

T Caymanian Times

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80°/76°F
A couple of showers

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RARE TORNADO RIPS THROUGH HAVANA

Residents of Cuba were in a state of shock after a deadly tornado ripped through the eastern part of the capital Havana on Sunday night, killing at least three people and injuring over 170 others.

Casualty numbers were likely to increase as several persons were still unaccounted for on Monday.

Property damage is extensive especially in the poor areas of Havana which bore the brunt of the tornado.

It barreled through the eastern borough of Guanabacoa with winds

... Continued story on page 4

Sunset girls and Academy share the points

The second round of games in the 2019 Cayman Islands Football Association (CIFA) youth leagues were played this past extended weekend with a number of boys and girls games at venues across Grand Cayman.

In the Girls Under 13 league, the young ladies from Sunset Fuegos faced Academy SC in the only Saturday morning game. With a number of sporting events scheduled during the day, Sunset Fuegos found themselves short in the substitution category, but fortunately had enough players to field a starting line-up.

The Fuegos held their own during the opening minutes 15 minutes as much of the play was mired in midfield with both teams attempting to stamp their authority on the game.

In the 18th minute, the Fuegos took the lead as their tall slender striker Ashlyn Evans sprinted free



Ashlyn Evans (orange) scored for Sunset FC Fuegos in their 1-1 draw with Academy SC in the Under 13 girl's game

... Continued story on page 12

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EDITORIAL

A nation's pride

The annual ritual of honouring those deserving members of our community for their contribution in making Cayman a better place was front and centre on Monday.

Alfonso Wright, the executive chairman of Celebrate Cayman which organised the festivities noted "it is through the public's continued interaction with these national celebrations that we will see a deeper connection and appreciation for the Cayman Islands and our culture."

True that may be, however we should not wait exclusively for an annual national celebration to celebrate those providing yeoman service around us. Let us, as a nation, continue to uplift our brothers and sisters whose contributions to society make the islands a better place.

So, while we came together to toast those Vestrymen and Justices of the Peace who were instrumental in the creation of the Cayman Islands' Coat of Arms – a very enduring symbol of our identity – let us remember to honour our people through simple deed year-round.



Too often we find ourselves lamenting that only if we knew an untimely death were to happen, that we would have reached out to let someone understand how much we appreciate them.

Let us change that mindset and let the phrase 'Celebrate Cayman' become entrenched in our common lexicon to the point that we continually give kudos when they are due and not wait until it is too late.

We salute those who have served this land in different walks of life. That's why our pages are continually filled with images and words about those members of our community who sometimes might get overlooked for their contributions. At Caymanian Times, we are proud to live by the mantra that we 'Celebrate Cayman'.

COMMUNITY NOTICE

Lions Announce Benzarama 2019 1st Cash Prize Winner

Mr. William Sullivan is the lucky winner of the Lions Benzarama 2019 1st \$250 spot cash drawing. The Lions Club of Grand Cayman held a happy hour ticket launch of its Benzarama 2019 at the Mango Tree Friday 25th January. Radio Cayman was on location to promote the event and announce the winner the vehicle was on location for buyers to get a first glimpse.

This year the Club will be raffling a 2019 Mercedes Benz CLA 250 valued at CI\$51.5K. There will be four (4) spot cash drawings of CI\$250 and persons must be present in order to win. Drawing of the grand prize, will be held on

Saturday 1st June at the Mango Tree. Tickets are available from Lions Club members and various sales locations throughout the island over the next four months. The price is \$25 per ticket or 5 tickets for \$100.

Proceeds in aid of the Club community projects.

About Lions

The Lions Club of Grand Cayman Meet each 1st and 3rd Thursday of the month at the Lions Community Center. Persons wishing to attend can reach out to a Lion for an invitation to attend.



► Lion president Stephen Best hands over cash to 1st cash winner Mr. William Sullivan

COMMUNITY NOTICES

100+ Women Who Care Cayman Islands Announce 2019 Board

The Cayman Islands chapter of 100+ Women Who Care is pleased to announce their new Board of Directors for 2019. Sondra Lovett has been named Chair and is joined by Natalie Toole (Marketing & PR), Jaslyne Bridges (Charity Liaison), Jennifer Williams (Volunteer Coordinator) and Laura Redman (Sponsorship).

100+ Women Who Care Cayman Islands was established in 2015 and has raised over CI\$247,000 to date for 18 local charities. The group gathers four times a year, for a one hour meeting, and each member donates \$100 to the charity selected by a members vote at the event.

"Our mission and hope is to provide for those in greatest need in the Cayman Islands." Mrs. Lovett said.

"It's so heartwarming to hear each charity's story and know what a difference we can collectively make to our community. Together we can all achieve more and the combined donation of \$10,000+ from each event makes a real impact."

The first meeting of 2019 will be held on Tuesday 19th March at the Grand Cay-



man Marriott Beach Resort. The charity with the most votes on the night will take home the collective donations of \$100 from each attendee. The three presenting charities are not disclosed until the night of the event but thanks to Premier Event Sponsor, PwC Cayman Islands, the two charities that are not selected by the group vote this time around will still go away with \$1,000 each.

For more information on sponsoring, supporting or attending a 100+ Women Who Care event, visit www.100women.ky or contact info@100women.ky.

NRA Continues Road Improvements along Shamrock Road Between Midsummer Drive and the Dr. Tomlinson Roundabout

The National Roads Authority (NRA) along with its subcontractors will be carrying out road paving works on Shamrock Road from Midsummer Drive to the Dr. Tomlinson Roundabout. The aim of the proposed works is to upgrade both the drainage and deteriorated road surface.

Works are scheduled for next week on January 29th- 30th and will continue on February 13th - 19th, 2019 between the hours of 9:00 am and 4:00 pm each day.

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 325-6004 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.



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Academy Sports Club signs field lease with Triple C School

Academy Sports Club has signed a lease with Triple C School for the use of the field where the club conducts various developmental programmes for footballers ranging from children to adults.

The long-term agreement was formalised by members of the Academy Board of Directors and representatives of Triple C School in November. The club has used the property off Outpost Street, George Town since the late 1990s for its training facility and clubhouse.

“On behalf of Academy Sports Club, I would like to extend our gratitude to Triple C School for continuing their support of our programme, helping us to ensure that we are able to carry on our efforts to develop our youth into well-rounded sportsmen and women as well as committed students, for many years to come,” said Martin Cooke, a member of the Academy Board of Directors.

Triple C Principal and Chief Administrative Officer, Mable Richardson, said the institution was pleased to help facili-

itate Academy Sports Club make a positive contribution to the community.

“Through their various programme, the club helps hundreds of young men and women with their development. To be able to facilitate the club having a safe environment that is conducive to learning ties into our vision at Triple C School,” she said.

Academy Sports Club’s footballing initiatives include the FUNdamental’s Programme that provides an introduction to the game for boys and girls as young as four years old; a junior league for players six to eight years old; various camps; and teams from Under 11 to adults participating in local leagues. Additionally, Academy Sports Club has developed a partnership with The Wellness Centre to host Football4All for children with special needs.

The club’s motto is “The Books and the Ball, You’ve Got it All” that combines excellence in youth football development with an environment that emphasises academic success.



“Academy Sports Club is not just about developing the football skills of these young boys and girls but also providing them with a safe space to be themselves and grow into role models as young adults, who make a positive impact on

our community,” Mr Cooke said. “That’s why we are so thrilled to be able to continue to offer the children this space.”

For more information about Academy Sports Club, email admin@academysportsclub.ky.

SMALL BUSINESS IN FOCUS

Cayman Drone offers a new perspective

Cayman Drone Company started in business in January 2018, the brainchild of Omari J. Rankine, who is the company’s CEO. An innovative business, it provides aerial photography and videography services throughout the Cayman Islands, for both commercial, residential and recreational purposes.

In particular, their drone services have been particularly useful for the real estate industry, offering a unique perspective of both residential houses or commercial buildings, as well as project documentation, providing digital step-by-step documentation of a building or landscaping project from a top down perspective, with ground level photography included also.

People looking to purchase land can now get a bird’s eye view of the plot of land in question, even if the land is not accessible from the ground. The service has also given inspectors added information, providing a visual inspection of difficult to reach high-altitude structures such as roofs, towers and poles.

Aerial event photography and videography has now become a necessity when it comes to getting a top down

perspective of outdoor events. From outdoor food festivals to sports events and charity fun runs, there’s always a drone overhead to capture the spirit of the occasion. On a more serious note, Cayman Drones also provides assistance for search and rescue operations, to help find anything or anyone that may have gone missing in an inaccessible area.

Omari said he has always had a love for photography and thought to combine this with his technical background, having been an engineer for 14 years.

“So, when drones started to retail to consumers, and I could basically buy a flying camera, I immediately fell in love,” he confirmed. “Drones now enable the everyday photographer to capture a bird’s eye view through their lens without requiring the use of planes or helicopters. The applications of this technology are endless.”

Omari runs the entire business, with a few part-time associates who help him from time to time with bigger projects.

He said one of the challenges he has faced, is that, like any other product being sold, there are those who misuse it,



► Omari Rankine of Cayman Drone Company

which has given some people a bad perception of drones.

“I have been approached on a few occasions and questioned, usually in regards to the invasion of privacy laws. But once I provide them with my business information and explain to them the services that I offer, they become more comfortable with it,” he stated.

That said, Omari feels there still seems to be a large percentage of the population that have little knowledge of drones, and exactly what it is that they do or can do.

“As people become more familiar with drones and their applications, I think the market and the demand for the services will also grow, Omari said. “I hope one day that as the awareness of drones increases, I can expand and acquire a few permanent employees and a few more drones, to help grow my business and offer more services.”

There are some exciting prospects ahead for Cayman Drones, as Omari re-

vealed he is currently in negotiations with two US-based companies that each offer a unique large-scale service using drones that is currently not offered in the Cayman Islands. If all goes well, he said, he can hopefully partner with them and bring those services to the island.

Omari also said that his love for photography has also inspired him to create a subsidiary branch of the company, called Viewz.ky.

“Through here I offer aerial ‘Viewz’ of the Cayman Islands, most never before seen, which I provide on canvas, acrylic or metal displays. I’m hoping to market these to the larger local businesses, such as hotels, banks and law firms, to display on their walls and in their offices, to help them create a local Cayman ambiance,” he confirmed.

For more information, please visit the website at www.caymandronecompany.com and also Instagram @caymandronecompany and @viewz.ky



POLICE NEWS

Drivers Leave the Scenes of Accidents in Two Separate Incidents, 25 & 26 January; Both Arrested

On Friday and Saturday nights, 25 and 26 January, collisions occurred in which both drivers left the scene. In one of the collisions, a police car was substantially damaged. Arrests have been made in connection with both incidents.

On Friday, 25 January, around 10:30PM, police responded to a report of a collision in the parking lot of a restaurant on South Church Street in which a blue Suzuki Swift had reversed into a Mitsubishi Navita. The driver of the Suzuki reportedly spoke to the owner of the other vehicle, who was on site, but then left the area without providing any contact details. Police responded, obtained descriptions of the car and driver, and then located a man and vehicle down the street clearly fitting those descriptions. Based on this and other observations, police arrested the man on suspicion of driving under the influence of alcohol and leaving the scene of the accident. The man, age 35 of Bodden Town, was taken into custody and provided a breath sample with a reading of .210%. He is currently on Police bail.

On Saturday, 26 January, around 3:30AM, officers in a police car in West Bay had just turned from Sticky Toffee Lane onto Batabano Road when a passenger car traveling at a high speed in the opposite direction skidded into their path and collided with the right front section of the police car. The passenger car then hit a fence post before leaving the scene. The police car received extensive damage in the collision and one officer received minor injuries.

Other officers responded to the scene and conducted enquiries; later that day, 26 January, a woman, age 22 of West Bay, was arrested on suspicion of leaving the scene of an accident. She is currently on Police bail.

"Leaving the scene of an accident only compounds the consequences you will face for reckless behavior on the road," said Insp. Yearwood, Head of the Traffic and Roads Policing Unit, "and this is not just about legal consequences, but also about the callousness of failing to show concern for those you have hit. Taking responsibility for your actions is always the better thing to do."

Five Vehicle Break-Ins in the Savannah Area Over the Holiday Weekend

This past Sunday, 27 January, the RCIPS received several reports of thefts from vehicles in the vicinity of Savannah Avenue, in Bodden Town. Five vehicles were reported to have been broken into, and all had last



been seen intact on the evening of Saturday, 26 January. The break-ins occurred on Savannah Avenue, Jim Bodden Avenue, Lancelot Drive and Harvest Avenue, with various quantities of cash and personal items taken. Two of the vehicles had a window smashed and the locking mechanism on the door of one of the vehicles was damaged. The other two vehicles had been left unlocked.

The incidents are currently under police investigation and the RCIPS is reminding the public to avoid leaving any valuables in their vehicles, especially over-

night and where they are visible to passersby.

"We have increased our patrols in the area in response to these incidents, which we are actively investigating," said Acting Inspector Fernando Soto, Area Commander for the Eastern Districts. "We ask those in the community to report any suspicious persons or activity, especially during overnight hours."

Anyone who may have seen any suspicious activity in the Savannah area is asked to contact the **Bodden Town Police Station at 947-2220.**

RARE TORNADO RIPS THROUGH HAVANA

... Continued story from page 1

up winds of over 60mph and torrential rainfall.

Cuban government officials and citizens were trawling through the wreckage on Monday surveying the damage of the unusual weather event, the first "twister" to touch down in Cuba in decades.

The official statement from the Cuba Meteorological Service reads (loosely translated):

"An active line of severe local storms formed in front of a cold front crossed over the provinces from Pinar del Rio to Mayabeque and Havana in the early hours of the night and in its wake pro-



► (Images from AccuWeather)

duced severe local storms, with the occurrence of gusts of wind more than 100 kilometers per hour, hail and a strong tornado that affected several municipalities of the capital. In San Juan and Martínez, Pinar del Rio there were maximum gusts of up to 115 kilometers per hour."

There have been no official damage estimates yet, but President Miguel Diaz-Canel tweeted that the destruction was "severe".





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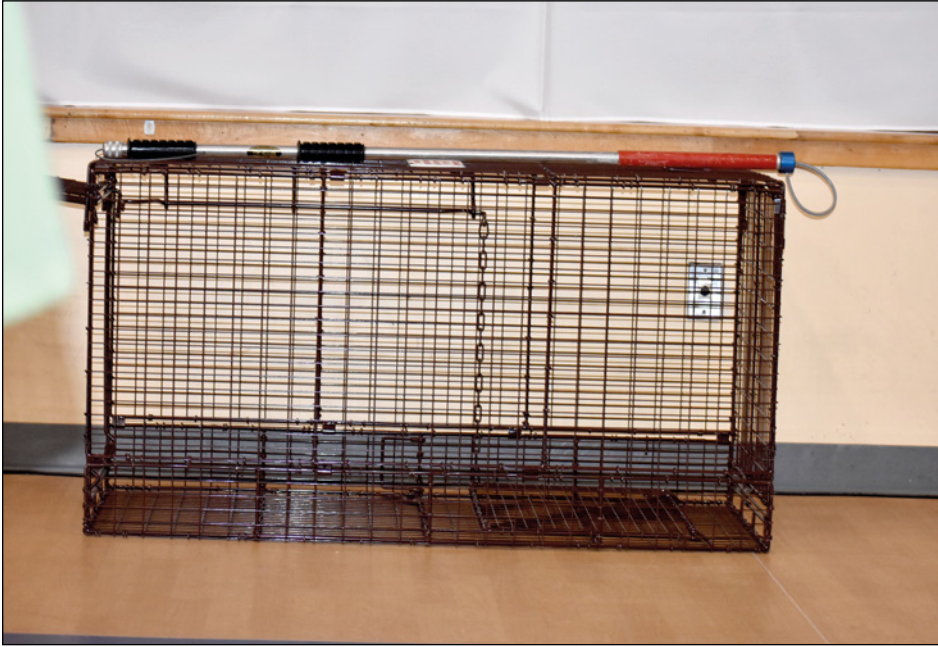


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► Cage Being Used by DoA to Trap Dogs



► PC Keiron Davies from the RCIPS K-9 Unit

Minister, Department of Agriculture and RCIPS Meet with Residents About Stray Dogs

Hon. Joey Hew, Temporary Minister for Agriculture and elected representative for George Town North, officials from the Department of Agriculture (DoA) and members of the Royal Cayman Islands Police Service (RCIPS) met this week with a group of concerned residents to give an update on the situation with a pack of stray dogs that have been attacking people and animals in the George Town North community, and also discuss ways to deal with the problem moving forward.

At the meeting DoA Director Adrian Estwick confirmed that seven members of the pack had been successfully captured in the vicinity of the George Town landfill by traps that were set by the Animal Welfare and Control Unit. An additional wild dog had been caught in a trap at Minister Hew's residence, where a pack of dogs had recently killed the family's cat. The captured dogs were euthanised due to their extremely aggressive behaviour and territorial tendencies. However, at the time of this writing, two dogs remain uncaptured and another has re-



► Brian Crichlow, Adrian Estwick, Minister Joey Hew, Superintendent Brad Ebanks & Inspector Courtney Myles

portedly joined the pack so that there are three dogs now roaming in the area which extends from neighbourhoods on West Bay Road through the Camana Bay and Britannia area into Snug Harbour.

Mr. Estwick said the Department will be launching a public awareness cam-

paign to educate pet owners about the Animals Law and their responsibility under the Law. Attendees were given a brochure entitled "Responsible Dog Ownership" which will be distributed in the community and placed in various business establishments. Members from

the RCIPS and DoA will be undertaking joint community operations and using the radio and other media to inform and educate the public.

Currently, anyone who has their dog in public without a leash is committing an offense and subject to a fine or seizure of the animal. However, these cases have to go through the court system which is a costly and lengthy process.

In the meantime, Superintendent Brad Ebanks and Inspector for Community Policing Courtney Myles promised an increased police presence in the public areas where residents walk their dogs unleashed, such as the Britannia Golf Club and Camana Bay, and said that officers will be handing out the brochures and talking to dog owners. Mr. Estwick also emphasised that members of the public need to be careful that they are not contributing to the problem by interfering with the traps that have been set for the wild dogs or feeding the animals. He and Inspector Myles also encouraged everyone to continue to share information of sightings of the pack of dogs, and one resident suggested a WhatsApp chat group that included representatives from DoA and the RCIPS.

If any member of the public encounters packs of wild dogs, they can call the Department of Agriculture's Animal Control Unit on 947.3090 or email agriculture@gov.ky. Reports of dog attacks or dogs dangerously out of control can be made to the RCIP by calling 9-1-1 or district police stations. 🌐



► About 35 Residents Attended the Meeting

CRUISE SHIP SCHEDULE — WEEK — FEBRUARY 3 - 9



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Celebrity Silhouette	Carnival Paradise	Carnival Magic	Island Princess	Carnival Dream	Carnival Miracle	AIDAluna
		Carnival Freedom	Carnival Horizon	MSC Armonia	Celebrity Edge	Norwegian Escape
		Disney Fantasy	Norwegian Epic			
			Costa Deliziosa			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
2,886	2,052	10,664	12,814	5,809	5,598	7,255

PROUD OF THEM ROUND 10

Allison Flores-Hernandez - Academics

14-year old Allison Flores-Hernandez is a model student known for being conscientious, courteous, helpful and industrious. A very involved member of the Layman Scott High School student body in Cayman Brac from interschool sports days to Maths competitions to Student Council. She is a solid A-student who has been on the honour roll from her early years, received Excellence, Conduct and Leadership and Top Student awards since Year 1, and was the first student in Cayman Brac to receive the Rubis Top Student Award.

At a tender age, the people around her recognised Allison's talent for public speaking. Since then she has been asked to sing and speak publicly, and has accumulated numerous awards for speech, drama and singing at the National Children's Festival of the Arts. She is currently the Secretary of the Debating Club and has competed in the Conyers Inter-Schools Debate Tournament Novice division and the Claudette Upton Speech Competition three times, winning the latter twice. She also placed second in the Optimist International Oratorical Contest along with a 2nd place finish in the Rotary Science Fair Biology division.

Allison is well known in Cayman Brac. She has been a member of Girl Guides Cayman Islands for the past five years, advancing from Brownie to Ranger, and is the current President of



► Proud of Them Round 10 awardee Allison Flores-Hernandez

the Leo's Club of Cayman Brac. From beach clean ups and outreaches to senior citizens to organising healthy breakfasts for students and doing candy sales for fundraising, Allison spends a lot of time engaging with her community.

As a young person who strives for excellence, Allison also encourages her peers to work hard, respect one another and be an example for the younger students.

Allison's future is bright as she continues to positively impact her school and her country. 🌍

Nathan McCoy - Academics

18-year old Nathan McCoy is being recognised for his academic prowess but it is his character that truly stands out. Nathan was the 2014 Cayman International School (CIS) scholarship recipient and attended the school for four years. His principal says that the scholarship may have afforded him the opportunity to attend CIS but it was CIS who really benefitted from having Nathan as part of its community.

He is described as displaying genuine care and concern for all people, and a welcoming presence that supports and encourages others. He is academically strong and has the maturity to analyse the appropriateness of each decision and situation. During his time at CIS he was a positive role model demonstrating character traits that school staff hoped to see develop in other students.

Nathan was the recipient of the Dodie Ebanks Humanitarian Award in Grade 12; Student Citizen of the Year in Grades 10 and 11; Gold Honour Roll awardee for all quarters of Grades 10, 11 and 12; and a finalist in the 2015 Rotary Club "My Cayman" Essay Competition.

He was also Vice President of the National Honour Society in Grade 12 and a member in Grades 10 and 11; class representative for Grades 9, 10 and 11; goalkeeper for the CIS football team in Grades 10, 11 and 12; member of the Model United Nations (MUN) team in Grades 10, 11 and 12, participating in the local CAY-MUN Model United Nations



► Proud of Them Round 10 awardee Nathan McCoy

Conference in 2016 and 2017 and creating a website for CAY-MUN participants; CIS STEM Conference Ambassador in 2016 and 2017; KPMG Brain Bowl participant in Grade 12; CIS representative in the DART Minds Inspired Math Competition in Grades 10, 11 and 12; and a trumpeter in the Advanced Band.

Nathan is as community minded as he is academically gifted. He was a peer tutor at school as well as a tutor in the George Town Primary School Tutoring Programme; a member of the Volunteer IMPACT 345 teen service group; a Sabbath School Teacher at the Filadelfia Seventh-Day Adventist Church; and he went on school service trips to Peru, Nicaragua and Costa Rica where he did such tasks as work in a soup kitchen, helped to build a kitchen, painted schools and planted gardens.

This student from George Town graduated from CIS in June 2018 and is currently attending Baylor University where he is studying Public Health. 🌍

Coming Next Week

Thursday, 7 February, 2019

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Issue No 1

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5 Sneaky Ways to Burn Calories at Work

You may think the 30 minutes you spend every other day in the gym is enough to keep you trim and healthy, but it's not. If you want overall good health, you need to eat well and find windows of exercising opportunity every day—not just during your scheduled workouts.

How can you squeeze in a little exercise when most of your hours are spent sitting at a desk, meeting in the conference room, and preparing for big presentations? Read on to find out when you can squeeze in exercise and how to do it.

1. On the Way to Work. To start your day with a smidgen of calorie-burning exercise, you may need to wake up a few minutes earlier than usual. Not to get in a workout before tossing on your power suit, but rather so you'll have time to torch a few calories on the way to work. To shed some calories before clocking in, you have a number of options depending on your situation. You can bike or walk to work, perform seated calf raises on the bus, or park your car at the far end of the parking lot so you get to walk farther to reach your office. And of course, once you get to your building, take the stairs.

2. When Doing Mindless Tasks. Admit it: everything you do at work doesn't require an amazing amount of brainpower. Take advantage of the easy tasks by multitasking with some exercise. The easiest option is to flex and squeeze your body. From your glutes and your abs to your pecs and thighs, you can get rid of a few calories by simply flexing them as you work. As you grow accustomed to the flexing, you may find it to be a great way to work your way through a long, difficult meeting.

3. Every Time You Finish a Task. When you first get to work, make a to-do list. This will help keep you on track and



will also set you up for exercise rewards. Each time you cross a task off your list, give yourself an exercise reward. This could be walking a couple laps around the office, standing up and doing a couple quick stretches, or closing your office door and knocking out a dozen push-ups. Know what your reward of the day will be and go for it.

4. When You Need to Communicate. Helpful as email may be, there is a way to communicate with your colleagues that actually keeps your body moving. That way? Getting out of your seat and walking to your coworker's office to talk things through. Have to make a few phone calls? Stand up as you talk or better yet, pace back and forth during the conversation.

5. At the Top of the Hour. A great way to sneak a little calorie burning into your routine is to get up every hour. And your exercising doesn't need to be super intense. All you need to do is stand up. Do this for five minutes, eight times a day, and you will drop 100 calories a day.

That's right—all you have to do to stand up for your health is stand up!

All of these bonus calorie burning tips are great - when done in conjunction with a consistent, challenging exercise program. If you aren't yet one of my valued clients then now is the time to join in - call Ernest at Body Shapers Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today to get started!

FAT LOSS - THE BEST NUT

How many of you out there love Nuts? I am a "nutaholic," for want of a better term. They are great for snacking, crunchy and loaded with lots of heart healthy nutrients. I enjoy almonds, walnuts, pecans and macadamias. These



are all nutritious and aids in general health and well-being. However, with the research that's been done, "PISTACHIOS," are the best for fat loss. A small one ounce serving contains over 30 vitamins and minerals. They contain some of the highest proteins and healthiest fats to be found in nuts, which keep your blood sugar low, while at the same time burning fat. So here are some reasons to pile on the pistachios:

VITAMIN B6 - B vitamins are water soluble. It helps banish depression and anxiety and increases your ability to break down and process fat cells, and up your energy levels. This is also one of the most important vitamins that lower homocysteine levels.

HEART HEALTH - This nut has been studied for its heart and cholesterol lowering ability. A study published in the American Journal of Clinical Nutrition showed a definite and significant reduction in cholesterol levels by as much as 9% when the nut was used one daily serving.

FIGHTS DIABETES - As indicated consuming this nut has a powerful effect on your blood sugar levels. A Spanish research revealed that those with pre-diabetes diagnosis had a lower risk of actually developing the condition. Subjects in the study who ate at least 2 ounces of the nut daily had significant drops in blood sugar and insulin levels.

BURNS FAT - As it contains the highest amount of proteins you feel full and satiated after eating them. In addition they contain generous amounts of monounsaturated fats, similar to that in olive oil. This fat keeps blood sugar low. When blood sugar stays low you keep your body in fat-burning mode. They are also great for your eyes and the health of your gut. So next time you shop be sure to get to the nut aisle and stock up on your PISTACHIOS.



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COMMUNITY EVENTS

February

Educating Rita at the Prospect Playhouse

24 January - 2 February: See the award winning comedy written by Willy Russel. Twenty six year old Rita is looking at ways to change her social circumstances through going to University where she meets her tutor, Frank, a frustrated poet and academic-an alcoholic and not super interested in taking her on as a student. Show dates and times are January 24,25,26,31 and Feb 1 and 2 Shows at 7:30PM. Happy Hour at 6:30PM. Tickets \$25 Adults \$15 Students. Email: boxoffice@cds.ky Website www.cds.ky

Cayman's Wear Red Day

1 February: February is Heart Month and Cayman's Wear Red

Day 2019 is an initiative to help raise awareness about cardiovascular disease and its effects. Wear Red in your school, workplace and neighborhood and please raise funds for the Cayman Heart Fund. Funds raised support fitness programs, educational sessions and health screening events. For more info: info@caymanheartfund.com

Cooking Class - Peppermint Candy

2 February: Join the National Trust for a special demonstrative cooking class at the Mission House, Bodden Town with the beloved Ms. Rose Myles, Cayman's own peppermint candy extraordinaire.

Free entry to the National Museum

2 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.

Cayman Arts Festival

5 February: Presents a musical offering - "Sips and Sounds" on Tuesday 5 February at The Westin Hotel Governor Ballroom from 6



► Peppermint Candy

-9pm. The Island Brass Quintet's programme include a selection from the Baroque and Renaissance era as well as more modern offerings including Bizet, Gilbert and Sullivan, Gershwin, The Fosse Brothers and more. Cost is US\$ 35 - Adults (with a glass of wine) and US\$ 15 - Students (up to 18 years old). 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/registra-



► Cayman's Wear Red Day

tions 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.

Trunk/Garage Sale

16 February: Grace Christian Academy in West Bay will be having a trunk/garage sale on Feb 16. The sale is taking place at the

school in the parking lot from 8:00 a.m. to 12:00 p.m. All money raised will go towards the school for the PTA. There will be lot of items so everyone is encouraged to come early before it's all gone! Come out and support the kids!

Girl Guiding Cayman Islands

23 February: Hosting a 5K/10K Family Fun Walk/Run On Saturday, 23 February, 2019 starting at 6:30a.m. for walkers and 6:45a.m. for runners. Location is Safe Haven in the back by Holiday Inn All participants will be entered into a drawing for prizes. Register on day at 6:00a.m. or pre-register at Cayman Active at www.caymanactive.com/guiding or return the form to guide leaders. Come out and join the fun! No dogs please.



TECH TIMES

Winning gadgets for Super Bowl

For many football fans in the Cayman Islands, Super Bowl is the highlight of their sporting year. The Los Angeles Rams face the New England Patriots on Sunday in a highly anticipated coast-to-coast battle. It promises to be an epic. Along the way, millions around the globe will be watching the game on TV or via livestream. Many Caymanians will go out to bars like Legendz, PD's and Lone Star to watch the championship game but for those staying at home, their enjoyment can be enhanced with the latest gadgets.

Anyone planning on watching the Super Bowl, to give it the honour it deserves, it's best not just to watch it on your regular TV, with takeout food, and a six-pack of your favourite tippie. There's just enough time to get a brilliant QLED TV on sale, a mini air fryer for crispy fries and other gadgets that will significantly boost anyone's Super Bowl 2019 viewing experience.

Check out our top tips for a champion's Super Bowl party.

Samsung Q6FN QLED TV on Sale



The Samsung 55-inch Q6FN QLED is a brilliant choice to watch the big game on. The set comes with an outstanding design and thin bezels around a 4K panel that produces incredible colours. You can mount it on the wall, of course, but its low-profile design also makes it suitable for leaving on an entertainment centre. It usually retails for \$1,500, but between now and Feb. 2, there are deals for around \$999.

Amazon Fire TV Cube



Amazon's Fire TV Cube is a handy set-top box to connect to any television setup. The device works with a slew of streaming apps, including Netflix and Amazon Prime Video. But since this is the Super Bowl, it can also fire up the CBS Sports App, Hulu with Live TV and YouTube TV, among others, to watch the big game live. Plus, with Alexa's help, it's possible to voice-control a smart home during the game or change channels with your voice if it's a dud.

Pico Pro Craft Beer Brewing Appliance



Home brew kits have gained in popularity and this is the ideal opportunity to do just that. The Pico Pro Craft Beer Brewing Appliance is a \$549 device that provides 5 litres of beer at a time, or enough for thirteen 12-ounce bottles. Also included is a CO2 carbonation system that serves fresh-tasting beer every time it's used. You can brew everything from IPAs to stouts to porters.

Krups Air Low Fat Fryer



Fried foods are a staple during the Super Bowl, but they don't necessarily need to be fattening. The Krups Air Low Fat Fryer is a \$130 air fryer that attempts to create the same frying effect you'd get with oil but uses air to do it. The result is nicely fried food that isn't nearly as fattening or as bad for you as traditional methods. The Krups air fryer has a 30-minute timer and can cook at temperatures of up to 390 degrees Fahrenheit. It'll also hold up to 2.5 litres with each fry.

Logitech Harmony Ultimate One



With so many devices sitting in an entertainment centre, it's always a good idea to have a universal remote handy. And the Logitech Harmony Ultimate One is one of the best options. The remote is compatible with everything from televisions to smart-home devices and comes with a touch screen that lets you quickly activate scenes for playing video games, watching movies and more. Physical buttons make it a little easier to use. The device usually retails for \$250, but you can get it now for much less.

Oster Convection Oven with Dedicated Pizza Drawer



Convection ovens can come in handy during the Super Bowl. While you're making ribs or something else on the range, you can turn on the Oster Convection Oven and toss in some nachos. Better yet, the device comes with a dedicated pizza draw that's designed to make pizza, bruschetta or anything else you fancy.

PoptheTop Automatic Beer Bottle Opener



PoptheTop is a handy companion to have around when drinking beer. The gadget costs just \$8 and automatically removes a bottle cap without requiring the use of an opener. PoptheTop's device comes in two colours and is made from aluminium. Simply place it over the bottle's neck, press down, and the top pops off. Not bad for under 10 bucks.

TV Vizio P65



If you're in the market for a new TV and want top features, but don't want

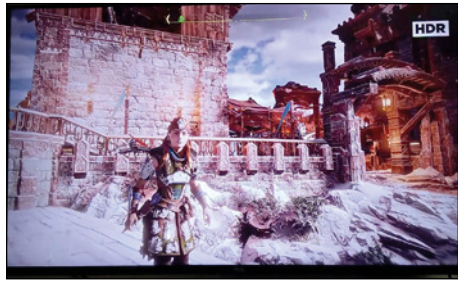
to break the bank, the Vizio P-series is a great option. The Vizio P65 features a 65-inch screen and 4K resolution. And it's a smart TV, which means it'll allow you to access a variety of streaming apps, including those that will be streaming the Super Bowl. If you need a smaller version, go with the 55-inch P55 which costs around \$648 and has all the same features.

Char-Broil Simple Smoker



Smokers have been gaining in popularity in recent years, and the Char-Broil Simple Smoker is a great choice for anyone who might be new to smoking meat or who simply wants a quick, easy solution. The smoker plugs into a wall outlet and lets you smoke whatever type of meat put into it. With help from its SmartChef app, you can see over Wi-Fi what the smoker's internal temperature is and set its cook time. It also comes with a cover for protecting the smoker from the elements.

Smart TV TCL 43S517



Budget-conscious shoppers looking for a new TV to enjoy the Super Bowl in a smaller room should opt for the TCL 43S517. At under \$400, it's hard to beat the price, and this 43-inch set offers 4K resolution. It comes with three HDMI ports, and thanks to Roku software integration, you can access a slew of apps and streaming services to watch the Super Bowl on.

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Cayman Islands National Weather Service Employee of the Year

The Cayman Islands National Weather Service (CINWS) has recognized Mr. Gilbert Miller as the 2018 Employee of the Year.

Mr. Miller is a Meteorologist I for the Cayman Islands National Weather Service and is also the lead meteorologist in charge of Maritime matters. On a day-to-day basis he is responsible for carrying out weather forecasts and issuing weather warnings.

Mr. Miller is currently completing an online Bachelor's Degree in Operational Weather Forecasting at Mississippi State University. To support his professional development he has attended a variety of workshops and meetings which provide additional training, such as a wave modeling workshop held in 2018.

CINWS Director General John Tibbetts congratulated Mr. Miller, saying "This award is reflective of consistent high performance and I commend Gilbert for attaining this outstanding achievement. The success of our Department is largely dependent on having strong and capable staff members, and Gilbert's contribution to the team is greatly appreciated."

The Department also recognized Mr. Kirk Douglas as "Technical Engineer of the year" in part due to the development of the Weather APP and Mr. David Thompson as "Weather Observer of the year" for his contributions in assisting with establishing and managing the National Weather Service Facebook page.

The three employees were recognized at a staff appreciation function held on December 15th 2018. 🌐



► Mr. David Thompson receives his 2018 "Weather Observer of the Year Award"



► Mr Gilbert Miller receives his 2018 "Employee of the Year Award"



► Mr. Kirk Douglas receives his 2018 "Technical Engineer of the Year Award"

ESTERA WINS TRUST COMPANY OF THE YEAR IN CITYWEALTH IFC AWARDS

Estera, a leading, global fiduciary provider, has won the prestigious Trust Company of the Year - Caribbean in the Citywealth IFC awards. The awards were announced in London on Wednesday 23 January 2019 and recognise outstanding achievements in Estera's Bermuda, BVI and Cayman offices.

Estera provides offshore trust management and administration services including foundations, managed trust companies, personal pensions, private trust companies, trust formation and administration and has over 550 professionals in 11 jurisdictions. Estera's multi-jurisdictional reach allows their client directors to offer clients solutions which are tailored to their global needs no matter where they are located.

James Maitland, Regional Head of Americas & Caribbean at Estera said "Our private wealth services are well established. Not only are we very proud of the work that we do and the

clients that we work for, but we are also extremely grateful for their continued support. We are thrilled that our teams have been recognised for the quality of their work and their approach to delivering outstanding client service."

Richard Gordon, Managing Director of Estera in Cayman added "Being named as Trust Company of the Year is a great accolade. I would like to thank all our clients for voting for us and helping us achieve this recognition."

Estera CEO, Farah Ballands concluded "The last few years have been tremendously successful for Estera. We have seen very strong results with revenue growth in excess of 50% and we have built a well-diversified business. As well as investing in the growth of our long-established private wealth and corporate services businesses we have also built a fully-fledged global funds capability. This award is a great endorsement of our approach." 🌐



► IFC Awards - Michelle Tring

TRAVEL

Destination: Chicago

A long weekend in Chicago can be packed full of excitement from beginning to end, a brilliant city in which to absorb some culture, learn some history, eat some great food and shop til you drop. Just a four-hour flight away on Cayman Airways, Chicago, located on the southwestern shore of Lake Michi-



► Cool architecture is everywhere

gan, appeals to anyone who loves big city life, and all the fun and excitement that goes with it.

How to get there

Cayman Airways operates two flights a week (Wednesday and Saturday) until 9th February 2019. From 14th February to 30th May 2019 the two flights a week change to Thursday and Sunday (perfect for a long weekend!). From 2nd June to 18th August 2019 they operate just a weekly flight on Sunday. Flights cost around US\$600 return.

What to do

Hop-on hop-off bus tours are a bit clichéd, but they are helpful if you haven't visited a city before and need to understand the layout. They are a great

way to set your own agenda and see things at your own pace, such as Michigan Avenue, the Navy Pier and Millennium Park.

Chicago is famous for its towering and innovative architecture, a relatively new city following the Chicago great fire of 1871 that burnt down most of the city. Even if design isn't your thing, a **cruise down the Chicago River** is a great way to spend an hour or so. Your guide will give you a running commentary of the history of all the fascinating buildings you will see along the way, including the Wrigley Building, a landmark building for the city created by the chewing gum magnate, and the John Hancock Building, with its 360 Chicago observation deck, 1,000 feet up. Most cruises run from Navy Pier and Michigan Avenue.



► Take a river cruise down the Chicago River

If you have a head for heights, the **Skydeck**, <https://theskydeck.com/> located on the 103rd floor of the Willis Tower (formerly the Sears Tower) is a great way to enjoy panoramic views of the city. You can even walk out on a glass ledge balcony that's 1,353 feet up, which let's you see right out to Navy Pier and beyond.

Navy Pier <https://navypier.org/> is a fun day out for the kids, a top attraction in Chicago, with tons of restaurants and shops, an IMAX theatre, lots of great museums, such as the Chicago Children's Museum, a beer garden, Ferris wheel,

outdoor art, a theatre, botanic gardens and a whole heap more attractions and fun things to see and do.

Lincoln Park Zoo <https://www.lpzoo.org/> is thought to be one of the best zoos in the US and is another fun location for kids. There's all the excitement associated with big cats at the lion house, as well as a primate house, antelope and zebra area and polar bear and penguin habitats. Set in beautiful surroundings, there's plenty of places to eat and lots of other entertainment for kids.

The Museum of Science and Industry <https://www.msichicago.org/> is another brilliant attraction, housed in the former Palace of Arts constructed for the 1893 World's Columbian Exposition. It's the largest museum in the western hemisphere and always has a ton of amazing exhibitions to enthrall and inform visitors.

It is always best to book tickets online ahead of your trip to avoid disappointment.

Where to stay

Chicago Marriott Downtown is located on Magnificent Mile in the heart of Chicago's most famous shopping district. At this time of year prices are around a reasonable US\$160 – US\$180 per night for a double room. The Omni Chicago Suites, also on Magnificent Mile are another good option, again centrally located with double suites running at about US\$130 per night. The Hilton Chicago on Michigan Avenue's Cultural Mile is a lovely building and prices are at US\$130 – US\$140 a night.

Weather

At this time of year Chicago can be absolutely freezing. They don't call it the windy city for nothing, so wrap up, as average temperatures in January and February are around low to mid 30s F. In March and April, the temperature climbs from the 40s to low 50s and by July/August it's a pleasant late 70s/early 80s F. 🌍



► Chicago in bloom



► Chicago is known for its high rise landscape

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Sunset girls and Academy share the points

... Continued story from page 1

from the Academy SC defence and lodged the ball into the corner of the Academy SC net. The goal always seemed to be 'in the cards' as Academy's goal keeper had certainly been the busier of the two and had made a few very important stops since the opening whistle.

In the second half, spurred on by their talismanic midfielder Eva Bothwell, Academy SC began exerting a little more pressure on the Fuegos. In the 48th

minute, Academy SC found the equaliser and it was that young lady again as Eva Bothwell found the back of the net to bring the teams level.

It seemed the heat had taken its toll on the young ladies from Sunset, who had bravely held their opponents at bay for much of the game. As fatigue set in, Sunset focussed more on defending as Academy SC pushed for the winner. At the sound of the final whistle, the Fuegos were definitely the happier of the two teams with the

draw as they had weathered the storm with only enough players for a starting line-up.

In the Boys Under 13 games played on Saturday afternoon, it was 345 FC I 2 vs. George Town SC 0, 345 FC II 3 vs. Bodden Town FC 0 (forfeit), Academy SC 2 vs. Future FC 2 and Sunset FC 4 vs. 345 FC III 0.

In the Boys Under 15 league, it was 345 FC II 1 vs. Academy SC White 8, 345 FC I 4 vs. Bodden Town SC 4 and Sunset FC 0 vs. Academy SC Blue 7.

In the Boys Under 17 league, Academy SC downed Cayman Athletic SC 5-1 thanks to goals from Jonah Sigsworth, Jeremy Scott (2) and Kameron Bennett (2). Conolly Syms replied for Cayman Athletic. Future SC squeezed past Sunset FC 2-1 as Joseph Rhoden scored two for the West Bay outfit with Kai Dobbin grabbing Sunset's lone goal.

The 2019 CIFA Youth Leagues continue on Saturday, February 2 with a number of games at various venues. 🌐

Beach Volleyball Competition Returns to Cayman

The Cayman Islands Volleyball Federation (CIVF) has announced that it will once again be a host country for the NORCECA Beach Volleyball Tournament. 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 tes-

tament 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.

Tickets for the NORCECA Beach Volleyball Tournament will go on sale shortly at various locations. Covered

stand seating is only \$5. VIP ticket details will be announced at a later date.

For more information log on to www.civf.ky or email events@civf.ky. 🌐



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Rams set to upset Patriots

It's 17 years since the New England Patriots and the Los Angeles Rams last faced off in Super Bowl and in that time their fortunes could not have been more contrasted. The franchises clash in Super Bowl LIII in Atlanta, Georgia on Sunday having had totally different fortunes since their last Super Bowl meeting in 2002.

Rams moved back from St. Louis and have made the playoffs only four times while the Patriots have won four more Super Bowl titles, cementing themselves as one of the greatest sports dynasties of all time.

The two teams' route to the Super Bowl are similar. Both won their respective divisions to secure a bye in the first round of the playoffs. The Patriots, 11-5 in the regular season, beat the Los Ange-

les Chargers in the divisional round and then the Kansas City Chiefs in the conference championship. The Rams went 13-3 in the regular season. They beat the Dallas Cowboys in the divisional round and the New Orleans Saints in the conference championship due, in part, to a controversial pass interference non-call late in the game.

In terms of yards per game, the teams are evenly matched on both sides of the ball. Los Angeles are led by quarterback Jared Goff and top receiver Robert Woods, whose connections led the Rams to gain 421.1 yards per game, almost 30 more than the Patriots in the regular season. The Rams also scored 32.9 points a game, nearly six more than the Patriots' 27.2. On defense, both sides gave up roughly the same num-

ber of yards per game, but New England held their opponents to 20.3 points per game compared to the Rams' 24 points against per game, seventh and 20th in the league, respectively.

One matchup to watch out for throughout the game will be between the Rams' defensive line, led by Aaron Donald, against Patriots quarterback Tom Brady. Donald, the 2017-18 NFL Defensive Player of the Year, put up another strong campaign this season, leading the league with 20.5 sacks. Brady is known for his lightning-quick release, giving pass rushers minimal time to sack or pressure him. If Brady can find his favourite weapons—primarily Julian Edelman, Rob Gronkowski, and James White—quickly, then Donald's impact will be limited. If not, Brady will be in for a tough fight.

The Rams have the advantage in the running game with star running back Todd Gurley on their side. Gurley has been in the NFL's top three in rushing yards for the past two seasons, though his recent play is cause for concern. He suffered a slight knee injury in Week 15, which led him to miss the last two weeks of the regular season. Despite returning to rush for over 100 yards in the divisional round, he was limited to just four carries for 10 yards in the conference



► Aaron Donald is critical in the Rams defense



► Julian Edelman is one of the key Patriots wide receivers

championship. Rams head coach Sean McVay has since said that Gurley played less due to poor performance, but the fear of a nagging injury still remains.

As for the Patriots, running back Sony Michel has rushed for over 100 yards in each playoff game. If he can maintain his strong performance, what once seemed like a clear advantage for LA is suddenly far from certain.

Ultimately, Donald and the Rams offense will push the Rams over the Patriots in an exciting affair. Because of Brady, the Patriots are the clear favourites, but he is 41 and must succumb to age some time. The Rams have caused so many surprises this season, they look capable of doing it again this time. 🌐

West Indies burdened by glorious past

No cricket team has their own celebrated past used against them quite like the West Indies. The second Test against England started in Antigua on Thursday and despite the fabulous first Test win common debate is still how alarming the decline of the West Indies has been.

They dominated Test cricket for some 15 years from the mid-1970s and, having even before then been viewed as the five-day game's "great entertainers", it has made the Caribbean side's ensuing decline in the format seem even more acute.

Yet, damning the likes of Kemar Roach as "no Malcolm Marshall" misses the point that few cricketers before or since have reached the same standard as the late West Indies fast bowler.

Roach, however, didn't have to be Marshall or Joel Garner as he ripped through England's top order with a return of five for 17 in a first-innings total of 77 all out, which set up Saturday's colossal 381-run win for the West Indies in the first Test at his Kensington Oval home ground in Barbados.

And West Indies captain Jason Holder, one of six Bajans in the side, didn't have to bat like Garfield Sobers, the island's greatest cricketer, as he struck a majestic 202 not out in the same match.

Nor did unheralded spinner Roston Chase have to bowl like celebrated all-rounder Sobers as he took a startling eight for 60 in England's second innings during a match that ended with more than a day to spare.

Admittedly, England began the series third in the world Test rankings compared to West Indies' eighth, a reflection of the Caribbean side's recent struggles in New Zealand and Asia, where they suffered four defeats.



► Roston Chase is a clever spin bowler

And yet the warning signs were there for Joe Root's men, with the West Indies winning the second Test at the Yorkshireman's Headingley home ground two years ago, albeit losing that series.

The emergence of lucrative Twenty20 franchise events such as the Indian Premier League have proved particularly enticing for players from depressed Caribbean economies.

Meanwhile, a series of high-profile rows involving Cricket West Indies President Dave Cameron and several once-senior if underperforming Test players have exacerbated the problems of inter-island rivalry.

But Holder, thrust into the captaincy four years ago as a novice aged 23, has

made an impressive leader for a youthful side forged in adversity.

Arguably nowhere on earth has produced so many truly great cricketers per head of population as Barbados, with an all-time side from the island a match for any XI.

Many of those stars — Frank Worrell, Everton Weekes, Clyde Walcott, Gordon Greenidge, Desmond Haynes, Marshall and Garner — have parts of the Kensington Oval named after them.

At this rate, Holder, Chase and wicketkeeper Shane Dowrich, who made 116 not out in an unbroken partnership of 295 with his captain last week, will take their place in the fabric of the ground as well. 🌐

Davis unlikely to sign \$240m deal

Anthony Davis has told the New Orleans Pelicans that he won't sign a contract extension and wants a trade.

Even though the 25-year-old power forward is eligible to sign a five-year, \$240 million supermax extension this summer he can become a free agent in 2020 and wants to move on to a join a more successful team. Davis' agent, Rich Paul, did not place pressure on the Pelicans to move Davis prior to next week's trade deadline, sources said.

"Anthony wants to be traded to a team that allows him a chance to win consistently and compete for a championship," Paul told ESPN. "Anthony wanted to be honest and clear with his intentions and that's the reason for informing them of this decision now. That's in the best interests of both Anthony's and the organization's future."

Paul is also LeBron James's agent and the smart money is on him joining The King at LA Lakers. 🌐



► Anthony Davis wants to join a more successful team

Venezuela's President Willing to Talk With Opposition to Resolve Political Crisis

Venezuelan President Nicolas Maduro says he's open to having talks with his opponents to resolve the political crisis in his country that has deepened since last week when Opposition Leader Juan Guaido declared himself interim leader.

In a speech to members of the Venezuelan diplomatic corps in Caracas yesterday, he said his administration was establishing contact with governments who offered to mediate, and he identified Trinidad and Tobago as one of the locations for talks.

His comments came after he had spoken with Caribbean Community (CARICOM) leaders and diplomats who met with United Nations Secretary General Antonio Guterres yesterday in New York to discuss the situation in Venezuela. During those talks, the UN boss offered to facilitate dialogue and negotiation between the parties.

Maduro told the Venezuelan diplomats—who were recalled from the United States which has recognized Guaido as president of the South American nation—that he had informed the Caribbean Prime Ministers he was willing to talk.

"I spoke with all of them at length during the afternoon. I spoke with Evo Morales [President of Bolivia]. We are also establishing contact with governments who offered to mediate dialogue and I told them I am ready once again in Venezuela or in Trinidad and Tobago or wherever to begin a round of conversations, dialogue, negotiations, with all of the Venezuelan opposition when and where they want them," he said.

Maduro has so far been adamant that he is the democratically elected president of Venezuela and has remained firm in the face of international pressure to step aside and allow free and fair elections.

He was sworn into office earlier this month for a second consecutive term, following disputed elections last year.

The US has imposed sanctions on Venezuela's state-owned oil firm PDVSA. Treasury Secretary Steven Mnuchin said the proceeds of the purchase of Venezuelan oil would now be withheld from Maduro's government, but the company could avoid sanctions by recognizing Guaido as interim president. 🌐



► Venezuelan President Nicolas Maduro

UN Boss Agrees to Facilitate Dialogue in Venezuela Situation After Meeting with CARICOM Leaders

Following a meeting with a delegation from the Caribbean Community (CARICOM) yesterday, United Nations (UN) Secretary General Antonio Guterres has offered to facilitate discussion to help resolve the ongoing political crisis in Venezuela.

The talks with Guterres at the United Nations came five days after the South American country's Opposition Leader Juan Guaido declared himself interim president and received the backing of several countries, including the United States and Canada, while President Nicolas Maduro remained resolute that he is the rightful leader and resisted international pressure to step down.

Following those developments, CARICOM heads met among themselves and agreed to seek an urgent audience with Guterres.

In a statement issued last night after yesterday's meeting with him, they said "the United Nations Secretary General extended his offer of good offices, circumstances permitting, to facilitate dialogue and negotiation between the parties".

"The CARICOM delegation indicated its readiness to work assiduously

to bring the parties to the negotiating table," it added, noting that the visiting leaders subsequently engaged with the various Permanent Representatives of Canada, Russia, the European Union and the African Union, as well as President Maduro and Mexico's Foreign Minister, with a view to reduce tensions and build a platform for dialogue.

"Further engagements will take place in the next few days as the situation remains fluid," the statement added.

The regional delegation, led by CARICOM Chairman Dr Timothy Harris, Prime Minister of St Kitts and Nevis, also included Barbados' Prime Minister Mia Mottley, Prime Minister Dr Keith Rowley of Trinidad and Tobago, Grenada's Foreign Minister Peter David, and CARICOM Secretary-General Ambassador Irwin LaRocque.

In their meeting with Guterres, the CARICOM leaders expressed their "grave concern over the untenable situation in Venezuela".

"The delegation strongly urged that further deterioration would seriously aggravate the plight of Venezuelans. The Caribbean Community is steadfast that



► (From Left) Denis Moses, Foreign Minister, Trinidad and Tobago; Mia Mottley, Prime Minister, Barbados; Dr Keith Rowley, Prime Minister, Trinidad and Tobago; Antonio Guterres, UN Secretary-General; Dr Timothy Harris, Prime Minister, St. Kitts and Nevis and Chairman, CARICOM; Peter David, Foreign Minister, Grenada; Ambassador Irwin LaRocque, Secretary-General, CARICOM; and Senator Dr. Jerome Walcott, Foreign Minister, Barbados at the UN yesterday

the region must remain a zone of peace," the statement said.

"The CARICOM delegation emphasized its commitment to the tenets of Article 2(4) of the UN Charter which calls on states to refrain from the threat or the use of force. CARICOM has been consistent in the critical importance it accords to the key principles of non-interference and non-intervention."

CARICOM reaffirmed the view that there is an urgent need for meaningful dialogue leading to a peaceful internal solution for the Venezuelan people.

"The Caribbean Community is resolute in its belief that it is never too late for dialogue since the consequences of no dialogue will be dire," the statement said. 🌐

Bahamas Court Issues Arrest Warrant for Canadian Fashion Mogul

A Supreme Court judge yesterday issued a bench warrant for the immediate arrest of Canadian fashion mogul Peter Nygard after he failed to appear in court for a third time to be sentenced for contempt.

Nygard was last year found guilty of contempt of court, after a judge found that he had dredged the sea floor between March and April 2015, and again in October of 2016, despite a June 2013 injunction prohibiting him from doing so.

After failing to appear last week, despite being so ordered by the court, Justice Cheryl Grant-Thompson gave Nygard one last chance to appear yesterday.

However, he did not show up.

One of Nygard's Canadian lawyers, Jay Prober, told the National Post newspaper that the arrest warrant was "grossly unfair" and "totally unnecessary." He said Nygard was unable to attend yesterday's hearing in person for medical

reasons, but had offered to appear by video conference.

According to the newspaper, a Bahamian doctor yesterday filed an affidavit stating that the 77-year-old was unable to travel to The Bahamas due to poor health. According to that affidavit, Nygard flew to Winnipeg last Friday, but upon landing felt very dizzy and thought he was having a stroke.

"I do believe that the preliminary decision of his Canada-based physicians to ground him in Canada is in the best interest of his health," wrote Dr Lynwood Brown. "In particular, I believe that the air-pressure of flying at or over 30,000 feet in order to get to The Bahamas could be fatal."

Nygard has called The Bahamas home for three decades and has property and business interests there.

Save The Bays, a non-profit environmental organization, has brought litigation against him, alleging that he has doubled the size of his property at










► Peter Nygard was last year found guilty of contempt of court, after dredging the sea floor on several occasions despite a June 2013 injunction prohibiting him from doing so

Nygard Cay through illegal dredging, and is blocking the natural flow of sand

to a nearby national park and a popular beach. 🌐

WEEKLY WEATHER FORECAST

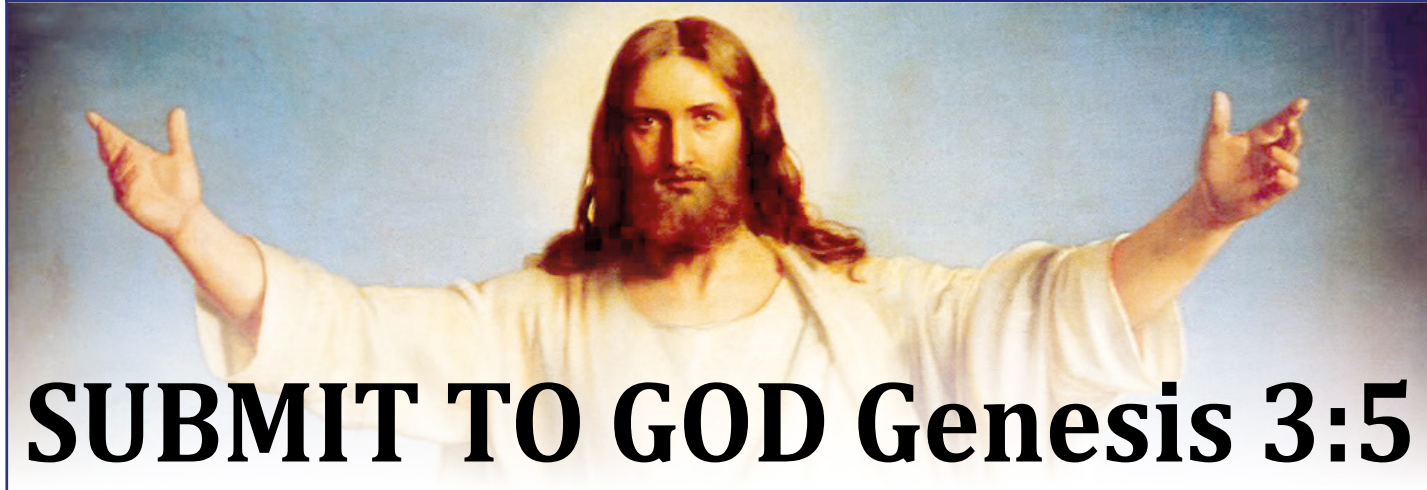
Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
80°/76°F	80°/77°F	81°/77°F	80°/77°F	79°/77°F	79°/77°F	80°/77°F
A couple of showers	Clouds and sun, a few showers	Clouds and sun, a shower	Plenty of sunshine; pleasant	Mostly sunny	Mostly sunny	Partly sunny, a shower

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MOMENTS OF INSPIRATION



SUBMIT TO GOD Genesis 3:5

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

You see, life works better when we allow God to in control. We fall for Satan's lies that we can be as wise as God; we fall for the lie that we are better off on our own. NO NEED FOR GOD. Yes, Satan often appeals to our pride and ego much to our detriment.

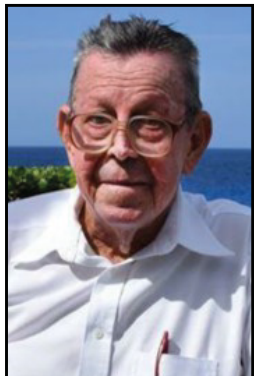
The serpent deceived Adam and Eve into trying to gain something for themselves all be it at the expense of disobedience to God. Their actions were driven by a desire to be morally independent of God. What a mistake! The tempter implied that God was withholding something from them. But it was a flat out LIE!

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



OBITUARIES

The Family of the Late
C. Linburgh Eden
 regrets to announce his passing on
 Tuesday, 29 January, 2019.



A funeral service will be held 11:00 a.m.
 Saturday, 2 February, 2019 at
 Savannah United Church


Interment will follow in
 Tall Tree Cemetery.

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

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

Churchill's Funeral Home


We have been asked to announce the passing of
 Mrs. Hellen Carmen Connolly,
 who passed away on Monday, January 21, 2019.
 A Thanksgiving Service will be held at
 East End Seventh Day Adventist Church on
 Sunday, February 03, 2019 at 3:00 p.m.
 Viewing will be from 2:00 – 3:00 p.m.
 Interment at: East End Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of
 Mr. Albert Roy Nugent AKA "Skully"
 who passed away on Friday, January 18, 2019.
 A Thanksgiving Service will be held at
 Cayman Seafarers Association,
 Victory Avenue, Patricks Island, Grand Cayman
 on Sunday, February 03, 2019 at 2:00 p.m.
 Viewing will be from 1:00 – 2:00 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. Desmond O. McLaughlin,
 who passed away on Thursday, January 24, 2019.
 Details of a Thanksgiving Service will be
 announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

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CROSSWORD

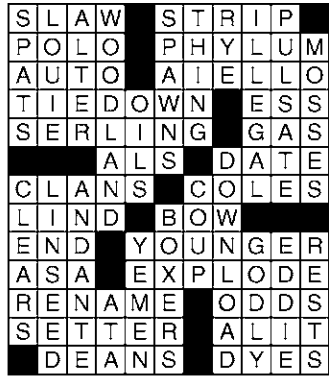
By **THOMAS JOSEPH**

ACROSS

- 1 AI who created Abner
- 5 Deadens
- 10 Cupid's missile
- 12 Isolated
- 13 Stradivari, for one
- 15 Sixth sense, briefly
- 16 Last letter in France
- 18 Play-ground sight
- 20 Lascivious desire
- 21 Talks drunkenly
- 22 Makes a choice
- 23 Jingle writers
- 25 Tel —
- 28 Uneasy state
- 31 Painter Magritte
- 32 Fate
- 34 Maximum amount
- 35 Cribbage marker
- 36 Counting start
- 37 Whiskey with a beer chaser
- 40 Moon-based

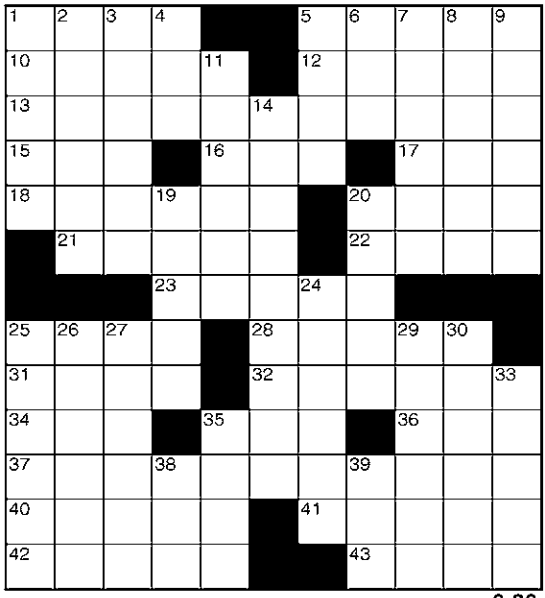
DOWN

- 1 Grottos
- 2 Comes up
- 3 Drive
- 4 Campaign pro
- 5 Moniker
- 6 — tree
- 7 Movie studio department
- 8 Fried chicken piece
- 9 Walks proudly
- 11 Harry Potter, for one
- 14 Name in the headlines
- 19 Urbane
- 20 Has yearnings
- 24 Puzzle
- 25 Fit for farming
- 26 Upholstery fabric
- 27 Queued up
- 29 Ashtray user
- 30 Principles
- 33 Not wordy
- 35 Sassy
- 38 Lancelot du —
- 39 Justice Fortas



Yesterday's answer

THOMAS CROSSWORD BOOKS 1-8! Send \$4.75 (check/m.o.) for each book to 628 Virginia Dr., Orlando, FL 32803

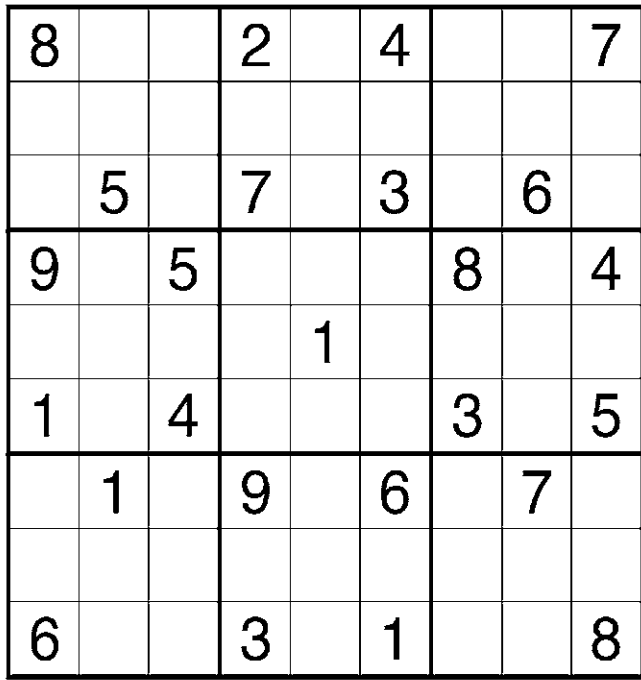


SUDOKU

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

Conceptis Sudoku

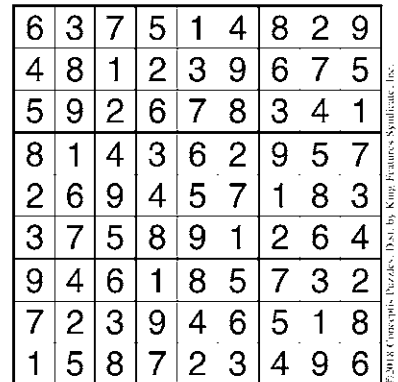
By Dave Green



Difficulty Level ★★★★★

6/02

Answer to previous puzzle



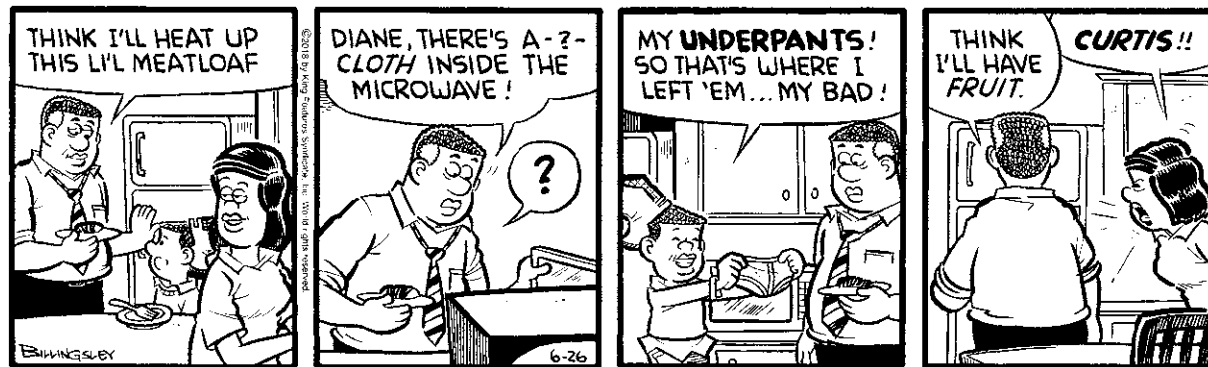
Difficulty Level ★★★★★

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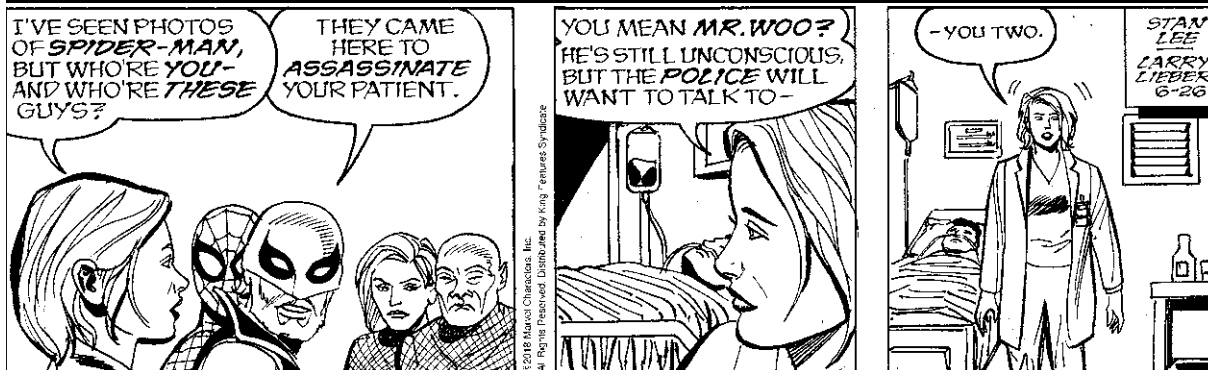
CURTIS

By Ray Billingsley



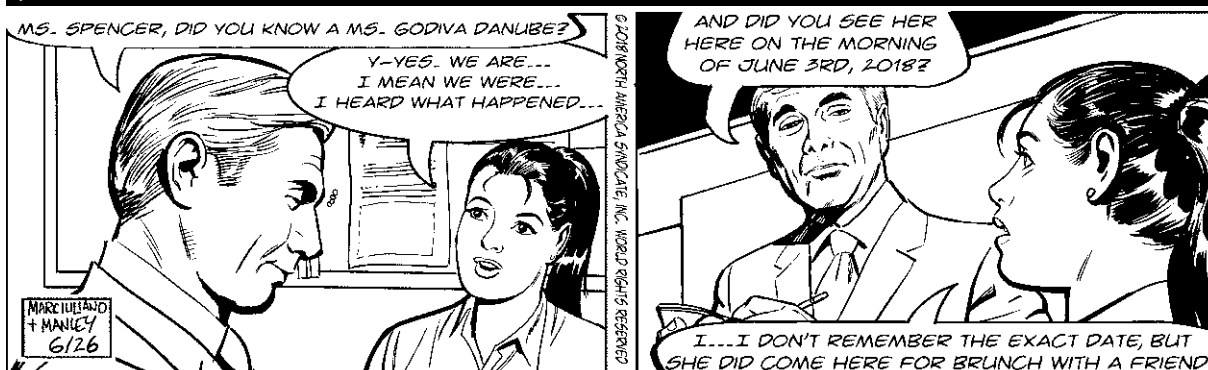
THE AMAZING SPIDER-MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



Word Search



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

- Babel
- Damascus
- Gath
- Judea
- Bethel
- Eden
- Gaza
- Moab
- Bethesda
- Edom
- Gilead
- Nazareth
- Bethlehem
- Egypt
- Jericho
- Sidon
- Beulah
- Endor
- Jerusalem
- Sinai
- Cana
- Ephesus
- Judah
- Sodom

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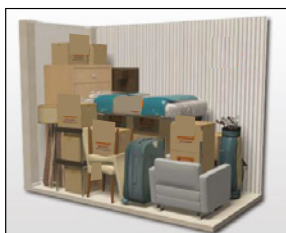
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A **4 x 7** (approx. 25 sq. ft) storage space can hold the contents of a small room or large closet, such as:



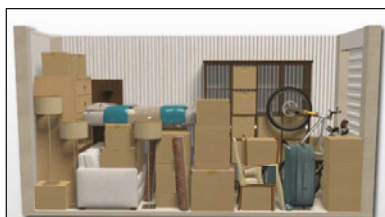
- Chairs
- Small desks
- Filing cabinets
- Files
- Bookcases
- A few boxes

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:



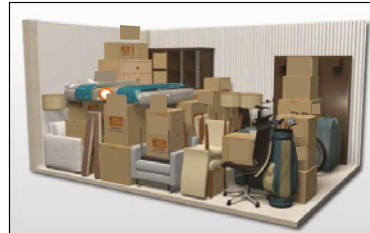
- Mattress sets
- Sofas
- Chest of drawers
- Bookcases
- Desks

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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