

T Caymanian Times

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Sunrise Cottage Resident Celebrates 100th Birthday in Style



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► Jeralow Rankine and Goldstein Christian share a hug with their sister, Ina Connor, at her 100th birthday celebration at Sunrise Cottage

COLONY OR FAMILY?

By Michael L Jarvis, London UK

A row between the British government and the European Union over Gibraltar has thrown into stark relief the relationship - or the perception thereof - between the UK and the Overseas Territories (OTs).



An official European Union document has referred to Gibraltar, one of the OTs, as a 'colony'.

That elicited a prompt and unequivocal official British government response to the effect; Gibraltar is NOT a colony. It is family.

The bone of contention is a document dealing with another vexatious EU/UK issue; Brexit and the matter

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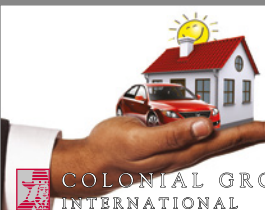
Oxitec Project has ended

The joint research collaboration between the Mosquito Research and Control Unit (MRCU) and bio-technology company Oxitec came to an end last week (23 January 2019).

While field operations ceased on 21 December 2018, which was at the end of the high mosquito season, MRCU and Oxitec spent another month collating data based on several months of work. A joint steering committee continues to work on a final evaluation.

Noting that MRCU and Oxitec have a history of collaboration that goes back more than a decade, MRCU Director Jim McNelly, PhD says the working relation-

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EDITORIAL

Mental Health and our Youth

'Addressing Our Past, Supporting Our Future' is the theme of the 2nd annual Youth Mental Health Symposium taking place later this month.

As a country, we have come a long way in recognising and addressing mental health problems in our community, especially among our youth. However, we often still hear comments like "he/she just needs to toughen up" or "that person is so soft". These statements are generally made with no context of what issues are impacting the affected persons.

In this global and digital age, it has been increasingly easy for peer pressure or bullying to have an impact on our youth and their mental psyche. Gone are the days

of this being limited to face-to-face contact but with social media and instant messaging, the ability to pressure or bully others is wide open.

Many times, someone struggling to cope with such issues turn to drugs and put their life on a dangerous trajectory. That is why it is encouraging to see the Alex Panton Foundation partnering with the National Drug Council for this year's symposium on February 23rd.

The community should avail themselves of this opportunity to be armed with information needed to understand the issues impacting the youth, including the results of a survey into drug use among students.



▶ Jane Panton Presents at the Alex Panton Foundation Youth Symposium

With information available at events like this one, we can better understand the issues impacting our youth and be better positioned to gain access for to resources to help our young people better cope with whatever mental and other issues that are afflicting them.

COMMUNITY NOTICES

DoE Enforces Lobster/Conch Take Limits

The Department of Environment (DoE) is warning seasonal lobster and conch fishers to adhere to take and possession limits set by National Conservation Law (NCL) regulations, following reports investigated over the past two weeks.

On Monday evening, 28 January, Customs and Border Control Service officers, assisted by DoE conservation officers, searched a number of passengers who were returning to Grand Cayman's Owen Roberts International Airport from the Sister Islands. It was reported that passengers were traveling with more than the allowable possession limit of conch and lobster. The daily, per person catch/possession limit for lobster is three and the daily, per person catch/possession limit for queen conch is five during the

open seasons. Lobster season is open through 28 February and conch/whelk season is open through 30 April.

Upon inspection of passengers on two Monday flights from Little Cayman, as well as one flight from Cayman Brac, officers found certain individuals who had exceeded their daily possession limits. Five people were warned for prosecution and several more were given verbal warnings, said Chief Conservation Officer Mark Orr.

"These individuals had large amounts of lobster and conch in their possession, stored in single coolers," Mr. Orr said. "Whilst those creatures may have been taken legally by the travelers over a few days, NCL regulations do not allow any one person to possess more than

the prescribed daily limit of lobster or conch."

In addition to enforcing possession limits during the open fishing seasons, conservation officers are also cautioning the public against the use of spear guns without the proper licence.

On Saturday, 19 January, conservation officers seized a total of 54 fish of various kinds, as well as one lobster, that officers said were caught using a spear gun. In addition to exceeding his daily catch limit of three fish, the individual licensed to use the spear gun allowed two other men to use the weapon, in contravention of the owner's licence conditions, officers said. The fish and lobster seized during the DoE operation were donated to the Pines Retirement Home.

"Spear gun licence-holders who do not follow their licence conditions risk losing the privilege to possess these weapons," said Scott Slaybaugh, DoE deputy director for operations and enforcement. "They may also face prosecution under the NCL for such lapses."

To report suspected marine offences in the Cayman Islands, members of the public are asked to call 911 or to contact DoE conservation officers directly by



▶ Some of the illegally taken marine life seized during the 19 January operation by DoE conservation officers

calling Mark Orr on Grand Cayman (916-4271) or Mike Guderian on Little Cayman (925-0185). On Cayman Brac, the public is asked to call 911 to report marine offences. To obtain more information about open season for lobster, conch and other marine species, please visit the DoE's website at www.doe.ky or contact DoE Public Education and Outreach Officer Brent Fuller via phone 244-5984/922-5514 or email brent.fuller@gov.ky

CIFS Responds to Landfill Fire

The Cayman Islands Fire Service (CIFS) has successfully contained the small fire that erupted at the George Town Landfill on Wednesday morning (6 February 2019).

The Department of Public Safety Communications (DPSC) received the 9-11 call at 8:09 a.m.

Fire officers with the Central Fire Station arrived on scene immediately after, and worked diligently to get the fire under control.

DEH officials used an excavator to dig up the debris, so fire officers could ensure the fire was properly extinguished with no active hotspots. Fire crews are also used water pumps to thoroughly saturate the concerned area.

CIFS leaders remained until the fire was completely out, while other off-duty fire personnel were on standby in case further assistance was needed.

Once fully extinguished, the fire prevention team will assess the scene to determine the cause of the fire. No injuries have occurred as a result of this incident.

Fire officers assure the public that the fire is not a cause for concern, but will continue to be monitored as a matter of public safety.

TEMPORARY ROAD CLOSURE Shedden Road, Sunday, 10 February 2019 from 7am to 7pm

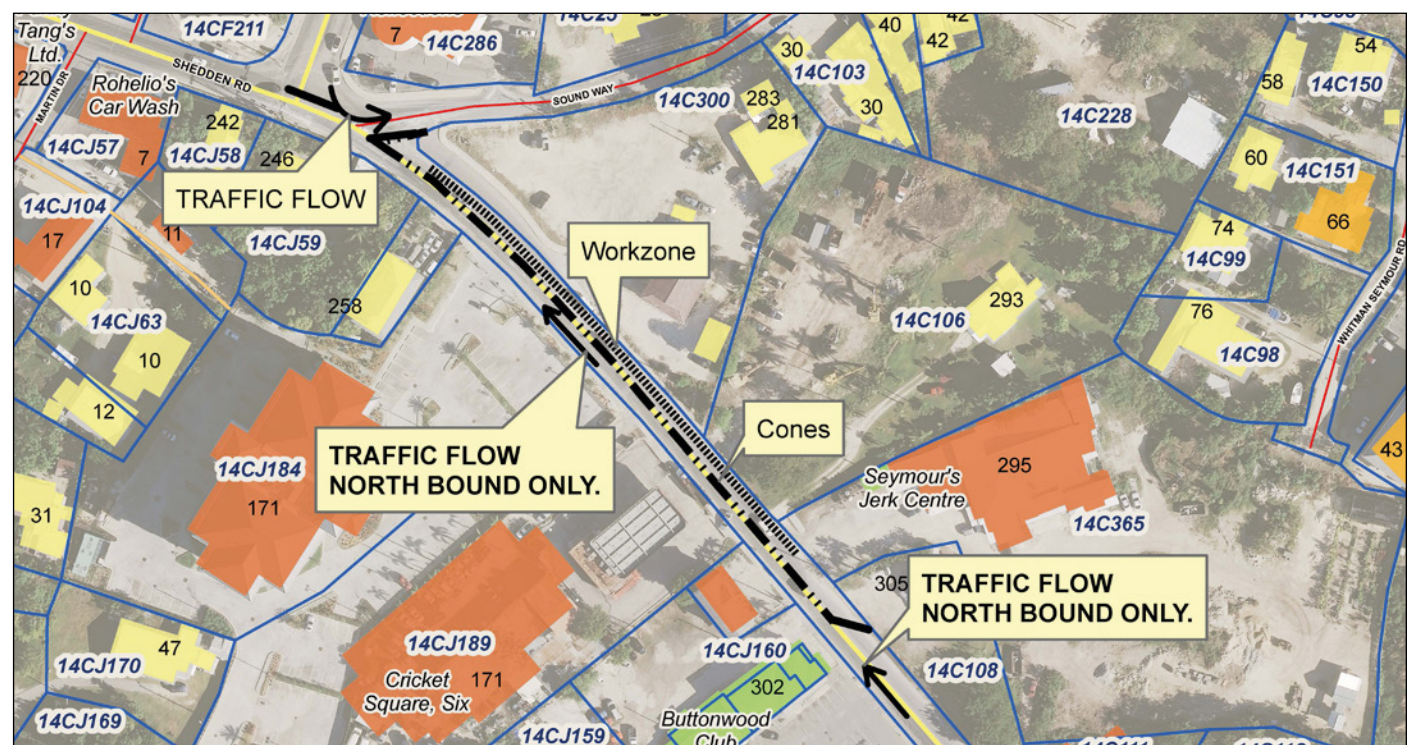
The National Roads Authority (NRA) wishes to advise the public that road works will be carried out by Island Paving Ltd. on a small section of Shedden Road from the intersection of Shedden Road/Eastern Avenue and the Cricket Square offices. The aim of the proposed works is to upgrade both the deteriorated road surface and drainage.

Works are scheduled for Sunday, February 10th between the hours of 7:00 am and 7:00 pm. Drivers are

asked to keep watch for traffic diversions and to drive with caution to ensure their safety and that of the work crews.

Please call 946-7780 or email nra@nra.ky if you have any questions or comments regarding this project.

NRA thanks the public for their patience during these roadworks, and look forward to providing the benefit of these much-needed improvements.



Joint Oxitec-MRCU 2018 Research Project Concludes as Planned

... Continued story from page 1

ship between the two parties remains positive and collaborative. Dr McNelly adds that both parties benefitted from the close partnership.

The project was designed to learn over a 35-week period how to combine traditional mosquito control approaches with Oxitec's OX513A self-limiting mosquito to best combat the *Aedes aegypti* mosquito. Through its bite the dangerous insect transmits dengue, Zika and chikungunya.

Both the research project, which took place in two small sections of West Bay, and its scientific protocol were jointly managed by the joint steering committee which is comprised of representatives from the Cayman Islands Government and Oxitec.

A project evaluation is underway that will assess various data types and lessons for the purposes of informing future interventions involving combined methodology. The steering committee is committed to sharing with the public its findings from the project,

which are expected in the second quarter of 2019.

Oxitec CEO Grey Frandsen emphasises that the objective of this project was to improve scientific understanding of how to enhance future control efforts using Oxitec's mosquitoes and MRCU's traditional control methods.

While no work is currently planned for 2019, Mr Frandsen adds, MRCU and Oxitec will continue to discuss potential control programs in the future and will maintain their positive relationship going forward. MRCU will also continue



to include Oxitec's mosquito technology among a list of potential tools that it may deploy in the future to combat *Aedes aegypti* mosquitoes. 🌐

Wide variance in public sector salaries

By Lindsey Turnbull

A report just released by the Office of the Auditor General sheds some light on the salaries paid to people employed by government authorities and companies, such as Cayman Airways, the Cayman Turtle Centre and the Health Services Authority, and shows a wide difference in salaries paid across the 24 entities, in particular, to those people considered key management personnel.

The report, called 'Key Management and Board Remunerations in Statutory Authorities and Government Companies', split such authorities into three groups: small (less than 20 employees); medium - between 20 and 74 employees; and large - 75 or more employees, and looked at salaries paid from 1st July 2016 to 31st December 2017.

As at the end of December 2017, there were 2,743 staff, which accounted for 40 per cent of Cayman's entire public sector workforce. Out of that total, the eight large SAGCs employed 2,118 staff (86 per cent of all SAGC staff), the eight medium SAGCs employed 298 employees (12 per cent) and the eight small SAGCs employed just 57 people (2 per cent). For the 18-month period, people in SAGCs were paid a total of \$249 million, with \$210 million paid to people in the large SAGCs sector, \$33 million paid to people in the medium SAGCs sector and \$6 million paid in the small SAGCs sector. Examples of entities classed small included the Cayman Islands Development Bank, the National Drug Council and the Cayman Islands Museum. Medium SAGCs included the Cayman Islands

National Insurance Company (CINICO), the Maritime Authority of the Cayman Islands and the Tourist Attraction Board, Large SAGCs included Cayman Airways, the Cayman Islands Monetary Authority, the Health Services Authority and the Port Authority of the Cayman Islands.

The report explained that SAGCs operated on an autonomous basis from central government and there was currently no overarching structure for salaries which was used across all 24 entities, which resulted in variations in the basis used to determine the level of salaries and wages and the extent of benefits provided to the employee.

The Auditor General, Sue Winspear, confirmed that when she said:

"The remuneration paid to key management personnel varies significantly across the SAGCs. There is currently no standardised job evaluation system or salary and allowances scale for SAGCs. The Public Authorities Law intends to deliver a standardised pay system but the implementation date for this particular clause in the law has been pushed back to June 2019.

To illustrate the variances in salaries, the report showed the average monthly salaries paid to regular employees and also those considered key management personnel. For example, in the small SAGC category, the average salary paid to staff at the Cayman Islands Development Bank was \$7,136 and the average monthly salary paid to key management personnel was \$9,775. Conversely, the average salary paid to ordinary employees working at the National Museum was \$2,826 and to key management personnel there \$4,303.

The report also showed a wide variation between ordinary employees' salaries and those of key management personnel within the same organisation. For example, in the medium category, there was only a very small difference between salaries paid to regular employees at the UCCI (\$5,925) and salaries paid to key management personnel there (\$5,980). However, there was a wide gap between what ordinary employees got paid at CINICO (\$5,384) and what key management personnel got paid (\$12,473). Similarly, within the large category, ordinary employees were paid on average \$5,347 at Cayman Airways, while key management personnel were paid \$11,596 and employees were paid \$2,801 at the National Roads Authority, while key management personnel got paid \$10,197.

The report also highlighted the differences in salaries paid to Directors within SAGCs. Some SAGCs did not pay their directors at all, like Cayman Airways which instead compensated its directors with flight benefits on Cayman Airways. Board members of the Children and Youth Services Foundation and the Tourism Attraction Board, for example, were not compensated at all, whereas directors at entities such as the Health Services Authority, the National Roads Authority and the Port Authority of the Cayman Islands were paid \$150 per meeting.

"Compensation for board members varies across SAGCs with some providing their services for free while others are paid up to \$4,500 a month," Ms Winspear explained. "Where board members are compensated, the basis differs across SAGCs with some board members paid a monthly sum while others are paid for each meeting attended."

She added: "As a public interest report this merely puts factual information in to the public domain and I make no recommendations to the respective entities or civil service." 🌐



► The Auditor General, Sue Winspear



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For details and to book, call Cayman Airways Reservations on 345-949-2311, contact a local travel agent, or book online at caymanairways.com

Explore career opportunities at Chamber's Careers Expo on Friday

The Chamber of Commerce's 2019 Careers, Education & Training Expo is expected to bring over 700 students to University College of the Cayman Islands' Sir Vassel Johnson Hall on Friday, February 8.

The Expo opens to the public at 10 a.m. Attendees will have an opportunity to speak with 34 businesses and organisations that are presenting scholarship, internship and career opportunities.

"The Careers Expo is one of our most important events, as it is the perfect place for our members to engage with high-school and college students and introduce them to the opportunities that are available after graduation," said President Christopher Kirkconnell.

"It is important to transition students from the classroom to the workplace, and the Careers Expo is an excellent way for young Caymanians to be fully aware of their future options."

The Chamber of Commerce will be exhibiting and promoting the Professional Development and Training Centre and the Summer Work Experience and Mentoring Cayman programmes. Initiated last year, the work experience programme encourages member business-

es to hire a high school student through the summer to introduce them to the world of work and give them a taste of what their future might hold.

Several businesses and organisations will promote scholarships, internships, apprenticeships and work placements while others will showcase career opportunities and provide information about the preferred course of study to enter an industry or technical field. Butterfield Bank, Kimpton Seafire Resort and Spa, Health City Cayman Islands, Maples, Cayman Finance, Pinnacle Media, Health Services Authority, Mourant and the National Workforce Development Agency have reserved prominent positions in the hall.

Among the businesses exhibiting is the Water Authority, who will be promoting a \$30K scholarship opportunity and summer internships. The Kimpton Seafire Resort & Spa are also promoting internships within the tourism industry, while Cayman Enterprise City have job placement opportunities within the special economic zone.

Dart is also one of the organisations showcasing their opportunities, and they will be telling students more about

their university scholarship programme, as well as their current job vacancies.

The full list of exhibitors showcasing their opportunities at the Expo is as follows:

- Appleby
- Butterfield Bank (major sponsor)
- Carey Olsen
- Caribbean Utilities Company
- Cayman Enterprise City
- Cayman Finance (major sponsor)
- Cayman Registry
- Cayman Islands Chamber of Commerce
- Cayman Islands Health Services Authority (major sponsor)
- Cayman Islands Institute of Professional Accountants (CIIPA)
- Dart
- Deloitte
- Department of Public Safety (911)
- Department of Tourism
- EY
- Health City Cayman Islands
- Insurance Managers Association of Cayman
- International College of the Cayman Islands
- Kimpton Seafire Resort & Spa (major sponsor)



► Chamber President Christopher Kirkconnell

- Maples (major sponsor)
- Marriott Resort Grand Cayman
- Mourant (major sponsor)
- National Gallery
- National Workforce Development Agency (NWDA) (major sponsor)
- Nova
- Ogier
- Phoenix Construction
- Pinnacle Media Group (major sponsor)
- Stepping Stones
- The Ritz Carlton, Grand Cayman
- University College of the Cayman Islands (UCCI)
- University of Tampa
- Water Authority
- YMCA Cayman Islands

Boyz 2 men at Grand Old House



► Christopher Murray who started Boyz 2 Men which has changes so many lives



► Dancing



► Red Roses

It was a wonderful and proud moment for the 26 young men between the ages of 14 and 16, on the Boyz 2 Men program, as they escorted their mothers into Grand Old House, to have an evening of fine dining in grand old style. They opened doors for their mothers.



► Barris Reid

They read them poems. They presented them with a single, elegant red rose. And they told their mothers that they loved, respected and appreciated them, not only in words, but also in deeds. At one point in the evening, they danced with their mothers just like gentlemen at a great and magnificent royal banquet from the olden times.

Program director Christopher Murray, a counselor at John Gray, said that the objectives of the program were fourfold: "We aim to build positive relationships with exemplary men of the society and enhance the boys' understanding of societal expectation, nurture the boys' dreams into reality and develop our boys into outstanding men."

The program lasts a year and this year, there were more taking part than ever

before. As the evening slowly unfolded like a fine satin table napkin, Mr. Barris Reid sang with his rich silken voice, serenading all the mothers present, as well as singing inspirational songs, a cappella: "I believe I can fly...I believe I can touch the sky."


It was an "I can," moment in the young men's life. When the program started, nine years ago, it was aimed at 'at risk' young men, but since that time the scope has widened out. It involves once-a-week meetings of the young men who are encouraged to dress smartly at school, to nurture self-esteem and respect, which soon translates to respect for everybody and everything around them. Movers and shakers from the business world and the professions come to speak to them, sharing their secrets of success. Parents and teachers soon notice the difference.

Mr. Murray himself shared some reflections about his own life, and encouraged those who may have not done so well so far, to keep trying. He spoke about a story an old man told him of hearing a rat under his bed, which had fallen into a pale of water, and didn't stop trying to get out until the morning. The man told Mr. Murray that he did not have the heart to kill the rat, but let it go. "The moral of this story is that, as long as you keep your head above the water, help will eventually come," Mr. Murray said. He went on to tell them that at first, he hadn't done

so well at high school, gaining only two exam passes. But after inviting Christ into his life, things had changed and he gained more and more qualifications. "Now I am studying for my PhD," Mr. Murray said. "Usain Bolt is taller than the other runners, and he often gets off to a slow start. But in the end he wins. If you get off to a slow start in life, there is nothing to stop you from winning," he said.

There was an extra-special guest speaker, too. Mr. Seaford Russell, who now works as a reporter for Cayman 27, and was covering the event was also one of the very first of the group of Boyz 2 Men, when it began. He spoke from the heart: "I didn't have an opportunity to take my mother to a function like this, and I wish I did," he said. "Single mothers here, my hat's off to you, because there's nothing like a single mother. My father died, and my mother looked after me herself...I ended up straying a little bit and got around the wrong type of stuff. My mom has done so much for me, without a father. I want to say something to you guys. No matter how much you think your mommy is unfair, or how much you think your mommy is not good to you, never ever disrespect the woman that carried you for nine months."

16 year-old Kendal had brought her mother, Ayanna McKayle "Everything was wonderful" she said, "dressing up and everything; It made me feel special." 🌟



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Employees honoured

Caribbean Utilities Company, Ltd. (CUC) recently honoured six employees for outstanding service to the Company in 2018. The awardees are:

Jaron Conolly: Excellence in Safety Award

Mr. Conolly was awarded the 2018 Excellence in Safety Award for his work with safety awareness. He consistently proposes sound ideas to mitigate potential safety concerns particularly in the Company's North Sound Road Power Plant. His passion for safety and his influence on others to understand the importance of the Company's safety policies and procedures when carrying out all assigned tasks is exemplary.

Karan Andrew: Team Spirit Award

Mrs. Andrew was presented with the 2018 Team Spirit Award for her impeccable leadership abilities and commitment to developing others. She is renowned for recognising employees' efforts and maintaining a high degree of customer focus. Mrs. Andrew always advocates for the "team" and is involved in all aspects of the Company through committees and community service initiatives.

Anthony Verhoeven: The Jeffrey Broderick Bright Spark Award

Mr. Verhoeven was awarded the 2018 Jeffrey Broderick Bright Spark Award for his creativity and technical expertise. As a member of the Company's Information Technology (IT) Department, Mr. Verhoeven works on a number of projects centred around increasing the efficiency of data systems, which result in material benefits for individual departments and CUC as a whole.

James Moore: Employee of the Year Award

Mr. Moore was presented with the 2018 Employee of the Year Award for his commitment to excellence throughout his 17 years with the Company. During his tenure, Mr. Moore has been nominated for the Company's "Shine the Light Award" on a number of occasions. He has always been a proponent of improving health and safety and teamwork and has championed CUC's participation in the Investors in People programme. James is a member of several committees.

Raymond Stewart: Supervisor of the Year Award

Mr. Stewart was awarded the 2018 Supervisor of the Year Award for his outstanding leadership qualities. As Security Foreman with the Company's Fleet Services & Security Department, he is well-respected by the security staff because of his leadership skills. Mr. Stewart is very accommodating yet accountable when it comes to the department's tasks and initiatives.

Anika Conolly: Wellness Advocate Award

Ms. Conolly was presented with the 2018 Wellness Advocate Award for her efforts in taking the lead and expanding the Company's wellness initiatives, not only in health and fitness, but also in emphasising the importance of financial, spiritual and emotional wellness.

These employee awards are based on nominations from employees, which are then voted on and finalised by the Executive and Management teams. In addition to these annual awards, the Company has a number of reward and recognition programmes designed to recognise employees' contribution to improving all facets of life at CUC.



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



CRUISE SHIP SCHEDULE — WEEK — FEBRUARY 3 - 9



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
MSC Opera	Brilliance of the Seas	Adventure of the Seas	Carnival Paradise	Regal Princess (New)	Carnival Miracle	Island Princess
	Carnival Glory	MSC Seaside	Monarch	Carnival Sensation		Costa Deliziosa
			Oosterdam	Carnival Vista		Berlin
			Marella Discovery 2	MSC Armonia		
			Liberty of the Seas	Nieuw Statendam		
			Norwegian Breakaway	Celebrity Equinox		
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
2,200	5,474	7,140	17,142	17,187	2,680	5,108

PROUD OF THEM ROUND 10

Julisa Dilbert – Business

Young Caymanian business-woman Julisa Dilbert is the embodiment of determination, innovation and hard work.

At the tender age of 19, Julisa started a dog walking and pet sitting company. The idea for her own business came to her while she was working at a dog day care establishment. She kept hearing clients express their desire for a dog walker or other alternatives to doggy day care and as a result, Happy Paws Cayman was born. That was 2009. Fast forward to 2019 and Julisa has nine employees and over 100 clients from West Bay to East End. She even has employees fly over to the Sister Islands to service her clients when needed.

Happy Paws Cayman is one of the most trusted providers of professional pet sitting and dog walking services in the Cayman Islands because of Julisa who goes above and beyond when it comes to quality customer service and caring for both her animal clients and their parents. Special perks that her customers enjoy include GPS arrival and departure email notifications, GPS Dog Walking Tracker and a PetCam to view their pets at any time.

The company offers care for all kinds of animals including dogs, cats, birds, turtles, stingrays, rabbits, pigs, snakes and spiders. Services are also provided for animals that are not allowed at day care facilities or boarding kennels, and animals with special needs. Julisa and her team are trained in First Aid and CPR through ProTrainings Advanced Pet First Aid and CPR Level 3.

Julisa's caring attitude and business aptitude extends to her employees



► Proud of Them Round 10 awardee Julisa Dilbert

and community too. Apart from their base salary, each employee receives a phone and gas allowance and a commission for bringing new clients to the company. Furthermore, she acknowledges her social responsibility by offering any clients with pets adopted from the Humane Society a one-time free service and discounts on their future pet care packages.

Julisa is living proof that where you come from does not define who you are, nor determine where you go in life. She was a part of Cayman's foster care system from age 12 to 15, having been removed from her family home due to an unstable environment. On her own from age 16, she beat the odds and fought to become a strong, independent, young entrepreneur who saw a need in her community and found a way to meet it. 🌐

Diego Smith – Career

Twenty-four-year-old Diego Smith is an up and coming culinary artist. Hailing from West Bay, Diego is the youngest of two, and was raised by his single mother who worked tirelessly to put food on the table and keep a roof over her children's heads.

Academically, he was an average student but he soon discovered that where he truly excelled was in the kitchen. The revelation of his calling came after Diego moved to California in 2014 where Caymanian cuisine was in short supply. His craving for some cooked food from home compelled him to dig deep to recall the recipes that were given to him by his mother as passed on from at least four generations past.

Along with a full stomach came the realisation that he had a knack for cooking and a desire to pursue it as a potential career. He enrolled in a two-year programme at Middlesbrough College in the UK where he obtained a Diploma in Professional Cookery/Culinary Skills Levels 1 and 2 also while in England Diego worked at a Michelin star restaurant [the Hudson Brasserie Quay]. Following on from that success, Diego then took on a three-month internship at ALMA Scuola Di Cucina in Italy, studying Italian cuisine and fine dining while cooking for guests of luxury Italian villas. Still eager to learn more, he moved on to Toronto where he completed a one-year postgraduate diploma course specialising in Italian cuisine.

While studying in Canada, Diego worked at The Chef's House, a student-operated restaurant at George Brown College, where he had the opportunity to be featured as Chef of The Week. He was tasked with creating a menu from scratch that would be served to patrons of the establishment. His creations were so well received that the restaurant has adopted a few and they remain a fixture on the menu.



► Proud of Them Round 10 awardee Diego Smith

It has now been four years since Diego decided to pursue the culinary arts profession. He is still a relatively new chef, learning more about himself and his abilities and experimenting with various types of foods and cooking styles. He's constantly seeking ways to hone his craft and has worked in restaurants in four countries. Here in Cayman he worked at LUCA Restaurant during his summer breaks and is now the line cook at the Hurley's Supermarket Deli. He also works part time at Blue Iguana Grill where he mans the bar.

Diego dreams of opening his own restaurant but for now he's happy to gain more knowledge and experience both in Cayman and around the world. As Cayman continues to enhance its reputation as the culinary capital of the Caribbean, this young Caymanian chef is poised to play an important role in further raising the country's profile. 🌐



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SUMMER INTERNSHIPS AT THE RITZ-CARLTON, GRAND CAYMAN

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Currently seeking diverse and highly motivated high school graduates and university students for an eight-week internship. Available positions cover various hotel operations for maximized learning and growing. Applicants must possess strong communication skills to engage with the resort's guests and must be open to a flexible work schedule.

Internship application is open to Caymanians, Status Holders and PR's only.

Summer Internship begins in May 2019

Please apply online at www.marriott.com by March 30, 2019 Requisition No. (190008YY)

GO COCO-NUTS AT COCO FEST

Pedro St. James Focuses on Cayman Coconut

Pedro St. James is looking forward to hosting its fourth annual Coco Fest – a celebration of all things coconut – this Saturday from 12:00 pm to 6:00 pm.

Coco Fest is a grassroots event which began in 2016 to celebrate the local Cayman coconut – a bountiful food source with legendary properties, and a traditional staple in the Caymanian diet. Set on the stunning lawn of the Pedro St. James Great House, the event gives vendors the opportunity to showcase their locally made coconut products in a fun and interactive environment.

“We are celebrating the relationship between Cayman’s traditions and our use of coconut through food, drink and other activities and we truly encourage visitors to take the opportunity to also enjoy exploring the Great House and the grounds of our national historic site,” said Pedro St. James Operations Manager, Debbie Bodden.

The Cayman Islands Tourism Attraction Board (TAB) is responsible for managing the Queen Elizabeth II Botanic Park; the National Historic Site, Pedro St. James; the Cayman Craft Market and the Hell Geological Site as well as the Pirates Week National Festival. For information on the TAB or its agencies please email marketing@tab.ky, call 949-6999 or visit the website www.tab.ky and its social media sites.

From coconut-inspired food and drink, to art work and health and beauty products, people who attend Coco Fest will have the opportunity to indulge in an array of creative, cottage industry goods which often cannot be purchased in the stores.

“We want to thank Fidelity Bank Cayman for signing on as this year’s main sponsor. They will be hosting a booth with specials and give-a-ways and we know Fidelity’s presence provides support of the artisans, musicians and small businesses showcasing their products,” commented Tourism Attraction Board Marketing Coordinator, Mona Meade.

Each year Pedro St. James through this event, works to assist a charity in raising funds as well as a forum to meet with the public to discuss their organisation’s needs. This year’s beneficiary is Meals on Wheels Cayman (MOW).

“We are actively working to increase the number of meals offered daily, particularly within the West Bay district. We are grateful to be the beneficiary this year at Coco Fest. While celebrating the relationship between Cayman Islands traditions and our use of coconut through food drink and other activities, we look forward to educating attendees about how the proceeds will positively impact our elderly who are in need,” said Meals on Wheels General Manager, Erin Bodden.

Entry to Coco Fest is only CI\$5.00 (children 12 and under are free) with \$1.00 from each entry going toward Meals on Wheels.

Cayman Spirits Company and Grace Coconut Water (distributed by Jacques Scott Ltd.) have also partnered to create a “Cocktail with Character” where sales of the 1780 Rum (distilled for and sold exclusively at Pedro St. James) and Grace Coconut Water will also benefit the charity.

“The Grace donation was made to Pedro St. James and since Cayman Spirits already works with the attraction through its Outpost Bar and Grill, it was a no-brainer. The rum and coconut water drink will sell for \$5.00 and \$2.00 of those sales will go directly to help feed the elderly,” said Mrs. Meade.

Coco Fest is also about remembering a time when the coconut industry was prominent in Cayman with artisan demonstrations, cultural demonstrations and a locally produced documentary that explains the benefits and uses of coconut and how it was a main part of the Cayman diet.

The award-winning film, *The Bright Spot*, will be screened in the Pedro St. James theatre throughout the day. Produced and narrated by nutritionist Tamer Soliman and directed by local filmmaker Rob Tyler, the film takes viewers on a journey as they discover why coconut oil had once lost its place in many Caymanian homes and inspires people



▶ Visitors enjoy fresh coconut water at Coco Fest (Photo credit - Carlo Lee)

to return to the healthy use of the traditional coconut oil.

Visitors can look forward to an array of locally cooked foods, candies, produce, games and beauty products. There will also be an arts and crafts corner hosted by the Visual Arts Society, bouncy castles, face painting and balloon animals.

Live entertainment will include local bands Little Magic, Back Beat Band and Pan n’ Riddim steel band. For the kiddies, Isadora “Miss Issy” Ferrao will host a half hour kids sing along, and DJ Flex will round the evening out with top 40 and Caribbean favourites.

Coco Fest will take place at Pedro Castle in Savannah on Saturday 9th February from 12:00 pm to 6:00 pm. For information please contact Debbie Bodden on 947-3329 or email Mona Meade at marketing@tab.ky or 949-6999. 🌐

Sunrise Cottage Resident Celebrates 100th Birthday in Style

Ms Ina Victoria Connor was given a note congratulating her for having reached 100 years old from His Excellency Governor Martyn Roper yesterday (Tuesday, 5 February 2019).

The East End matriarch celebrated her centenary, last Friday (1st February), with cake, candles and cheer with family, friends and senior government officials at Sunrise Cottage residential home. Ms Ina was feted in style by the Department of Children and Family Services (DCFS) and senior politicians at facility in East End.

The event, arranged by the DCFS and her family, was conducted in the residential home and under cover outside, and began with live music from the East End Kitchen Band. More than 50 people attended to help Ms Ina usher in her milestone birthday, which formally opened with a prayer by Rev. Godfrey Meghoo.

Birthday greetings in the form of short speeches were given by her long-time acquaintances: the district’s MLA, Hon. Arden McLean and Speaker of the House, Hon. McKeeva Bush. Both said Ms Ina was a strong Christian lady with an unshakeable faith that had seen her through life’s trials and tribulations. They added that having reached the milestone was “the reward for a life well-lived.”

Various described as God-fearing, a strict disciplinarian, a loving and supportive mother, sibling, grandmother, great grandmother, great great grandmother and community member, Ms Ina was congratulated by the Chief Officer for the Ministry of Community Affairs, Ms Teresa Echenique, who brought well-wishes from the Premier, Hon. Alden McLaughlin, Councillor Austin Harris and the entire Ministry.



▶ Ms Ina Connor and her extended family celebrated her 100th birthday at Sunrise Cottage on Friday, 1 February 2019



▶ Ms Ina and her son Lowell shared a special moment after he spoke about his mother at her 100th birthday celebration at Sunrise Cottage



▶ Ms Ina Connor looks at her birthday cake at celebration held for her at Sunrise Cottage in the company of DCFS staff (L-R): Community Careworker Hope Morgan Scott, DCFS Social Worker Jasmine Powell and Nurse Thelma Richards



▶ Speaker of the House, Hon. McKeeva Bush spoke during Ms Ina’s 100th birthday celebration at Sunrise Cottage

“On behalf of my Ministry, I want to extend birthday wishes to Ms Ina on her 100th birthday. We have the highest respect for our elders and appreciate the foundation they have set for our country,” said Ms Echenique. “We take the needs of our older persons both in the community and in our residential care settings very seriously and welcome this opportunity to celebrate this wonderful milestone.”

DCFS Director Paulinda Mendoza-Williams and Residential Care Supervisor Nurse Thelma Richards added their best wishes.

Cayman Islands Seafarers’ Association President, Mr. Denniston Tibbetts congratulated Ms Ina on behalf of members and advised that seaman Belsham Connor’s widow was “still on their books (as an ex-gratia payment recipient).”

Several Rankine family members, as well as her Ms Ina’s youngest son, Lowell, and granddaughter Vernice, spoke with gratitude and affection about Ms Ina’s “exceptional care and support.” Described as a thatch worker who had turned her hand to various jobs to support her relatives and someone who had been an active member of her district, well-wishers marveled that Ms Ina could still read her daily Bible lesson without glasses.

Described as a “Christian lady with a wicked sense of humour,” attendees were regaled with anecdotes. Ms Ina was also thanked for her commitment to East End and Gun Bay United Church by Pastor Alice Blaire.

Party-goers sang “Happy Birthday” and Ms Ina expressed her thanks before the food was blessed and the ceremonial cutting of her birthday cake. 🌐

Senior appointments for Collas Crill Cayman's dispute resolution team

Collas Crill's Cayman office has appointed Rocco Cecere to the role of counsel and promoted Farrah Sbaiti to senior associate within the firm's dispute resolution team.

The appointments come as Collas Crill looks to capitalise on a strong period of global growth within its litigation and dispute resolution practice.

The announcement also shows the business' commitment to strengthening and driving forward its core areas of practice and supporting internal development.

Rocco is an experienced offshore commercial litigator who specialises in international insolvency and restructuring, and investment fund disputes. He has extensive experience conducting cross-border litigation, often involving fraud and asset tracing.

He has acted in some of the largest and most significant litigation in the Cayman Islands in recent years, including a series of proceedings involving the Primeo and Herald funds, which established important law in various areas in-

cluding the availability of foreign avoidance provisions in the Cayman Islands and the priorities of claims and proper distribution methodology in Cayman liquidations.

Rocco is recognised as a leading practitioner in s.238 "fair value" petitions, and has appeared in numerous leading cases in the area.

He has been recommended by Legal 500 and was named as a 'Next Generation Lawyer' in 2018 and 2019. He is also a member of the Cayman Islands Law Society, RISA Cayman and INSOL International.

Discussing his appointment, Rocco said: "I am excited to be joining the Collas Crill team. It is a dynamic and growing practice and I am looking forward to playing a role in its continuing expansion and development."

Farrah has extensive experience in appearing at court on a broad range of commercial and corporate litigation and insolvency-related matters, including shareholder disputes, insurance avoid-

ance, professional indemnity and contentious insolvency-related matters.

Prior to joining Collas Crill, Farrah qualified as a barrister in 2009 and worked at a leading UK law firm, during which time she also qualified as a solicitor-advocate.

Farrah was admitted to the Cayman Island's Bar in January 2016 and worked for another Cayman Islands law firm for more than two years before joining Collas Crill in August 2018.

Speaking of her promotion, Farrah said: "As a keen and experienced advocate, I look forward to contributing further as a senior associate to the growth and expertise of the Cayman Islands' dispute resolution team.

"In bringing expertise in the commercial insurance field, I also look forward to further expanding our practice area to a broader scope of work, including undertaking advocacy opportunities that this will present.

I am thoroughly enjoying the high calibre of work that Collas Crill attracts and



► Farrah Sbaiti

I am excited to further strengthen the team's continued growth and success".

Stephen Leontsinis, head of dispute resolution, commented: "Rocco's appointment, together with Farrah's promotion and the recent recruitment of partner Gerard Clarke in the BVI, is evidence of our continuing commitment, as a firm, to the Caribbean and our increasing strength in the areas of dispute resolution and restructuring globally. The appointment of these talented individuals, from diverse backgrounds, underscores our collaborative work strategy across the Group - which is to constantly seek to serve our clients seamlessly, wherever they do business around the globe." 🌐

Vistra Completes Rebrand of US Global Growth Expert Radius

Rebrand is culmination of deal that makes Vistra one of the world's leading international expansion providers

Vistra, a leading global corporate service, trust and fund administration provider, announced today that Radius, a renowned US-based international expansion services firm, has been officially rebranded as Vistra following the acquisition's completion in May 2018.

Stephen Chipman, former Radius Chief Executive Officer and now Divisional Managing Director, International Expansion, and Regional Managing Director of Americas at Vistra, commented, "We are thrilled to complete the rebrand. Vistra is now one of the world's leading international expansion services providers, and the number one provider in the U.S. Our newly integrated team of more than 1,300 expansion specialists provides even more coverage and a greater depth of local expertise for our clients, allowing them to effectively expand into new markets and realise their full business potential."

Vistra's International Expansion team helps clients mitigate the risks of international expansion and protect their businesses. Vistra offers a comprehen-



► Stephen Chipman, former Radius Chief Executive Officer and Divisional Managing Director, International Expansion, and Regional Managing Director of Americas at Vistra

sive suite of services including establishing offices, obtaining the necessary licencing to operate in foreign markets, and managing ongoing operations related to accounting, tax, compliance, company secretarial, global mobility, human resources, and payroll. 🌐

ESTERA STAFF SUPPORT THE CAYMAN ISLANDS HUMANE SOCIETY

The team at Estera Cayman, has donated US\$1,000 to support the Cayman Islands Humane Society animal shelter. The funds were collected from staff members who are committed to a monthly contribution. The staff chose to support the Humane Society as part of their commitment to a number of local charities who each benefit, in turn, from the monies raised on a rotational basis.

On behalf of the Humane Society, Saskia Salden, a member of the Humane Society Board of Directors commented "We are very grateful to the team at Estera for their donation to the Humane Society. We currently house over 70 dogs and 50 cats at the shelter, waiting for adoption. This money will go towards providing them with food and care. We rely on volunteers and donations to provide our service and we are pleased that Estera has recognised our efforts."

Estera Human Resources Manager, Celia Russell added "We are grateful to the Humane Society for all their work in our community. On behalf of Estera, I am pleased that we were able to help support the Humane Society in their work."

The Humane Society provides shelter and care to alleviate suffering of



► Staff Dress Down Donation Cheque Handover

homeless or abused animals on Grand Cayman. The Humane Society seeks to re house the animals in responsible and loving homes, both locally and overseas. Additionally, the Humane Society promotes animal welfare and responsible pet ownership in the community, and helps combat pet overpopulation and animal abuse through its spay and neuter clinic and community education. 🌐

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MINDS INSPIRED ANNOUNCES INTERSCHOOL CHESS TOURNAMENT

Dart Minds Inspired is proud to announce its sponsorship of the upcoming Interschool Chess Tournament, scheduled to be held on Wednesday, 27 February, at the Arts and Recreation Centre in Camana Bay.

Hosted by Cayman International School, the competition will feature round robin and championship rounds with divisions for primary, middle school and high school students.

Dart Education Programmes Manager Glenda McTaggart says that, by encouraging a broad range of skills, the game of chess can have a positive transformative impact on young people.

"The skills developed through chess are visible in and out of the classroom," she says. "Volumes of research have shown that chess contributes to skills such as problem solving, memory, spatial reasoning, pa-



► Chess In School

tience, concentration, thinking ahead, and consequences of actions."

Mrs. McTaggart also says playing chess and participating in chess tour-

naments can create opportunities for Cayman's youth to compete at national, regional, and international chess events.

"By sponsoring this interschool tournament, we hope to encourage the development of chess clubs at other local schools that do not currently have chess programmes," she says. "It would be incredible to see all schools represented at this inaugural event."

The tournament will complement the Chess In Schools programme organised by the Cayman Chess Club.

Tournament organiser Stephen Wise notes that: "Chess not only promotes the spatial and sequential thinking so important in problem solving but provides a window to a larger world. Like music, chess is a universal language."

Going forward, the event is expected to become an annual fixture on local schools' calendars as a Minds Inspired programme.

To register for the inaugural Interschool Chess Tournament, contact Mr. Wise at stephen.wise@cis.ky.



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COMMUNITY EVENTS

February Cayman Arts Festival and Jubilate

8 February: Cayman Arts Festival and Jubilate will showcase students from their After School Programmes partnering for the first time in what will become a very strong artistic collaboration. The event begins at 5:30pm and will be held at the Cayman Islands Baptist Church, Pedro Castle Rd., Grand Cayman. Call 922- 5550 or email enquiries@caymanartsfestival.com

Pre Valentine's Bingo

8 February: Lions Club of Tropical Gardens is hosting a pre Valentine's Bingo night at the Lion Community Center on 8th February 2019 at 7.00pm.

Children's Story time

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

Free entry to the National Museum

9 February: Residents can enjoy free entry to the National Museum every Saturday to learn about the unique natural and cultural heritage of our three Islands.

Coco Fest

9 February: The 4th annual Coco Fest will take place Pedro St. James Castle, this Saturday from 12 noon to 6:00pm! Funds raised will benefit Meals on Wheels! There will be cooked food, crafts, games, music, and even beauty products! The award-winning documentary Bright Spot will be showing in the Theatre, which tells the tale of Cayman's love affair with the coconut.

Cayman Arts Festival

9 February: Cayman Arts Festival presents "New York Cabaret Night - "That's Entertainment" - on Saturday 9 February at The

Marriott Beach Resort from 6:30 -8:30pm. After a successful 2018 Cayman Arts Festival, and in response to numerous requests for their return, KT Sullivan and her friends from New York, Natalie Douglas, Jon Weber, Marissa Mulder and Danny Bacher, will be here for another evening of great music. Call 922- 5550 or email enquiries@caymanartsfestival.com

Valentine's 5K Fun Walk/Run

9 February: The Mothers Union of the St. George's Anglican Church presents this 3rd. annual event on Saturday 9 February at 6:am from Smith's Cove Barcadere to The Avenue and back. Registration is \$10 for adults and free for children under 12. There will be lots of prizes and surprises. Proceeds are in aid of Maple House and other outreach projects. Register online at www.caymanactive.com/registrations or arrive at 5:30am for late on-the-day registration.

Heart Warriors & Angels Beach Walk

10 February: This event is in honour of February 2019 Congenital Heart Defects Awareness Week and in memory of baby Nolan Evans & baby Cristiano McKenzie who both passed away due to complications from a complex Congenital Heart Defects (CHD). The event will raise awareness for the #1 birth defect. See www.caymanactive.com/registrations for more details.

Smoking Cessation Classes: 'I Can Quit'

13 February: The Public Health Department advises smokers who wish to quit that there are some spaces left in an upcoming smoking cessation class. The sessions will run every Wednesday from 5.15 p.m. to 6.45 p.m., beginning on 6 February 2019. The venue for classes is the new Public Health Administration office located at the Smith Road Centre on the second floor. For more information or to sign up contact the Public Health Department on 244-2889 or 244-2621. Interested persons may also email sarah.hetley@hsa.ky or nola.sander-son@hsa.ky

Faith Hospital staff completes Brac's first air medical training course

Last month, six members of the Faith Hospital's medical team completed Cayman Brac's first air medical training course that enhances the safety of critically ill or injured patients needing airlift services from the Brac for higher-level treatment.

The staff concluded the 40 hour Air Medical Crew Course within five days, gaining invaluable and advanced level experience in patient care continuity. The practical course meets and exceeds the Florida State requirements for air medical education. The course is based on the United States Department of Transportation's National Standard Curriculum and Guidelines for Air Medical Crew Course Education. It is also approved by the Florida Bureau of EMS for Continuing Education credits.

"The air medical industry is complex and caring for critical patients at altitude differs from doing so in other modes of medical transport. This programme was developed to provide students with multiple exercises that will challenge even the most experienced caregiver," noted Paramedic Ralston Dilbert, who completed the course.

This course is geared towards licensed physicians, registered nurses

(RNs) and paramedics who strive to achieve a higher level of education and medical expertise in order to enhance their capabilities to function safely and effectively in the aero-medical environment. Aircraft and landing zone safety, preventing pilot and crew error, flight physiology, crew requirements, communications, survival and fitness are some of the topics covered. Other topics include are patient assessment and management of medical emergencies, respiratory, cardiac, neurological, orthopedic, trauma, burn patients, shock, obstetrical and paediatrics.

Director of Sister Islands Health Services Dr Srirangan Velusamy stated, "Air medivac crew medical training for Faith Hospital staff enhances the safety of our critically ill and injured patients who needs the transport to the tertiary care center. This is one more step to reassure the community that we are taking all the necessary actions to give the appropriate care, adhering the international standard for their loved ones when they are airlifted."

Scott Schein, National Association of EMT Lead/Clinical Instructor, Emergency Medical Education and Technology System, conducted the pro-



► The Faith Hospital team is better equipped to function safely and effectively in an aero-medical environment after several of its staff completed the first air medical training course held in Cayman Brac

gramme completed by Faith Hospital staff Noralee McIntosh (RN), Jose Salazar (RN), Michael Nichol (RN), Raju Manu (RN), Damion Ferron (EMT) and Mr. Dilbert.

Faith Hospital in Cayman Brac is a facility of the Cayman Islands Health Services Authority (HSA). Visit www.hsa.ky or call (345) 949-8600 for more information and services offered at the HSA. [🌐](#)

Patient Carolyn Flowers is grateful for her complete recovery after surgery at Health City Cayman Islands to remove a brain tumour

Carolyn Flowers, a mother and grandmother from Roatán, Honduras was experiencing blinding headaches that were having a debilitating effect on her daily life.

Coming seemingly out of the blue, these symptoms were cause for concern, since during her adult life she'd never before suffered from headaches or high blood pressure.

"The first symptom she had was a very intense headache that couldn't be treated by any type of analgesic, then she started vomiting, and we decided to take her to a hospital in Roatán," said Dr. Ashley Gutiérrez, the patient's daughter.

A brain scan showed that Flowers had what is known as a meningioma, which is a benign tumor. The mass was located in the cerebellum, which is the part of the brain at the back of the skull. Its function is to coordinate and regulate muscular activity. Her tumor was pressing on an important part of the brain that controls actions such as swallowing, facial expressions, balance, and others.

While this kind of tumor is not considered highly dangerous or malignant, the symptoms she was having were negatively impacting Flowers' quality of life in significant ways. Her family were anxious to find effective treatment.

Following extensive research, the family entrusted Flowers' care to Dr. Susheel Wadhwa, Neurosurgeon, and Head of the Neurosurgery Department at Health City Cayman Islands.

According to Dr. Wadhwa, the surgery was a challenging one due to the complicated location of the tumor; however, the advanced technology available at Health City could ensure a safe procedure and the likelihood of a positive outcome.

Flowers' daughter explained the family's reasons for choosing Health City out of the available options.

"In Honduras, there are specialists who can treat this type of tumor, but our priority was to give my mother the best type of care. That's why we decided to come to Health City because of the high technology available here and the excellent service they offer," Dr. Gutiérrez said.

Health City Cayman Islands is also easily accessible to patients from Roatán, with bi-weekly flights available on Cayman Airways. Historically, there have been strong cultural links between the Cayman Islands and the Bay Islands, with several Caymanian families settling in the Bay Islands in the late 19th century. The Bay Islands were also a British



► Patient Carolyn Flowers, seen here with her daughter Dr. Ashley Gutierrez, is grateful for her complete recovery after surgery at Health City Cayman Islands to remove a brain tumour

colony until 1859, and English is still commonly spoken.

Thanks to the support of her relatives, neighbors, and churches from Roatán, funds were raised for Flowers to be treated at the Cayman Islands facility.

Once at Health City, the tumor was completely and safely removed. Just a few days after the surgery, Flowers recovered her balance and the headaches were gone.

"Her intervention was completely successful, and she returned home earlier than we expected," said Dr. Wadhwa.

Six months after her intervention, Flowers received a routine check-up by Dr. Wadhwa, who is also affectionately known as Dr. Susheel to his patients, during one of his visits to the island of Roatán. A follow-up MRI scan of her brain also confirmed that the tumor had not returned. The patient was in perfect health, and now able to carry out her daily activities and recover her quality of life.

"God did this operation together with Dr. Susheel, I thank him for everything. I feel very well, I do not have any complaints," she gratefully affirmed.

About Health City Cayman Islands

Health City Cayman Islands, the vision of renowned heart surgeon and humanitarian Dr. Devi Shetty, is supported by Narayana Health, one of India's largest private healthcare systems. Health City, only the second hospital in the Caribbean to receive the Joint Commission International's "hospital accreditation", provides compassionate, high-quality, affordable healthcare services in a world-class, comfortable, patient-centered environment. Offering healthcare to local, regional and international patients, Health City Cayman Islands delivers excellence in adult and pediatric cardiology, cardiac surgery, cardiac electrophysiology, medical oncology, orthopedics, sports medicine, pediatric endocrinology, gastrointestinal and bariatric surgery, neurology, interventional neurology and neuro-diagnostics, neurosurgery, minimally invasive spine surgery, gynecology, urology, pediatric allergies, colorectal surgery, dental, sleep lab and pulmonology services.

For further information, visit www.healthcitycaymanislands.com. [🌐](#)



► Patient Carolyn Flowers and her daughter Dr. Ashley Gutierrez

COLONY OR FAMILY?

... Continued story from page 1

of visa-free travel for their respective citizens across their borders after Brexit D-day, March 29th this year.

In that document the EU describes Gibraltar as "a colony of the British Crown."

That conjured up images of, well, colonialism. And empire. And in the case of the UK's Caribbean overseas territories - slavery.

"Gibraltar is not a colony and it is completely inappropriate to describe in this way.

"Gibraltar is a full part of the UK family and has a mature and modern constitutional relationship with the UK," a UK government spokesman affirmed.

When confronted, the issue was side-stepped by a senior European Commission official.

Asked to explain the use of the term 'colony' he would only refer the matter back to the European Council, a separate arm of the EU, which he said had written the text.

But, Fabian Picardo, the Chief Minister of Gibraltar, declared:

"It's unnecessarily provocative and it's pejorative to describe the relationship between Gibraltar and the United Kingdom as being 'colonial,'" he told the UK's Sky News.

"In fact, it's a relationship which is now modern. It's mature. It's one borne from the partnership and the reality is that Spain I think is still in the mentality of the 1950s and 60s - but we're not.

"The people of Gibraltar are full British citizens and we feel very much a full part of the British family of nations," asserted Chief Minister Picardo.

The structure of this family relationship is presently under review through an ongoing inquiry by the UK parliament's Foreign Affairs Committee (FAC).

The strong affirmation of familial affiliation expressed by the Gibraltar leader, has been comparatively less expressive by many of his fellow British Overseas Territories leaders and others, especially from the Caribbean, who made submissions to the FAC.

If anything, on their part it seemed to be more of a plea to be seen and treated as a full and integral part of that family and not a distant relative or appendage.

The outcome and recommendations of the FAC's inquiry are expected to give further clarity to the nature of the relationship between the UK and its Overseas Territories, especially in a modern and post-Brexit era.

Its remit is to "consider the resilience of the Overseas Territories (OTs), how effectively the FCO (Foreign and Commonwealth Office) manages its responsibilities towards them, and how it envisages their future. The inquiry is likely to be structured around overarching themes but may look at individual OTs, as and when appropriate."

In a recent submission to the inquiry this past January, on request of the FAC, the French government explained the relationship with its overseas territories.

"There are five overseas departments and regions(DROMS)...the whole of Overseas France are represented in the National Assembly and Senate."

The Dutch for their part refer to their overseas territories as Kingdom Partners and Municipalities.

At the time of this writing, the text of the EU document with its inclusion of the nomenclature 'colony' pertaining to Gibraltar - and by extension other Brit-



ish Overseas Territories - had not been amended.

At the beginning of this commentary it's stated that "a row between the British government and the European Union over Gibraltar has thrown into stark relief the relationship - or the perception

thereof - between the UK and its Overseas Territories."

Perhaps it might be more politically correct to at least replace the ownership-implying pronoun 'its' - which is itself a 'possessive' pronoun - with something more 'family-friendly' or just

slightly aloof, depending your perception.

By one word here, and similarly one word by whichever EU division was responsible for the authorship of the document in question, a veritable can of worms, historical associations and constitutional relations has been stirred up.

Officially, there are no longer official references to colonies in the current British official lexicon.

Usage of the word colony is frowned upon in Whitehall and resented in the Overseas Territories with the myriad degrees of relationship definition applied to citizenship status.

In its own submission to the FAC inquiry into the future of the overseas territories, the Foreign and Commonwealth which is the link between the OTs and the British family, reminds of the current status of that relationship.

The OTs it said: "...are largely self-governing territories under British sovereignty but are not constitutionally part of the UK. Most people living in the OTs are British nationals. By definition, the OTs are not sovereign so have no international legal personality separate from the UK."

The outcome of the FAC's inquiry is awaited. 🌐

Runnin' in di Republic

... is a West Bay ting

Saturday, March 2, 2019

Starts and ends at Ristorante Pappagallo, Conch Point Road, West Bay

CUC
WEST BAY
SUNRISE

5K

CUC is taking to the streets again in West Bay on **Saturday, March 2, 2019** for a fun run and walk as we raise money for the Sunrise Adult Training Centre and the Cayman Islands Athletic Association (CIAA). Everyone is welcome to join us.

Course: Starts and ends at Ristorante Pappagallo, Conch Point Road, West Bay

Start Time: 6:30 a.m. (Walkers) and 7:00 a.m. (Runners). Check-in time is 5:30 a.m. (to receive numbers (all participants) and race chips (for runners)

Fee: CI\$15 Adults and CI\$10 Youth (Under 17)

Registration: 1) Register online at www.caymanactive.com
 2) Download the PDF form from CUC's website at www.cuc-cayman.com (click on "Events" under the "About Us" tab on the Home Page). Complete, scan and e-mail the form to communications@cuc.ky
 3) Forms can be dropped-off and payments made by cash or cheque (payable to CUC) at CUC's Administration Building on North Sound Road on Wednesday, February 20; Thursday, February 21 and Friday, February 22 between 8:30 a.m. and 4:00 p.m. Participants who register online can also collect their t-shirts from CUC on those three days in February. *There will be no registration on the day of the event.*

Amenities: First 250 participants will receive a t-shirt (sizes are not guaranteed) and all participants will receive a participation medal, bag, cap and water bottle following the event. Light refreshments will be provided at the end of the event

Coordinators: CUC's Pat Bynoe-Clarke (914-1107), Patrick Barnes (914-1136) and Neil Murray (914-1110) or communications@cuc.ky

You've got the power

Kobe: Harden's with losers

James Harden might be on a scoring streak that hasn't been seen in decades, but Kobe Bryant doesn't think the Houston Rockets can win a championship even with the reigning MVP in this tremendous form.

"Well, I think he has to do what he has to do in order for his team to win," Bryant said. "And there's certain levels to it. So, there's the style of play in which he's using, which I'm not a fan of in terms of winning championships. I don't think that style's ever going to win championships."

"But at the same time, you have to keep your team's head above water to

win games," Bryant added. "So, you have to do what you have to do to win games. And he's doing it."

Harden extended his streak of scoring at least 30 points to 27 games on Monday night with 44 points, 8 rebounds and 6 assists in win over the Phoenix Suns. It is the third-longest such streak, behind Wilt Chamberlain's streaks of 65 and 31.

When told of Bryant's comments, Harden agreed with the former Lakers star.

"I mean, I have to be ball dominant just because we have injuries," Harden said, whose Rockets improved to 31-22. "We

had injuries throughout the course of the year, but when we get Chris (Paul) in a rhythm and Eric (Gordon) back and get our full roster, we got multiple guys that can make plays, multiple guys that can dominate the ball."

Bryant - who recently opened the Mamba Sports Academy, a holistic, multi-sport training facility for young athletes in Los Angeles - won five championships.

"For right now, he's probably right," Harden added of Bryant's comments. "This way, that we're



► James Harden is turbo charging the Rockets

playing, won't happen, won't get us to where we want to go. But we haven't had a full roster yet, so I'm excited for that to come."

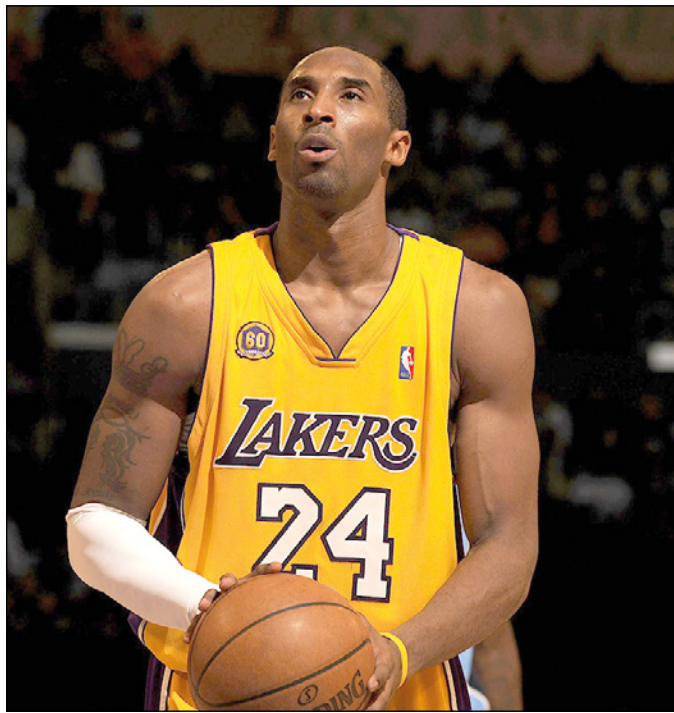
Harden's usage rate this season of 40.2 is on pace to be the second highest in NBA history, behind Russell Westbrook's MVP season (41.7). Of the seven other highest-usage seasons, none of the players made it out of the first round in the postseason during that respective season.

Bryant also was asked about his former team, the Los Angeles Lakers, pursuing Anthony Davis in a trade. Bryant said he loves the young talent the Lakers have in Kyle Kuzma and Lonzo Ball, but he added that the "smart thing" for the Lakers to do is to try to acquire the New Orleans Pelicans' elite big man.

"Listen, we have a lot of talent in Kuzma," said Bryant, who has helped mentor Kuzma in the offseason. "You have a lot of talent - talent in Ball."

"It depends on what you're trying to accomplish and what your long-term objectives are," Bryant added. "Now, by signing LeBron, you're already making an indication that you wanna win now. Right. So, I think it'd be a smart thing to do for the Lakers to look at that. But at the same time, you know, you gotta play a little bit of poker."

The Lakers want to add another superstar to play alongside James, who at 34 missed a career-high 17 straight games after injuring his groin in a game during Christmas. Bryant, who tore his Achilles tendon at age 34, believes James will adapt as he gets older. 🌐



► Kobe Bryant was brutally honest

Holder's ban causes uproar

Test legend Shane Warne has led a chorus of international criticism over the International Cricket Council's decision to impose a one-match ban on West Indies captain Jason Holder for a slow over-rate in the second Test in Antigua.

The ICC announced Monday that West Indies had been two overs short of their required quota during the contest at the Vivian Richards Cricket Ground which West Indies won emphatically by 10 wickets with two days to spare.

Holder, as captain, was fined 40 per cent of his match fee - double that of his players - and slapped with the ban as the breach was the second for the Windies in the last 12 months. He will now miss the final Test starting next weekend in St Lucia.

"The test didn't go 3 days - can you please appeal this @JaseHolder98!" tweeted Warne, the all-time wicket-taker in Tests with 708 victims from 145 matches.

"What a ridiculous decision - where's the common sense here? Ps Congrats on a wonderful series win too. International cricket needs a strong Windies team & hopefully this is just the start."

Former England captain Michael Vaughn, also slammed the ICC's decision as "bonkers", arguing the fact the match lasted less than three days made the over-rate breach irrelevant.

Prominent commentator, Mike Haysman, called for a review of the controversial ICC rule.

Another former England captain, Mike Atherton, who is covering the series as a pundit for Sky Sports, called the ban "ridiculous".

Holder has been the seminal figure in the series, not only with his superb handling of the side but with excellent performances too.

The ICC said Holder did not contest the charge and as a result, no formal hearing was needed. West Indies



► Jason Holder has tremendous support

have having already won the series and reclaimed the coveted Wisden Trophy. 🌐

Brady's weird diet keeps him going

If Tom Brady attended one of Cayman's fabulous food festivals, he would probably go home hungry. He is so particular about what he consumes, there would be no oxtail, conch stew, jerk chicken, fried plantain, cassava cake, turtle stew, ackee and saltfish, coconut shrimp, carrot cake... for the Super Bowl star.

Banned from the Brady's diet are bread, pasta, dairy, corn syrup, trans fats, sugar, artificial sweeteners, soy, fruit juice, grain-based foods, potatoes... and ketchup.

In some circles, the New England Patriots quarterback is just another phony wellness blogger peddling pseudoscientific health tips. But he's also a six-time Super Bowl champion, a three-time MVP recipient, a multi-millionaire, and the husband of Gisele Bündchen - so he happens to have a little more clout than most random people on the internet.

In 2017, Brady wrote a book about health, called *The TB12 Method*, which detailed his "ground break-

ing" approach to health, nutrition, and fitness. For regulars and fans alike, this is basically an instructional manual to live like Brady. When the book came out, the internet had a great time mocking his whacky lifestyle tips.

We know that the eight glasses of water a day rule is kind of arbitrary, but Brady takes hydrating to the next level. He apparently drinks up to 11 litres or two and a half gallons of water a day. He doesn't drink sparkling water because he claims it's dehydrating.

The 41-year-old vet isn't just particular about the foods he eats, he also lays off certain ingredients altogether, including white sugar, white flour, olive oil (he only cooks with coconut oil) and iodized salt.

The Patron Saint of Boston has never had coffee before. "I never, never, never had any coffee or anything like that," he said. "I just never tried it." In fact, he's never had any shot of caffeine. No wonder he's confident he can still be an NFL quarterback at 45. 🌐



► Tom Brady wants to play until he's 45

Jamaican Opposition MP Murdered

Police are investigating the murder of an Opposition Member of Parliament who was found dead in his home.

The body of People's National Party (PNP) MP for Portland Eastern, Dr Lynvale Bloomfield, was found with multiple stab wounds on Saturday morning. It was the 59-year-old's housekeeper who made the discovery.

According to reports, police believe the medical practitioner was tortured by his attacker, but they are yet to determine a motive or the circumstances surrounding the killing.

Opposition Leader Dr Peter Phillips said in a statement that the PNP was shaken by the death of the politician who was first elected MP in 2011 and then re-elected in 2016.

He said Dr Bloomfield had devoted many years of his life in service to the Jamaican people as a medical practitioner and as an elected

"No Jamaican should ever have to suffer at the hands of criminals in their own country. The death of Dr Bloomfield must not be allowed to go unpunished. The police must employ whatever resources that are necessary to conduct a full and complete investigation, and the perpetrators must be brought to justice," Dr Phillips said.

"This is indeed a very sad day in the history of our country as we are now dealing with the stabbing death of a sitting member of parliament in his home by unknown assailants."

Prime Minister Andrew Holness also paid tribute to Dr Bloomfield, describing him as an MP who looked out for his people.

In a statement, he described Dr Bloomfield as "a very gentle and humble man and one of the nicest human beings I have encountered in politics".

The Prime Minister said he has received a preliminary report from the police who have assured him that



► Dr Lynvale Bloomfield was found with multiple stab wounds

they have mobilized a high powered team of investigators to determine the circumstances of Dr Bloomfield's death. 🌐

Over Two Dozen Haitians Drown in Attempt to Enter The Bahamas

At least 28 Haitian migrants drowned in the waters off the northern Bahamian island of Abaco when the vessel they were travelling in capsized and sunk over the weekend.

The Royal Bahamas Defence Force (RBDF) said 17 survivors were rescued.

The discovery of the first set of bodies was made by tourists on a chartered catamaran, in waters near Man O War Cay at the entrance of Marsh Harbour, central Abaco, on Saturday morning. An operation by Royal Bahamas Defence Force (RBDF) divers aboard HMBS Durward Knowles, along with a local diver, found more bodies in the shipwreck on the seabed in reef-filled waters near Fowl Cay.

The vessel had reportedly struck a reef.

It's uncertain how many Haitians were on the boat. The Department of Immigration had said 87 people were

on the vessel, but the Tribune newspaper reported that volunteers said multiple survivors told them there were 45 people on board. A total of 28 bodies were recovered between Saturday and yesterday.

Hope Town's fire chief, Troy Pritchard, who was among the first to respond to the scene with a team of six from the Hope Town Volunteer Fire and Rescue, told the Nassau Guardian the scene was "simply heart-breaking".

Apart from the dead bodies, he said the survivors were hesitant to come to the rescue boat.

"I got the stern of our rescue boat into about two feet of water and I pleaded with them to come. They were very reluctant to come and their feet were all cut up, so we threw them a pair of boots



and they made their way to the water line and we got them in the boat that way," Pritchard told the newspaper.

"They were very dehydrated, cut up, naked, disoriented. They were in rough shape."

The rescued Haitians were transported to the clinic in Marsh Harbour for

evaluation, and handed over to Immigration and police officials for further investigation.

So far this year, approximately 300 Haitians have been apprehended by the RBDF for illegal entry during four separate incidents. Those Haitian nationals have all been charged before the courts and ordered repatriated to Haiti.

Illegal attempts by Haitians to get to the Bahamas or nearby Turks and Caicos are common. Following the weekend tragedy, the US Embassy in Haiti warned Haitians of the threat that smuggling operations pose.

"No journey is worth risking lives. Please urge families and communities: Illegal migrant and smuggling operations are dangerous and frequently end in tragedy," the Embassy tweeted. 🌐

Cervical Cancer is Third Most Common Cancer Among Women in Latin America and the Caribbean

As World Cancer Day is commemorated today, the Pan American Health Organization (PAHO) says it is striving to accelerate prevention and control efforts to create a future without cervical cancer, which is the third most common cancer among women in Latin America and the Caribbean, but one that can be prevented.

Every year more than 56,000 women in Latin America and the Caribbean are diagnosed with cervical cancer and more than 28,000 die from it. These figures rise to 72,000 diagnoses and 34,000 deaths when the United States and Canada are included. However, life-saving prevention and treatment tools do exist.

"It is unacceptable that women today die from a disease that can largely be prevented," said Silvana Luciani, chief of PAHO's Noncommunicable Diseases Unit.

Cervical cancer can be prevented through vaccination against human papillomavirus (HPV). Vaccines that protect against the common types of HPV that cause cancer have been available for over a decade. PAHO recommends administering this vaccine to girls aged 9 to 14 years.

In addition to vaccination, screening and treatment of precancerous lesions can prevent new cases and deaths. Over

time, cervical cancer can be eliminated as a public health problem, said WHO Director-General, Dr Tedros Adhanom Ghebreyesus, in his call to action in May 2018 at the World Health Assembly.

The HPV vaccine is available in 35 countries and territories of the region of the Americas. However, in most countries, the HPV vaccine coverage rate with the two recommended doses still falls short of the target of at least 80 per cent of girls. Furthermore, there are gaps in access to services for screening and treatment of precancerous lesions, and screening coverage rates are lower than the target of at least 70 per cent of women aged 30-49 years. It is estimated that at least 32 million women need to be screened for cervical cancer in the Region.

To raise public awareness about the disease, last November PAHO launched the communication campaign "It is time to end cervical cancer." Under the slogan "Don't let cervical cancer stop you," the initiative provides information on HPV vaccines and calls on women to have regular examinations to detect precancerous lesions. The campaign responds to the plan to reduce new cervical cancer cases and deaths in










the region by a third by 2030, as agreed by the region's Ministers of Health at the PAHO Directing Council meeting in 2018.

"Governments should adopt urgent measures to ensure that all girls are vaccinated against HPV and that all women over 30 are examined and treated for precancerous lesions," said Luciani. "Doing this will save the lives of thousands of women."

World Cancer Day, coordinated by the Union for International Cancer Control (UICC) every year on February 4, is an opportunity to unite the entire world in the fight against the global cancer epidemic.

This year, 2019, marks the launch of the three-year campaign with the slogan "I am and I will", a call to action that empowers and asks for a personal pledge to help reduce cancer's impact. 🌐

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
80°/76°F	80°/77°F	80°/77°F	81°/78°F	81°/78°F	81°/78°F	80°/78°F
Partly sunny; breezy	Partly sunny, a brief shower	Partly sunny, a shower	Partly sunny, a stray shower	Partly sunny, a shower	Some sun, a couple of showers	An a.m. shower; partly sunny

MOMENTS OF INSPIRATION



When You Do Not Know How to Pray...

By the Rev'd Christopher Pierce, Rector

www.churchofenglandcayman.org

What do you do when you don't know how to pray? You know, those times when you cannot string a coherent sentence together because life has just turned you upside down and sifted you like wheat. Have you not been there? If not, don't worry, you will.

So, what is a follower of Jesus to do when overwhelmed by life? Perhaps you've lost a loved one. Perhaps you've gotten bad news from the doctor. Perhaps your car has gone belly up and you've not the means to get it repaired or replaced. What if you've been betrayed by someone you thought of as a friend? Any unlimited number of possible scenarios could be hashed and re-hashed and the result could be something akin to despair if not for faith and the clear teaching of Scripture in this regard.

I know, there might be some reading this that have bought into the teachings of the so called "prosperity gospel" which says that followers of Jesus will never get sick or be short of money. If you listen closely to them...you might just hear them rubbing on their bibles like someone believing they have a genie in a bottle to call on...but to no avail.

The scriptures are full of examples of how that Christians are not exempt from the troubles of this world. The Apostle Paul was beaten 3 times with rods, 5 times with a cat 'o nine tails, shipwrecked, stoned and left for dead,

and ultimately, literally lost his head over Jesus. The Apostle Peter was imprisoned for his faith and was held in contempt by those who would not hear. He died crucified upside down.

Think about in modern days how that we continually hear of Christians being falsely arrested. Example: Asia Bibi spent nine years in solitary confinement in a Pakistani prison because of being falsely accused of blasphemy against Mohammed. She was just released.

What about Jesus? He was by all accounts the gentlest man. He was the greatest teacher. He performed miracles to demonstrate that he was more than just a man but that he was also the promised saviour, the Christ who'd been long promised. What did all his stellar attributes get him? False accusations, ridicule, humiliation, beatings, torture, and finally death on a cross...not because of anything that he'd done but because of what man had done.

So how are his followers to survive the problems of this world with their minds and faith intact? I will tell you what helps me...knowing that during my not knowing how to pray, the Holy Ghost is praying for me in words that I cannot understand and that Jesus after his resurrection and ascension sits at the right hand of God the Father making intercession for me. In short, when you don't know how to pray, the Holy Ghost and Jesus have got our backs...really our souls, covered in prayer. Now, do you think that God the Father will not answer positively their prayers on our behalf? I didn't think so. Keep your eyes on Jesus. 🌐



► The Rev'd Christopher Pierce, Rector

OBITUARIE

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Desmond Oleiston McLaughlin, who passed away on Thursday January 24, 2019.

A Thanksgiving Service will be held at William Allen McLaughlin Civic Centre, East End, Grand Cayman, Cayman Islands on Saturday, February 9, 2019 at 2:00 p.m.
Viewing: 1:00-1:45p.m.

Interment at: East End Cemetery.



Condolences can be registered at churchillsfuneralhome.com



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CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Soak
- 6 Davis of film
- 11 Earthy pigment
- 12 Theater worker
- 13 Saloon orders
- 14 Ranch animal
- 15 Attendee
- 17 Charity
- 18 "B — boy"
- 20 Opposed to
- 22 Murray Schisgal play
- 23 "Falconer" author
- 26 Writer Jong
- 28 Digression
- 29 Capitol worker
- 31 Tiny taste
- 32 Get larger
- 33 Gets older
- 34 Choir member
- 36 Airy tune
- 38 Pitches
- 40 Usual values
- 43 Tottering
- 44 Best
- 45 Run-down
- 46 High-maintenance

DOWN

- 1 Move up and down
- 2 Unreturned serve
- 3 Shel Silverstein book
- 4 Ibis's cousin
- 5 Gaelic
- 6 Tour carrier
- 7 Manor settings
- 8 2007 Shirley Bassey song
- 9 Abound
- 10 Makes mistakes

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

Yesterday's answer

- 16 Fan's cry
- 18 Saloon orders
- 19 Confident
- 21 Approach
- 23 Roman censor
- 24 TV's Falco
- 25 Workout count
- 27 Sang seasonal songs
- 30 Athena's symbol
- 33 Unaided
- 34 Cries of insight
- 35 Lead on
- 37 Privy to
- 39 Crafty
- 41 Coffee, slangily
- 42 Bond, for one

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1	2	3	4	5	6	7	8	9	10
11						12			
13						14			
		15			16		17		
18	19				20	21			
22			23					24	25
26			27			28			
29					30			31	
		32						33	
34	35				36	37			
38				39		40		41	42
43						44			
45						46			

6-29

SUDOKU

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

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★

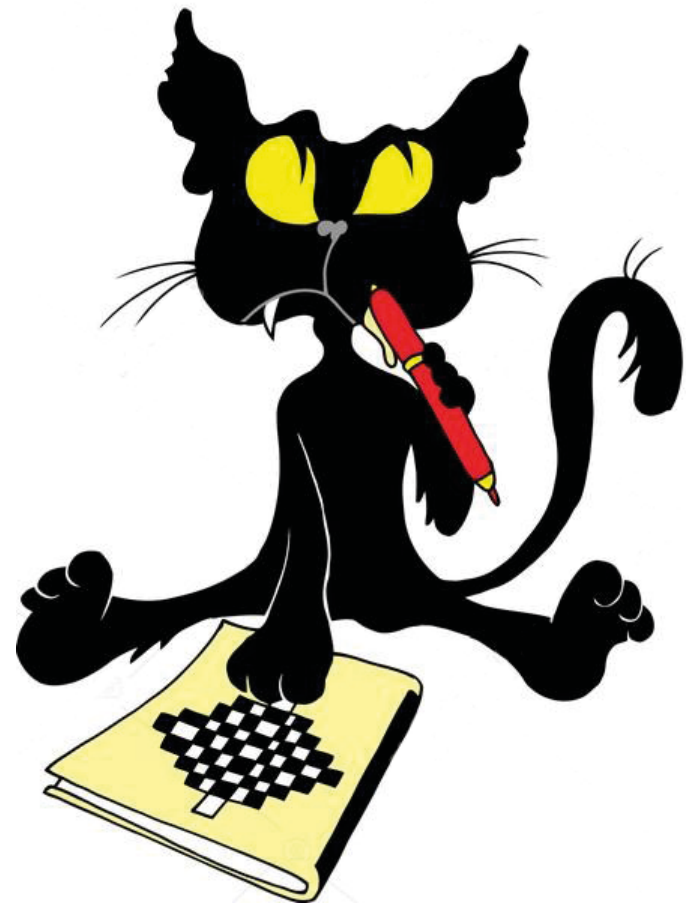
6/05

Answer to previous puzzle

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

Difficulty Level ★

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CURTIS

By Ray Billingsley

THE AMAZING SPIDER MAN

By Stan Lee

JUDGE PARKER

By Woody Wilson & Mike Manley

Word Search

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

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

- Soak
- Socks
- Sonata
- Sound
- Soapbox
- Sodium
- Sonnet
- Source
- Soccer
- Solace
- Sorbet
- South
- Social
- Solid
- Sorrel
- Soviet
- Society
- Solo
- Sorrow
- Sower
- Socket
- Solver
- Sortie

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Thursday, 7 February, 2019

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