

# Caymanian Times

Friday Edition

Issue No 1160


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February 6, 2026  
**Complimentary**



NONSTOP FLIGHTS BETWEEN  
**GRAND CAYMAN  
& AUSTIN, TEXAS**

Seasonal Summer Service Begins May 24, 2026

 **Cayman Airways**

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**HSA NURSES RECEIVE RUTH E.  
MCLAUGHLIN ALUMNI EXCELLENCE  
AWARD**



## Destination Austin, Texas

**By Christopher Tobutt**

When the new Cayman Airways seasonal nonstop touches down in Austin Texas, you'll step right into a city that hums with creativ-

ity, sunshine, and a kind of easygoing charm that feels surprisingly familiar. Austin has long been known for its music and food, but what many visitors don't realise is just how deeply family friendly the city is. For Cayman

families looking for a new summer adventure, Austin is a playground of parks, springs, museums, and unique culinary experiences.

SEE **AUSTIN TEXAS**, PAGE 4



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# Cold Front Brings Wave Action, Chilly Weather to CI



► A Nor'wester accompanied by a cold front affected the Cayman Islands over the weekend and into Tuesday, 3rd February.

By Stuart Wilson

Folks in Grand Cayman have had to grab their winter gear over the weekend as a recent Nor'wester was accompanied by a cold front that brought temperatures down to the low 60's between January 30th and February 3rd.

Meteorologists explained that a strong Arctic cold front is currently bringing

gusty north winds (20-30+ mph), rough seas, and cooler temperatures to the Cayman Islands, with conditions expected to last through Monday.

Marine warnings are in effect due to dangerous waves and temperatures are expected to remain mid-to-upper 60s into the week.

According to the Cayman Islands Weather Service:

"Strong northerly winds and rough seas are expected over the Cayman area as a cold front continues to dominate the weather pattern. A Marine Watch is in effect. Sea conditions will gradually improve through Tuesday evening. The chance of showers continues to be low as dry air moves across the area."

Businesses along the waterfront of George Town were disrupted, as wind conditions resulted in nine to 15 foot waves, causing closures and forcing establishments to take precautionary measures to

protect their properties.

Motorists along Harbour Drive and Seafarer's Way in George Town were also on the defensive as waves crashed against the iron-shore, making it difficult to navigate the Capital's coastline.

With reports of boats being washed onto the reef, Marine warnings are in effect and all water users are advised to stay out of the water.

The strong seas and chilly weather are expected to continue on Grand Cayman and the Sister Islands into Tuesday, 3rd February.

According to records, the coldest temperature ever recorded in the Cayman Islands was 52 degrees Fahrenheit, which occurred on February 11, 1968 and was measured at the Owen Roberts International Airport.

That record low has stood for decades, though cold fronts in Cayman can bring temperatures down to the high 50s or low 60s.



► Motorists along Harbour Drive and Seafarer's Way were forced to take precautionary measures against the raging sea during the Island's most recent Nor'wester.



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Water Authority-Cayman is now accepting applications for its **2026 Annual Scholarship**. The successful applicant could receive up to **C\$40,000** to pursue an undergraduate academic or technical/vocational degree or diploma in a field of study relevant to the Authority's work.

Visit [www.waterauthority.ky/scholarships-how-to-apply](http://www.waterauthority.ky/scholarships-how-to-apply) to learn more.


Application Deadline **28 February 2026**



## Cellular World

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BAYTOWN PLAZA, WEST BAY ROAD



## Caymanian Times

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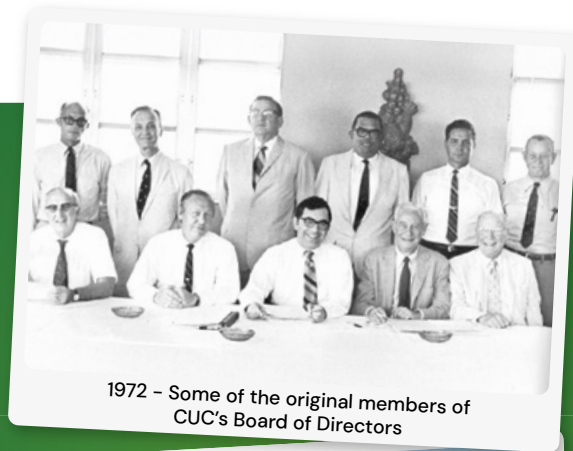
# Celebrating 60 Years

## Together Towards Tomorrow

This year, Caribbean Utilities Company, Ltd. (CUC) proudly marks a historic milestone — our 60th anniversary. Since 1966, we have been honored to serve the Cayman Islands, delivering safe and reliable energy while embracing innovation and sustainability at every step.



1969 – Unloading one of our original generating units at the George Town dock



1972 – Some of the original members of CUC's Board of Directors



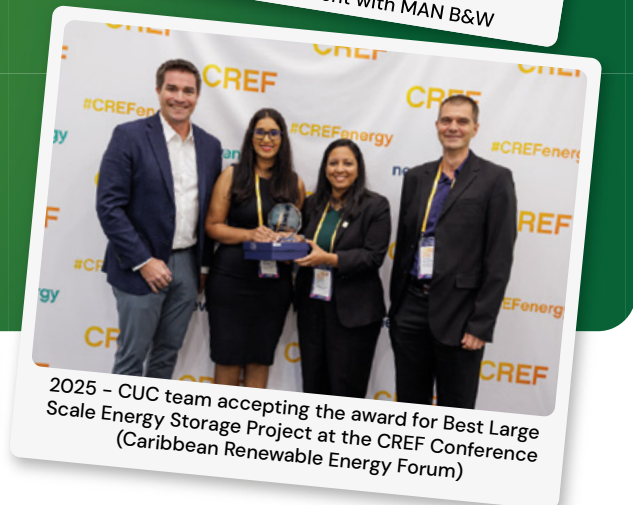
1998 – CUC signs 10-Year Strategic Alliance agreement with MAN B&W



2024 – Installing batteries at our Battery Energy Storage Systems site



2024 – CUC's current Board of Directors



2025 – CUC team accepting the award for Best Large Scale Energy Storage Project at the CREF Conference (Caribbean Renewable Energy Forum)

Over the past six decades, we have grown from humble beginnings into the reliable energy provider our customers are familiar with. Our journey has been defined by the dedication of our employees, the confidence of our customers, and the unwavering support of our partners and stakeholders. Together, we have built a foundation of resilience, reliability, and progress.

**As we celebrate this anniversary, we reflect on the values that have guided us:** transparency, accountability, and a commitment to excellence. At the same time, we look boldly to the future – a future where energy provided to the people of Grand Cayman is not only reliable and safe, but also cleaner, smarter, more sustainable. A future where advances in technology continue to reduce costs over time.

**Our vision is clear:** to continue powering homes, businesses, and industries while driving affordability, advancing technology, and supporting the Cayman Islands' growth. With innovation as our compass and sustainability as our promise, we are determined to shape the next chapter of energy for generations to come.



● STAY UP TO DATE ON OUR SOCIAL MEDIA PAGES TO LEARN MORE.

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in linkedin.com/company/caribbean-utilities-company-ltd./





► 360 Bridge Hikers



► Austin Downtown Skyline

# Things to do in Austin, Texas



► International Airport



► Westin Austin Downtown



► Cabana at Hyatt Regency Austin



► La Piscina Rooftop

CONTINUED FROM **Page 1**

Your first stop might be Zilker Metropolitan Park, the city’s beloved green heart. On weekends, it fills with picnics, frisbees, and families sprawled under the shade of pecan trees. One TripAdvisor reviewer described it as “the kind of park you end up staying in far longer than planned — peaceful, huge, and perfect for kids to run wild.”

Just across the lawn lies Barton Springs Pool, a natural spring fed swimming hole that stays a cool 68–70°F year round. It’s

one of Austin’s most iconic experiences — and a lifesaver in the Texas heat. Visitors consistently rave about it, with one noting, “It’s like swimming in bottled water — crystal clear and unforgettable.” Families gather on the grassy banks, teenagers dare each other to jump from the diving board, and toddlers splash in the shallows. It’s simple, joyful, and distinctly Austin.

For indoor fun, the Thinkery — Austin’s hands on children’s museum — is a hit with families. Exhibits encourage tinkering, splashing, building, and experiment-

ing. Local parents frequently praise it as “a place where kids don’t even realise they’re learning because they’re having so much fun.” Cayman children will feel right at home in its bright, playful spaces.

Food, of course, is part of the adventure. Austin’s famous food truck parks, like The Picnic on Barton Springs Road, offer a relaxed, open air dining experience perfect for families. You can wander between stalls serving tacos, barbecue, Thai noodles, and ice cream — all under strings of lights. It’s casual, communal, and wonderfully unfussy.

If you want a taste of Texas tradition, The County Line on the Lake delivers slow smoked barbecue with a side of scenery. Families sit on the deck overlooking the water while kids feed turtles and ducks between bites of brisket. Reviewers often mention the atmosphere as much as the food, calling it “a beautiful spot where the lake makes everything feel peaceful and unhurried.” (This restaurant is widely recommended in family travel guides and Austin dining roundups.)





► Hotel Vegas



► Ground Floor Theatre



► Austin Bergstrom International Airport



► Food Truck and Exterior at Antones



► US Grand Prix Formula 1 at COTA

# Austin Texas

CONTINUED FROM Page 4

For those craving a bit of adventure, Austin’s greenbelts and trails offer shaded escapes. Bull Creek District Park, for example, is a favourite among locals for its shallow limestone pools and easy walking paths. Travel writers describe it as “a natural playground where kids can hop rocks, splash in the creek, and explore safely.”

And while this feature focuses on family friendly fun, Austin still has something special for adults travelling without children — or for parents who manage a night out. Instead of the usual sunset cue paragraph, let’s keep it simple and honest: Austin’s live music scene is legendary. Whether it’s blues on South Congress or indie bands downtown, the city’s venues offer an atmosphere that’s intimate, electric, and unmistakably Texan. It’s a chance to experience the soul of the city in a single evening.

What makes Austin such a compelling new destination for Cayman Airways travellers is the blend of nature, culture, and easygoing fun. It’s a place where families can roam, explore, taste, splash, and discover — all within a city that feels both vibrant and welcoming. With the new non-stop route making the journey effortless, Austin is ready to greet Cayman’s families with open arms, cool springs, warm barbecue, and memories waiting to be made.

Cayman Airways’ nonstop summer flights from Grand Cayman to Texas begin May 24, 2026 and run through August 16, 2026. The flights will operate weekly, on Sundays. Flight KX330 departs Owen Roberts International Airport (GCM) at 8:15am and arrives at Austin-Bergstrom International Airport (AUS) at 11:15am. On the return, flight KX331 departs AUS at 12:45pm and arrives at GCM at 3:45pm.

Tickets are currently available for purchase on the Cayman Airways mobile app and website [www.caymanairways.com](http://www.caymanairways.com), via local travel agents, or by calling Cayman Airways Reservations on 345-949-2311.



AIRFARE SALE



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**AUSTIN AIRFARES ON SALE**

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Roundtrip  
\*including taxes & fees

The quoted fare is based on roundtrip economy class purchase for travel between Grand Cayman and Austin (AUS), and includes government taxes and fees up to CI\$139.48. Taxes may vary based on currency exchange rates at the time of booking. Fares are valid for travel between May 24, 2026 and August 16, 2026. Tickets must be purchased on/before February 15, 2026 or within one day of booking, whichever is earlier. This fare is not available for travel: from Austin on May 24, 2026 and June 28, 2026; nor from the Cayman Islands May 31, 2026 and July 5, 2026. All segments must be confirmed. Fares are non-refundable and non-transferable. Seats are limited for this sale and may not be available on every flight. The change fee is CI\$126 plus any fare difference. A through-fare to the Sister Islands is available for an additional CI\$74.08 per roundtrip. In case of no show, tickets have no value.

For details and to book, visit [caymanairways.com](http://caymanairways.com), download our new mobile app, call 345-949-2311, or contact a local travel agent.



# Mourant celebrates February Partner promotions



► Benjamin Manchak Mourant Guernsey



► Jessica Vickers Mourant Cayman



► Stefan Chinniah Mourant London

Mourant, an international professional services firm, is pleased to announce the promotion of three Partners based in its Channel Islands and Cayman Islands offices.

Benjamin Manchak and Jessica Vickers from the firm’s Guernsey and Cayman Islands Litigation practices, and Jersey investment funds specialist Stefan Chinniah, will become Partners and join Mourant’s shareholder group from 1 February 2026.

Benjamin has been with Mourant since 2015 and possesses broad litigation experience developed during his decade at the firm, time spent at leading firms in the US and UK, and a period at the Office of the Prosecutor’s Appeals Unit at the International Criminal Tribunal for former Yugoslavia. In Legal 500 UK 2026, Benjamin is recognised as a Leading Associate in Dispute Resolution.

Jessica joined Mourant in 2016 and advises on high-value cross-border commercial disputes, including contentious trust matters, fraud and misconduct allegations, and insolvency and restructuring cases. She was recently appointed co-chair of the Cayman Islands branch of the International Women’s Insolvency and Restructuring Confederation (IWIRC).

Stefan first joined Mourant in 2012 and returned in 2020 after time spent with CMS in London. His practice focuses on the formation and operation of private equity, venture capital and real estate funds and investment structures.

Law firm Managing Partner, Ben Robins, commented:

*“I would like to congratulate Ben, Jessica and Stefan on their well-deserved appointments. All three lawyers have made*

*outstanding contributions to their practice areas and the wider firm over the years, and it’s a pleasure to welcome them to our leadership team.”*

Benjamin said:

*“It’s an honour to be joining the Mourant partnership. Having spent much of my career at the firm, I’ve had the privilege of working alongside exceptionally talented colleagues and am grateful for the opportunities and support I’ve received over the years. I look forward to contributing to the continued growth and success of our Litigation practice in the coming years.”*

Jessica said:

*“I’m thrilled to be joining the partnership and for this opportunity to progress my career at Mourant. I feel fortunate to work alongside such dedicated and talented colleagues, and I’m grateful for the support*

*and opportunities I’ve had since joining the firm. I’m excited to continue building our Cayman litigation offering and contribute to the growth of the practice.”*

Stefan added:

*“I’m delighted to be appointed Partner. Mourant has been central to my professional journey, and I’m proud to work with such dedicated, collaborative teams across the firm. Our market-leading Jersey Funds practice continues to go from strength to strength, and I am excited to help drive further innovation and excellent outcomes for our clients.”*

These latest appointments follow last year’s addition of six new partners across Mourant’s Jersey, Guernsey, Luxembourg and Cayman Islands offices, reflecting its continued investment in talent and leadership across the firm.

## POLICE NEWS

# Reintroduction of Community Policing Officers across Grand Cayman

The Royal Cayman Islands Police Service (RCIPS) has announced the return of dedicated Community Policing Officers to their respective beats across Grand Cayman. This marks the end of a temporary consolidation period in which community officers, the majority of whom were from George Town, were redirected to support core frontline services due to staffing constraints in September 2025.

As of 1 February, residents in Central George Town, Prospect and West Bay will once again see their familiar beat officers patrolling neighbourhoods, attending community activities and engaging directly with local businesses and the Bodden Town Community Policing Officers will remain and continue as normal. The RCIPS recognises that community policing is the pillar of public safety and serves as the primary link between the police and the public, focusing on proactive problem-solving and building the trust necessary to keep the islands safe. “Our community police presence provides a sense of security that goes beyond traditional patrolling,” says the Commissioner of Police. “While the temporary withdrawal was a difficult operational necessity, our recruitment ef-



► Police Commissioner Kurt Walton

orts have now reached a stage that allows us to return these officers to the heart of our communities.”

As a reminder to the public, the list below shows our Community Police Officers and the beats they will cover.

To get in touch with your community police officers and learn more about community policing in your area, contact your district police stations.

District	Officer	Beat
George Town	PS 311 Cornelius Pompey	District Supervisor
	PC 200 Michael Lazzari	Prospect
	PC 421 Byron Morgan	Central George Town
	PC 235 Donville Myers	Windsor Park
	PC 126 Calasia Burke	West Bay Road
Bodden Town	PS 481 Christopher Donaldson	District Supervisor
	PC 131 Kemisha Frederick	Bodden Town Primary to Frank Sound
	PC 289 Reynolds Matthews	Newlands and Savannah
West Bay	PC 203 Hershell Thompson	West Bay – North West Point and Boatswain Bay area
	SPC 178 Stephen Myers	West Bay – Mount Pleasant Road and Shores area.

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The University College of the Cayman Islands  
invites you to its 50th Anniversary Distinguished Lecture Series on

# IMPORTED LABOUR:

## Implications for Caymanians' Long-Term Economic and Human Development

*A lecture in the Distinguished Lecture Series (DLS), presented this year in recognition of UCCI's 50th Anniversary Celebrations:*

**When does imported labour support economic growth and local human capital development, and when does it undermine the long-term goals of small island economies like the Cayman Islands?**

**17th  
February 2026**

**6:00 PM**

At the Sir Vassel Johnson Hall  
University College of the Cayman Islands

### What This Lecture Offers

An engaging, practical lecture on jobs, skills, housing, and economic resilience, exploring:

- When imported labour strengthens an economy
- When it may undermine local development and environmental sustainability goals
- How education and labour policies can support local talent while meeting economic needs



Featuring:  
**Professor  
Mushfiq Mobarak**  
Yale University

Professor Ahmed Mushfiq Mobarak is a development economist and Jerome Kasoff '54 Professor at Yale University, and founder of Y-RISE. His field-based research designs and scales policies addressing poverty, migration, health, and environmental sustainability in low- and middle-income countries.

**ALL ARE  
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- Policymakers
- Business leaders
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- Community members

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**RSVP BY THURSDAY, 12 FEBRUARY 2026: [BIT.LY/UCCI-RSVP](https://bit.ly/UCCI-RSVP)**



# Mindful Eating



By Sandra Farrell (MPHN, BA)

## Have you encountered this before?

You're sitting at your computer desk staring at a number of emails. After sending a reply, you reach for a sandwich on your desk. You hurriedly take a few bites and grab a drink while looking at the screen and opening the next email. Before you realise it, lunch is over.

A growing body of research suggests that eating more slowly and mindfully may support weight management and help reduce reliance on processed and less nutritious foods.

## What is mindful eating?

The American Diabetes Association suggests that mindful eating involves paying attention to our food, on purpose, moment by moment without judgement.

## Why be more mindful when eating?

The British Dietetic Association (BDA) advises that mindful eating creates opportunities to appreciate food more and make a better connection with it. Importantly, mindfulness helps in recognising the difference between physical and emotional hunger. It involves asking yourself this question: Am I truly hungry or do I crave comfort foods to ease my stress?

## The practice of mindful eating

Dr Lilian Cheung, Lecturer and Director of Mindfulness Research and Practice at the Harvard T.H. Chan School of Public Health's Department of Nutrition, devised seven practices for mindful eating in her co-authored book, *Savor: Mindful Eating, Mindful Life*.

## The seven practices of a mindful eater

- **Honour the food:** Appreciate where food comes from including the people, culture and natural resources involved in bringing it to the plate.
- **Engage all senses of sight, touch, hear, smell, taste and intuition:** Eat with awareness of taste, smell, texture, colour, sound and intuition.
- **Serve modest portions:** Choose



portion sizes that meet rather than exceed physical needs.

- **Savour small bites and chew thoroughly:** Slow down to support digestion.
- **Eat slowly to avoid overeating:** Put your fork down between bites and chew slowly. Avoid distractions and sit to eat.
- **Don't skip meals:** Plan regular meals and healthy snacks in between.
- **Eat a plant based diet, for your health and for the planet.**

## Mindful eating while dining out

- Read the menu and choose dishes to support your health goals.
- Ask questions about cooking methods: foods that have been poached, broiled, baked or grilled are more health conscious options than fried food.
- Be aware of portion sizes and choose meals with smaller portions. Consider sharing dishes.

- Eat slowly and savour flavours. Pay attention to taste, texture and aromas to increase satisfaction.
- Stop eating when comfortably full, not overly full.
- Notice fullness and take left over foods home. It reduces waste and supports next day meal.
- Stay hydrated and drink water. Be aware of sugary or alcoholic drinks.
- Savour the social experience by engaging in conversation rather than rushing the meal.

## Mindful eating to prevent food waste

- Plan your meals with intention to avoid over buying.
- Save time and money by shopping mindfully. Check cupboards first, make a list and buy only what you realistically need.
- Be creative with leftovers to avoid waste.
- Organise your fridge to prioritise items that need to be used first.

- Consider freezing left over foods with shorter shelf life.
- Store food properly as it helps to reduce spoilage.
- Donate leftover food to local charities, food banks, share with relatives, and friends.

## Summary

Mindful eating is a way to enjoy what you are eating whilst being in tune with your body and acknowledging your thoughts and feelings. It encourages us to gain awareness of our eating experiences and can help to encourage healthy eating choices and positive eating behaviours. In relation to Nutrition and a mindful approach, the aim is to eat, small, regular nutritionally packed meals.

## Columnist

Sandra Farrell is a UK based Registered Nutritionist and member of Plant Based Health Professionals (UK). She has a MSc in Global Public Health Nutrition, BA (Hons) in Food, Nutrition and Professional Cookery and additional qualifications in Health Coaching, Health Behaviour Change, Health Improvement, Plant Based Nutrition, Education and Training, Setting up Healthy Eating Cookery Clubs, Horticulture and Garden Designs. She is currently setting up a cookery school for a health and wellbeing organisation that will deliver a range of evidence based nutrition, cookery and horticulture classes and workshops.

Sandra is a mentor on Trailblaze St Kitts and Nevis, a mentorship initiative empowering youths in St Kitts and Nevis by connecting with professionals for guidance, skill development and career preparation with an aim to cultivate future leaders within the nation and wider Caribbean.

Sandra is nurturing a life-long love of horticulture and volunteers with a Community Apothecary in their herbal medicine garden and apothecary, planting and harvesting a variety of herbs and making seasonal herbal products. She champions Therapeutic Horticulture and supports Mind Food, an organisation that uses plants and gardening activities to improve people's physical, mental, emotional and social wellbeing.



# BERMUDA IN A FOX NEWS TRIANGLE?

By Staff Writer

What might have otherwise been dismissed as an innocuous joke remark by an American television host with a reputation for controversy is causing quite a stir in Bermuda.

In his Fox News TV programme, Jesse Watters alluded to a scenario in which the US would take over the British Overseas Territory on security grounds.

He made the remark during a discussion of the controversial idea by President Donald Trump, who has spoken of the United States taking control of Greenland for similar reasons.

“If we needed Bermuda to defend the Caribbean from the enemy, I think the British would let us borrow the island, it’s called sharing,” he said in one of two programmes where he threw out the scenario.

Watters also said: “The Europeans are lecturing us about colonies, but if we needed Bermuda, we’d take it.”

“We let the British have Bermuda because it’s cute, but if we needed Bermuda, we’d take it. And the British would let it happen,” the TV host stated.

While to date there has been no known official comment from the government or



the political directorate in Bermuda, there has been a flurry of reaction on local social media, ranging from disbelief to being dismissive. Many seem bemused by the issue which has also been reported on by the territory’s mainstream media.

It’s not clear why Watters chose Bermuda as a reference point. The British island lies in the North Atlantic off the eastern seaboard of the United States.

What appears to be driving the interest in his remarks seems to be concern about

the unpredictable nature - and execution - of recent US foreign policy, including in the region, under the Trump administration.

There are no indications of any official US interest in Bermuda beyond business investments in the territory’s successful offshore financial sector, real estate and tourism industry.

However, the comment “if we needed Bermuda, we’d take it” has gained prominence in the current geo-political climate, in which President Trump is emphasising the Western Hemisphere - including the Atlantic and Caribbean basin - as a central focus of new US foreign policy priorities.

Recent actions, policies and comments by the president and others in his administration have underlined the administration’s intensified interest in the area.

“What Europe doesn’t understand is that Greenland is an island in North America,” Watters said, adding, “And we have dominion over the entire Western Hemisphere.

Also driving the debate emanating from the Fox News host’s remarks are links between that network and the Trump administration. Several officials in the government have spent time on the network as hosts advocating policies that they are now implementing.

## The Cayman Islands is “Hiring” for its First-ever Chief Relaxation Officer to Help Fix the Modern Vacation Problem

*A two-week island-time “assignment” inviting one US-based traveller to rest; no schedules, no stress, no FOMO*

Vacations aren’t as relaxing as they should be. Between over-planning, early alarms and the pressure to capture every highlight for social media, many travellers return home more exhausted than when they left. With four in ten Americans returning from vacation exhausted and 61% still following strict schedules even when they’re “off,”\* real rest has become a lost art.

That’s why the Cayman Islands just posted the world’s most relaxing opportunity: Chief Relaxation Officer (CRO), arriving with the new year’s reset as travellers seek less pressure, more ease and a calmer start to 2026. As an extension of its “Welcome to vaCay” platform, the Cayman Islands is opening applications as the holidays fade, teams are circling back and burnout creeps in. The CRO will ditch the stress, skip the schedules, ignore the FOMO and show the world what intentional rest on vacation looks like.

“We’ve all mastered the art of being busy. It’s time to master the art of slowing down,” said Rosa Harris, Director of Tourism for the Cayman Islands Department of Tourism. “Here in the Cayman Islands, slowing down isn’t an indulgence, it’s a part of our culture. This promotion is our way of bringing that antidote to travellers who need it most. And yes, if you’re the type who shows up to vacation with a color-coded itinerary, this assignment was made for you.”



► Cayman Islands Director of Tourism Rosa Harris

learn from locals, and model what mindful travel looks like in a world ready to pause.

**The “Job” Description:**

- Sleep at least eight hours a night (naps encouraged).
- Spend daily time by the water - floating, reading, or doing nothing at all.
- Enjoy fresh local dishes like coconut ceviche.
- Sip island cocktails at iconic beachfront spots.
- Dine with locals to learn their relaxation rituals.
- Explore nature and see rare island species like the Blue Iguana or Cayman Parrot.
- End each day with a tech-free sunset on the beach

*These aren’t perks – they’re mandates where restoration takes intention.*



**The Benefits Package**

- Roundtrip airfare to Grand Cayman and roundtrip interisland airfare from Grand Cayman to Cayman Brac
- 14 nights in beautiful accommodations at The Westin Grand Cayman Seven Mile Beach Resort & Spa and Le Soleil D’or
- Daily stipend for meals and (entirely optional) island experiences
- On-island transportation
- A custom “no-itinerary itinerary” designed by the Board of Relaxation

**How To Apply**

Travellers can apply by sharing their “worst vacation ever” story - from chaotic itineraries to overcrowded beaches at [visitcaymanislands.com/ChiefRelaxationOfficer](https://www.visitcaymanislands.com/ChiefRelaxationOfficer). Applications will be reviewed by Cayman’s Board of Relaxation, a group of locals who quite literally live and breathe island

calm that includes Luigi Moxam of Cayman Cabana; Sharlene Brenkus of Cayman Islands Tourism Association; Nelson Dilbert of Cayman Spirits Co.; and Kiristen Cousins of Vitamin Sea.

“Visiting our destination puts you in a perpetually positive state of mind when you explore off the beaten path experiences and discover the local treasures beyond the sand and sea, exclusively in the Cayman Islands,” said Luigi Moxam, Owner of Cayman Cabana. “To truly experience vaCay, is to allow your body, mind and spirit to align and experience memorable moments of peaceful tranquility and hospitality in the Cayman Islands that resonate with you for a lifetime or at least until your next visit. It’s a Cayman ting.”

The ‘Chief Relaxation Officer’ is open to U.S. residents ages 21+ with a valid passport, now through February 17, 2026. See terms and conditions here.



# National Gallery Announces 4<sup>th</sup> Cayman Islands Biennial Awardees



► (Left to right) Joanna Austin, Bendel Hydes Award co-winner, Mrs. Julie Hunter, Parliamentary Secretary, Hon. Isaac Rankine, Minister for Youth, Sports, Culture & Heritage, and Randy Chollette, Bendel Hydes Award co-winner.



► (Left to right) Iain MacRae, Emerging Artist Award winner, Hon. Isaac Rankine, Minister for Youth, Sports, Culture & Heritage, and Mrs. Julie Hunter, Parliamentary Secretary.

The National Gallery of the Cayman Islands (NGCI) is proud to announce the award recipients for the 4th Cayman Islands Biennial, Archipelago. At a lively award ceremony held on Friday, 23 January, the National Gallery recognised a selection of artists whose work exemplifies the technical proficiency and conceptual exploration defining the contemporary Caymanian art scene.

Archipelago, co-curated by Davin K. Ebanks and Dr. Joseph L. Underwood, brings together 76 artworks by 60 artists/collectives across six venues on all three islands. This year's Biennial explores the unique intersection between individual identity and collective experience during a period of rapid national transformation. By framing Caymanian society as an archipelago—both a single conglomerate entity and a collection of distinct parts—the exhibition serves as a nexus for open dialogue, critique, and personal reflection on global geopolitics, social isolation, and the evolving identity of the nation.

## The Awards

The Biennial's highest honour, the Bendel Hydes Award is named after the late pioneer of Caymanian contemporary art. This prestigious accolade carries a significant monetary prize, an exhibition opportunity at the National Gallery, and a commitment to purchasing the work for the National Gallery's permanent collection. This year's Award was shared by two artists working in very different mediums: Joanna Austin for *StreetView* (2025) - a collection of drawings of South Church Street; and Randy Chollette for *Laid in Stone* (2024-2025) a site-specific installation that uses stacked and painted cement blocks to represent generational growth.

The Bendel Hydes 'Emerging Artist' Award was also presented at the event. This award, which recognises a practitioner who shows exceptional promise, includes a monetary grant specifically intended to support a residency programme or professional training opportunity, furthering the Gallery's mission to nurture the next generation of talent. The prize



► Archipelago – 4th Cayman Islands Biennial Featured Artists

was awarded to Iain MacRae for his painting triptych: *Grand Cayman, Cayman Brac, Little Cayman* (2025) which uses layered symbolism, visual storytelling and scale to explore the interconnected identities of the three islands. Says MacRae, "I am deeply grateful to receive the Emerging Artist Prize. The support and recognition are especially meaningful at this stage of my practice, and I am inspired by the strength and generosity of the artistic community involved. Many of the previous winners of this prize are massive inspirations to me, so to share this with them is incredibly humbling."

Stefan Langlois was recognised as the Emerging Artist Award Runner-Up for his ambitious *Ode to Ten* (2025) sculptural installation, which is on view at Gram Bellas in North Side.

In addition to the Bendel Hydes Awards, special commendations were extended to Nancy Barnard (née Kirkaldy) for *Our Built Heritage: Identity Loss (and Protection)* and *The Clayton Nixon House* (2025); Andre Jennings for *Inner Thoughts* (2025); Michael Mothen for *Fisherman's Dream* (2025) featuring Rita Estevanovich; and Elizabeth Paige Smith for her site-specific installation at Gram Bellas, *Who Remains*, (2025).

This year's Awardees were determined via a rigorous selection process and lengthy deliberations, which reflected the overall level of excellence of work on view. NGCI wishes to extend sincere thanks to this year's jurors: Carl A. Brown (NGCI Board Member and Chairperson of the Collections Committee), Kerri-Anne Chisholm (Artist, Curator, and Founder of Gram Bellas), Davin K. Ebanks (Biennial Co-curator), Dr. Veerle Poupeye (Director of the National Museum), and Dr. Joseph L. Underwood (Biennial Co-curator).

"Each iteration of the Cayman Islands Biennial serves as a vital platform for artists working across a range of contemporary art disciplines, ideas, and approaches, inviting viewers to consider how art responds to both local realities and global dialogues. This year's Bendel Hydes Awardees have sought to both honour our cultural heritage in their work while also embracing new ideas and experimental practices that speak to our evolving cultural identity," says NGCI Director Natalie Urquhart. "Congratulations are extended to each of them, and indeed all of the Biennial artists, for challenging us to look more

closely, think more deeply, and to imagine more expansively about our contemporary moment."

The awards were presented by Hon. Isaac Rankine, Minister for Youth, Sports, Culture & Heritage, and Hon. Julie Hunter, Parliamentary Secretary for Youth, Sports, Culture & Heritage. Remarks and congratulations were extended by Hon. Minister Rankine, along with the Biennial Sponsor Butterfield, represented by Rory Mann, Vice President of Marketing, Mrs Susan A Olde, OBE, National Gallery Chairperson, and Natalie Urquhart, NGCI Director. In addition to the honouring the Awardees, congratulations were extended to each of the 60 participating artists, along with the six Biennial partner venues—the Cayman Islands National Museum, Little Cayman Museum, Cayman Brac Heritage House, Mission House, and Gram Bellas—for their support in making this a dynamic tri-island event.

Archipelago – 4th Cayman Islands Biennial is on view until 18 February. Admission to the Gallery and the exhibitions is free to all. Opening times are Monday to Saturday 10:00am – 5:00pm. As the Biennial enters its final weeks, the public is encouraged to visit the various exhibition sites before the official closing on February 18, 2026.

On Tuesday, February 17, a Catalogue Launch and Biennial Closing Event and will be hosted at the National Gallery when the 160-page exhibition catalogue will be launched. The catalogue is part-supported by a generous grant from CNCF's Grants for the Arts programme, and will be distributed to schools and libraries across the Cayman Islands. In addition, free community programmes run throughout early February. For more information about the exhibitions and the associated programme of events please visit <https://www.nationalgallery.org.ky/whats-on/>.

This project was made possible through the generous support of our sponsors: Butterfield Bank (Cayman) Limited and the support of the Ministry of Youth, Sports, Culture and Heritage.



# Creative crafters pool talent

By Lindsey Turnbull

When talented artists come together great things are produced. In the case of multi-talented artist Nasaria Suckoo Chollette and her family and friends, it comes in the form of intricate quilting. Following last week's article on Nasaria's participation in the Island Soul Festival where she employed quilting as a holistic process for others to enjoy, we hear more about this fascinating craft.

Nasaria has enjoyed being part of a quilting group called Friends and Needles which allows participants the chance to pool their skills, discuss ideas and create joint projects that are artwork pieces in themselves. The group started four years ago, although Nasaria was not a founding member.

"Friends and Needles started in 2022, and I was not a part of it at that time," she advised. "It was started by Rhonda Edie, my aunt, and involved primarily her church sisters. I decided to start attending shortly after and since then we have been adding members with varying skills."

The participants meet every two weeks and share with each other the traditional skills that they most often practice so that they can all expand their practices, she said.

"For the most part, I share contemporary art aesthetics, encouraging them to break out of the literal interpretations and to express themselves freely," Nasaria explained.

The group undertakes one charitable project per year, where part of the proceeds of sales go to a charity, or they make special Christmas gifts and give to people whom they have encountered during the year who have provided excellent customer service.

"Our aim is to gather as women, to dissect the world around us and to interpret it through our work, as well as to preserve heritage," she said.

Nasaria's Aunt Rhonda has been her guiding force when it came to the craft.

"My aunt has always worked with textiles and fabrics, but it was after her retirement from Edie's Decor five years ago that she began making art using fabric and collage and began to make quilts. Some of her first quilts were made to honour her siblings who had passed away, by using pieces of their clothing in the quilt," Nasaria stated.

Nasaria is often motivated to create a quilt from a story that she wishes to tell, which she shares with the group. They then enjoy choosing materials, planning techniques and critiquing work.

One such piece which is on loan to the Cayman Islands National Museum is entitled Sea Spray and Sailcloth II. This is an evocative piece created by Nasaria, her aunt Rhonda, Celia Hydes, Ina Augustine, Raejani Lopez, Kerry Nixon, Carol A Terry, Dorothea "Cindy" Shaw, and Lorna Reid. It



tells the tales of seafaring of days gone by. Interwoven within the quilting are stories of how fishermen used to "sett" their nets for turtles on the Cays, brave rescues at sea, and the passing on of seafaring skills to youngsters.

Another example of Nasaria's work is a magnificent quilt dedicated to midwifery. "I received a grant from the Cayman Na-

tional Cultural Foundation to collect oral history on midwifery in Cayman and because the stories were so visual, it was a natural process to turn it into a quilt," she explained. "As the quilts are our comforters, so are the midwives."

A quilt is a great way to teach history and preserve heritage stories, Nasaria said.

Currently Nasaria is working on a quilt honouring Elizabeth Jane Trusty, an ex-slaved African woman in Cayman's slavery past, who freed herself and bought freedom for others, and became a homeowner and a businesswoman.

"This is how I do my part to teach our people about their African heritage," she adds.



CRUISE SHIP SCHEDULE — WEEK — FEBRUARY 8-13



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12	13
Seven Seas Grandeur	Rhapsody of the Seas	Norwegian Star	Celebrity Apex	Norwegian Escape	Mariner of the Seas
		Brilliant Lady	Carnival Horizon	Norwegian Prima	Carnival Dream
		Disney Treasure	Resilient Lady	Queen Elizabeth	Margaritaville at Sea Islander
		MSC Grandiosa	Celebrity Ascent	Carnival Venezia	
				Celebrity Eclipse	
Total Passengers	Total Passengers	Total Passengers			Total Passengers
750	2,435	13,446	13,961	17,521	11,153

# International Data Protection Day 2026: Know your rights!

On Wednesday, 28 January, the Cayman Islands joined the rest of the world in celebrating International Data Protection Day.

Some Ombudsman office staff members spent part of the day meeting with interested members of the public in front of our offices at Anderson Square, answering questions about data privacy and access rights while also providing some promotional material to visitors. Approximately 100 members of the public stopped by the information booth on Wednesday to learn more about data protection rights.

Cayman’s Data Protection Act (DPA), which came into effect on 30 September 2019, contains important rights for individuals, including the right to be informed about how personal data is being used. Individuals also have the right to request corrections to inaccurate personal data, to object to direct marketing and to request access to their personal data.

The DPA also sets rules for the use of personal data by public and private sector organizations based on eight core principles. Those include fairness, adequacy, retention and security of personal data processing, among other requirements.



► Ombudsman team members greet the public during Data Protection Day Wednesday. (Clockwise from top left: Deputy Ombudsman Daiana Sipos, Analyst Kiera Simpson, Analyst Michaiah Bryan and Analyst Charlene Roberts)

The Office of the Ombudsman is tasked with oversight and enforcement of the DPA. Individuals have the right to complain to the Ombudsman if they believe their data is not being processed legally or fairly.

The DPA requires personal data breaches to be reported to the Ombudsman and affected data subjects. The most common data breach notifications involve instances where emails containing personal data have been inadvertently sent to unintended recipients. Individuals who have concerns about how their data is being used by organizations can make a complaint to the Ombudsman for investigation under the DPA.

Please visit the Ombudsman website for more information including FAQs, guidance and other resources to help you understand your data protection rights and obligations: [www.ombudsman.ky/data-protection](http://www.ombudsman.ky/data-protection) or send your questions to: [info@ombudsman.ky](mailto:info@ombudsman.ky)

You can also check our social media channels this week at Facebook and LinkedIn to learn more about your data protection rights.



# HSA nurses receive Ruth E. McLaughlin Alumni Excellence Award three years in a row

Christina Blair has been named the 2025 recipient of the Health City Ruth E. McLaughlin Alumni Excellence Award, marking the third year in a row a Health Services Authority (HSA) nurse has been recognised and reaffirming the high nursing standard upheld by the organisation.

This award recognises the outstanding alumni of the Ruth E. McLaughlin School of Nursing at University College of the Cayman Islands (UCCI), celebrating nurses who consistently demonstrate excellence in patient care or nursing administration. Additionally, it acknowledges those who embody the six Cs of nursing: care, compassion, courage, communication, commitment, and competence.

Three nurses from HSA have been consecutively honoured since its inception. They are Gracian Beale in 2023, Martika Williams in 2024, and most recently, Christina Blair for 2025.

Nurse Blair noted that her journey at HSA began in 2019 when she entered the Transition to Practice (TTP) Programme, a 12-month HSA initiative aimed at bridging the gap between academic studies and real-world clinical practice.

"Receiving this award is a deeply meaningful honour that reflects the grace of God and the unwavering support of my leaders, managers, and colleagues. Professionally, it strengthens my commitment to excellence and reaffirms my dedication to serving my community with respect, integrity, and compassion," said Nurse Blair.

"HSA has played an instrumental role in my development, providing exceptional mentorship, guidance, and opportunities that shaped me from a new graduate into a confident and capable nurse," she continued.

Director of Nursing Dr Karen Stewart noted that Nurse Blair's achievement and the three-year streak exemplify HSA's high standards of nursing excellence, which reflects a culture grounded in clinical competence and continuous improvement. "Sustaining this level of performance over time demonstrates strong leadership, adherence to best practices and commitment to quality outcomes."

Receiving the award in 2024 was a defining moment for Martika Williams, who was eight months pregnant with her second child at the time. "It reminded me of my strength, resilience, and purpose as a nurse – qualities that have guided me throughout my seven-year career," she said.

For the HSA's first award recipient, Gracian Beale, now approaching 15 years in nursing, the recognition was an unexpected but deeply meaningful milestone. Both nurses credit the dedicated HSA preceptors who shaped their clinical foundation and entrusted them with leadership opportunities. For Nurse Williams, this included her transition into the Shift Coordinator role, which helped her grow into a more confident, compassionate caregiver. Nurse Beale stepped into the role of Charge Nurse, something she said she "would never imagine doing", but accept-



► L-R: Ruth E. McLaughlin Alumni Excellence Award winners Martika Williams (2024), Christina Blair (2025) and Gracian Beale (2023).

ing the challenge has strengthened her love and appreciation for the profession.

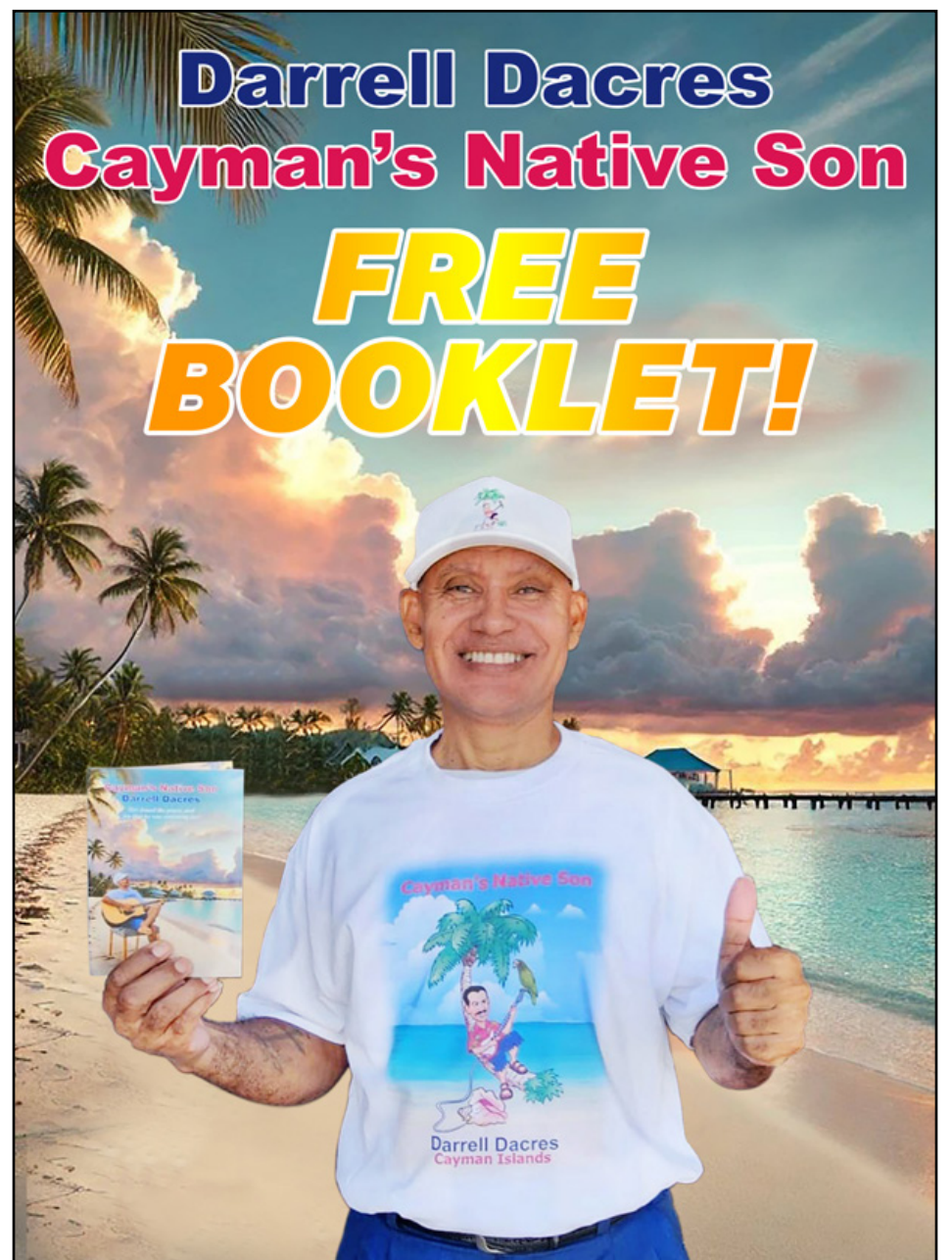
The HSA plays a central role in developing Cayman's next generation of nurses through a strong training pipeline that begins at UCCI, continues through the TTP Programme, and extends into full nursing roles across the Authority. This is further supported by the HSA's partnership with CIFEC, where students complete six- to eight-week Healthcare Aide clinical rotations under the guidance of experienced preceptors.

In 2024, the HSA deepened its investment in local talent through a Memorandum of Understanding with UCCI's Ruth Eleanor McLaughlin School of Nursing, expanding opportunities for students to refine their nursing and procedural knowledge and interpersonal skills.

HSA's Nursing Department has grown in recent years. According to Dr Stewart, this is driven by rising demand for quality care, strengthened leadership structures for greater oversight and clinical operations, improved nurse-to-patient ratios, enhanced regulatory requirements and a robust Clinical Education Department focused on continuous professional development.

These efforts were recognised at the 2025 Chamber of Commerce Business Excellence Awards, where the HSA won both the Training Champion and Youth Education categories.

"Our investment in leadership, education, and workforce development ensures a strong, future-ready nursing team equipped to deliver the highest standard of care to our community," said HSA's CEO Lizzette Yearwood, who herself is a registered nurse.







# 2025 FC INTERNATIONAL FOOTBALL CAMP – CAYMAN BRAC



Youth footballers in Cayman Brac welcomed the highly anticipated FC International Football Camp on Saturday, December 13, 2025 at the Cayman Brac Sports Complex. The camp marks the closeout finale at the end of each year for young football players. In support of the camp, 50 children between the ages of 6-17 years old attended the half-day camp. "Forever grateful to FC International, its sponsors, loyal visiting volunteers, our local coaches, and the continued support of the Cayman Brac community towards this camp. Thanks to the Cayman Islands Government Minister of Sport Mr. Issac Rankin MP, Ministry of DAHA, PWD and the Facility Management Team for an amazing sports facility." Head of Sports, Harold Sanford.

The camp was held from 9:00am to 12:30pm and the children were split into three age-divisions (U10, U13, and U17) with two-coaching staff per group. Learning activities included basic fundamental

skills in passing, control, dribbling and shooting. From there, the children went on to technical drills that incorporated their learnt skills with a twist of fun. Closing out the physical exercise portion of the camp, each age-division went on to finish the day with some fun and competitive small-sided football games.

FC International continues to be a proud sponsor of their annual football camp in Cayman Brac. They continue to pledge their support to the youth football programmes in Cayman Brac by giving back every year by hosting their annual football camp in December. Recognition and respect must be given to Harold Sanford (Head of Sports) for such an amazing youth football program in such a small community. Through his leadership, the Brac boosts an amazing coaching staff of 10 personnel that focuses on U-8, U-11, U-13, U-15, U-17 and U-18 Girls. Most of





FOOTBALL CAMP

CONTINUED FROM Page 14

his coaches are either FIFA Grassroots certified or CONCACAF D license certified. All coaches also must have valid certifications in Child Protection Training.

Congratulations the Cayman Brac Pri-








mary U-11 Football Team who finished runners-up in the 2025 CUC Boys Primary Football Consolation Cup Final in Grand Cayman on the same day of the camp. Camp officials and sponsors recognized the team players that were not able to attend the camp by giving each player a free football on their return back to Brac for a successful season.

At the closing of the camp, the children received words of wisdom and inspiration from FC International executives Ralph Williams, Kennedy Ebanks and Police Constable Fabian Connor, Mrs. Claire Hampson, Attorney at Law Ms. Amelia Fosuhene, Mr. Locksley Haylock and Mr. Ricardo Lindo Photographer. Long-time sponsor Moses Kirkconnell was also in

attendance to show his continued support to visiting delegation, coaches and athletes. Following their remarks, each child received a free camp T-shirt, a soccer ball and lunch before departing the complex.

Thanks to all our loyal sponsors, supporters and well-wishers a Happy New Year.



Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
 79°/77° Partly sunny, windy and less humid	 81°/78° Breezy and pleasant with times of sun and clouds	 81°/76° Breezy and pleasant with partial sunshine	 78°/75° Breezy with intervals of clouds and sunshine; a couple of showers in the afternoon	 79°/76° Windy with sun and some clouds	 80°/75° Sunshine and some clouds	 79°/77° More sun than clouds

# COMMUNITY EVENTS

### Cayman Enterprise City - Internship Programme

**Ongoing until 28 February** - CEC is thrilled to announce that the Enterprise Cayman Internship Programme is now open for applications! Application deadline is 28th February. The internship programme is open to Caymanians between the ages of 18-25 and lasts for one to three months. For more information, email [innovate@entrprisecayman.ky](mailto:innovate@entrprisecayman.ky).

### Wear Red Day

**6 February** - Cayman Heart Foundation is encouraging the public to Wear Red on Friday 6 February to help raise awareness of cardiovascular disease in women. Companies can use this event as a "dress down" day and encourage participants to donate to the vital work of the Cayman Heart Foundation. For more information, call 746 - 7460.

### 2026 Addison Kelly Butterfly 5K

**7 February** - All are invited to participate in The Addison Kelly Butterfly 5k Walk/Run, a fundraising event for the Addison Kelly Mental Health Education Fund. This event takes place on Saturday 7 February

at The Paseo, Camana Bay beginning at 6:30am. To register, go to [www.kellyholding.com/addison-kelly-butterfly-5k](http://www.kellyholding.com/addison-kelly-butterfly-5k).

### February 2026 Services at St. Alban's Anglican Church on 461 Shedden Road

**8 February** - There will be Services of Holy Communion on Sunday, February 8th and

Sunday, February 22nd at 9:00am. The Ash Wednesday Service of Holy Communion and the Imposition of Ashes will be held on February 18th at 9am. Morning Prayers will be held on all other Sundays at 9am.

### Cayman Arts Festival - Jaedyn Hanna in Concert

**12 February** - Born and raised in the Cayman Islands, Jaedyn Hanna is a multidisciplinary artist whose work bridges music, storytelling, and film. See her in concert on Thursday 12 February from 7pm to 8pm at

the Harquail Theatre. Admission is \$40 for adults and there are concessions of \$15. For more information, call 922 - 5550.

### Heart Warriors and Angels Beach Walk 2025

**15 February** - All are invited to join the 2025 Heart Warriors and Angels Beach Walk on 15th February, an event dedicated to raising awareness about Congenital Heart Disease (CHD) and honoring the memory of baby Nolan Evans. Registration is \$25 and includes an event t shirt. There will be other activities including face painting for kids and refreshments. All proceeds will benefit the Cayman Heart Foundation's Pediatric Program. To register, go to [caymanheartfoundation.ky/event/](http://caymanheartfoundation.ky/event/)

### Agricultural Show

**18 February** - The 56<sup>th</sup>. annual Agricultural Show will take place on Wednesday 18 February from 7am to 6pm at the Agricultural Grounds, Lower Valley. Highlights of the show include meeting local farmers, music and entertainment and delicious local food. There is a Park & Ride option available. General entry is \$10 and \$5 for children. For more information, call 947 - 3696.



► Addison Kelly Butterfly 5K

**Send your community events to [wendy@caymaniantimes.ky](mailto:wendy@caymaniantimes.ky)**

# Why you sabotage yourself and how you can finally break free

You already know what to do to lose fat: eat better, move your body, stay consistent. So why does it still feel like you're trapped in a body that doesn't reflect how you want to look or feel?

Because this isn't about willpower. It's about what's happening beneath the surface.

In my experience, people don't hold on to unwanted weight by accident. There are powerful, subconscious reasons behind it—and once you understand them, everything changes.

Self-sabotage isn't weakness. It's your mind trying to protect you.

As strange as that sounds, it makes perfect sense. Your subconscious is wired to keep you safe, not comfortable, confident, or fit. If it believes that staying the same is safer than changing, it will quietly block your progress—no matter how badly you say you want results.

You may want to feel strong, confident, and energized... but behind the scenes, your subconscious

could be pulling the brakes.

And as long as it believes being out of shape is safer than stepping into a healthier, stronger version of you, progress will feel like an uphill battle.

That's why even your best efforts can feel sabotaged.

That's why frustration creeps in.

But here's the good news: **this cycle can be broken.**

Once you uncover why your subconscious is holding on, its power disappears. Awareness is the turning point. When the light is on, fear no longer controls you.

So let's dig a little deeper. Ask yourself honestly:

- **Do you believe change is dangerous?** Staying where you are may feel familiar—even if it's uncomfortable. Fear of the unknown can quietly stop you from becoming better than you are today.
- **Do you believe success will cost you something?** Would reaching your goal trigger jealousy, resentment, or distance from people close to

you? Are you unconsciously staying small to keep others comfortable?

- **Do you believe you don't deserve success?** Has someone made you feel unworthy, incapable, or undeserving of more? That belief may still be driving your choices.
- **Do you believe you're not capable?** Can you truly see yourself at your goal weight? If your mind can't picture it, your body will struggle to achieve it.

Spend time with these questions. Be honest. That self-awareness is the key that unlocks real, lasting change.

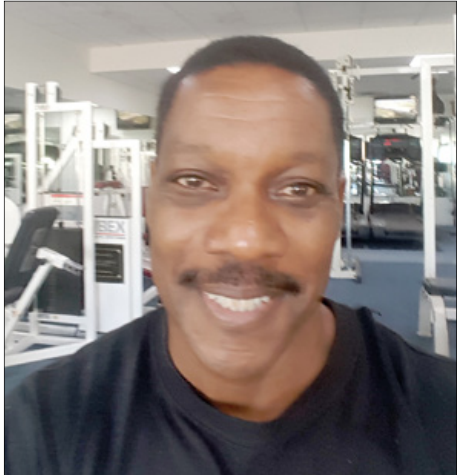
Because once your **entire mind** is aligned with success, nothing can stop you.

What the mind believes, the body achieves.

Exercise is a powerful part of this journey—not just for fat loss, but for confidence, momentum, and self-belief.

I am deeply passionate about helping my clients achieve real results—without wasted time, frustration, or repeating the same mistakes.

You're not broken.



► Ernest Ebanks

You're not failing. You're just ready for the next level. And it starts now.

Call Ernest at Body Shapers Personal Training Fitness Studio 325-8696. I'd love to get you on the exercise program that will change your body and your life for the better.



# 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

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

Difficulty Level ★

2/04

### Answer to previous puzzle

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

Difficulty Level ★★★★★

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

- 1 Flag pair  
feature 42 Breathing  
5 Not symbol  
barefoot 43 Musical  
9 Do a B.A. and  
Thanks- B.S., for  
giving job two

### DOWN

- 10 Drew  
12 African  
lilies  
13 Degrade  
14 Cinema  
snack  
16 Acapulco  
aunt  
17 King of  
France  
18 Hardy  
hen  
20 Foot parts  
22 Mineral  
sources  
23 Texas  
player  
25 Fight  
memento  
28 Put one  
over on  
32 Opposite  
of  
peaceful  
34 Wallet bill  
35 Compass  
trace  
36 Young  
baby  
38 Boyfriends  
40 Homer  
work  
41 Good  
judgment

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

### Yesterday's answer

- 11 College  
VIPs  
15 Make  
good as  
new  
19 Owl  
output  
21 Hind's  
mate  
24 Go  
crazy  
25 Cleans  
the  
deck  
26 Line  
of  
work  
27 Mysterious  
29 Courting  
30 Like a  
street  
urchin  
31 Looks  
after  
33 Start  
37 Down  
39 Battleship  
letters

	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				

1-25

## Word Search

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

- Autographs  
Awards  
Bells  
Books  
Bottles  
Cards  
Clocks  
Coins  
Dolls  
Glassware  
Guns  
Letters  
Magazines  
Medals  
Memorabilia  
Models  
Money  
Mugs  
Paintings  
Pins  
Plates  
Pottery  
Records  
Rocks  
Rugs  
Shells  
Silver  
Stamps  
Thimbles  
Toys  
Trophies  
Watches

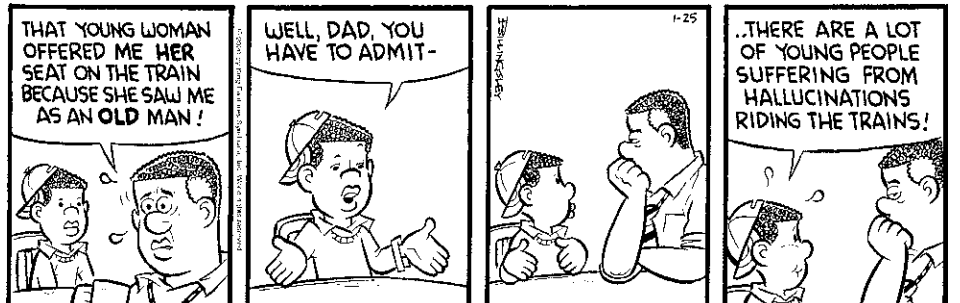
Find the listed words in the diagram. They run in all directions – forward, back, up, down and diagonally.



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TIMES**

## CURTIS

By Ray Billingsley



## THE AMAZING SPIDER MAN

By Stan Lee



## JUDGE PARKER

By Woody Wilson & Mike Manley





# Leaders Unite in Faith and Reflection at 26<sup>th</sup> National Parliamentary Prayer Breakfast

The Parliament of the Cayman Islands hosted the 26th National Parliamentary Prayer Breakfast on Thursday, 22nd January 2026, at the Ritz-Carlton Hotel, bringing together Members of Parliament, faith leaders, and members of the wider community in a spirit of unity and reflection.

Held under the theme “Faith, respect and love in serving the common good,” the event provided an opportunity for national leaders and citizens to come together in prayer and reaffirm their shared commitment to service and nation-building.

Opening remarks were delivered by the Hon. D. Ezzard Miller, Speaker of Parliament, followed by remarks from the Hon. André Ebanks, MP, Premier of the Cayman Islands.

The programme led by Deputy Speaker, Hon. Pearlina McGaw-Lumsden, MP, and



► Hon. D. Ezzard Miller, Speaker

included performances of the National Anthem and National Song by Ms. Jhenelle Colquhoun.

The event brought together scripture readings and prayers from leaders across Parliament, the Judiciary, and the Christian community, and complemented by musical selections led by Mr. Antonio Sanchez of Elmslie Memorial United Church and solo performances by Mrs. Kevon Hyre and Mrs. Anika Jefferson.

The Guest Speaker, Pastor Garrett Haylock of the Church of God at West Bay, delivered a message focused on unity, faith, and service to the nation.

Speaking on the significance of the occasion, Speaker of Parliament Hon. D. Ezzard Miller said: “The National Parliamentary Prayer Breakfast serves as a reminder that faith, respect, and love must guide our actions as leaders and citizens. It is through




unity and reflection that we strengthen our resolve to serve the Cayman Islands with integrity and compassion.”

The programme concluded with a Vote of Thanks from Hon. Nickolas DaCosta, JP, MP, Minister of District Administration & Home Affairs, and a Benediction by Pastor Torrance Bobb of the First Assembly of God Church.


The National Parliamentary Prayer Breakfast remains a longstanding tradition that brings together leaders and communities to reflect on shared values and the responsibility of serving the common good.

## DEATH ANNOUNCEMENTS


The family of the late **William Orvan Rivers** affectionally known as “Fisher”, “Swingy”, or “Gizmo”, regret to announce his passing on 22, December 2025.



A Service of Thanksgiving will be held at Wesleyan Holiness Church, West Bay on Saturday, 7 February 2026 at 10:00 a.m.



We have been asked to announce The passing of **Mr. Rixon Vivian Sharpe** Who passed away on January 22<sup>nd</sup> 2026



A Thanksgiving Service will be held Kings Seventh-day Adventist Church 211 Walkers Road, George Town, Grand Cayman, Cayman Islands On Sunday, February 08<sup>th</sup> 2026 At 1:00 p.m.

Viewing: 12:00 p.m. -1:00 p.m.  
Interment: Prospect Cemetery

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

We have been asked to announce The passing of **Mr. Alvin John Davis** Who passed away on January 20<sup>th</sup> 2026




A Thanksgiving Service will be held at Church of God (Universal) 83 Walkers Road, George Town, Grand Cayman, Cayman Islands on Saturday, February 07<sup>th</sup> 2026 at 10:00 a.m.

Viewing: 9:00 a.m. -10:00 a.m.  
Interment: Prospect Cemetery

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



With profound sadness the family of Capt. Alfred Robert Newton Solomon, who passed away on January 03, 2026. A service of thanksgiving will be held on Saturday, February 7th 2026 at 11:00am at the Church of God (Holiness) Red Bay located at 38 Lord's Way, Red Bay, Grand Cayman, Cayman Islands Interment at the North Side Cemetery.



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



The family of the late, **Jane Pauline Wood (nee Merren)** regret to announce her passing on 5 January 2026.



The funeral service for the late Jane Pauline Wood will be held on Saturday, 7 February 2026 at 2.30 pm at the Church of God Chapel on Walkers Road and Academy Way.

Interment will follow at the Garden of Reflections Cemetery.



We have been asked to announce the passing of Mr. Simon Reynolds.




A Thanksgiving Service will be held at Church of God at West Bay, Grand Cayman, on Saturday, February 7, 2026 at 3:00 p.m.

Viewing: 2:00-3:00 p.m.  
Interment: Boatswain Bay Cemetery


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

The family of the late **Thomas Charley Ebanks** affectionately known as ‘Tubby’ ‘TC’ is saddened to announce his passing on Wednesday, 21 January 2026, after a brief illness.



A Mass of Thanksgiving to celebrate the life of Thomas Charley Ebanks will be held at 10:00am on Saturday, 7 February 2026 at the St. Ignatius Catholic Church, 597 Walkers Road, George Town

Burial will be at the Boatswain Cemetery, King Road, West Bay





in association with



# CLASH OF THE Legends FOOTBALL

5PM EAST END VS BODDEN TOWN

7PM GEORGE TOWN VS WEST BAY



**Monday 18th May, 2026 (Discovery Day)**  
**ED BUSH STADIUM, WEST BAY**  
 FAMILY FUN DAY STARTS AT 3PM  
 CLASH OF THE LEGENDS GAME KICKOFF AT 5PM

## Raffle Tickets \$10, FREE ENTRY & FOOD!

(Donations Accepted) RAFFLE PRIZES: 10 x Gift Certificates from Jewellers International, Staycation at the Holiday Inn Resort Grand Cayman, plus many more prizes! Fun day & games for children: Egg & Spoon Race / Sack Race / Bouncy Castle and more!

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[www.caymanhopefoundation.com](http://www.caymanhopefoundation.com)

Contacts: Albert McClean 925-7296 • Neil Murray 925-8783 • Brent McLean 926-4040 • Lloyd (Stooocka) Ramoon • RJ Berry 916-0089

Cayman is home to many people with substance abuse. As a community we can all make a difference in the lives of those individuals.



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3+ years experience. Must be reliable, detail-oriented, strong work ethic, and good with clients. Handle pressure washer, no chemical allergies. Irregular hours. Growing business, long-term opportunity. \$8.5 per hour. Send resume P.O. Box 12015, KY1 1010.

Are you up for a challenge? Are you committed to providing an exceptionally high standard of education? Are you looking for an immediate start or a new position for 2026? If the answer is yes then St. George's Anglican Pre-School needs to hear from you.

Our children need Teachers and Teachers' Assistants who are approachable and friendly, happy to work as part of a team, and in return be involved in a positive environment where children are eager to learn.

Salary range from CI\$1,758.00 to CI\$3,200.00 depending on experience and qualifications.

Please do not delay in applying by sending a cover letter along with your resume to:

The Principal  
St. George's Anglican Pre-School  
P.O. Box 1633  
Grand Cayman  
KY1-1109  
Tel# 1345-945-0441

Pickleball Cayman Ltd. is looking for a Pickleball & Tennis Coach

Qualifications:

At least 5 years of experience

5.0+ Pickleball rating.

Pickleball coaching certification.

Primary responsibilities will include:

Conducting private lessons/coaching for individuals.

Coaching group clinics for various skill levels.

Creating and coaching the junior programs.

Providing staffing coverage in the pro shop.

Assisting with social media activities.

Coordinating corporate and social leagues.

Assisting with special events as needed.

Monthly base salary of \$3,000.00 kyd plus revenue from private coaching lessons up to 15 hours per week.

Caymanians, Status Holders, individuals Married to Caymanians, and Permanent Residents with Rights to Work only need apply, Applications accepted until February 13, 2026

Email: [accounts@pickleball.ky](mailto:accounts@pickleball.ky)

**Caymanian Times**

**Senior Sales Associate**

Caymanian Times is seeking a highly motivated sales professional who will develop, work and maintain sales targets and schedule and up sell on quality goods.

**Mandatory Requirements:**

- The successful candidate must have a minimum of 3 years working in sales and service experience in selling Media and Newspaper Advertisements.
- Must be computer literate and advanced in the use of MS Excel.
- Must have excellent administrative and communication skills.
- Must speak, read, write, and comprehend English fluently.
- Must have the ability to drive.
- A current police record must be submitted.

**Duties for the role are:**

- Develop, work and maintain Sales Targets.
- Develop and implement in-house and product knowledge training for staff
- Create weekly & monthly sales and customer reports.
- Be able to learn and sell variety of products.

A strong work ethic and a positive attitude will be required.

**Salary Range: CI\$2,500 – CI\$3,000.**

An attractive compensation and benefits package (including medical insurance, vacation, pension and a 10% commission) is being offered to the qualified candidate. All applications received will be reviewed and only candidates meeting the mandatory requirements will be contacted for interview.

**Applications should forward a detailed resume quoting reference “Senior Sales Associate” to:**

The Publisher  
Caymanian Times  
Email: [ralph@caymaniantimes.ky](mailto:ralph@caymaniantimes.ky)

**Caymanian Times**

**Newspaper Advertising Rates**

Description	CI\$	Size (inches) W x H	Maximum # of words
Newspaper Advertisement Full page	800	10 x 13.5	1200
Newspaper Advertisement 2/3 page	700	10 x 8.37 or 6.6 x 13.5	900
Newspaper Advertisement 1/2 page (horizontal)	500	10 x 6.67	700
Newspaper Advertisement 1/2 page (Vertical)	500	4.9 x 13.5	700
Newspaper Advertisement 1/3 page	400	4.9 x 8.37	400
Newspaper Advertisement 1/4 page	300	4.9 x 6.67	350
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Newspaper Advertisement 1/8 page	75	4.9 x 3.25 or 3.22 x 4.96	
Newspaper Advertisement 1/16 page	50	4.9 x 1.55	
Advertorial 1/2 page	600		

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(48 Hours prior Publication Day)**

Publication Day	Deadline (12pm (noon))
Wednesday	Monday
Friday	Wednesday

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All ads are full colour



# Caymanian Times

Newspaper Editor / Journalist

Caymanian Times is seeking a highly motivated **Newspaper Editor/Journalist**

Role & Responsibilities for the position of **Newspaper Editor/Journalist** at Caymanian Times

## Role:

The Editor /Journalist will play a vital role in the output of Caymanian Times and its associated media endeavours across several platforms in addition to the printed paper reporting directly to and assisting the Publisher.

## Duties and responsibilities include:

Assisting the Publisher with the complete news and current affairs production process from editorial planning to the final output of multi-platform news and current affairs content including; Compiling and reviewing content for the newspaper, covering events, researching news stories, interviewing and writing, on-mic and on-camera presentation in a multi-media environment.

- Editorial oversight of the general multi-platform news and current affairs output of Caymanian Times under the direction of the Publisher
- Setting and overseeing assignments of the journalism team including; staff, freelancers and contributors
- Produce and present content across the various platforms of Caymanian Times as directed by the Publisher
- Maintaining news files and archives
- Represent Caymanian Times at news and related events as directed by the Publisher
- Liaise with the production teams across the various content output of Caymanian Times as directed by the Publisher

## Candidate profile:

- Qualification in Journalism or relevant field
- Previous journalism experience of at least five years with prior editorial management responsibility is a necessity.
- Portfolio of published articles or newscasts
- Graduate-level proficiency in the English language
- Proficiency to a professional level with news content software and digital production processes across print, online, video and audio including television and radio
- Excellent communication and networking skills
- The successful candidate must be familiar with current socio-economic and political developments in the Cayman Islands, as well as the Caribbean and global news agenda with a focus on how they relate to the Cayman Islands.
- An understanding of the history, culture, and society of the Cayman Islands is desirable.

All applicants must have a clean Police Record (no prior convictions or pending judgments), a clean Medical Record, a clean and valid Driver's License and be able to provide at least three suitable references, with two of those being from previous employers.

Salary will be commensurate with experience and qualifications and will be **CI\$5,100** per month. Benefits will be in accordance with Cayman Islands Labour, Health Insurance and Pensions Laws

Applicants should forward a detailed resume quoting reference

"Newspaper Editor" to:

The Publisher, Caymanian Times

Email: [ralph@caymaniantimes.ky](mailto:ralph@caymaniantimes.ky)



## Full Time Automotive Paint Mixologist

**Salary Range: \$16k to \$26k**

Do you have a sharp eye for color, a steady hand, and a passion for automotive finishes? We're looking for an Automotive Paint Mixologist who takes pride in precision, consistency, and craftsmanship.

As an Automotive Paint Mixologist, you'll be responsible for accurately mixing, matching, preparing automotive paints to meet exact specifications and training staff in proper methods of mixing automotive paint.

## Key Responsibilities

Mix and match automotive paints using computerized systems and manual formulas, achieve precise color accuracy for OEM, refinish, and custom applications, prepare paints, reducers, and hardeners according to manufacturer guidelines, maintain clean, organized, and compliant mixing areas, monitor inventory and assist with ordering paint and related materials, collaborate with technicians to ensure finish quality and efficiency, and follow all safety, environmental, and handling procedures.

## Qualifications

At the least 3 years' experience in automotive paint mixing, refmishing, or body shop environments preferred, strong color-matching skills and attention to detail, familiarity with paint systems (waterborne and solvent-based a plus), ability to work independently and manage time effectively, basic computer skills for paint-mixing software and a commitment to safety and quality standards

We offer a competitive salary based on experience, all legal benefits, and a stable team-oriented work environment,

If you are passionate about automotive finishes and take pride in perfect color matches, and you're ready to start a rewarding career, apply in person at our store or email your resume to [tcepaintshop@outlook.com](mailto:tcepaintshop@outlook.com).

Only Caymanians or persons with Caymanian Status or Permanent Residency or legally resident on island will be considered.

## Paint Shop Store Clerk

**Salary Range: \$16k to \$21k per annum**

Are you friendly, reliable, and have a passion for helping customers? Our busy paint shop is looking for a dedicated Store Clerk to assist customers, manage inventory, and keep our store running smoothly. Responsibilities include greeting customers, answering product questions, restocking shelves, and maintaining a clean, organized workspace.

We offer a competitive salary, all legal benefits, and a positive work environment. Applicant must have three years' previous retail experience in a similar workplace is required, but training will be provided to motivated individuals. If you're ready to start a rewarding career, apply in person at our store or email your resume to [tcepaintshop@outlook.com](mailto:tcepaintshop@outlook.com).

Only Caymanians or persons with Caymanian Status or Permanent Residency or legally resident on island will be considered.

# Caymanian Times



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**CaymanianTimes**



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- Maintain and update records.
- Counting materials, equipment, merchandise, or supplies in stock.
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- Requisition and maintain inventories of materials and supplies necessary to meet company demands.

#### Applicant must have:

- At least 5 years in similar position.
- Be computer literate in Microsoft Office applications.
- Well versed in QuickBooks.
- Excellent organizational skills.
- Own transportation is a must.

Salary: CI \$8.75-15.50/hr, Statutory benefits provided

Email: [hr@islandinspectky.com](mailto:hr@islandinspectky.com)

or send to: Po Box 536, Grand Cayman, KY1-1502



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Knowledge in COLS – Customs Online System Portal

**Salary Range: CI\$12.50 – 15.00 per hour**

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**Must have knowledge of Household Goods proper packing procedures for export**

Wrapping, padding, boxing of & crating of fragile and antique goods

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#### Requirements:

Minimum 3 years' experience in the packing of household goods

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Have a clean Police and Drivers records with a valid **Group 3 License**

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Be Strong bodied – heavy lifting is required

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**Salary depends on qualifications & experience. Statuary benefits are included.**

Email: [imp@candw.ky](mailto:imp@candw.ky)

## NOTICES



### THE ROADS ACT (2005 Revision) Section 3 Declaration

In exercise of the powers conferred on the Cabinet by Section 3 of the Roads Act (2005 Revision), acting upon recommendation by the National Roads Authority, it is hereby declared that it is the intention of the National Roads Authority to gazette a new public road as described hereunder:

**REGISTRATION SECTION:** MIDLAND EAST

**REGISTRATION BLOCK:** 54D

**BOUNDARY PLAN:** BP 656

**PORTIONS OF LAND NEEDED:** The proposed roadwork is defined by boundaries outlined in green on BP 656 and listed in the Schedule below.

Boundary Plan Number 656 may be inspected at the offices of The National Roads Authority, 370 North Sound Road or at Lands & Survey Department, 133 Elgin Avenue, both of George Town, Grand Cayman or at the Lands Office, 256 Creek Road, Cayman Brac, or online at [www.caymanlandinfo.ky](http://www.caymanlandinfo.ky) under 'Road Schemes' in the Quick links section of the homepage.

#### SCHEDULE

Block	Parcel	Approximate Area loss in acres
54D	44REM1	3.11 (whole parcel)

Made in Cabinet this 17 day of December 2025  
Clerk of Cabinet



### THE ROADS ACT (2005 Revision) Section 3 Declaration

In exercise of the powers conferred on the Cabinet by Section 3 of the Roads Act (2005 Revision), acting upon recommendation by the National Roads Authority, it is hereby declared that it is the intention of the National Roads Authority to gazette a new road as described hereunder:

**REGISTRATION SECTION:** NORTH SIDE

**REGISTRATION BLOCK:** 14C

**BOUNDARY PLAN:** BP 705

**PORTIONS OF LAND NEEDED:** The proposed roadwork is defined by boundaries outlined in green on BP 705 and listed in the Schedule below.

Boundary Plan Number 705 may be inspected at the offices of The National Roads Authority, 370 North Sound Road or at Lands & Survey Department, 133 Elgin Avenue, both of George Town, Grand Cayman or at the Lands Office, 256 Creek Road, Cayman Brac, or online at [www.caymanlandinfo.ky](http://www.caymanlandinfo.ky) under 'Road Schemes' in the Quick links section of the homepage.

#### SCHEDULE

Block	Parcel	Approximate Area loss in acres
57E	113	0.07
57E	184	Less than 0.01
57E	185	0.25
57E	188	Less than 0.01

Made in Cabinet this 17 day of December 2025  
Clerk of Cabinet

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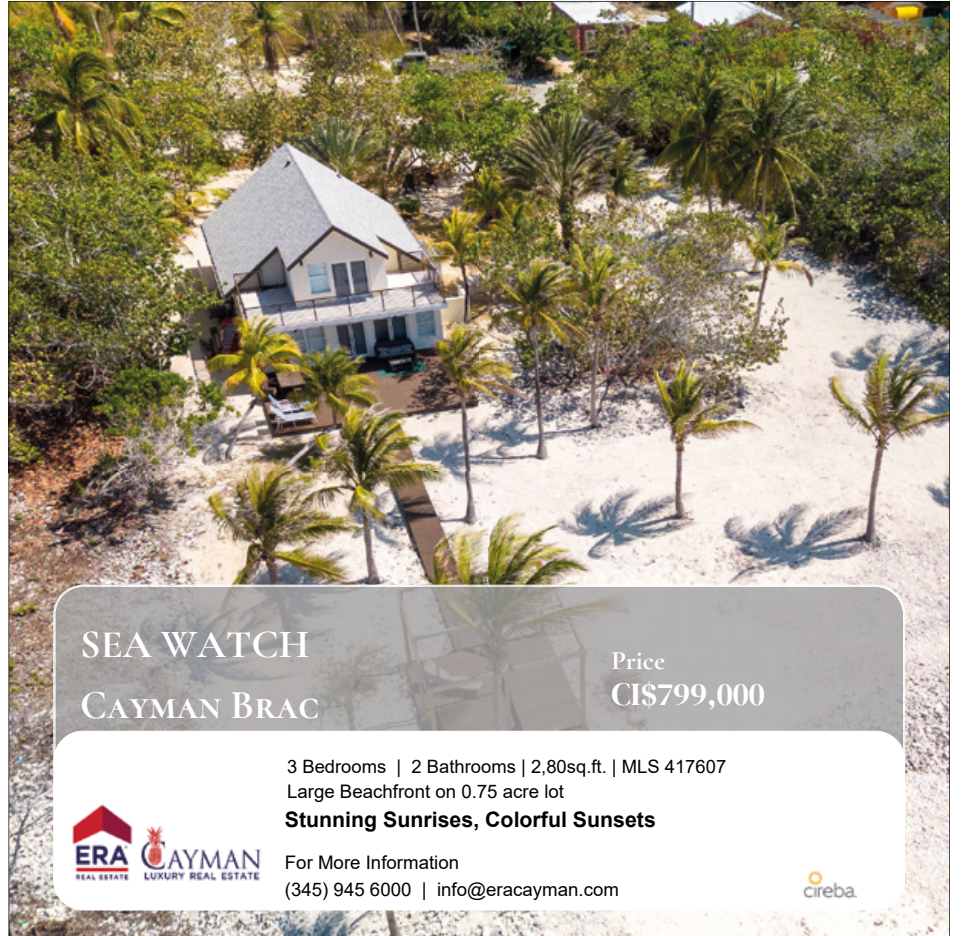
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