of arguments.

Terence Crawford, Canelo Alvarez, Oleksandr Usyk and Errol Spence could all make a stance to be considered top of the pile, but Lomachenko outshines the lot.

The 31-year-old Ukrainian's brilliance is indisputable. He has dominated the sport in both the amateur and professional ranks and done so with just two defeats since the age of 11.

But he is also the best because he possesses mesmerising skills. Nobody has his footwork abilities, nobody can break defences like him, nor evade shots the same way.

Lomachenko is only a 14-fight pro but will go down as an all-time great even if he never boxes again.

He beat gritty but outclassed Brit Anthony Crolla to a pulp two weeks

ago in a mandatory fight he had to have to keep hold of the WBA light-weight title.

But he has beaten some of the very best already on his way to two Olympic golds and two world amateur titles.

Only Albert Selimov beat him in 396 amateur bouts. He avenged that defeat twice.

As a pro, he was too bold in taking on Orlando Salido for the WBO featherweight crown in just his second bout.

But he still should have won it. Salido came in overweight and fouled throughout the 12 rounds before nicking a close fight.

Lomachenko chased the rematch but instead he beat Gary Russell Jr – still regarded as one of the best featherweights in the world – in his third fight to claim world honours.

He hasn't looked back since, winning titles in three weights and etching his name forever in the sport's history. 🌐



► Vasiliy Lomachenko is an amazing talent

## Messi heads bid for Golden Shoe

Lionel Messi tops the European Golden Shoe standings for 2018-19. The Barcelona forward continues to enjoy a solid lead at the top of the charts, while arch-rival Cristiano Ronaldo lost his place within the top-ten.

Messi did not score in Barcelona's most recent game against Real Sociedad, and his tally stays at 33 goals from last week (66 points). Second-placed Kylian Mbappe of Paris Saint Germain scored a hat-trick against his former club Monaco on Monday, increasing his goals to 30 (60 points).

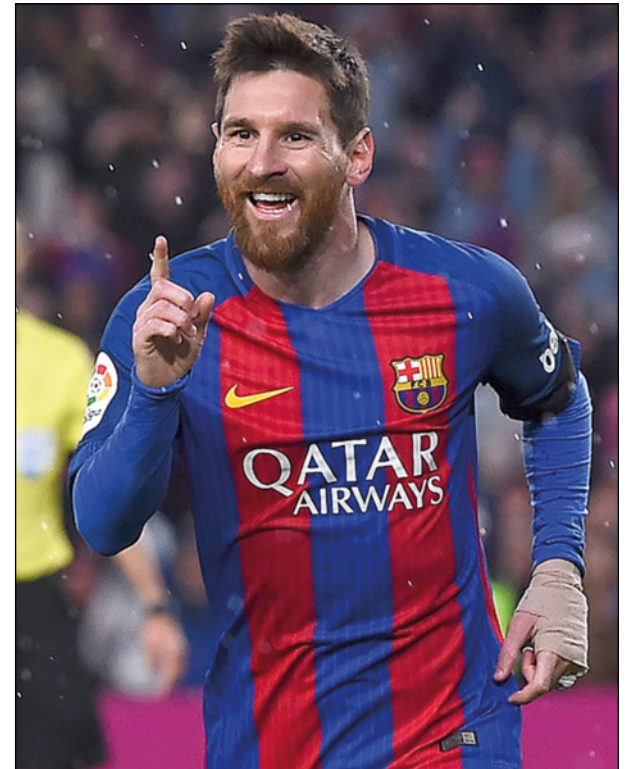
Messi has been incredible for Barcelona all season, and the Catalans will be interested in using that factor to their advantage in facing Liverpool in the Champions League semi-finals on Wednesday.

Messi's goals have more-or-less assured Barcelona of yet another La Liga title, and that would be a bonus for the Spanish giants.

It has been a while since Ronaldo last scored a Serie A goal, as his tally remains at 19. He is currently 11th in the standings. Ronaldo however, marked yet another league win of his career – with Juventus making sure of this season's title with Sunday's 2-1 win over Fiorentina.

Other European Golden Shoe contenders:

3. Fabio Quagliarella (Sampdoria, Serie A – 22 goals, 44 points).
4. Mbaye Diagne (Kasimpasa/Galatasaray, Turkish League – 28-42).
5. Robert Lewandowski (Bayern Munich, Bundesliga – 21-42).
6. Krzysztof Piatek (Genoa/AC Milan, Serie A – 21-42).
7. Karim Benzema (Real Madrid, La Liga – 21-42).
8. Duvan Zapata (Atalanta, Serie A – 21-42).
9. Luuk de Jong (PSV Eindhoven, Eredivisie – 27-40.5).
10. Luis Suarez (Barcelona, La Liga – 20-40). 🌐



► Lionel Messi has not lost his touch at 31

## Tiger Jam has extra appeal this time

Tiger Jam — the annual fundraising event in Las Vegas — will undoubtedly have an extra level of enthusiasm after Tiger Woods' Masters win last week. Spanning across multiple nights and multiple venues, including a concert that usually brings some great celebrity appearances, makes Tiger Jam one of the marquee events on the spring Vegas calendar.

Usually reserved for super high-rollers with some big-time ticket prices, Charitybuzz is auctioning off a spot in the May 24 private exhibition at ultra-exclusive Shadow Creek and reception at the MGM for any big Tiger Woods fan wishing to rub shoulders with some guaranteed celebrity firepower.

The auction opened on Tuesday, and after an hour being posted, already had

seven bids, pushing the current bid to \$8,500. Charitybuzz says the estimated value of the prize—which includes a two-night stay at the MGM Grand, two invitations to Tiger's exhibition at Shadow Creek and tickets to the Saturday night reception, concert and post-party, is \$25,000.

The invitations don't include golf. Of course, if you're interested in teeing up, you could become a Tiger Jam VIP and purchase a spot. The lowest option is a \$17,000 Premier Golf Experience spot, which includes a twosome in the Friday and Saturday outings, in addition to the Friday exhibition. And if you pony up \$30,000, it includes the Ultimate Golf Experience, which includes a foursome in both events. 🌐



► Tiger Woods hosts Tiger Jam in Vegas next month

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By THOMAS JOSEPH

**ACROSS**  
 41 Handy-man's  
 1 Fake man's  
 5 Presenta- collection  
 tion staple  
 42 Warring  
 10 Fork god  
 features

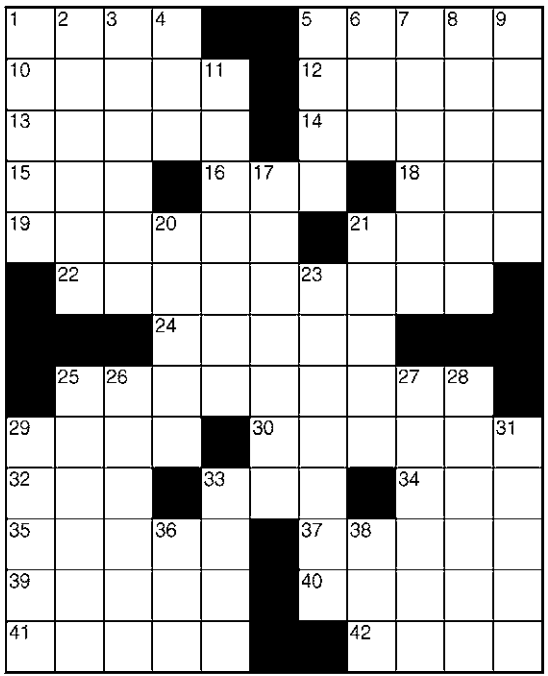
**DOWN**  
 1 Arose  
 2 Rap's kin  
 3 Menagerie member  
 4 Fellows  
 5 Singer  
 6 That lass  
 7 Promise  
 8 Debt medium  
 9 Pollster's find  
 11 Marine mammal



Yesterday's answer

17 Refined  
 20 Insidid  
 21 Elemen- tary  
 23 House muncher  
 25 Fries source  
 26 Deceived  
 27 Casino worker  
 28 Pal of Pooh  
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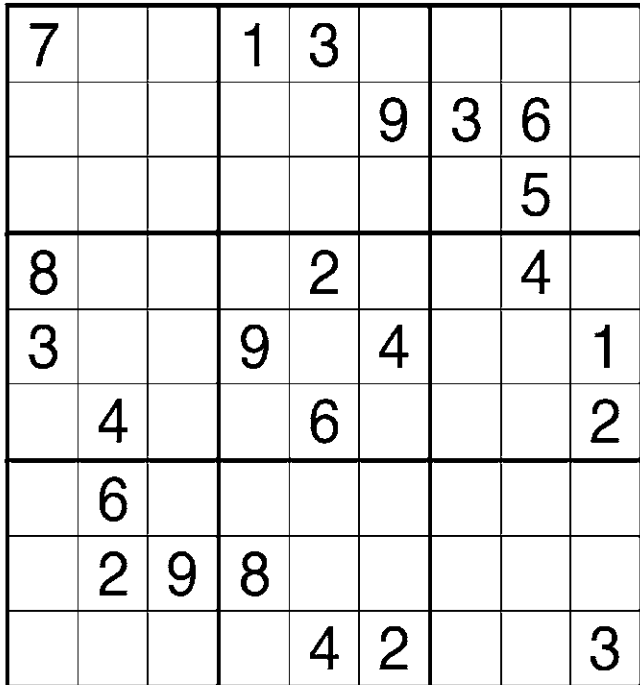


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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level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

**Conceptis Sudoku**

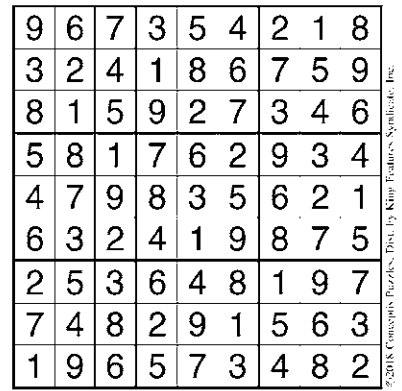
By Dave Green



Difficulty Level ★★★★★

7/06

Answer to previous puzzle



Difficulty Level ★★★

Word Search

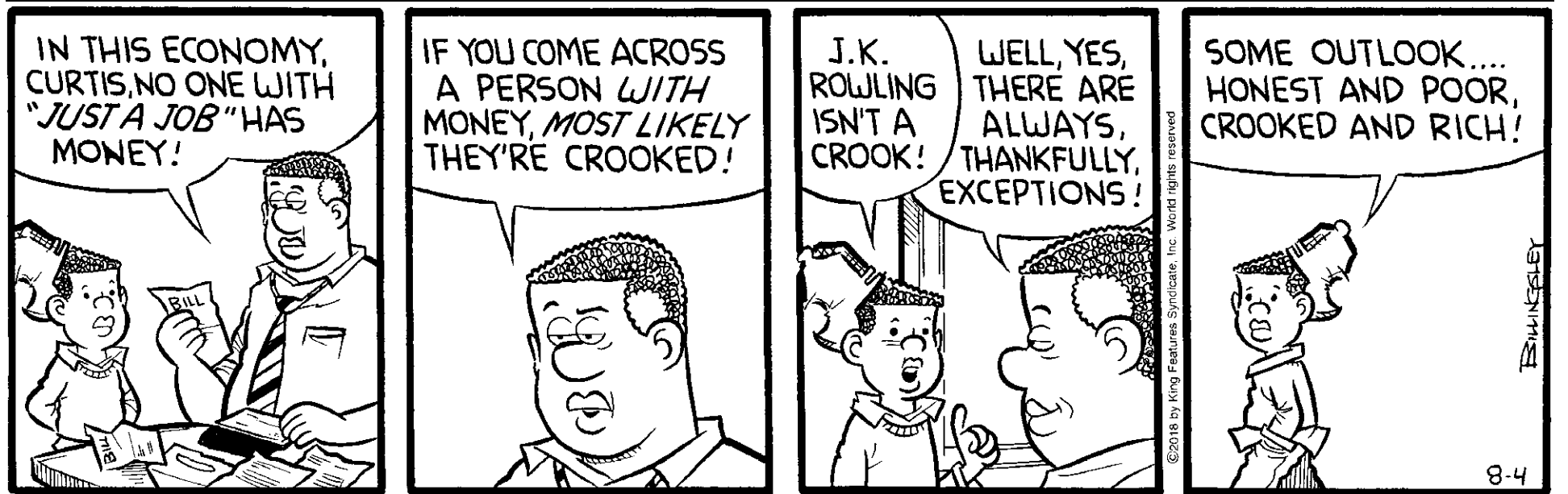


- Magnus
- Malcolm
- Manuel
- Marcus
- Marius
- Mark
- Marshall
- Martin
- Matthew
- Maurice
- Michael
- Mick
- Mike
- Miles
- Milton
- Monty
- Mordecai
- Morgan
- Morris
- Moshe
- Murray

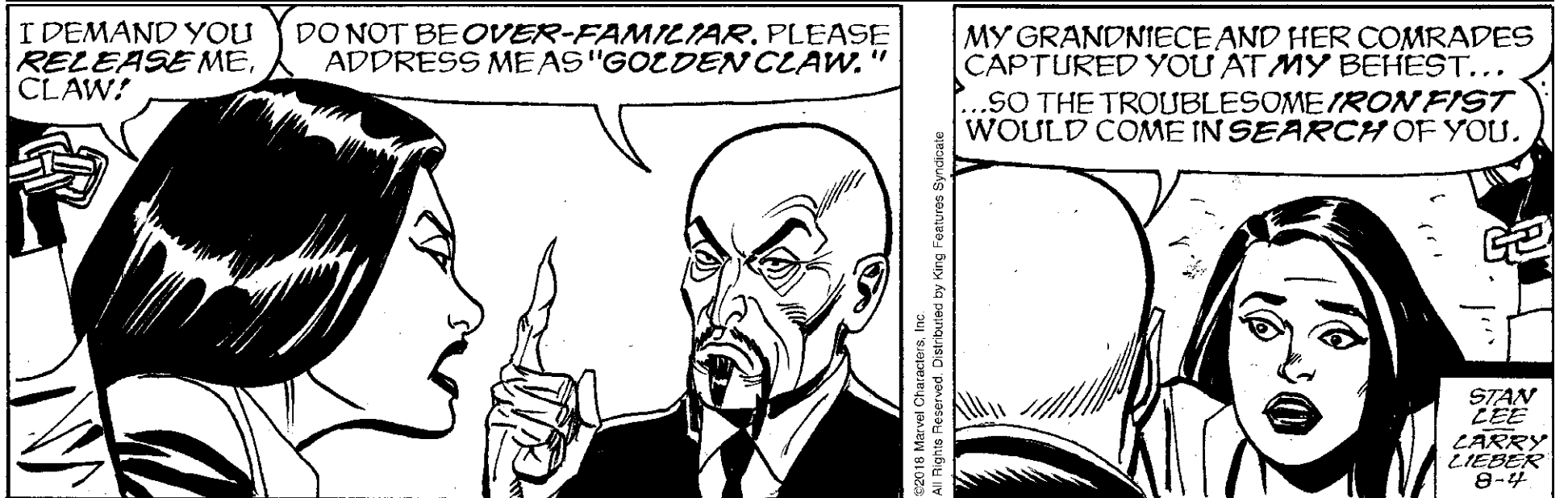
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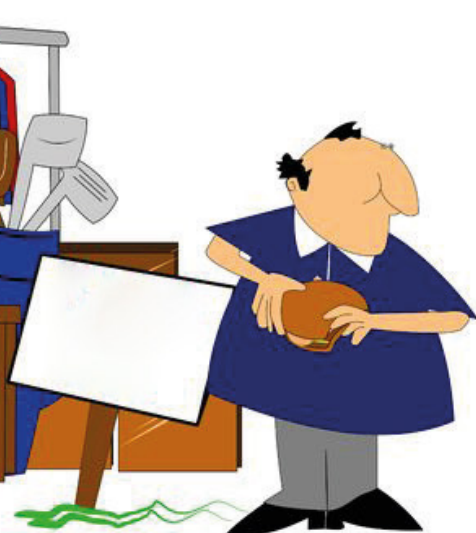


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