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CARIVAL SEASON IS HERE





▶ Which ever Cayman carnival you attend – be it Batabano or CayMAS - a fun time is guaranteed

2019 Hurricane Season Expected to Be Near Average

The 2019 Atlantic hurricane season starts in 50 days or a mere 1 $\frac{1}{2}$ months and we may see fewer storms and hurricanes, but that doesn't necessarily mean it will be less dangerous, according to a newly released outlook from the Colorado State University Tropical Meteorology Project.

The group led by Dr. Phil Klotzbach calls for a total of 13 named storms, five hurricanes and two major hurricanes.

This is near the 30-year average of 12 named storms, six hurricanes and three major hurricanes. A major hurricane is one that is Category 3 or stronger on the Saffir-Simpson Hurricane Wind Scale.

Numbers of Atlantic Basin named storms (those that attain at least tropical or subtropical storm strength), hurricanes, and hurricanes of Category 3 intensity forecast by Colorado State University compared to the 30-year average and totals from the 2018 season.

Though the official Atlantic hurricane season runs from June through November, occasionally we can see storms develop outside those months, as

The 2019 Atlantic hurricane season starts in 50 was the case in the previous two seasons with May 2018's Tropical Storm Alberto and April 2017's Tropical Storm Arlene.

The past two hurricane seasons have been particularly destructive.

In 2018, four named storms impacted the U.S. coast, most notably Hurricanes Florence, then Mi-

chael within a month of each other. In 2017, seven named storms impacted the U.S. coast, including Puerto Rico, most notably hurricanes Harvey, Irma and Maria, which battered Tex-

as, Florida and Puerto Rico, respectively.
In 2016, five named storms impacted the Southeast U.S. coast. The most notable was Hurricane Matthew with its powerful scraping of the coast and subsequent inland rainfall flooding.

In the past three seasons, eight hurricanes were so destructive and/or deadly their names were retired from further use by the World Meteorological Organization.

... Continued story on page A10



▶ Flooded roundabout during Hurricane Ivan 2004

BPW promotes fitness at Fairbanks



▶ Paola Juarez Robinson and PO Cherine Usherwood

By Lindsey Turnbull

Prisoners at the all-female Fairbanks prison have recently successfully completed a weight loss and fitness programme, brought to them by the Business and Professional Women's Club of Grand Cayman and the Cayman Islands Volleyball Federation.

Prison Officer Cherine Usherwood gave some background to the project.

"The idea for the weight loss challenge really came from the inmates," she advised. "In November last year, some of them expressed concern over their weight gain since they came to HMP Fairbanks, so they suggested I do the competition so it would motivate them to lose weight. A few were reluctant to join at first but as soon as we kicked off, we had 88 per cent of the inmates signing up."

The four main objectives of the programme were to increase the nutrition and exercise knowledge of inmates, to improve self-esteem, enhance rehabilitation efforts and provide life skills for inmates.

... Continued story on page A4

INSI SHIT

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Social media: the game-changer

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New beauty academy offers fully accredited courses

• POLICE NEWS — A7



First Medevac from Cayman Brac by New Police Helicopter

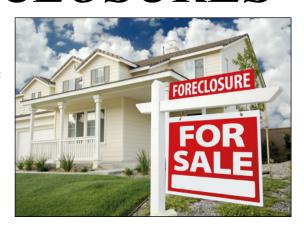
COMMUNITY NOTICES

MORTGAGES AND FORECLOSURES

The Law Reform Commission would like to remind stakeholders and members of the general public that comments on the Discussion Paper entitled "The Enforcement of Mortgage-type Security Over Real Estate: Is Reform of The Law Necessary? are due by 30th April, 2019.

The Discussion Paper was prepared in response to a referral by the Honourable

Attorney General requesting that the Law Reform Commission review and consider whether it is necessary to reform the law relating to the enforcement of mortgage-type securities over land and, in particular, over residential properties. This request followed a heightened level of public comment, and concern, regarding the number of such procedures in the recent past, colloquially referred to as 'foreclosures'. The dominant theme of the public commentary has been the level of hardship, it is claimed, that has been experienced by the owners of residen-



tial property, who have been affected by these procedures.

The Paper may be viewed on the following website: **www.lrc.gov.ky** or **www.gov.ky** or a copy may be collected from the Offices of the Commission.

Submissions should be forwarded to the Director of the Law Reform Commission either (a) electronically to **jose.griffith@gov.ky** or (b) in writing, by post or hand delivered to: 4th Floor Government Administration Building, Portfolio of Legal Affairs, 133 Elgin Avenue, George Town, Grand Cayman, P.O. Box 136, Grand Cayman KY1-9000.

WORC Hosts Compliance Training

Staff of the Workforce Opportunities & Residency Cayman (WORC) department got a lesson in compliance, after participating in a training course in February. The training course was created and led by WORC's Deputy Director for Enforcement & Compliance, Mr. Jeremy Scott.

The training focused on areas such as understanding compliance, how to use compliance as a tool to improve work methods, understanding compliance from a customer's perspective and understanding the various laws, regulations and policies that affect compliance.

Head of Permits, Residency & Status and training participant Laura McLaughlin describes the training as excellent and well needed.

"The material was easy to follow and everyone participated with enthusiasm. One idea Mr. Scott brought forward was the "Think Tank" where he encouraged us to make suggestions, ask questions and just report anything we think would enhance the progress and prosperity of our department. He even mentioned that maybe we could see our suggestion come to fruition and own the praise for bringing it forward," comments Ms. McLaughlin."

Employment Development Outreach Officer and participant Jean Solomon

says the training helped her better understand the seriousness of non-compliance, as it relates to our roles and responsibilities.

"I liked that training allowed us to engage in the delivery and to foster a better appreciation of how we can execute our jobs more effectively," says Ms Solomon

"Mr. Scott was a great facilitator. Well done!" she adds.

Over 80 staff members took part in the five sessions of the training.

"I am very excited and pleased to have offered the training which to all staff of WORC. Participants now have a higher level of sensitisation relative to varying components of compliance and what compliance truly means to the WORC Department," says Mr Scott.

"Staffs engagement and interaction during the past several weeks was nothing less than a privilege to facilitate. The wealth of knowledge and spirit demonstrated during these classes are a testament to the quality of staff WORC has embraced and will continue to develop," he adds.

WORC plans to offer training, learning and development for their staff and additional training sessions on various topics will be offered in the coming months.

COMMENTARY

Social media: the game-changer

By Michael L Jarvis, London UK

Social media is increasingly becoming the go-to barometer to take the temperature of soci-

ety on just about any issue imaginable.

The explosion of online debates on the same-sex marriage issue in the Cayman Islands and elsewhere in the British Overseas Territories, is an indicator of changing trends in how our societies interact.

While it does not replace the social values of person-to-person or group human contact,

social media augments that by its sheer accessibility.

Not being able to be physically present is no longer a determinant of participation particularly in situations where some type of on-thespot physical activity is not required.

But as a venue for debating, researching, communicating and sharing ideas, opinion and infor-

mation, the likes of Facebook, Twitter, WhatsApp, Snapchat, Instagram etc have revolutionised how we communicate.

And this aspect of modern technological revolution is on the scale not seen before, especially in how we communicate and relate to each other across the globe.

That's why issues such as same-sex marriage carry so much weight and interest. Many of these local concerns are being channelled through a global prism - and vice versa.

Understandably, for the good it brings social media as means of interaction has its drawbacks. Loosely or outright unmoderated forums top that list.

How we use our own filters to block content which don't correspond to our worldview of what's acceptable - some of it downright reprehensible - is a matter of individual judgement.

It's one thing to 'debate from a safe distance' but there are valid concerns over cyber-bullying, access to restricted content, security (at the personal, organisation and state level), copyright infringement, data protection, and safeguarding children.

But if you know what to look for, what you are looking for and where to look for it, social media is an excellent research tool offering insights into what makes a community tick.

It also offers a 360-degree observation from an equally safe distance.

Social Media



Because of its global reach and easy access, real-time - or at least up-to-date observation - is just a matter of clicks away.

It's the immediacy and inter-activity which is driving the way in which social media has revolutionised not just media, but global communication and connectivity at the people level.

We are all now truly global citizens, and if the internet has made the world a global village, social media has made it a mega-conference hall - and exhibition gallery - in a global city.

However, the global meeting pace that social media offers risks being a victim of its own success.

Serious and valid questions are being raised about its freefor-all platform not just to exchange views but for some of the less savoury aspects of online interaction.

Companies responsible for social media sites are already under pressure and are taking action to monitor and remove such content where it appears.

But it's a delicate balancing act between free speech and the rights of the individual, organisations, businesses and the agreed and legislated good of the community.

In our open, especially western, societies freedom of speech is a human right we hold very dear.

But with that freedom comes tremendous responsibility.

Social media can be judge, jury and executioner...if we allow it to be.

It's up to us.

Or could it be that the communications revolution that is social media is simply holding up a high definition mirror to the local and global societies that we live in?

A case of we looking at us? 😚



Applicants invited to apply for a CUC Scholarship

As an employer of choice, and one of the largest employers of Caymanians, CUC is committed to attracting, developing and retaining high potential employees by providing opportunities for Caymanian students to succeed in the electric utility industry.

CUC is proud to offer a scholarship to an accredited university for students who are interested in completing:

▶ an Associate's Degree in Engineering Technology or Occupational Safety & Health; or
 ▶ a Bachelor's Degree in Engineering (Mechanical, Electrical or Renewable Energy) or Occupational Safety & Health.

Applicants must:

- ▶ Have already obtained, or expect to obtain, during the current school year, adequate academic qualifications to be accepted by a university;
- ▶ Be Caymanian or hold Caymanian Status;
- ► Have a current GPA of 3.5 or higher;
- ▶ Have a minimum of seven (7) GCSE/CXC/IGSE passes including English, Mathematics and Science(s) or the equivalent in the American educational system. Preference will be given to students with higher level passes (A level, AP, IB, etc.) in Mathematics and Science(s).

The successful applicant(s) will have an opportunity during school holidays to gain hands-on work experience and may be offered full-time employment with CUC upon completion of his/her studies.

Interested persons can download the Scholarship Application Form from the Company's website and review the General Rules and Guidelines ("Scholarships" section under the "Careers" tab) at https://www.cuc-cayman.com/careers/scholarships.

Applications should be addressed to the Manager Human Resources and submitted via e-mail to *careers@cuc.ky* no later than Friday, April 12, 2019.

For more information on these and other scholarship opportunities, please contact CUC's Human Resources Department via e-mail at *careers@cuc.ky*.



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



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▶ Which ever Cayman carnival you attend – be it Batabano or CayMAS - a fun time is guaranteed

Jump and bump season arrives Carnival whine is not for all, but boosts economy

The carnival season is almost upon us in the Cayman Islands, first with the long established Batabano followed by its upstart rival CayMAS soon after. Both are wonderful celebrations of Cayman's deep carnival culture with their own unique stamp. Around this time of the year throughout the Caribbean carnivals are being staged, attracting huge visitor crowds. Cayman gets its fair share of that tourism revenue.

Since CayMAS launched in 2017 it has come on leaps and bounds. "CayMAS was born out of the foresight that there had to be more direction for carnival in the Cayman Islands," said Craig Frederick, Chairman, at the launch. He has been a driving force since. "This would include allowing all parties to take part in the Carnival to ensure its success," he added.

Batabano is being staged for the 36th time from April 27 with J'Ouvert, the first injection of vital tourist dollars during the extensive carnival period. Batabano then hosts Le Masque Ball at Pedro St. James on May 2, stages Outta De Blue the following night for a Friday Nite Fete at Harbour Drive then on the Saturday stages its Food Festival in Cardinal Avenue in George Town.

The magnificent Batabano Street Parade is staged adjacently from Public Beach West Bay Road to downtown, George Town. The Last Lap party is on that Saturday night before a boating trip on the Sunday where boats leave docks by 1p and head to Rum Point until sunset. Junior Batabano revellers get their chance the following weekend.

Batabano has attracted local participants from all cultures and this festival is one that organisers are proud that there is no divide between the expatriate population and local population. Many of the mass bands actually include work permit holders jumping with local participants.

CayMAS Carnival attracts over 2,000 masqueraders on the roads in various costumes with local and regional participants. Mr Frederick claimed the benefits to Cayman would include significantly more air travel and hotel bookings during the slow tourist season. In addition, car rental agencies, restaurants and bars would benefit from the increased activity as visitors and residents participate in the festivities. That is true. Tourist figures for the early months of this year show record numbers so it is realistic that Cayman can expect a bumper year.

CayMAS has its own impressive set of events, starting on May 17 with a Hookie Day Fete, Pan Explosion Finals & Crowning Champion, Soca Monarch Finals and more.

There is a Chicken Run Breakfast Fete the next day, Silverside's Kick Start Fete and Swanky's AfterMAS Beach Fete. On May 19 there are boat cruises and a Midnight Fete. It all wraps up on May 20 with a Swanky Couture Breakfast Fete

and a Last Lap surge at Cayman Cabana. Unsurprisingly, the bump and whine culture of carnival is not appreciated by all in the Cayman Islands.

Many residents who treasure family values and the traditional Christian lifestyle are not impressed with this style of partying. For some, the behaviour related to "simply having a good time" is referred to as lewd behavior and the revealing costumes are shunned from street parades.

Change is constant, and the Cayman Islands are no longer an island that time forgot. The growth of social media ensures that. The dance moves may not be acceptable to tradition followers but will help forge new traditions of their own.

Carnival has become an integral part of Caribbean culture and from the unswerving and expanding support at its street parades, it will continue to evolve for decades to come. 🏵



▶ Which ever Cayman carnival you attend – be it Batabano or CayMAS - a fun time is guaranteed



New beauty academy offers fully accredited courses

By Christopher Tobutt

Cayman Career Academy located at Smith Road Plaza recently held its Open House, which marked the official opening of the first beauty academy in Cayman Islands to offer various diploma and certificate courses leading to internationally-recognized CIDESCO qualifications, and a career in the beauty industry. If they like, graduates can go on to start their own businesses, too.

The Academy includes all the necessary spa equipment to conduct classes in aesthetics training as well as body therapy or massage training, and takes place at the same location as the WOW Spa, in an adjoining classroom.

All good things start with a vision, and in this case that vision came from Ms. Jacqui Tomlinson-Smith, owner of Beyond Basics and WOW, who met with the NWDA's Dianne Conolly around two and a half years ago, with a view to filling the gap in training opportunities by starting a beauty academy. At the Opening, Ms. Conolly congratulated Ms. Tomlinson-Smith on being the first facility in the Cayman Islands to get approval for provisional registration with Education Council to offer TVET programs. The NWDA (now transitioning to WORC) is offering five Caymanians the opportunity to train with a full-time six-month scholarship for the Certificate in Esthetics course. It will also offer an additional five scholarships for the Certificate in Beauty Therapy starting In May. Previously Caymanians had to go off island, make allocations for housing accommodation, airfare, food and transportation costs in addition to the cost of the program, but with the new programs being offered, there is no need to go abroad

anymore, Tomlinson-Smith said.

CIDESCO stands for Comité International d'Esthétique et de Cosmétology, and is a highly regarded, Swiss-based international qualifying body. After Ms. Tomlinson-Smith contacted the organization, one of its representatives was able to visit Cayman and certify Beyond Basics as a facility which is able to provide CIDESCO qualifications. Ms. Tomlinson-Smith went on to explain that the new academy will be offering both full-time and part time diploma courses. "We have had more interest in parttime courses," she said, "because we have a lot of people who want to keep their jobs, obviously, and study here part-time. So they can do the full course in beauty therapy which is 11 months which would translate into two years because they're doing it part time."

The cost of the full-time course in Beauty Therapy is 16,800 dollars and then there are two certificate courses, one in Esthetics which costs 7,500

dollars, and another in Body Therapy, which costs 6,500 dollars. The courses are open to anyone above the age of 18 who have a GED or a High School Diploma with a focus on English and the

sciences. "We do realize that some of our clients have barriers (to full time study) being that they are unemployed, so we also offered them a weekly stipend of 50 dollars just to help them to get around, whether it's for food or for bus fare, and we have also provided child support for those who need it," Ms Conolly explained.

One of the students, Ocean Costa said: "I am training to become an Esthetician. It's a beauty course but it's a lot more indepth than you realize. We are studying the skin and the effects of products on the skin, so it's really a very scientific study. I received a scholarship, because without it I wouldn't have been able to afford the course."



► Student Ocean Costa



▶ Students and staff at the new academy: (L-r) Roseanne Myles, Karome Johnson, Maritza Barnes, Ocean Costa, Wendy Lynch (teacher) Shanice Bodden, and Jacqui Tomlinson-Smith, owner



▶ The classroom

CAYMAN HOSTS PORT STATE CONTROL OFFICER'S SEMINAR

The Cayman Islands has been designated to host the 11th annual Port State Control Officer's (PSCO) Seminar as well as the 6th annual On-the-Job Training Programme (OJT) for the Caribbean Memorandum of Understanding (CMOU) on Port State Control (PSC). The seminar takes place 8 – 12 April 2019 at Cannon Place, George Town.

This week's seminar is part of the ongoing efforts of the CMOU to ensure that the region's Port State Control Officers have the proper, and ongoing, training they require in order to meet the needs of keeping the CMOU functioning properly.

The CMOU for port State control (PSC) maintains a watchful eye throughout the Caribbean region to ensure that shipping is conducted in a safe, secure and environmentally friendly manner. The Cayman Islands is a Member State and the Cayman Islands Shipping Registry (CISR), a division of the Maritime Authority of the Cayman Islands, has the Cayman Islands Government-delegated responsibility for the implementation of the Cayman Islands responsibilities under the CMOU on PSC.

PSC is globally recognized as an effective tool to reduce the number of

sub-standard ships operating on the seas. It is a second line of defense that helps to preserve the safety and security of life, property and the marine environment, as some flag State Administrations fail to effectively enforce the implementation of international agreements on vessels flying their flags.

PSC is the inspection of foreign flagged ships that call into national ports, and it is conducted by maritime authorities around the world. PSC officers (inspectors) inspect the competency of the master and

officers on board, and the condition of the ship, and certifies that its equipment complies with the requirements of international conventions such as the Safety of Life at Sea (SOLAS) convention; International Convention for the Prevention of Pollution from Ships (MARPOL); International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (STCW); the Maritime Labour Convention 2006 (MLC); and others relevant to the maritime industry.



As the Maritime Industry continues to evolve and develop to remain relevant, so do the regulations, policies and procedures which govern port State control, both regionally and internationally. They need to be continuously reviewed and updated and these annual seminars allow for the dissemination and instruction on the revised tools and resources along with on-the-job training.

This year's seminar will see new guidelines and training for MARPOL Annex V, which aims to eliminate and reduce the amount of garbage being dumped in the sea from ships; the Ballast Water Management Convention, 2004 which aims to prevent the spread of harmful aquatic organisms from one region to another and halt damage to the marine environment from ballast water discharge; the SCV Code (2017) which aims to prescribe standards of construction and emergency equipment for small commercial vessels operating in the Caribbean; and for the Nairobi Convention which aims to address the accelerating degrada-

tion of the world's oceans and coastal areas through the sustainable management and use of the marine and coastal environment.

Attending the PSCO Seminar are CMOU Member State delegates from Antigua & Barbuda, Bahamas, Barbados, Belize, Cayman Islands, Curaçao, France, Guyana, Grenada, Jamaica, St. Kitts & Nevis, St. Vincent & the Grenadines, St. Lucia, Suriname, Trinidad & Tobago as well as Observer State delegates of Anguilla and Sint Maarten.

BPW promotes fitness at Fairbanks

... Continued story from page A1

Ms Usherwood explained that BPW had always been a big support at the women's prison, through visits to provide motivational talks, encouragements, gifts, and making inmates aware of the support available in and out of prison. When the BPW visited during December last year, the inmates told them about the weight loss challenge that was coming up, and immediately the BPW offered to provide sponsorship.

"We met and discussed how they could help, and in addition to providing water, fruits and t-shirts they sourced Richard Bevis, a Volleyball Coach with the Cayman Islands Volleyball Federation, who trained the inmates every Friday for the entire month of March, Prison Officer Usherwood advised.

Paola Juarez-Robinson, Chairperson of the BPW furthered:

"Coach Bevis is a professor in the Faculty of Education at Vancouver Island

University. He has 30 years of experience in both indoor and beach volleyball, having coached a variety of programmes in Canada, and has been nationally recognised on multiple occasions during his collegiate coaching career. His athletes have won many national and international competitions," she said.

Competing to lose

The challenge started in January 2019 under the theme 'Promoting Healthy Living while in Prison'. Prison Officer Usherwood explained that percentage body weight was used to calculate the top three leaders at each weigh-in and the subsequent winners at the end of the competition. The top three leaders were posted after each weigh-in, and for the first two weeks they were awarded for their achievements.

"For the first week of the programme, the inmates were challenged to exclude juices, soda, cakes and all sugar related items from their diet for one week," she said. "Many of them took on the challenge, and even after the one week they still tried to limit their sugar intake. The challenge was intended to sensitise them to the amount of sugar they usually consume on a daily basis, and how reducing this amount can impact their weight."

Their biggest challenge was time, Ms Usherwood stated, as her intention was to have exercise and nutrition sessions; however, many of the staff engaged the inmates during their regular exercise time and they started practicing volleyball on their own after Coach Bevis started training.

The programme was fully supported and sponsored by the Rehabilitation/ Re-entry Unit at HMP, and the Director Steven Barrett, and Deputy Director Claira Range also gave their full support.

Prison Officer Usherwood said that all inmates did well overall, and they took the challenge to heart. They went through a total of seven weigh-ins throughout the competition and in the end produced some impressive results.

Positive results

A total of 61lbs was lost by all inmates throughout the competition, while 33 per cent of participants improved their Body Mass Index. Inmates were now more conscious of their food/sugar intake and more active during exercise time. The winner had a 9.6 per cent weight loss, closely followed by second place with a 9.4 per cent weight loss. Third place had a 6 per cent weight loss.

The top three winners were awarded with gift baskets first, second and third place certificates, and other privileges, while Coach Richard Bevis presented all who participated in the volleyball training with a Volleyball Skill Development certificate. All inmates awarded a certificate of participation. The competition was completed with a game of volleyball followed by a brief award presentation and refreshments.

MAKING THE BRAC SAFER

BY Shakir Khan

A large number of residents turned up last Thursday April 4th, at the Magistrate's Section of the Aston Rutty Center on Cayman Brac, to be a part of the RCIPS Community Forum.

The audience was welcomed by Commissioner of Police Mr. Derek Byrne as he got proceedings under way just after 7 p.m. In his remarks he told the gathering that the objective of this forum, is to make the system work more efficiently and to hold officers accountable.

The opening salvo so to speak was given by one of the residents who said that he was happy this event was taking place and was satisfied with the work of the officers on the island. Throughout the evening the main concern that resonated was speeding and pedestrian safety. In response to an issue about being harassed, the Commissioner said, "Civil disputes requires no investigation, but it is



a criminal offense to make a statement that is misleading to the police."

Another citizen spoke about the hazardous and dangerous driving occurring in the Creek area, especially that a school is situated there. It was observed that drivers slow down as they cross the police station area only to speed off after passing. In response the gathering was told that speed limits in certain ar-

eas of the island were being reviewed. Another citizen rose to shower praise

on the work being done by the officers.

Another contribution had to do with cyclists, especially those riding at nights. There was great concern expressed not only for the riders but drivers as well. The newly appointed Inspector for the Sister Islands told the gathering that to ride without lights is an offense that can yield a ticket. A first offender is usually given a warning. Concern was also expressed about tourists riding on the wrong side of the road and rental entities were encouraged to share the correct riding approach with their clients.

One resident who recently returned after being away for months said that she was horrified to drive as she was scared of the speeding, bumper to bumper attitude, and unnecessary overtaking by drivers. Many in the audience showed their agreement with this concern with clapping and even called out the Water Authority drivers in particular.



There was also a discussion about the use of the dash board camera as the radar gun is currently used. The Commissioner said that he was not impressed that the dash board system was better than the current system. He also elaborated on the need for the re-introduction of the Special Constabulary and Community Service Officers for the Sister Islands. These are paid positions and the intention is that it will help develop trust with the officers.

Another resident suggested that the officers be on the road on a more regular basis to be able to stem the high tide of drinking under the influence, as well be able to apprehend the youngsters who are driving without insurance.

The Commissioner and his team were given a well- deserved applause at the end of their presentation. He assured residents that this is not going to be the last time such a forum is organised.

Light refreshments were then enjoyed by everyone. •

Lease of Popular Bar and Restaurant Caymanian Interest sought for lease of local Bar and Restaurant currently in operation with available parking Expressions of interest in this business are invited from Cayman Residents on or before April 30, 2019. Interested parties should provide evidence of financial ability to participate in a business of this nature supported by a letter from a financial institution within the Cayman Islands. Alcohol sales and Music & Dancing licenses are included in the lease Interested parties should call 916 2000 or email LCS@candw.ky

Caymanian Times

Website: www.caymaniantimes.ky

Issue # 361

Publisher: Ralph Lewis Company: Lewis Cayman Islands Ltd #19 Walkers Road (next to Tomlinson Furniture) Telephone: 345 916 2000 Email: sales@caymaniantimes.ky, or info@caymaniantimes.ky

COMMUNITY EVENTS

April

Friday Fish Fry Nights 12 April: Join St. Ignatius Youth Ministry for their final Fish Fry Nights for 2019. Serving time is 5pm to 8pm. at the St. Ignatius School Canteen. Menu includes fried or baked fish served with fries, rice, cole slaw and festivals with free dessert. Prices range from \$7 to \$12. Bring your family for a great meal.

Earth Day Cleanup

13 April: The 2019 Earth Day Clean Up takes place on Saturday 13 April from 7 - 10am. This island – wide cleanup is presented by the C.I. Chamber of Commerce. Participants will receive shirts, a collectible Guy Harvey T - shirt, custom designed for this event as well as brunch tickets and reusable tote bags. For more information, visit caymanchamber.ky.

South Sound Stride 5K Walk/Run

13 April: The race will start and finish at First Baptist Christian



► Earth Day Cleanup

School at 6:30am on Saturday 13 April. The course is Old Crewe Road to South Sound. Right on South Sound Road to the Rugby Club. Turn around at the rugby club and return to F.B.C.S. Trophies will be awarded for 1st. -3rd. places in different categories. Well behaved and on - leash dogs are welcomed. Registration cost starts at \$15 for students and \$20 for adults. Email jdurksen@fbcs. edu.ky, jsnyman@fbcs.edu.ky or rkring@fbcs.edu.ky for more de-

Gospel Concert

13 April: The Lions Club of Tropical Gardens will be hosting a gospel concert at the Lions Centre on Saturday 13 April from 7:00 - 10:00pm. for the public. The featured artist is Minister Kevin Downswell and will include other local guest artists. Proceeds will go towards a Diabetes program for the public. Tickets are \$25, \$30, \$50. For information call 326-9184 or email lctgpr@gmail.com

Government school registration

15 April - 28 June: Government school registration for the 2019-2020 school year is under way and will continue until June 28. To be eligible for reception classes, students need to be age 4 by

Aug. 31. Children who are 5 by the same date can register for Year 1. Registration for older students who are transferring, re-entering or new to the system also needs to be completed before June 28. For more information, contact the Department of Education Services at 945 - 1199.

Immigration: Permanent Residence Workshop

16 April: The Cayman Islands Chamber of Commerce is holding a four-hour course that covers the Permanent Residence aspects its full day course ("Permanent Residence, Work Permits and Status"). It is ideally suited to prospective Permanent Residents and their employers, and is intended to provide a detailed understanding of the points system and the operation of the PR system more generally. Venue is the Chamber headquarters at Unit 4 - 107 Governors Square, Lime Tree Bay, For more information visit www.caymanchamber.ky

Public Holiday - Good Friday

19 April: In commemoration of this Holy Day in the Christian Church calendar, businesses and supermarkets will be closed.

48th CARIFTA Games

19 - 21 April: Athletes from countries across the Caribbean will

▶ Stefania and Marissa, The NORCECA

Beach Volleyball Tour 2017

converge in Grand Cayman for the Track and Field Championships that will be held at the Truman Bodden Complex from Friday 19 April to Sunday 21st. All morning sessions will be free to attend with tickets for the evening sessions priced from CI\$15 t0 CI\$55. Tickets are available through www. eventpro.ky. Contact info@caymancarifta2019.ky for more infor-

Beach Volleyball

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

Gigantic Garage & Car Boot Sale

27 April: St. Ignatius is having its annual Garage Sale & Car Boot Sale

on Saturday 27 April from 6:00am to 11:00am at the school hall and car park. Lots of items including clothes, toys, books, household items, art and more will be available. Every dollar raised will go to support the St. Ignatius Food pantry. For more details call 949 -6797 or email ignatius@candw.ky.

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

28 April: 19th Annual Dr. J. Hugh Cummings Memorial 5K Run/ Walk takes place on Sunday 28 April starting at 6:00am from ICCI to Pedro Castle. Registration is \$25 for adults and \$15 for students and children under 12. Refreshments will be provided. All proceeds will benefit the Dr. J. Hugh Cummings Memorial Fund. Participants can pay on caymanactive.com or on the day of the

Anti – bullying Workshop

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



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Saturday **April 13th**

9:00 am - 4:00 pm

The ARC, Camana Bay

Free Admission

Food Vendors + Entertainment for the Kids

At **CUC's Energy Efficiency Forum & Fair** you'll learn how to save on energy efficiency upgrades to help lower your energy bills and make your home more energy-efficient. Learn about CUC's Customer Service offerings, energy management tools and the Company's renewable energy plans.

Several local retailers will be showcasing their products specialising in air conditioning, home insulation, lighting, energy-efficient appliances, residential and commercial window tinting and electric vehicles. Representatives from a number of local banks will be on hand to offer financial tips for energy-efficient home improvements and upgrades.



Great Door Prizes from CUC and participating vendors. Visit booths at the event to get your chance at loads of Prizes and Giveaways!







His Excellency Governor Martyn Roper Visits the Cayman Islands Red Cross

The staff and board of the Cayman Islands Red Cross (CIRC) recently hosted His Excellency the Governor, Mr. Martyn Roper and Mrs. Roper for an informal information session on the CIRC's programs and services.

As hurricane season will soon be upon us, along with the 15th anniversary of the passing of Hurricane Ivan, Disaster Manager Edward Tinling-Miller provided general information about disaster preparedness in the Cayman Islands and the CIRC's efforts to raise awareness of and enhance preparedness for all forms of disasters. These efforts include: nine 40-foot containers with disaster relief supplies spread across the island districts, training and ongoing communication and engagement of the Community Emergency Response Teams (CERTs) in partnership with HMCI, shelter management training, large-scale disaster simulation exercises, public awareness campaigns, managing the CIRC hurricane shelter, and more. Mr. Tinling-Miller extended an invitation to Governor Roper to visit the containers as well as participate in the forthcoming disaster preparedness exercise to be hosted in conjunction with the Cayman Islands Cadet Corps.

First Aid Programme Manager Peter Hughes introduced the CIRC's First Aid work to Governor Roper, which include both stand-alone activities and support to the national disaster management plans. Stand-alone activities include: First Aid, CPR and AED training, first aid coverage of community events, and basic water safety and life-guard training

and inspections. In 2018, CIRC's First Aid Programme trained close to a 1,000 individuals in First Aid and CPR. Its volunteers provided first aid support in 58 events including Kabboo, the year's biggest event in which 82 of 94 instances requiring medical assistance were provided by the CIRC's first aid volunteers. From a national emergency response perspective, the First Aid programme provides support to the Health Services Authority as needed, as well as provides first aid trained volunteers to all non-emergency shelters throughout the islands as part of the national disaster plans.

Remy Imperial, Thrift Shop Manager, detailed the work of the Thrift Shop, and explained the fine balance of running a community outreach programme as well as an income generator that plays a key role in sustaining the organization. "Our main function is to assist the most vulnerable which we always do, but the shop is also responsible for raising funds for the organization that ensure that necessary programmes, like Disaster Manager and Child Protection, are able to deliver their programmes", she explained. The CIRC Thrift Shop partnerships with key agencies like the Needs Assessment Unit (NAU), Department of Children and Family Services (DCFS), Department of Immigration, and Prison Services ensured that in 2018, 135 vulnerable clients were able to get assistance free of cost to them via the referral system that is in place between the CIRC and those agencies, as well as other NGOs. On a broader scale,



last year over 15,000 customers were served by the shop, a notable number that does not include the famous "Deals on Wheels" programme, where a mobile version of the shop travelled to the districts 14 times in the past year alone.

Deputy Director and Child Protection and Sexuality Education Programme Manager Carolina Ferreira gave an overview of CIRC's activities in the area of child sexual abuse prevention and the multi-agency partnership "Protection Starts Here" (PSH). In 2018, 600 individuals undertook Darkness to Light's "Stewards of Children" child sexual abuse prevention training, which is open to all and is offered free of cost twice a month by the CIRC and its partners. The PSH partnership also trained 12 youth serving organizations in policy development and continues to push for

the development of national standards for all youth serving organizations in the Cayman Islands. "Our focus continues to be in building capacity and resilience at the individual, family and community level," Ms. Ferreira stated.

The Governor extended his appreciation to the Red Cross team for the valuable time he spent learning about each of the programmes and was impressed with the diversity of services in the community.

Governor Roper also formally accepted the invitation to become the Patron of the Cayman Islands Red Cross for the duration of his term in the Cayman Islands

For more information about the Cayman Islands Red Cross, see www.redcross. irg.ky, or please contact vrm@redcross. org.ky, or 925-2251.

Rotary Club of Grand Cayman continues its support of Junior Batabano

The Cayman Carnival Batabano Committee is pleased to welcome back Batabano's founding organisation, the Rotary Club of Grand Cayman, as a sponsor for the carnival's Junior Batabano Street Parade and Family Fun Day, slated for May 11, 2019.

"It is an absolute pleasure for the Rotary Club of Grand Cayman to be supporting Junior Batabano once again this year," said Lawrence Edwards, President of the Rotary Club of Grand Cayman. "People sometimes forget, but Rotary in Grand Cayman was there at the very inception of Junior Batabano some 17 years ago! Congratulations to everyone involved in organizing and growing this celebration, especially the children involved – be proud and celebrate your heritage.....be creative with the dancing and arts and, above all, have a pile of fun!"

Batabano Chairperson, Donna Myrie-Stephen, said: "On behalf of the Batabano organizing committee, we congratulate the Rotary Club of Grand Cayman for their forward thinking and vision as founders of Batabano some 36 years ago. We are honored and proud of the Club's continued support of Junior Batabano as well, year after year (except in 2018) since its inception 18 years ago, and we look forward to their ongoing support of Cayman's youth through this cultural artistic ayenue."

This year's theme is "Once Upon A Turtle" and over 400 children from private and public schools on Grand Cayman will be portraying beautiful, colourful costumes such as "Batabano in the Sand", Save the Turtle" and My Favourite Turtle Souvenir".

On Saturday May 11, 2019, the Family Fun Day activities begin at 1pm on

the grounds of the old Glass House in George Town, with turtle themed fun activities such as "Feed the Turtle Ball Toss" and "Turtle Hunt". A variety of food items like hotdogs, snow cone and pizza will be on sale. Department of Children and Family Services will sponsor a Bouncy Castle to celebrate Child's Month. The parade begins at the same venue at 3:00pm and wraps around George Town then returns to the Glass House where each Junior Mas Band will do dance performances as they cross the stage, vying for the Junior Batabano Band of the Year. The event wraps up at 5pm and is followed by the annual Teen Dance at Kings Sports Center.

For more information about Junior Batabano, or to become a sponsor, visit www.caymancarnival.com or email batabanocaymancarnival@gmail.com.



▶ Batabano Chairperson, Donna Myrie-Stephen (left), accepts the sponsorship check from the President of the Rotary Club of Grand Cayman, Lawrence Edwards, for Junior Batabano 2019

You can also follow the Junior Batabano Facebook page at www.Facebook.com/juniorbatabano.

Club Save Ltd & ICCI partner to bring Huge Savings to Students!

Club Save Ltd announces their collaboration with the International College of the Cayman Islands (ICCI), one the leaders of Tertiary education in Grand Cayman. Since November 1st 2018 students registering to continue their education

received 25% off the application fee, with their approved Club Save card. All students will automatically be enrolled in the club save card program, and receive a club save card as the Student

The International College of the Cayman Islands is the outgrowth of a need felt by a small group of Caymanians and Americans to establish a private, independent institution of higher education in the Cayman Islands, since no other such institution existed in the Islands. The need was initially expressed by Floris McCoy McField, a Caymanian teacher. A Founding Committee was organized by Dr. J. Hugh Cum-

mings early in 1967. The Committee worked for several years making plans for the organization and establishment of the College. In January 1968, the American Committee for the College of the Cayman Islands was formed to provide financial help for establishing a college in the Cayman Islands, a college that would later be named International College of the Cayman Islands.

Club Save Ltd, a leading discount card program here on Grand Cayman, was founded by husband and wife Andre and Sasha Espeut. Offering exclusive discounts from various companies to all residents. Members renew their membership each year at the cost of \$25. Instant discounts are offered on products and services such as gasoline, health services, education, Food & Beverage, home and garden and so much more.

A collaboration of this magnitude, only emphasizes Club Save Ltd. And

future for the Cayman Islands through education and helping to reduce the cost of living, said Managing Director, Andre Espeut. He stressed the importance of saving money is crucial with the increase of expenses on the Island, for someone to be able to save, continue their education, while realizing savings on many regular day to day items like gas and food is a step in the right direction.

For more information about becoming a student of The International College

ICCI's commitment to building a better

For more information about becoming a student of The International College call 947-1100 today, show your Club Save Discount Card and receive 25% off your application fee, if it's your birthday show your Club Save Discount Card and receive 50% off your application. To become a member of Club Save Ltd, call them at 929-7283 (save) or email: info@clubsave.ky

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Please contact Simone at simgil85@yahoo.com if you have any queries.

DACE A7

WORC Hosts Compliance Training

Staff of the Workforce Opportunities & Residency Cayman (WORC) department got a lesson in compliance, after participating in a training course in February. The training course was created and led by WORC's Deputy Director for Enforcement & Compliance, Mr. Jeremy Scott.

The training focused on areas such as understanding compliance, how to use compliance as a tool to improve work methods, understanding compliance from a customer's perspective and understanding the various laws, regulations and policies that affect compliance.

Head of Permits, Residency & Status and training participant Laura McLaughlin describes the training as excellent and well needed.

"The material was easy to follow and everyone participated with enthusiasm. One idea Mr. Scott brought forward was the "Think Tank" where he encouraged us to make suggestions, ask questions and just report anything we think would enhance the progress and prosperity of our department. He even mentioned that maybe we could see our suggestion come to fruition and own the praise for bringing it forward," comments Ms. McLaughlin."

Employment Development Outreach Officer and participant Jean Solomon says the training helped her better understand the seriousness of non-compliance, as it relates to our roles and responsibilities.

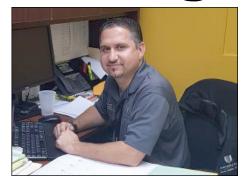
"I liked that training allowed us to engage in the delivery and to foster a better appreciation of how we can execute our jobs more effectively," says Ms Solomon.

"Mr. Scott was a great facilitator. Well done!" she adds.

Over 80 staff members took part in the five sessions of the training.

"I am very excited and pleased to have offered the training which to all staff of WORC. Participants now have a higher level of sensitisation relative to varying components of compliance and what compliance truly means to the WORC Department," says Mr Scott.

"Staffs engagement and interaction during the past several weeks was nothing less than a privilege to facilitate. The wealth of knowledge and spirit demonstrated during these classes are a testament to the quality of staff WORC has



► WORC's Deputy Director for Enforcement & Compliance, Mr. Jeremy Scott

embraced and will continue to develop," he adds.

WORC plans to offer training, learning and development for their staff and additional training sessions on various topics will be offered in the coming months.

POLICE NEWS

Man Charged for South Sound Burglary

A man, age 33 of George Town has been formally charged with Burglary in relation to an incident on the morning of 20 March, where a building on South Sound Road was broken into.

He appeared in court o 9tj April. "Despite a drop in the incidence of burglary

last year, it continues nonetheless to be one of our top concerns and priorities," said Detective Superintendent Peter Lansdown. "Since last week we have arrested 6 persons, 4 of whom have been brought before the court, and we know these efforts have a tangible impact."

West Bay Man Charged with Dangerous Driving and Possession of Cocaine

Just before 4:40PM on 3 April, police attempted to stop silver Toyota Camry after observing the vehicle driving erratically along North Sound Road in George Town.

Using emergency lights and sirens, the officers attempted to cause the vehicle to stop, but the driver failed to do so and drove the vehicle to the North Sound Dock and into the water. During the incident the driver of the vehicle also damaged a police vehicle while attempt-

ing to elude the police. The driver of the vehicle, a 34-year-old-man of West Bay, was transported to the hospital for medical treatment by the Emergency Medical Services.

He was later arrested on suspicion of Dangerous Driving, and suspicion of drug related offenses.

The man was scheduled to appear in court on April 8th, answering to charges on Dangerous Driving and Possession of Cocaine.

First Medevac from Cayman Brac Executed by New Police Helicopter

Last Saturday, 6 April, the new Airbus H145 police helicopter conducted its first medical evacuation from Cayman Brac.

Just after 2:30PM that afternoon Faith Hospital requested a medical evacuation of a cardiac patient to Grand Cayman for urgent treatment.

The police helicopter was already deployed and adjusted its flight plan to land on Cayman Brac. The patient was airlifted to Grand Cayman where he was conveyed to Shetty Hospital by ambulance. He was stable upon arrival.

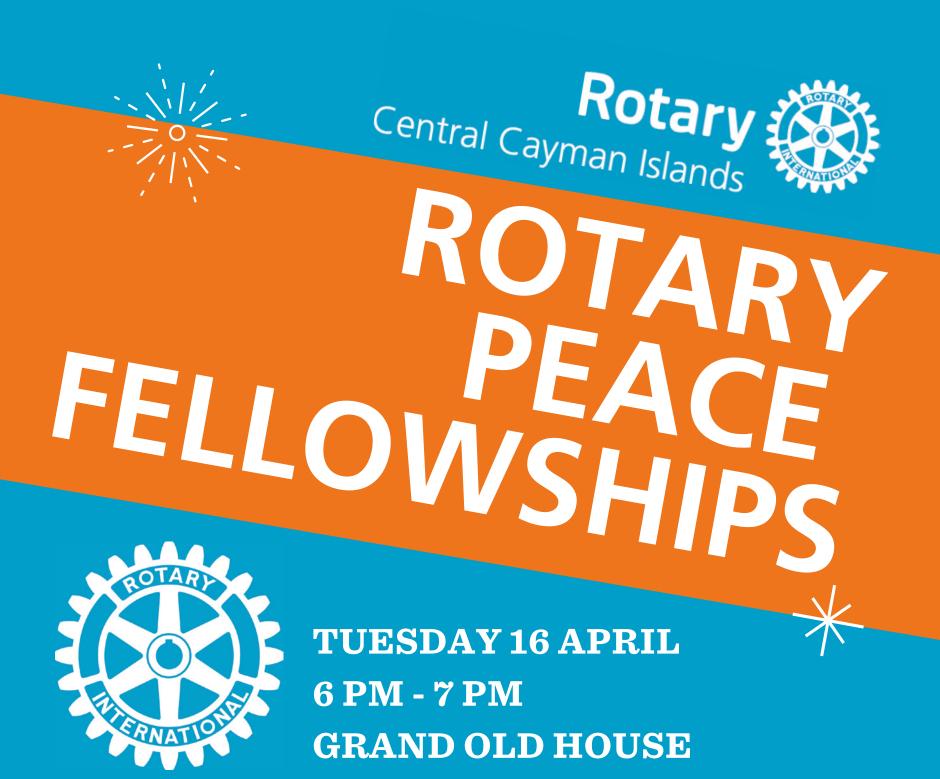




"Of all the benefits having a helicopter has brought to Cayman in recent years, the capacity to render medical evacuations to our residents

on the Sister Islands is one of the most critical," said Acting Superintendent Brad Ebanks, Head of Specialist Operations. "We have a strong partnership with the HSA and are glad that the expedited arrival of the new and larger helicopter enables us not only to continue this lifesaving activity, but also to evacuate two patients at once if necessary."





ROTARYCENTRAL.KY/PEACE-FELLOWSHIPS

WEATHER | CRIUISE SHIP SCHEDULE

PAGE A8

Friday, April 12, 2019 | Issue No 361

CAYMANIAN TIMES

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
-	-	-,	-	-,	-,	-,
82° /78°F	83° /79°F	83° /79°F	82° /79°F	81°/77°F	80° /78°F	80°/77°F
Partly sunny; pleasant	Partly sunny	Partly sunny	Mostly sunny; pleasant	Some sun, a shower in spots	Partly sunny	A passing morning shower

CRUISE SHIP SCHEDULE - WEEK - APRIL 14 - 20



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
14	15	16	17	18	19	20	
		Carnival Magic	Celebrity Edge	Carnival Dream			
		Carnival Miracle	Carnival Horizon	MSC Armonia			
		Celebrity Infinity	Norwegian Star				
		Disney Fantasy					
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	
		12,819	9,094	5,809			

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▶ Training begins in the classroom



▶ The instructors identify themselves to the participants

PAHO Mass casualty training at UCCI

By Christopher Tobutt

Recently Cayman Hazard Management increased the number of masscasualty training exercises from one a year to two. The week long training

session from 8-12 April is offered for a variety of key people from the full spectrum of the Island's first-responder agencies. It ends with a huge, assessed exercise which goes right through the night keeping participants stress levels

high. Coping under stress and pressure is all part of the training, as was made clear to all the participants at the first of the sessions in the lecture room above the UCCI's library. Participants are carefully assessed throughout the course, and provided with a certificate only if they have attained the level required by PAHO (Pan American Health Organization) who are sponsoring the training session. There are five new PAHO-certified trainers joining the regular ones this year, and everything has to be in keeping with their exacting standards.

Agencies attending included staff from the Health Services Authority, the RCIPS, the Prison Service, Cayman Islands Fire Service, Port Authority, Department of Public Safety Communications and the Department of Environmental Health.

Danielle Coleman Director of Hazard Management Cayman Islands explained the significance of the week "This is a multi-agency course there are a number of different first- responding agencies here today. The idea is that we will have mass-casualty events where all stakeholders will be responding together. The point of the training is that we can all work together and have a sort of standardized approach to the response.

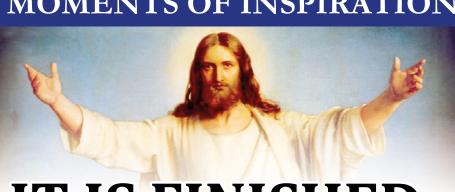
"Over the last few years we have done it once a year and then we have since realized it is really important that we do more of this, and more people are trained and agencies are trained to

make sure everyone has an understanding of what the protocol is in a largescale emergency response.

Andrew McLaughlin, Chief of Safety Management Systems for the Cayman Islands Airports Authority said: "The mass casualty management training is very important as part of the aerodrome certification for our airport. We have to ensure by international regulations that we have emergency plans because we all need to be talking the same language and we all need to have direct roles in the emergency response. In the event of an air crash incident, for example, there will be moments for people to survive the crash, and what this training does is ensure the proper command and control is in place so each response agency knows what their role in the incident. Chronologically speaking one agency would have to lead, and then they pass off to another agency and the rest of the agencies will show up in support of the entire incident.

The training definitely has benefits to the island as a whole, the Civil Aviation Authority has to monitor these exercises and the last two they have done they were very surprised at the cohesiveness of the responders coming together. In Cayman Brac we had an incident partially on the water and partially on the beach and even under those circumstances all the services responses were top-notch. So the training is certainly paying off."

MOMENTS OF INSPIRATION



IT IS FINISHED **LUKE 19V30**

In this passage of scripture e read probably the most important phrase in Literature, As He hung on the cross Jesus speaks 7 times and one of them was, "IT IS FINISHED."

A few days earlier He is betrayed for 30 pieces of silver. He was subjected to the most unfair trial in history. He is sentenced to be crucified having being exchanged for a murderer Barabbas. He is led to the whipping post, stripped to his waist and His body ready for the merciless beating by the Roman soldiers. Thirsty nine times with scoff and mockery they lace His body, the flesh falling off with every lash. He is beaten, bruised, battered and bleeding profusely. They place a crown of thorns upon His head causing more bleeding. The wooden, heavy cross



is the dropped onto His back and is marched up to Calvary. The crowd is a mixture of jubilation and sorrow. On the hill \mbox{He} is placed across the cross and again metal spikes slammed into His hands and feet. The cross is raised and dropped into its place. Looking towards Heaven, he cries, "IT IS FINISHED." What was finished on that day?

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OBITUARIES

Churchill's

 \bigcap Funeral Home

Mr. Andrew Jefferson, who passed away on Sunday, April 07, 2019. A Thanksgiving Service will be held at The Church of God At West Bay, 108 Captain Reginald Parsons Drive, West Bay on Saturday, April 13, 2019 at 11:00 a.m. Interment at: Boatswain Bay Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Joseph Tennyson McFarlane who passed away on April, 03, 2019 A Thanksgiving Service will be held at East End Seventh Day Adventist Church, 2638 Seaview Road East End, Grand Cayman on Sunday April 14, 2019 at 2:00 p.m. Viewing Will be from 1:00 - 2:00 p.m. Interment Follows at East End Cemetery

Condolences can be registered at churchillsfuneralhome.com

Churchill's

 \cap Funeral Home

We have been asked to announce the passing of Mrs. Jacqueline Aloma Dunkley nee Ebanks, who passed away on Friday, April 05, 2019. A Thanksgiving Service will be held at Crossroads United Baptist Church, West End, Cayman Brac on Sunday, April 14, 2019 at 2:00 p.m. Viewing: 1:30 – 2:00 p.m. Interment at: West End Cemetery



Condolences can be registered at churchillsfuneralhome.com



hearts remain.

You will always be my "Honey", our "Mom" love and rock



Cayman Turtle Centre employee brings home a Gold medal

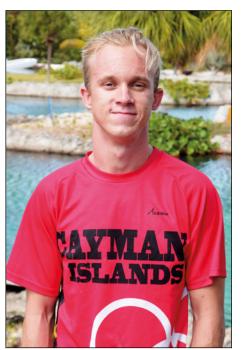
Alec Brice Cox made all of the Cayman Islands proud when he brought home a gold medal for winning the 800m freestyle at the Special Olympics in Abu Dhabi. But that isn't all. He also gained a bronze in the 4x50m medley relay, as well as narrowly missing another bronze in the 1500m Open Water Swim event, when he came 4th.

"I am very proud," he said, "hard work pays off. It was very exciting going there. It was my first time going to the United Arab Emirates. I have been with the Special Olympics since 2008 but my first World Games was in 2015 when it was in Los Angeles and I competed in Basketball. That's where I got my first Bronze," he said.

Alec has been training very hard for many years, really ever since getting involved in serious competitive swimming at the age of 12, back in 2008. "I was coached by Miss Penny McDowall," he said, "who just passed away. It has been very sad for all of us because she was such a good coach."

When he isn't training or representing the Cayman Islands overseas, the 23year old likes his job at Cayman Turtle Centre which also involves swimming, trading in a swim cap for an air tank and scuba gear. He cleans out the algae from the sides of the tanks, and especially from the big windows which enable visitors to look into the Predator Reef where there are two big, but friendly nurse sharks often swimming by. "I'm not scared of sharks," he says, "unless there's a Great White!" He does, however admit that the barracuda has made him feel a bit nervous once or twice.

Mr. Tim Adam, The Turtle Centre's Managing Director, said: "The news of



► Gold Medallist Alec Cox gets ready for his job at Cayman Turtle Centre

Alec's great achievement is a huge delight to all of us here at Cayman Turtle Centre. The way his commitment, hard work and practice paid off on the world stage is an inspiration - he has made us and the Cayman Islands proud! We wish him every success in his future endeavours."

Mr. Cox says that he will be training hard for the next Special Olympics in Berlin, in 2023, and hopes to bring home another medal for the Cayman Islands then.

For more information about Cayman Turtle Centre: Island Wildlife Encounter, call 949-3894, email info@turtle.ky, visit online at www.turtle.ky or go to Facebook at Facebook/CaymanTurtle. 🏈

Camana Bay Corporate Volleyball League Swings into High Gear

Corporate teams hit the court at the Arc in Camana Bay on Wednesday, April 3rd and they ramped up their volleyball season into high gear with the first of three playoff games. With a total of 8 teams, the top 4 teams were schedule to play the bottom four teams in the quarter finals.

Defending champions Maples A finished at the top of

their bracket, so they were scheduled to face off with the last place team, DART A. With two consecutive championships under their belts and a flawless record from their regular season, Maples A were calm and collected in their first set against DART A. It was no surprised that they added yet another victory to their record when they beat DART A in two straight sets with a score of 25-10. KPMG weren't far behind Maples A in standings because they only had one loss on their otherwise perfect record. KPMG faced off with Maples B, and they wasted no time in eliminating them from the competition by winning 25-17 in both sets. PWC and DART B took to the courts and had the ultimate showdown. PWC narrowly defeated them in the first set with a lead of 25-19. Dart B came back with a vengeance in the second set beating PWC 25-19, which meant that they would play one more set to determine what team would advance to the semifinals. PWC got their act together in the 3rd set and annihilated the competition 15-1. The final game of the day had Maples Legal Eagles team and Wheaton Precious Metals fighting for the last spot in the semis. Having finished 4th and 5th in the standings these two teams were neck in neck the entire game. The underdogs, Wheaton Precious Metals rose to the occasion and just barely won the first set 25-23. Luckily for them their momentum carried them through the second set and they sealed their spot in the semifinals with a 25-19 lead.

The semifinals are scheduled to take place on Wednesday, April 10th at the Arc in Camana Bay, as the top four teams fight for their chance to advance to the finals. At 6:30 pm Maples A will be facing off with Wheaton Precious Metals, and KPMG will be taking on PWC. These games will be followed by DART A and Maples Legal Eagles, and Maples B and DART B at 7:30 pm. Don't miss the grand finale as teams hit the court for the last time on Wednesday, April 17th, with the finals expected to start at 7:30 pm. 🏈

2019 Hurricane Season Expected to Be Near Average

... Continued story from page A1

Before then, the number of U.S. landfalls had been well below average over the previous 10 years.

Even though the weather forecast for our Easter Weekend predicts great weather, we are reminded that we live in the hurricane belt. The early outlook calls for 12 named storms,

including 6 hurricanes, 3 of which are predicted to attain major hurricane status (Category 3 or stronger on the Saffir-Simpson Hurricane Wind

2019 STORM NAMES ATLANTIC

Residents should have started to complete their hurricane preparations and use this opportunity to prepare their cisterns, patch leaks and check their rain gear.

The Cayman Islands is prone to flooding as this photo shows. The picture was taken one day after hurricane Ivan had passed in 2004 and shows the Cayman National Roundabout in Georgetown under water.

Residents are encouraged to pay attention to media sources on a regular basis for updates and changing weather patterns that may disrupt daily living during the next 6 months. Caymanian Times will publish weekly tips that will keep our readers updated during the 2019 season. 😚

ATLANTIC HURRICANE FORECAST 2019 CSU 2018 **TOTAL NAMED STORMS HURRICANES CATEGORY 3 OR HIGHER**

Humborto	01
Humberto	Olga
Imelda	Pablo
Jerry	Rebekah
Karen	Sebastien
Lorenzo	Tanya
Melissa	Van
Nestor	Wendy
INEZIOI	wendy
	Imelda Jerry Karen Lorenzo Melissa

Commit to be Fit

Fitness starts in your mind. Ask any athlete or fit person what the number one secret is to his success at fitness, and he will tell you it is commit-

Commitment means that you are in it for the long haul. Commitment rises above bad days, hec-

tic schedules and volatile emotions. Commitment hangs in there when you don't want to do it, when you don't feel like doing it and when you don't have time to do it.

True commitment doesn't depend on how you feel. It depends on your integrity and on living for the purpose you have set for yourself.

Are you committed to get fit?

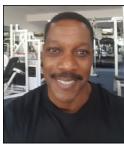
No Weekend Warriors

Committing to be fit eliminates the weekend warrior syndrome. You may know a weekend warrior. He is the person who does little physical exercise during the week, but when the weekend arrives, he blasts out of the gate like a stallion on Derby Day. In a desperate attempt to make up for his sedentary behavior all week, he goes to the gym or hits the pavement, pushing himself to the limit.

The result, however, is not what he expects.

He will likely end up with an injury, because his muscles, tendons and joints are not conditioned for the intensity of his exercise.

But he is also not getting in shape, because he is not committed. Physical fitness depends on consistency.



▶ Ernest Ebanks

And consistency requires commitment. It takes consistent, near-daily exercise to cause your body to make the changes that bring about fitness. For example, your joints and tendons will strengthen, your aerobic base will improve as your body becomes more efficient at utilizing oxygen

and ridding itself of carbon dioxide, and your endurance will increase.

In fact, that you do something consistently is as important, or maybe even more important, than what you actually do. Even if you are just doing low intensity walking, doing it every day is infinitely better than doing something more strenuous only occasionally.

But the real rewards come when you not only commit to intense workouts, but you also commit to being consistent with those workouts.

Commit

In order to get fit, you do not need expensive clothes, fancy home-gym equipment or a complicated workout plan.

What you need is commitment. If you are committed, the rest of the pieces will fall into place.

You can start today. Don't overthink this. Just start, and commit to doing something every single day.

Call Ernest at Body Shapers Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com , get started on a training program that's best for you.

THE POWER OF EARTHING

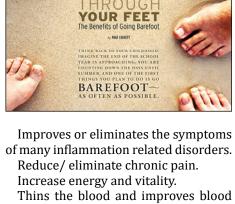
Do you remember the good, old days when you walked along the seashore, or on the grass or outside in the yard? I do. They were fun times. That great, warm sensation must be a powerful memory for you. Science and research are now hailing this as a tremendous pathway to great health. IT'S CALLED EARTHING.

When your barefoot or skin comes into contact with the earth, free electrons are taken up into the body. They are called, " natures biggest anti-oxidants," and they help neutralize damaging, excess free radicals that lead to inflammation and disease in the body.

The Earth is a powerful conductor of free electrons and so are all living things on the planet, including us. The body is composed mainly of water and minerals whose combination is excellent conductors of electrons from the earth as long as there's direct skin contact.

The Earth's energy upgrades one's physiology by allowing the body to cope and repair, thereby, promoting wellbeing, vitality and get this - BETTER SLEEP. No matter what your age, gender, race or health status, here are some reasons to return EARTHING.

Defuses the cause of inflammation.



of many inflammation related disorders.

pressure flow.

Lessens hormonal and menstrual symptoms.

Protects the body against potentially health disturbing environmental electromagnetic fields.(EMF's).

Improves and promotes deeper and better sleep.

So let's get back to the good, old days. Our ancestors did most of their activities bare-footed and not surprisingly they were healthier than we are today. Each morning I go down to the seaside to do my devotions. I walk along the seashore, in and out of the water during this time

and I can tell you the refreshing feeling after is inexplicable. Just 30 minutes a day in grass, sand or a concrete surface bare- footed would be great for you. And yes, just simply lying on the sand bare back is just as rewarding. 😚



GLOBAL NEWS BRIEFS

Canada targeted by hackers

Canadian political parties have already been targeted by at least one foreign state-backed hacking campaign, with fears that this will increase in the build up to October's general elections.

The Communications Security Establishment said that "political parcandidates staff" were the target of one tenth of state-sponsored hacking campaigns

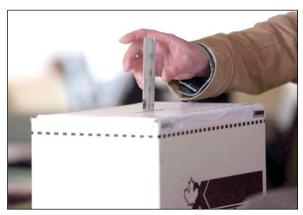
against the democratic process globally in 2018.

But the spy agency was cautious in its wording of a long-awaited report into the threats to this October's gen-

The report makes clear that Canadian political parties and operatives have already been the target of sophisticated state-sponsored hacking in advance of this year's general election.

This is a problem in Canada, where federal parties are not subject to any rules around what information they can collect, store and analyse about Canadian citizens, and have no minimum standards for data security.

"Foreign hackers may steal information and then release it to the public for embarrassing or discrediting the political party or candidate. To enhance this effect, a threat actor may



► Canada battles cyber crime

modify information before releasing it to the public," the report reads.

"Foreign adversaries may steal voter or party databases because they fetch a price on illicit areas of the internet, where large quantities of personal identity information are constantly bought and sold. They can steal sensitive campaign documents and communications and sell or release them. And they can disrupt or destroy a party's information, networks and devises using malware, such as ransomware."

Canadian law enforcement and security officials are concerned that foreign actors are already attempting to influence the federal election.

In the United States, the United Kingdom, France, Germany, and Australia - all key allies to Canada — political parties have been targeted by cyber-attacks during electoral events. 🏈

Filipinos march against Chinese presence

Protesters descended on the Chinese embassy in Manila on Tuesday to oppose the Asian superpower's growing sway in the Philippines as tensions rise over Beijing's presence in the disputed South China Sea.

Filipino flag-waving marchers chanted "China out" and brandished a banner saying: "Defend our sovereign rights", referring to Beijing's expan-

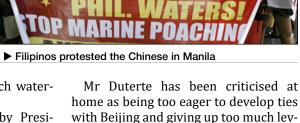
sive claims to the resource-rich water-

"The government headed by President Rodrigo) Duterte is not responding. What China is doing is almost an invasion," marcher Alex Legaspi, a 53-yearold teacher, said.

While Mr Duterte has largely set aside the once-heated territorial standoff over the sea, tensions have flared since hundreds of Chinese vessels appeared recently near the Manila-held Pag-asa Thitu island.

The Philippines called the boats' presence "illegal" and Mr Duterte threatened China with possible military action if it touches the island.

However, the president has repeatedly said war with China would be futile and he has no intention of getting into a conflict with the rising power he has courted for trade and investment.



erage on the South China Sea issue.

Meanwhile, the United States has moved to boost its relationship with the Philippines, a long-time ally and former

A small group of policemen monitored the protesters, who numbered around 1,000. The marchers dispersed peacefully after the demonstration.

Protesters also voiced simmering unease over the terms of Chinese loans for infrastructure in the Philippines, including a massive dam-building project.

China is poised to loan some \$210 million toward the construction of the Kaliwa Dam, a project that has been delayed for years and would fill gaps in the Philippines' chronic need for infrastruc-

Honduras makes public travel safer

The Honduran government recently launched a scheme to combat rampant violent crime in public transit.

The National Security Force for Urban Transport is connecting buses to a police response centre, equipping them with surveillance cameras, and calling for stricter screening measures in hiring drivers.

"We lost 67,000 lives to a phenomenon of crime in the past 15 years. We should never become accustomed to that because a life is priceless." President Juan Orlando Hernandez said during the inauguration

of the system in the capital Tegucigalpa. The service will be expanded to other

major cities, including the northern city of San Pedro Sula, the northern town of La Ceiba and the western city of Santa Rosa de Copan.

Drivers, their assistants, and passengers are often the targets of criminal gangs that demand extortion in Hondu-

But while he cracks down on gangs. Mr Hernandez has largely ignored drug trafficking charges levelled at his family members and officials within his governing party, raising questions about his desire to take on corruption that implicates his inner circle.

Beginning in late January, Mr Hernandez sent military and national police



▶ Honduran public transport is not always safe to

into the streets to take on gangs like the MS13. Amid this show of force, Mr Hernandez said that the Central American nation needed to increase the presence of its security forces, including elite units.

In addition, he is pushing to create a remote maximum-security prison with no satellite communication, saying that the country's current prisons are "insufficient for so many captured criminals".

The president's focus on hard-line security measures and combating the gangs comes after federal US prosecutors accused two Honduran mayors of importing "massive quantities of cocaine" into the United States and using "heavy weaponry" like machine guns to protect drug shipments while working with other traffickers in Colombia, Guatemala, Honduras and Mexico. 🏈

Black community win land appeal

One of the UK's largest black communities is celebrating a victory in the high court over a contested piece of land it wants to transform into a centre for black enterprise.

The dispute relates to a site known as Bridge Park in Stonebridge, northwest London, where Charles

opened what was then billed as Europe's largest black community centre in the 1980s.

The area was among the most deprived in the country at the time and some of the founders of the initiative, by their own admission, had criminal pasts. However, they also had a vision to create the biggest ever business, sport and educational complex run by the black community.

Initially, it thrived, but then criminal elements began to use the site and it became notorious for shootings and spats between rival gangs. Eventually the local authority, Brent council, took over the day-to-day running.

The land was protected by covenant for community use, but the covenant was released in 2012 as it was no longer enforceable. In June 2017 the



▶ Bridge Park supporters in London

council entered into a conditional land sale agreement with an offshore company, General Mediterranean Holdings, to redevelop the site for luxury housing and other purposes.

The black community, including those who helped establish Bridge Park in the 1980s, objected and launched the fight to try to halt the selloff. Its vision involves setting up a technology centre and Europe's biggest black supermarket, along with other business, sport and education

The Manchester City footballer Raheem Sterling, who grew up in the area, wants to set up a football and learning academy as part of the community redevelopment of the site. In a tweet, he accused Brent council of trying to sell off "a key part of my childhood".

Cubans march over animal cruelty

Hundreds of Cubans have held a march against animal cruelty, in what is thought to be the first independent protest allowed in the country.

Activists walked with their pets and chanted slogans as they demonstrated peacefully in the capital Havana.

They called for an animal protection law as they converged on a tomb of an American woman who is seen as the founder of animal rights in Cuba.

The one-party state has until now only allowed government-sanctioned marches.

"This march marks the before and after in the protection of animals in Cuba," organiser Beatriz Batista said. "I consider it to be a historic event."

Others were more sceptical, with dissident artist Luis Manuel Otero Alcantara saying it could be a show by the government.

"This enables the government to say, 'look how permissive we are'," he said.

"But is it really?" Activists spread word of the march on social media.



► Cuban animal lovers marched in

In December the Cuban government allowed a rollout of 3G mobile internet, where once people had to rely on internet cafes and wi-fi hotspots.

Marches in Cuba had until now been strictly controlled by the government and were mostly limited to demonstrations celebrating the 1959 revolution or religious processions.

Authorities however still refuse to allow protests on the state. •

Venezuela suffers without water now

Weeks of power cuts in Venezuela have further crippled an already fragile infrastructure, creating widespread water shortages hampering basic services.

Power has been restored in many areas, but it is being rationed, and without electricity to run pumps there is not enough water in many

"Imagine the scenario of a hospital without water, without power. We remain without a water supply. Even though the power has been restored, the water is still an issue," said paediatrician Vietnam Veras Rivas at Caracas' Children's Hospital.

"The first blackout hit on March 7, and until a week ago, I was working in this hospital with no water whatsoever," Dr Rivas said.

During the first outage, one of his patients was a 10-day-old baby in an incubator in intensive care. He recalls transporting the child through the dark hospital, "while manually supplying him oxygen with some reanimation bags," he said.



▶ Venezuela's water shortage is acute

"After 24 hours with intermittent power, the patient started decompressing and 48 hours later, he died."

The baby had problems when he was born, but the blackout complicated things further, the doctor explained.

The hospital was already suffering a chronic shortage of supplies and equipment and the water problems made maintaining sanitary conditions "impossible", he said.

"We would wash our hands only when possible, we tried to not drink much water to avoid clogging the toilets."

Trinidadian Arrested as US Officials Foil Terror Plot

A Trinidadian-born man has been accused in the United States of plotting to plow a stolen van into a crowd at a large shopping and entertainment compound outside of Washington, in what prosecutors said was an ISIS-inspired attack.

According to court documents, 28-year-old Rondell Henry, a naturalized US citizen who lives in Maryland, allegedly admitted to the plot after being arrested on March 28. The charging documents have only just been unsealed. He has been charged with interstate transportation of a stolen vehicle, and faces up to 10 years in prison if convicted.

Although Henry faces no terrorism charges, court documents detail terrorism-related accusations. According to prosecutors' detention memo, Henry stole a U-Haul van with the intention of using it as a weapon against pedestrians on sidewalks within the National Har-

bour complex along the Potomac River in Maryland.

Prosecutors said that for two years, he harboured "hatred" for those who do not practice the Muslim faith. And, allegedly inspired by videos he watched of foreign terrorists, he decided to conduct a vehicular attack similar to the 2016 truck attack in Nice, France, for which ISIS claimed responsibility.

"He had no escape plan, intending to die while killing others for his cause," the detention memo stated.

According to the criminal complaint and other court documents, on March 26, the Alexandria Police Department was contacted concerning a leased U-Haul vehicle that had been stolen from a parking garage at a mall in Alexandria, Virginia. The driver who had rented the U-Haul vehicle had noticed a man driving a blue BMW follow the U-Haul off Interstate 395 and onto mall property, then follow the U-Haul into the parking garage and park a few spaces away. When police responded to the garage, they found the BMW near where the U-Haul had been stolen. A check of the BMW's registration records revealed that the BMW was registered to Henry.

The next day, the stolen U-Haul was located at the National Harbour in Maryland. Before he arrived at the Maryland complex, however, Henry spent nearly two hours at Washington Dulles International Airport in Virginia on March 27, assessing crowds there.

However, he found too few people for the scale of the attack he envisioned and moved on to National Harbour where he parked the U-Haul and walked around a popular part of National Harbour before breaking into a boat to hide overnight.

Henry wanted to create "panic and chaos" at National Harbour, the "same as



▶ Rondell Henry, who lives in Maryland, admitted to the plot after being arrested

what happened in France", the detention memo said.

However, by the following morning, police officers had discovered the location of the stolen U-Haul, and when Henry jumped over the security fence from the boat dock, they arrested him.

Haiti Officially Has a New Prime Minister

The man chosen to be Haiti's interim prime minister after Jean-Henry Ceant and his Cabinet were ousted last month, has officially been given the

Prime Minister Jovenel Moise announced on Twitter yesterday that Jean Michel Lapin has been appointed Ceant's successor.

Lapin, a former culture and communications minister, was one of three people being considered for the post, and was selected after Moise's consultations with the Presidents of the Chamber of Deputies and the Senate.

The other two were Majorie Alexandre Brunache, a former Consul General of Haiti in Boston and the daughter of former president Boniface Alexandre; and Gabriel Fortuné, the Mayor of Les Cayes.



► Prime Minister Jean Michel Lapin

Lapin must now choose his government before going to the Chamber of Deputies and the Senate to have his programme ratified.

He took over the number two spot in government on an interim basis on March 21, three days after the Chamber of Deputies voted in favour of removing Ceant. 😚

Belizean Law Enforcement Officials Arrested in Guatemala on Gun and Ammo Charges

Two members of Belize's security forces are among four men who have been detained in neighbouring Guatemala and slapped with firearm and ammunition charges.

The Ministry of National Security confirmed in a statement issued that Police Constable Fabián Laurie and Coast Guard Officer Seaman Pedro Colomer, along with two civilians, Kevin Hernández and Jerille Laurie, were detained by police last week-

The four have been charged with possession of firearms and ammunition without a licence.

The Ministry said neither Laurie nor Colomer was on official duty at the time of the arrest, and it was unclear what the two officers were doing in Guatemala.

"The Ministry of National Security sures that it is working closely with 🛮 awaiting trial. 🚱

counterparts in Guatemala and the Ministry of Foreign Affairs to ensure that the rights of the detained Belizeans are preserved and that they have access to legal counsel," it said.

▶ The four Belizean nationals in the custody of Guate-

All four men are at Guatemala's main prison in Puerto Barrios where they are

COMMUNITY NOTICE Information on Scheduled Outage Lane and the entrance to CUC's Power

Area: North Sound Road, George

Date: Sunday, April 14, 2019 Time: 6:00 a.m. to 6:00 p.m.

CUC advises customers on North Sound Road in George Town that they will experience interruptions to their electrical service on Sunday, April 14 between 6:00 a.m. and 6:00 p.m.

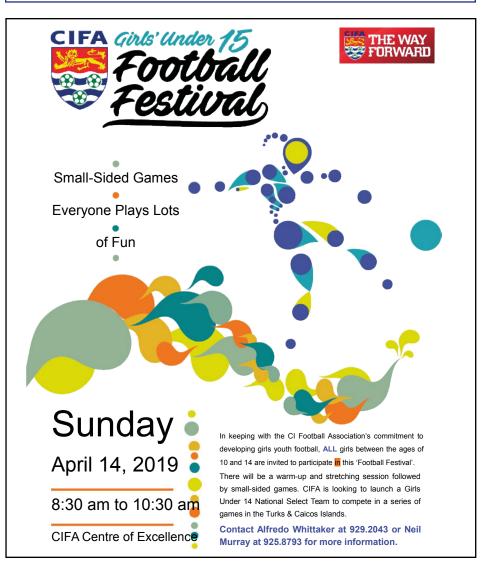
Areas affected include customers on North Sound Road between Bernard Drive and the main entrance to CUC's Power Plant including Wren Lane and portions of Sparky Drive.

Residential customers on Bernard Drive and Wren Lane will only experience a short interruption to their service between 6:00 a.m. and 7:00 a.m. Commercial customers between Wren Plant will be affected for the duration of the outage.

Motorists are asked to drive with caution when utilising this section of North Sound Road as CUC will have a number of vehicles and personnel in the area and will be deploying rumble strips and signage to manage the traffic flow.

CUC apologises for this interruption, which is necessary to facilitate required overhead infrastructure upgrades to provide our customers with safe, reliable and efficient power.

For more information on the outage and streets affected, please contact CUC's Customer Service Team at 949-5200 or e-mail service@cuc.ky.





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McIlroy chases elusive Masters

The Masters started on Thursday, the major considered the most unpredictable to preview.

This is despite it having the smallest field and being played at the same course every year. But at the 83rd edition of golf's most glamorous tournament, none of the world's top 11 players have won at the Augusta National.

Indeed, the highest-ranked Masters champion is Tiger Woods, 43, way past his best and without a major win in a decade. Currently the world's 12th-ranked golfer, the most recent of his four Augusta titles came 14 years ago.

Remarkably, Bubba Watson and defending champion Patrick Reed are the only other men in the top 20 who own a Green Jacket. Alister MacKenzie's masterpiece is a course that can confound when identifying Masters winners.

Woods is carrying the usual hype and expectation and exuded that fa-

miliar and persuasive quiet confidence throughout the build-up.

There is reason to like his chances of a victory that would reignite the sport like no other. His last major round was a 64 that brought a runner-up finish at the 2018 US PGA Championship.

But those Bellerive heroics were eight months ago. Since then Woods has won his 80th PGA Tour title at the Tour Championship but not done much else, other than beating Rory McIlroy to reach the recent WGC Matchplay quarter-finals.

Woods' putting has been inconsistent and that needs rectifying, but he remains a brilliant iron player, which is a key component at a course where simply finding the putting surface is not quite enough.

A common thread through recent champions has been impressive statistics from tee to green. Watson and Adam Scott led this category in strokes gained



► Rory McIlroy has regained his form at the right time

in their wins in 2012 and 2013 respectively.

Champions Jordan Spieth (2015), Danny Willett (2016) and Sergio Garcia(2017) were all top seven from tee to green en route to their triumphs.

Rory McIlroy has finally found his best form. The maturity of his recent Players Championship win suggests he is ready to win the only major to have eluded him to date.

Patience and perspective are his new buzzwords, which is just as well because the implications of a McIlroy Masters triumph are immense. He has been going there trying to complete the career grand slam since 2015.

This is his last chance before turning 30 and what an achievement it would be to place himself alongside Woods, Jack Nicklaus, Gary Player, Ben Hogan and Gene Sarazen with a victory on Sunday.

It is McIlroy's 11th Masters and he has finished top 10 in the past five. This year he has been on the leader board in every event he has played, and his Sawgrass victory ended a year-long drought.

McIlroy is one of three outstanding UK candidates. Justin Rose has at some stage led the Masters after each of the first three rounds and tied with Garcia in 2017 before losing their play-off.

That was one of two Rose runner-up finishes at Augusta in the past four years. An increasingly steely competitor, the Olympic champion, who won the US Open in 2013, knows how to get the job done - especially on classic courses.

Rose's English compatriot, Tommy Fleetwood, is the other standout UK hope. His ball-striking statistics fit the bill, he putts well on slick greens and possesses plenty of deftness with his short game.

He is top five in strokes gained for scrambling on the PGA Tour this season and will have learned plenty from the hullabaloo that went with accompanying Woods in the first two rounds last year.

Tiger Woods has a slither of a Masters chance Hazard's Real dreams get closer

Eden Hazard's proposed Real Madrid wages have been revealed, with the Belgian allegedly set to earn an eye-watering \$420,000-a-week at Los Blancos.

Hazard has long been linked with a move to the Spanish capital, with rumours of a \$140m summer move growing stronger day by day.

And Madrid are so desperate to land the 28-year-old Belgian that they are set to offer him a six-year-deal worth around \$150m.

Whilst Chelsea fans are no doubt desperate to hold onto their most important player, after a season of struggles under Maurizio Sarri it seems highly likely Hazard will push for a transfer away from the club he has been at for

nearly seven years.

Hazard has made no secret of his admiration for Madrid and has admitted in the past they are a club he has always desired to join. He said: "Real Madrid is the best club in the world. It is my dream since I was a kid."

With Gareth Bale out of favour at the Bernabeu and Zinedine Zidane set to make big changes in the summer, the move would appear to make sense. Zidane has admitted in the past that he is a big fan of Hazard. He said: "He's a player I have always appreciated. He is fantactic

"I will not give my opinion about what may happen because the season has not ended. He has played in France, I have

watched him a lot and I know him personally."

Hazard joined Chelsea from Lille in 2012 and has been a constant star at Stamford Bridge ever since. He has won a total of five trophies at the club: two Premier Leagues, an FA Cup, one League Cup and a Europa League.

He was man of the match in Chelsea's win over Brighton last Wednesday night, scoring one and creating another and then did it again on Monday, scoring superb goals in the 2-0 win over West Ham.

Green and Westbrook most overrated



▶ Draymond Green and Russell Westbrook are not popular

NBA players have decided that there are two players in their league who deserve to be jointly classed as the most overrated.

In a poll taken by The Athletic, NBA players chose Draymond Green and Russell Westbrook as the most overrated players in the sport.

Green and Westbrook tied with 17 percent of the vote. While that doesn't seem like a huge amount, it was significant. The three players who tied for second — Jimmy Butler, Karl-Anthony Towns and Andrew Wiggins — got 6.3 percent of the vote.

It shouldn't come as a huge surprise that two of the most divisive players in the NBA shared the dubious honour. Green has been suspended for altercations with his teammates, frustrated his coach and hit opposing players in sensitive areas. Even if NBA players don't actually think he's the most overrated player in the game, it's easy to cast a vote for him considering those issues.

Westbrook has also had his run ins with opposing players. He also receives blame — whether accurate or not — for Kevin Durant leaving the Oklahoma City Thunder. He's also displayed a standoffish delivery with the media. It's possible all that makes him an easy target for votes as well.

Nevertheless, both players are still capable of producing strong stats. The 30-year-old Westbrook has averaged 23 points, 11 rebounds and 10.7 assists this season. Green, 29, has seen his scoring drop to 7.5 points per game, but he is still considered a strong defender.



▶ Eden Hazard looks set to join Real Madrid

Holding wants Windies changes

Outspoken fast bowling legend Michael Holding has welcomed the recent leadership change atop Cricket West Indies but says the regional governing body now need to undergo serious constitutional change to prevent the cycle of poor governance, which had plagued it in the past.

The 65-year-old Jamaican, now a renowned television broadcaster, said a new constitution would allow for an enhanced governance structure.

"I think this is a positive change but what I don't want people to think is that everything is now rosy — the rose garden is looking well-pruned and

everything is pretty again," Holding said.
"We have a lot of work to do, there is
a lot of work that has to be done. What

needs to be done is what was not done and what has been rejected for so many years — restructuring of the board with a new constitution so that what took place previously, cannot take place again where you have people dominating situations, doing as they like and being supported by their lackeys. That needs to stop."

Holding lamented the fact that the previous CWI administrations had ignored the key recommendations contained in various reports, all of which had called for an overhaul of the governing body.

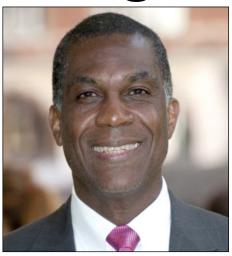
And while noting that restructuring the board was not necessarily the first thing which needed to be undertaken by new president Ricky Skerritt, Holding

said it should be placed high on the priority list.

Skerritt, a former St Kitts and Nevis government minister, defeated unpopular three-term incumbent Dave Cameron in elections in Jamaica last month, to assume the post of CWI president.

His running mate, St Vincent and the Grenadines Cricket Association president, Dr Kishore Shallow, also toppled incumbent vice-president Emmanuel Nanthan.

Holding is the latest Windies legend to give approve the CWI leadership change, joining Sir Vivian Richards, Sir Andy Roberts and Clive Lloyd who all supported Skerritt ahead of the election.



► Michael Holding wants to see constitutional changes

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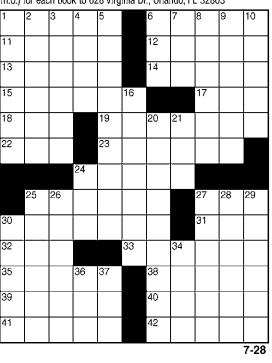
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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level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

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Word Search

BDFMSRENAWAIOVM EHDHAGVREORFV EPPGVSA LDMHHY HTUMILASP TGABS MNOTIONU TYYBADS MEHCSBEC EVERIERWEAHLNN CVCVMEAPYHOBCO WSYLPPTMAERDHC

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

Abstraction Image Intuition Aspiration Brainwave Notion Conceit Perception Concept Reverie Dream Scheme Fancy Theory **Fantasy** Thought Hunch Vision Idea

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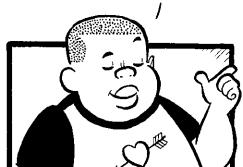
CURTIS By Ray Billingsley





THAT'LL NEVER BE

THERE'S SO MANY BABES IN LOVE WITH YOURS TRULY THAT IF THEY STOOD IN LINE IT'D GO'ROUND THE BLOCK!



HE CERTAINLY BREAKS THE STEREOTYPE OF CHUBBY KIDS HAVING LOW SELF-ESTEEM



'BUT I DON'T WANT THEM TO PUT

TWO AND TWO TOGETHER-

THE AMAZING SPIDER MAN By Stan Lee



ANDCOMEUPWITH THE ANSWER: "SPIDER-MAN"!





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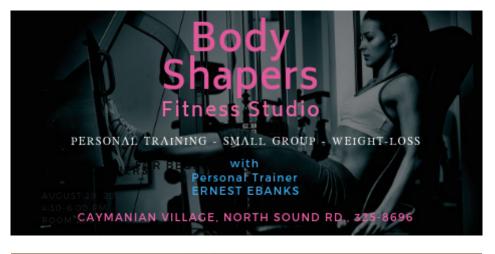
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