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CNCF honours arts and culture contributors



► Hon. Dwayne Seymour presented a Gold Heritage Cross to Maureen and Maxine Boddin

By Lindsey Turnbull

Cayman's vibrant arts scene is bolstered by individuals within the community who are committed to furthering the cause and in doing so enrich the islands' cultural heritage. The Cayman National Cultural Foundation honours these individuals each year with a spe-

cial awards ceremony. This year's event took place last Thursday at the Harquail Theatre, shining the light on those who the CNCF believes have attained a level of merit in their artistic discipline, and who contribute to the arts, culture and heritage of the Cayman Islands. Awards

... Continued story on page 9

Department of Sports Honours Scott Ruby



By Flynn Bush

When posed the question of what he hopes his involvement in sport/fitness will inspire in others, Scott Ruby replied, "I hope when people that are unfit see me now, they can understand their potential and the obstacles they place in the path of their own goals." To get to this point, Scott had to begin an arduous journey of sorts.

Approximately nine years ago, Scott was an overweight, pre-diabetic, pack-a-day smoker, who considered gravy to be his favorite food group. He was on numerous medications for health issues. At 325 pounds he found it hard to even walk up a few flights of stairs. Then, as he describes it, he got sick and tired of being sick and tired. He decided to make a change and started by resolving to walk. He walked everywhere that he could and followed what advice he had garnered over the years regarding diet; "cookies... bad... veggies... good, just use common sense, and don't eat a whole bag of, well, anything." His health improved and so did his outlook. He says, "I started liking

how I felt, I was in a better mood and that helped me be a better husband, father and professional."

As Scott progressed to the elite athlete that he is nowadays, he felt drawn to give back. He started helping others to meet their goals as well. As fate would have it, his clients have been primarily women; something that can be attributed to the fact that he is a coach who is able to relate to his athletes and is not the intense, screaming type of motivator.

Around this time, a major event in his life occurred. He felt drawn to help Nikki Christian. Nikki, a young lady who was born with spastic cerebral palsy, was a family friend and Scott noticed that over time she had begun to speak less and less. He devised a plan, along with her parents, to involve her in his world of sports. He founded Nikki's Voice and over the next few years, the duo completed four 5Ks; one Hell & Back 10K; two Halloween 30Ks; two Intertrust Marathons; two sprint triathlons; one Olympic length triathlon;

... Continued story on page 2

BVI elects a new Government

The British Virgin Islands will have a totally new administration after voters yesterday elected to elevate the Virgin Islands Party (VIP) from opposition to government.

The VIP, led by Andrew Fahie, took eight of the 13 seats in the House of As-

sembly, with seven of the winners having contested an election for the first time.

Of the other five seats, three went to the National Democratic Party (NDP)

... Continued story on page 10



► Premier-elect Andrew Fahie, leader of the Virgin Islands Party which won eight of the 13 seats up for grabs in yesterday's general elections

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Department of Sports HWM Opening Remarks - Sports Coordinator Women - Merta Day



Caymanian Times

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EDITORIAL

What now?

The UK Parliament's Foreign Affairs Committee has made a number of recommendations that have more than ruffled some feathers here in the Cayman Islands.

The report 'One family: rethinking Britain's relationship with the Overseas Territories' looks at various issues including the issues of public registers of beneficial ownership, who should have the right to vote, and the highly divisive issue of same-sex marriage.

Though not official policy, the document is a piece of work done by UK parliamentarians after canvassing the views of British citizens far and wide and from across the Overseas Territories. It is clear there are some areas that could very well translate into action points by the government in London.

The issue of beneficial ownership and Cayman's desire not to be forced into doing something that is not the "global standard" has been argued and covered. We fully support efforts by our lawmakers to vigorously defend

Cayman's financial services industry, our number one income earner in these islands.

Phasing out "belongership and its local equivalents, which make it impossible for some British citizens in the OTs to vote or hold elected office" is a recommendation that has stoked the ire of Premier Alden McLaughlin.

He's said the day the UK government seriously considered this is "the day I will lead the charge for independence".

The Premier is usually a calculated speaker and often not one drawn to make knee-jerk comments. We hope he has thought this through and while there will be divergent views on this in Cayman, we ought not to be caught off guard.

CIG should be actively engaging its own task force or select committee to determine the timeline and feasibility of breaking ties with Britain because we should not have to wait for London to say, "if you want it, here it is" and we're left to ask "What now?"



COMMUNITY NOTICE

St. Ignatius to build a Multi-purpose Sports Hall 2020

St. Ignatius Catholic School has recently unveiled exciting plans to build a Multi-purpose Sports Hall, with completion slated for September 2020 (the school's 50th anniversary year). The plans have been accepted by the planning department and the school is awaiting confirmation of planning permission. Fundraising is already well underway, with ground-breaking likely to take place within the next two months.

The two-storey facility will provide the school with 23,000 square feet of much-needed added space. It will feature a large basketball court, which can be used for other activities such as netball, volleyball, badminton, discos and gymnastics. The building will also add ten classrooms, one of which will be utilized for drama classes. Other features include new changing rooms, a concession stand, PE and security offices, and separate bathrooms for adults, staff and children.

A large cistern will be included, so that water in the building can be recycled.

It will also have an elevator, providing easy access to the second floor for persons who have special needs. MJM has also designed the facility to serve as a hurricane shelter.

The exterior of the building will feature a covered drop-off lane, landscaping, and more than twenty additional parking spaces.

The school's motto for this endeavour is "Building and Growing Together for Our Future!" Any persons or corporations who wish to support this project may contact the St. Ignatius School or Church offices for further information. The school is accepting one-time donations, or payments over the next 18 months. The lobby of the new building will feature a spectacular donor tree, so that all of the top contributors to the project will be on permanent display.

St. Ignatius Catholic School is home to 660 children ages 4-18 (Nursery through Sixth Form), and has served the community since 1971.



► St Ignatius Sports Hall 2020

COMMUNITY NOTICE

CIG Department of Sports Honours Community Connector Scott Ruby

... Continued story from page 1

one half ironman length triathlon; two duathlons; one Flowers Sea Swim; and the Marine Corps Marathon in Washington DC. Through it all, Nikki began to converse more and that confirmed for Scott that he done the right thing. Scott says it best himself when he says, "As far as Duo Team racing goes, I hope people see the teams and reevaluate their views of people with disabilities."

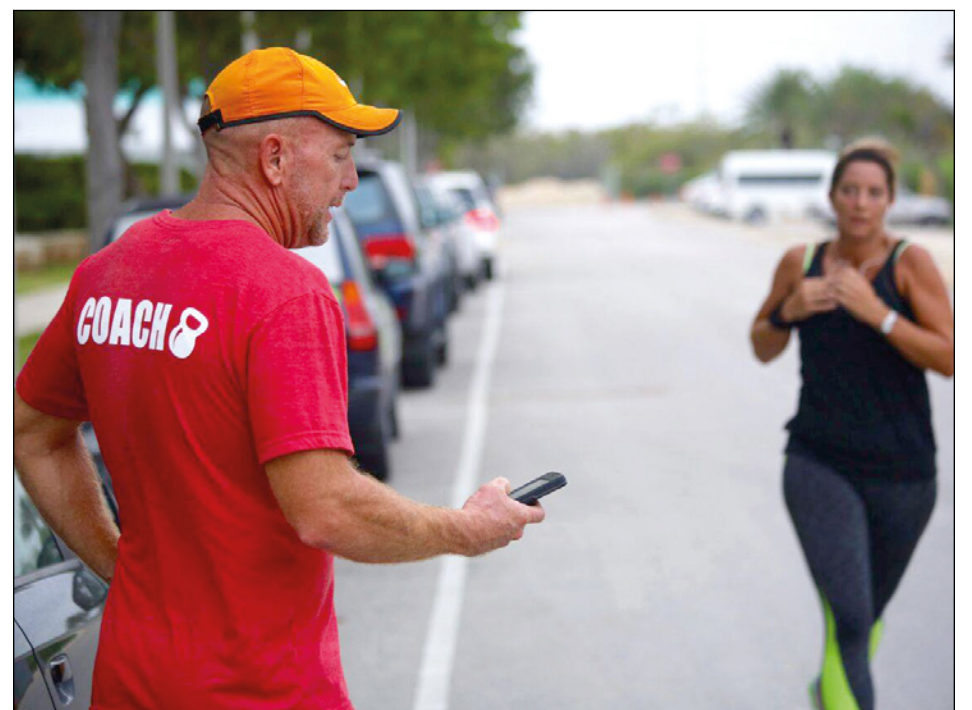
Scott has also been instrumental in numerous other women's fitness successes. He is co-founder of Team Morgan that competed in the 2018 Intertrust Marathon. He is a co-founder of Wings for Lexi, helping to design and purchase their wheelchair and training the team so that Shan Hariman could push her daughter Lexi. Not just his duo team clients but all his clients sing his praises and attribute various degrees of inspiration and success to his expertise and guidance.

Scott Ruby is one of those individuals who realized his own good fortune and made it a point to pass it on to others. "Coaching allows me to help others miss out on the "error" part of trial-and-error that I didn't," Scott states matter-of-factly.



► Scott Ruby

This philosophy and the contributions he makes to women in the area of fitness and sport makes him an invaluable member of our Cayman community. Therefore, during this 2019 Honouring Women's Month, the Department of Sports shines the spotlight on Scott Ruby and recognizes him as a Community Connector.



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The deadline for applications is 15 April 2019.

Cayman streets get turtle friendly

Pilot project seeks to install safer streetlights

The Department of Environment (DoE), in partnership with the National Roads Authority (NRA) and Caribbean Utilities Company, Ltd. (CUC), is pleased to announce that the Cayman Islands is taking its first steps to make our public roads more "turtle-friendly".

The DoE, using money from the Cayman Islands Environmental Protection Fund, will purchase 40 new streetlights to be installed along roads adjacent to important turtle nesting beaches. Similar turtle-friendly lights have been used successfully in other jurisdictions to reduce sea turtle hatchling mortality,

while safely illuminating both roadways and beachfront properties.

The turtle-friendly street lights are part of a trial effort the partner agencies are undertaking to lessen the rate of sea turtle misorientations on Grand Cayman's beaches.

"Roadway and residential lighting that shines onto the beach discourages female turtles from nesting and is a critical threat to hatchling sea turtles," said DoE Director Gina Ebanks-Petrie. "When they emerge from their nests at night, hatchlings find the ocean by heading toward the brightest light they can see. On an undeveloped beach, this is the moon and stars reflecting off the ocean's surface. However, artificial lights can be much brighter and lead the baby turtles toward land, where they face mortal danger from exhaustion, dehydration, predators and vehicles."

The 40 new turtle-friendly streetlights will replace those existing streetlights that have caused the greatest number of turtle hatchling misorientations over the past five years, based on data collected by DoE. One test light has already been installed and it is anticipated that the remainder of the lights will be in place prior to the start of the 2019 turtle nesting season, which begins in late April and usually lasts until November.

The new turtle-friendly streetlights are certified by the US Fish and Wildlife Conservation Commission and use an amber wavelength that is less likely to attract hatchling turtles away from the sea.



▶ Hatchlings like these can be misoriented by bright street lights. Photo Credit: Mark Orr, DoE



▶ CUC's Rasheed Suazo installs the first "turtle-friendly" streetlight along West Bay Road on the south side of Cemetery Beach (Photo Credit: CUC)



▶ CUC's Rasheed Suazo installs the first "turtle-friendly" streetlight along West Bay Road on the south side of Cemetery Beach (Photo Credit: CUC)

A number of jurisdictions in Florida have installed turtle-friendly lighting along roads and outside beachfront condominiums and homes in efforts to protect endangered sea turtle populations.

Any Cayman Islands properties wishing to install turtle friendly lighting may contact the Environmental Management Unit at DoE for further information at the following email address: EMU.DoE@gov.ky. For general information about Cayman's sea turtles, turtle nesting season, or how you can help protect our endangered turtle species, please email the DoE at Doe@gov.ky or contact us at 949-8469. 🌐

"CUC is pleased to facilitate the Turtle Friendly Streetlight Pilot Project between the National Roads Authority and the Department of Environment," CUC Manager of Environment, Health and Safety Joni Kirkconnell said. "The installation of these specially designed light fixtures offers a balance between environmental protection and road safety. We think Cayman's community will appreciate these lights as much as we do."

"We are very pleased that this trial is taking place," said NRA Acting Managing Director Edward Howard. "Replacement of the lights specified in the trial will lead to an immediate increase in sea turtle hatchling survival and will pave the way for turtle friendly roadway lighting to be rolled out on a broader scale in the future."

"We are grateful to the DoE and its partners for bringing this initiative forward," noted Hon. Dwayne Seymour, Minister of Health, Environment, Culture, and Housing.

Community approach needed to tackle youth mental health

By Lindsey Turnbull

Sobering statistics on the mental health of Cayman's youth were brought into the open at this year's second annual Youth Mental Health Symposium, produced by the Alex Panton Foundation. Results from the 2018 National Drug Council Student Drug Use Survey, with a focus on mental health issues and risk factors, revealed that one in ten of the respondents to the survey felt they had been affected by mental health issues.

Introducing a panel discussion looking at solutions to the issue of mental health problems among Cayman's youth, Lizzette Yearwood, Board Member of the Alex Panton Foundation, summarised some disturbing statistics from the survey. Thirty-four per cent of the young people (aged between 12 to 17), or 664 children, who had undertaken the survey said they had seriously considered taking their own life and 13 per cent had actually attempted suicide. Most worryingly, out of that 13 per cent, only 5 per cent who admitted attempting suicide had sought help.

Ms Yearwood said that it was already known that suicide was the second leading cause of death among this population, with anxiety and depression adding to the risk of a young person contemplating suicide. She was particularly concerned about the numbers of children admitting to self-harming in Cayman.

"Something that was quite sobering in the data was that, in the UK, 13 per cent said they had self-harmed compared to 28 per cent in the Cayman Islands. Twenty-eight per cent actually engaged in self harm behaviour compared to 13 per in the UK," she said. "We also know that those who show self-harm behaviour are 17 times more likely to attempt suicide."

She went on to discuss the risk factors for such behaviour, which included children who had suffered some kind of abuse (physical or sexual), those who were bullied, those who were drinking or engaging in drug abuse, those are 17 times more likely to contemplate suicide, she said.

Ms Yearwood revealed further statistics, saying that 24 per cent said they were engaging in bullying behaviour and 54 per cent said they were bullied themselves. Those who were bullied were actually engaging in violent behaviour afterwards. These figures were becoming more alarming when we see how these issues impacted each other, she said, adding that children who were engaging in these behaviours self-medicated by engaging in illegal drug use.

"How many that we talked to smoke marijuana think it's OK because it numbs their feelings?" she questioned.



► Left to right: Lizzette Yearwood, Dr Marc Lockhart, Paulinda Mendoza-Williams, Shannon Seymour, Terry Delaney, Natalie Baldwin and Dr Gerardo Ochoa

"And they then harm themselves or engage in criminal behaviour."

Hope on the horizon

Ms Yearwood introduced a panel of professionals who each discussed their specific expertise in attempting to deal with this urgent issue.

Dr Marc Lockhart, Chairman of the Mental Health Commission said the statistics that had been revealed "came as know shock as it's what we've been working with on a daily basis."

The good news was that the community had come a long way in trying to deal with mental health issues among young people but there was still a long way to go. Dr Lockhart praised the Mental Health Law enacted in 2013 which, he said, "was probably the most advanced in the Western hemisphere", with the right to be protected and the right to appeal written into the law.

Paulinda Mendoza-Williams, Director at the Department of Children and Family Services, talked about how her department had been streamlined with special teams set up to work specifically with the Cayman Islands Crisis Centre and the Department of Education. Highlighting the urgent need for her Department's specialized services, she said in 2018 her department had seen over 400 referrals of child abuse. Ms Mendoza-Williams said that it was critical that Cayman looked to see what it was doing as a community to deal with this issue.

Shannon Seymour, Director of the Wellness Centre, said it was important to recognise the progress that has been made but there was a lot of work to be done. Ms Seymour said her team worked

with schools and also the government's employment training initiative, Passport 2 Success, a public/private sector partnership. While their involvement initially was with no clinical intent, they found that the young people on Passport 2 Success had "profound mental health issues". In addition, Ms Seymour said that parents were coming under increasing scrutiny via social media and that there were a lot of factors at play.

Terry Delaney, a private practice psychologist and an alcohol and drug counselor, spoke about the incredible fear that adolescents were experiencing as they transitioned from childhood to adulthood. "We need to get a better concept of what adolescence is all about," he stated, saying that people tended to get judgmental when dealing with young people. TAYA Lounge Coordinator Natalie Baldwin and Dr Gerardo Ochoa from St Mathew's University also talked about their contributions to the mental health issues of Cayman's youth.

Ms Yearwood said that there was hope for the future.

"Being a board member of the Alex Panton Foundation I have really been tremendously encouraged by the collaboration and by the people reaching out to us saying we want to help. They have really stepped up," she said, stating that there were a number of agencies within the community with whom the Alex Panton Foundation had partnered.

The synergies they had found in working together meant that so much more could be achieved, she said.

"It gives us hope the fact that we can do something if we all come together and that we are united," she said.

At a glance

Stats from Cayman Islands National Drug Council Student Drug Use Survey (CISDUS)

The CISDUS is a biannual survey done by the National Drug Council in classroom settings for all students in Grand Cayman and Cayman Brac for grades 6/7 to freshman UCCI level students. A total of 2067 eligible students were enrolled in schools during the period in which the survey was administered. The 2018 survey expanded to include a mental health component for the first time as part of the collaboration between the Alex Panton Foundation and the National Drug Council.

- 92% of respondents understood what mental health was
- 34% of students - one in three students - reported considering suicide, a 15% increase from 2007.
- Survey identified four leading risk factors that attribute to suicide ideation and suicide attempts: bullying, violence related behaviors, abuse and binge drinking
- 54%, reported being bullied at some time with significantly more girls, 66%, compared to boys, 63%, reported being ever have been bullied
- Students who were bullied were 5.6 times more likely to have attempted suicide compared to those who were not bullied
- 67.2% of students reported that they had carried a weapon in the community or at school with higher than average proportions being reported for Cayman Brac (85%) and Bodden town (71%)
- 60% of students reported they had witnessed violence and aggression in the home, community or at school
- Physical abuse overall was reported by 17% of students with girls, 20%, more likely to report this compared to boys, 12%
- Sexual abuse was reported by 10% of students surveyed with girls, 16%, significantly more likely to report this compared to boys 3%
- Students who were physically abused were 3.9 times more likely to attempt suicide compared to those who were not physically abused while students who were sexually abused were 6 times more likely have attempted suicide
- The prevalence of binge drinking overall was 20%
- Students who reported binge drinking were 1.5 times more likely to have attempted suicide

POLICE NEWS

Police Helicopter damaged on aborted takeoff

Just before 4:30PM on Tuesday, 26 February, the police helicopter suffered an uncontrolled command failure while lifting off at ORIA on a routine deployment. The sudden aborted takeoff caused the tail of the helicopter to strike the ground, causing damage.

No one was injured during the incident.

The CIAA was immediately informed of the incident and was currently on site, as well as all relevant emergency services. As a result of this incident, the police helicopter is out of service until further notice.



Uptick in Ferocious Dog Attacks this Past Weekend

Police officers responded to several ferocious dog reports over the weekend in different areas around Cayman. These reports primarily involved attacks on other dogs, and in all instances the dogs involved were confirmed not to be strays.



Officers responded to three ferocious dog reports last Friday alone, two of which were in George Town and one in Bodden Town. On Sunday a report was received in West Bay. In two of these reports dogs roamed from the property of their owners and attacked dogs on other property; in one case a dog reported bit a passerby through the window of a car, causing minor injury that was treated at the hospital.

Dog owners in two of the incidents have been located and warned; in one case parties involved were in discussion regarding compensation. Referrals were also made to the DoA for all reports.

"Often owners are shocked to learn that their dogs have attacked other dogs or bitten someone," said Brian Crichlow, Deputy Director of the Department of Agriculture. "But what must be remembered is that your dog may behave quite differently around others than how it behaves with you. Don't put other people or dogs at risk by allowing your dog to roam freely about the neighbourhood; you are responsible under the law."

Police and DoA Animal Welfare officers are continuing their joint neighbourhood walkthroughs this week to distribute educational material and also enforce the law.

Serious Assault Incident on North Sound Road

Just after 10:30PM on Monday, police and other emergency services were dispatched to the 9-1-1 Communications Centre to a report of a serious assault. It was reported that a man was attacked by another man, while he was driving on North Sound Road searching for parking near a bar in the area.

Two men that are known to each other had an argument during which one of the men attacked the other while he was in his vehicle driving to find parking outside the local bar. When the driver of the vehicle

stopped driving and exited the vehicle a fight ensued and resulted in both men receiving what appear to be stab wounds.

The driver of the vehicle received three stab wounds and was considered to be in stable but serious condition. The other man was treated and later released.

The matter is under investigation by the police and anyone with information regarding this incident is encouraged to call the George Town Police Station at 949-4222.

Impressive Riding for Cayman's Dressage Riders

By Tanya Ziemniak

Cayman's dressage riders tacked up on Sunday to compete in the second of three national dressage shows scheduled to take place this season, each of which is sponsored by the Cayman Islands Equestrian Federation (CIEF). Held at the Equestrian Center located in George Town on the Linford Pierson Highway, the show saw 30 entries for the day.

Valerie Swygert (USEF - r) of Lexington, South Carolina flew in to judge the show. This was Valerie's first time to Grand Cayman to judge a CIEF dressage show, and she said she was very impressed in Cayman's dressage athletes and is looking forward to returning one day to see the progression of the riders.

At the start of the day, Jessica McTaggart and her horse, Loris 7, rode the Prix



► Abbey Swartz won at First Level Test 1 on Calidad



► Leah Alberga riding Moon Lady won at Traingin Level Test

St. Georges Test, competing together for the second time at an international (FEI) level. Ms. McTaggart is aiming to qualify for the 2022 Central American and

Caribbean Games with Loris 7, who she has trained up the levels since purchasing him as a 4 year old in Germany. She is hoping to return to the international stage with him as her new mount. Given her outstanding score of 69.118%, she appears well on her way.

Several riders were competing in today's show, including one new rider to the CIEF Dressage show, Clarie Loebell who was paired with Nala and placed 2nd in the USDF B Test - Adult. Special mention goes to Junior rider, Kayla Mannisto, who scored an impressive 71.207% with her mount Pony Up in the Training Level 3 Test and was also named High Point Champion Junior. Jessica McTaggart, who was named High Point Champion Adult, earned a notable 71.806% at First Level Test 3 riding Blue Ridge Dream On.

The CIEF is the national governing body for equestrian sport in the Cay-

man Islands. The CIEF produces a series of equestrian competitions, arranges training opportunities with professionals from overseas, supports the Cayman Islands' participation in international equestrian sporting events and works with the Cayman Islands' government to prevent the abuse of horses on the island.

The next dressage show sponsored by the CIEF will take place on March 17th at 8:00am at the Equestrian Center located on the Linford Pierson Highway. As always, spectators are welcome and admission is free. Refreshments will also be available for purchase.

Winners of each class in decreasing order of difficulty were:

- FEI Prix St. Georges - Jessica McTaggart on Loris 7
- First Level Test 3 - Adult - Jessica McTaggart on Blue Ridge Dream On
- First Level Test 1 - Adult - Abbey Swartz on Calidad
- First Level Test 1 - Junior - Kayla Mannisto on Pony Up
- Training Level Test 3 - Adult - Jessica McTaggart on Jolly Rancher
- Training Level Test 3 - Junior - Kayla Mannisto on Pony Up
- Training Level Test 1 - Junior - Leah Alberga on Moon Lady
- USDF C Test - Adult - Tami Maines on Partenon
- USDF C Test - Junior - Jenna Superfine on Fly With Me
- USDF B Test - Adult - Tami Maines on Partenon
- USDF B Test - Junior - Marley Trench on Storm



► Marley Trench won the B Test riding her pony Storm (Photos by Mary Alberga, Jodie McTaggart and Phil Millward)



► Jessica McTaggart on Loris 7 riding the FEI Prix St. Georges Test



► Tami Maines won two classes riding Partenon



► High Point Junior rider, Kayla Mannisto on Pony Up



► Jenna Superfine won the C Test riding Fly With Me



Engineering and Technology Scholarships

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





▶ Winner Alexander Rhule with MEYSAL Acting Chief Officer Cetonya Cacho and Rotary Sunrise Literacy Director Hendrik-Jan van Genderen



▶ Winners Aaron, Noah & Amaya Rajamohan with MEYSAL Acting Chief Officer Cetonya Cacho and Rotary Sunrise Literacy Director Hendrik-Jan van Genderen

Annual Storyboard Competition Has Record Attendance

A record crowd of about 200 turned out this past weekend at the George Town Public Library to see the creativity of some of Cayman's young readers at the annual Storyboard Competition where 55 storyboards were displayed by 85 students from six of Cayman's public and private schools. An initiative spearheaded by the Cayman Islands Information Professionals (CIIP) and sponsored by the Cayman Islands Public Library Service and Rotary Sunrise, the competition gave students the opportunity to share their favourite books through a storyboard display. From Dr. Seuss and Lemony Snicket to Roald Dahl and Stephen King, the 14 judges were impressed by the quality of the submissions and the attention to detail shown by exhibitors.

The storyboards were judged on guidelines that included plot summary, issues of conflict, the author's purpose,

tone and mood and how that information was expressed in terms of clarity, creativity, thoroughness, interest invoked and quality. The final element of the competition required the participants to answer questions and talk about their book without the use of the storyboard, as well as answer questions about the elements included in the storyboard and how they relate to the chosen book.

"I am very impressed by the storyboards that were created by these students, and the enthusiasm shown for the chosen literary works. Events like these allow our children to develop their language skills, learn to express themselves and use their imaginations, and I thank CIIP, the Public Library Service and Rotary Sunrise for giving them this opportunity," said Ministry of Education's Acting Chief Officer Cetonya Cacho.

"Once again, these students have blown us away with the quality of their work and their creativity. All of them are winners in our eyes because they read a book and that means their worldview was expanded; their vocabulary and writing was improved; and their knowledge base was broadened. As promoters of literacy, we couldn't ask for anything more," said Paul Robinson, CIIP Chairman and Acting Director of the Public Library Service. "Thank you to the parents, friends and other supporters who came out to show their appreciation for these students' efforts and congratulations to all the exhibitors."

Winners were chosen in six age divisions ranging from five to 18-years old and awarded various prizes.

- Division A (individual 5-8 years old) – **Tilly Tammemagi** – *E.T. The Extra-Terrestrial* by Melissa Mathison (screenplay)

- Division B (individual 9-12 years old) – **Rachel Balls** – *I Survived The Eruption of Mount St. Helens 1980* by Lauren Tarshis

- Division C (individual 13-18 years old) – **Alexander Rhule** – *Hatchet* by Gary Paulsen

- Division D (small group 5-8 years old) – **Aaron, Noah & Amaya Rajamohan** – *The Cat in the Hat* by Dr. Seuss

- Division E (small group 9-12 years old) – **Camille Allard, Imogen Howe & Renee Wambugu** – *Matilda* by Roald Dahl

- Division F (small group 13-18 years old) – **Justine Rhule, Sarah Harrison & Xoe Bullings** – *IT* by Stephen King

The winning storyboards will be displayed at Books and Books.

For more information about the Public Library Service's programmes and events, email Paul Robinson on paul.robinson@gov.ky or call 244-6108. 🌐



▶ Winners Camille Allard, Imogen Howe and Renee Wambugu with MEYSAL Acting Chief Officer Cetonya Cacho and Rotary Sunrise Literacy Director Hendrik-Jan van Genderen



▶ The 2019 Storyboard Competition winners with members of the Cayman Islands Information Professionals and MEYSAL Acting Chief Officer Cetonya Cacho

The Challenges of the Independent Candidate

There are two main categories of candidates who compete in an election. There are those who are the pick of political parties. Hopefully, the party would have had a selection process that follows some transparent procedure as outlined in its constitution. The political party candidate would be expected to have agreed to the ideas and general objectives and approach to governance of the party. This candidate is expected to abide by the rules and policies of the party which would have been articulated before. In fact, in a political party worth its name, there would have been constant discussion and analysis of position papers inviting colleagues to have their say as they work through the best policies for the country.

Thus the political party candidate, as part of a team of persons who have a cohesive platform of ideas, would be expected to promote this platform in the campaign preceding the election. Should the party win, she would be clear as to the priorities and policies to be implemented in collaboration with party colleagues and others in the legislature.

Significantly also, the candidate representing a political party would have the advantage of benefitting from an established party, its various identifying symbols, and its organizational acumen and so on. This candidate would also benefit from the party's financial resources in carrying out its campaigning and other activities and the support and backing of the party leader and his fellow colleagues all seeking to be elected. These are significant resources that are usually available to the political party candidate.

On the other hand, the independent candidate is the so-called nonpartisan politician who does not want to or is not

able to be affiliated to any political party. In many instances, the independent candidate has a different view of what is urgent and important for the society from those of the main political parties.

There are instances where an independent candidate may be associated with a political party, perhaps as former members of it, or else have views that align with it, but choose not to stand in its name, or are unable to do so because the party in question has selected another candidate. Others may belong to or support a political party's ideas, but believe they should not formally represent it as they do not want to be subjected to that party's rules. They instead desire to have the autonomy to form alliances as needed to achieve important objectives.

Ironically, in attempting to win and hold public office, sometimes independents choose to form a party or alliance with other independents and as one political scientist explains, even where the word "independent" is used, such alliances have much in common with a political party.

Sometimes independent candidates underestimate the challenge of going it alone. It is a major financial undertaking made even more so as it is usually more difficult to find sponsors. Those who contribute money to political organizations usually favour giving to political parties, not single individuals. The independent candidate might have to depend significantly on personal resources to fund his campaign.

The independent candidate must also take on the challenging task of putting together an effective campaign. This can also be a daunting task and to be successful the candidate must gain as much help as possible.

The independent candidate must also have a set of policies to take to the public and must be convincing enough to have the attention of the voters. Critically, this candidate must have the ability to work with as many members of the legislature if she is to get anything achieved, should she win her seat.

Independent candidates do add much to the political process. Voters have more choices and more policy platforms from which to choose. For those who are not attracted to any of the parties, they might see their political salvation in an independent candidate.

There is a view that one person, one vote, leads to the winner taking all, an entrenchment of a two party system and the discouragement of third parties and 'independent' candidates. This perspective has long been influenced by the work of political sociologist Duverger whose writings on political parties in the 1950's and 1960's suggested that 'plurality' electoral systems discourages the formation and success of smaller parties, while reinforcing the presence and success of a two-party system.

In fact, Duverger argued that simple-majority single-ballot system favours, even possibly, encourages, the two-party system. It does so, the argument goes, because the voter, keen on making his vote have an impact on the election outcome, has little incentive for voting for a third party or an independent candidate deemed as having little chance of success. Because the First- Past-the- Post system gives third parties and independent candidates little chance of winning seats, voters will avoid supporting them for fear of wasting their votes on what they see as 'sure losers'. Because of this, third parties and



▶ Dr. Livingston Smith is a Professor at the University College of the Cayman Islands. He is also Director of the CXC Education Volunteer programme








independent candidates tend to be eliminated over time leaving two dominant parties.

Duverger argued that the link between the First-Past-the Post system and two-party systems was so strong; it could be called a 'Law'. Hence, in the literature it is called 'Duverger's Law'.

The independent candidate, much more than the political party candidate, must give serious thought as to whether a run is worth it, especially given the resources required and the multiple challenges of going it alone.

Significantly, this candidate must consider if, should he win, how will he make an impact, how will he get through an agenda, how will he influence policy and be seen to be doing so. 🌐

WEEKLY WEATHER FORECAST

| Friday | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday |
|---|---|---|--|---|---|---|
|  81°/78°F Mostly sunny; delightful |  82°/78°F Mostly sunny |  81°/78°F Mostly sunny, a shower |  81°/76°F Mostly sunny; beautiful |  80°/77°F Mostly sunny |  80°/74°F An afternoon shower in spots |  79°/75°F A shower or t-storm; windy |

CRUISE SHIP SCHEDULE — WEEK — MARCH 3 - 9



TOTAL SHIPS - 14
TOTAL PASSENGERS - 39,798

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Caribbean Princess | Carnival Magic | Carnival Horizon | Carnival Dream | Celebrity Reflection | AIDAluna |
| | | Empress of the Seas | Monarch | MSC Armonia | Island Princess | |
| | | Disney Fantasy | Oosterdam | | Carnival Miracle | |
| | | | | | Celebrity Edge | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Total Passengers | Total Passengers | Total Passengers | Total Passengers | Total Passengers | Total Passengers | Total Passengers |
| | 3,100 | 9,695 | 8,550 | 5,809 | 10,594 | 2,050 |

Cleveland Clinic Study Unveils the Real Connection between Excess Weight, Heart Conditions and Overall Health

Weight Connection to Heart Conditions and Overall Health Not Completely Understood by Most People, affirms new US Study by Cleveland Clinic

February was heart month and Cleveland Clinic health experts have joined hands to raise awareness about the cardiovascular disease. Heart disease is the No. 1 cause of death in the United States and around the world. The hospital conducted a survey as part of their "Love your Heart" consumer education campaign in celebration of Heart Month and will be participating in the upcoming Cayman Heart Fund International Symposium next month. Cleveland Clinic has been ranked the No. 1 hospital in US for cardiology and cardiac surgery for 24 years in a row by US News & World Report.

The study found most people understand that there is a connection between a healthy heart and healthy weight, yet most aren't doing enough – or anything – to combat their own weight issues. Less than half the population surveyed (43 percent) have tried to make dietary changes to lose weight and 40 percent of those who describe themselves as overweight or obese say they aren't careful about which foods they eat.

Part of the problem may be that most people aren't sure what to eat for heart health. Nearly one-in-five (18 percent) surveyed believe their diet has nothing to do with their heart health, and a mere 14 percent knew that a Mediterranean diet is healthiest for heart health.

The survey also revealed that people don't fully understand the impact excess weight has on their heart and overall health. The overwhelming majority of those surveyed (87 percent) fail to link obesity to cancer or atrial fibrillation (80 percent). More than half also don't know that obesity is linked to high "bad" cholesterol levels (54 percent) or coronary artery disease (57 percent) and two-thirds (64 percent) don't know it can lead to a stroke.

"It seems we are not grasping that the leading causes of death and disability – stroke, cancer, coronary artery disease

– are all adversely affected by increased weight," said Steven Nissen, M.D., chairman of Cardiovascular Medicine at Cleveland Clinic. "We need to do a better job of educating patients and the public about the major consequences of carrying excess weight and the benefits of losing weight. A patient only needs to lose five percent of their body weight to start seeing important health benefits."

Most surveyed believe their metabolism is detrimental to weight loss – 60 percent of women and 46 percent of men surveyed say their metabolism is working against them. According to Nissen, "Once you've been overweight, your body tries to hold on to that excess fat, making it more difficult to lose weight. It's best to work with your physician to develop a steady long-term weight loss plan that will help you keep off the pounds. Quick weight loss programs are not effective."

Cleveland Clinic Advises:

- **All fat is not created equal:** When it comes to body shapes, almost half surveyed (45%) falsely believe that all types of fat put you at equal risk for heart disease; however, numerous studies have shown that fat stored in the abdomen is the most dangerous.

- **Not feeling the pressure:** For many, outside pressure to lose the weight doesn't help. Fifty-seven percent surveyed say they don't need others to tell them to lose weight because they already know they should.

- **Seeking medical advice:** While 44 percent of those surveyed say they are



► Steven Nissen, M.D., chairman of Cardiovascular Medicine at Cleveland Clinic

most likely to turn to their physician for nutrition advice, only a quarter (28 percent) have told their doctor they'd like to lose weight. Even less (22 percent) say they've discussed heart health in relation to their weight with their doctor.

Interventional cardiology specialist Dr. Robert Cubbedu from Cleveland Clinic Florida will join other experts and discuss the latest achievements, scientific updates, new technology approaches and guidelines required to improve patient care at the upcoming Symposium on March 14.

Methodology

Cleveland Clinic's survey of the general population gathered insights into Americans' perceptions of heart health and weight. This was an online survey conducted among a national probability sample consisting of 1,002 adults 18 years of age and older, living in the continental United States. The total sample data is nationally representative based on age, gender, ethnicity and educational attainment census data. The online

survey was conducted by Research Now and completed between September 20 and September 28, 2018. The margin of error for the total sample at the 95% confidence level is +/- 3.1 percentage points.

About Cleveland Clinic

Cleveland Clinic is a nonprofit multispecialty academic medical center that integrates clinical and hospital care with research and education. Located in Cleveland, Ohio, it was founded in 1921 by four renowned physicians with a vision of providing outstanding patient care based upon the principles of cooperation, compassion and innovation. Cleveland Clinic has pioneered many medical breakthroughs, including coronary artery bypass surgery and the first face transplant in the United States. U.S. News & World Report consistently names Cleveland Clinic as one of the nation's best hospitals in its annual "America's Best Hospitals" survey. Among Cleveland Clinic's 52,000 employees are more than 3,600 full-time salaried physicians and researchers and 14,000 nurses, representing 140 medical specialties and subspecialties. Cleveland Clinic's health system includes a 165-acre main campus near downtown Cleveland, 15 regional hospitals (11 in Ohio, four in Florida), more than 150 northern Ohio outpatient locations – including 18 full-service family health centers and three health and wellness centers – and locations in Las Vegas, Nev.; Toronto, Canada; Abu Dhabi, UAE; and London, England. In 2017, there were 7.6 million outpatient visits, 229,000 hospital admissions and 207,000 surgical cases throughout Cleveland Clinic's health system. Patients came for treatment from every state and 185 countries. Visit us at clevelandclinic.org. Follow us at twitter.com/ClevelandClinic. News and resources available at newsroom.clevelandclinic.org.

COMMUNITY EVENTS

March

CUC West Bay Sunrise 5K

2 March: Join walkers and runners for Saturday 2 March for this event starting at 6:30am for walkers and 7am for runners. The course begins and ends at Ristorante Pappagallo. The cost is CI\$15 for adults and \$10 for those under 17. All proceeds go to the Sunrise Adult Training Centre. You can register online at <http://www.caymanactive.com/registrations> or download a PDF form from <http://www.cuc-cayman.com>. Participants may bring well-behaved and on-leash dogs.

Red Sky at Night

2 March: The FJ. Harquail Cultural Centre will once again host the 7th. Annual Red Sky at Night Festival. This rich, cultural event will showcase life performances from dancers to storytellers; an array of local cuisine and creative works of art from many local artists. From 4pm to midnight, the grounds of the Harquail Theatre will be transformed into a colourful, cultural mecca. Entrance cost is CI\$15 for adults and CI\$10 for children under 17 and adults over 65. Call 949 - 5477 for more information.

"Under the Stars" fundraiser

2 March: PAWS Cayman presents its "Under the Stars" fundraiser

on Saturday 2 March at the Grand Old House starting at 6:30pm. Tickets - which can be purchased from The Lighthouse Restaurant - are CI\$150 and include dinner, a welcome drink and 1 bottle of wine per couple. Call 928 - 2129 for more information. PAWS Cayman's mission is to relieve the suffering of animals in Cayman and to provide financial assistance for spay and neuter.

Breast Cancer Light Up the Night Beach Walk

2 March: Walk from Royal Palms to the Ritz Carlton and back to remember or support persons with breast cancer. Registration fee is CI\$25. All proceeds this year will be allocated to the Wellness Program, which aims to help all breast cancer patients and survivors here in Cayman to get through their treatments and once well, to stay as fit and healthy as possible. For more information, contact info@breastcancerfoundation.ky

CARE 5K Fun Run and Dog Jog

3 March: Calling all dog lovers to take their pets or a Humane Society Shelter dog for a run/walk on Sunday 3 March from 6:30am to 9:00am. Prizes will be awarded to the 1st. male with dog and 1st. female with dog. There will all be random prizes for all finishers.

Registration fee is CI\$25. Call 938 - 2273 for more information.

Adult Beginners Squash

4 March: Come out to the South Sound Squash Club for Adult Beginners Classes every Monday up to Monday 25 March. Club members are CI\$5 and non - members are CI\$10. Email mwest@squash.ky or call 526 - 5052 for more information.

Agricultural Show

6 March: The 52nd. annual Agricultural Show will be held on Wednesday 6 March on the Agricultural Grounds, Lower Valley. Gates open at 7:30am. General admission is adults - CI\$10 and CI\$5 for kids aged 2 to 12. There will be livestock on display, music and entertainment and of course - delicious, local dishes.

Cayman Carnival Batabano Socarobics

7 March: Get in shape and hear all the new 2019 soca music every Thursday at the Celebration Park beginning at 5:30 pm. Cost is CI\$10 per session. Call 925 - 3970 or email batabanocaymancarnival@gmail.com for more details.

A Walk In Her Shoes

8 March: This 4th. annual event takes place on Friday 8 March from 5pm at Camana Bay. It is put on by The Cayman Islands Crisis Centre and aims to raise funds and bring awareness to the scourge of domestic violence. The Centre is



► Soca Aerobics

hoping to raise more \$55,000 for a purpose built facility. Participants can register at www.cicc.ky/awalkinher shoes2019.

KiwaniBike

10 March: The Kiwanis Club of Grand Cayman is having its 37th. Annual KiwaniBike on Sunday 10 March at 7:00am. Join them for this 20 Mile Bike Ride from the Blow Holes in East End to Smith Cove in South Sound. For more information visit www.kiwanis.ky

Cayman Heart Fund

14 March: The 12th. Annual Cayman Heart Fund International Symposium will be held on Thursday 14 March at the Marriott Beach. The 6 speakers will offer information on the latest research, current technology and advancements in the preventa-

tive cardiovascular medicine. For more information, go to info@caymanheartfund.com

Esso 3 Mile Walk /Run

16 March: Walk or run 3 miles with ESSO and the Cayman Islands Diabetes Association (CIDA) to raise funds to help raise awareness, provide diabetes education and improve the lives of diabetics and their families. All proceeds will go to CIDA. The event begins at 6am and the start and finish are at the BARCAM Esso Station. This event will not be timed and well behaved and on - leash dogs are welcomed!

St. Ignatius Golf Scramble

24 March: St. Ignatius Golf Scramble is back on Friday 24 March at the North Sound Golf Club and open to the public! It's a four - person scramble that can accommodate up to 22 teams. Proceeds from this event will benefit facility development at St. Ignatius School. Tee time is 1pm. Registration cost is \$175 per person and the big prize of the day is USD\$50,000 if a player scores a hole in one at a selected par three. Email st.ignatius.golf.scramble@gmail.com for more details. 🌐



► St. Ignatius Golf Scramble



► Squash

What's your problem? (I'll tell you...)

You want to be fit. You know how much you should weigh. You know your ideal size. You can even picture how great those skinny jeans will look.

So why aren't you living life in your ideal body? There are many complex reasons that make weight loss a challenge, reasons that go deeper than simply calories-in versus calories-out.

I'm talking about the life issues that get in the way of your success.

Read the following 5 obstacles and the solutions to unlock your best body ever.

1. You don't want to be bothered.

It's in your DNA to avoid pain and seek out pleasure. Unfortunately, this works against you when trying to get fit. In your mind, it's painful (or at least uncomfortable) to deny yourself the tasty food that you crave and to exert yourself with exercise.

There's a simple way to work around this obstacle: Find something painful about being out of shape to motivate yourself towards healthy eating and exercise. Focus on the negative impact your current weight has on your health, self-esteem and lifestyle. Convince yourself that the pain of being out of shape is much greater than the discomfort of losing weight.

2. You don't want to wait for the good stuff.

Just as you wish to avoid pain, you are also an expert in seeking out pleasure—namely food. This served the cavemen well, but these days it ends up as extra pounds around your waist and thighs.

There's good news: extra calories are not your only option to stimulate the pleasure center of your brain. Find an activity or two that make you smile and indulge in those regularly.

- A walk outside
- A good book
- A night out to the movies or theater
- A spa day

You can also retrain your brain to crave the pleasure of exercise-induced endorphins. Talk about weight gain kryptonite!

3. You are crazy busy.

Let's face it, you work too much, commit yourself to too much and don't even get enough sleep most of the time. The fast-paced way you live

leaves you exhausted, stressed and hungry for comfort food. You even begin to feel too busy to take care of your health.

It's time to reprioritize. Let go of your perfectionist standards and remove a few commitments from your schedule so that you are able to cook healthy meals, exercise and get a good night's sleep. Remind yourself that taking care of your health is not a luxury—it's a necessity.

4. You don't deserve it.

I don't agree with it, but you sure act like you don't deserve to live the good life in the body of your dreams. Take a moment to think back on all the times you have self-sabotaged your weight loss efforts. If you don't believe deep down that you are worthy then you'll never give yourself a chance at a fit body.

I believe that you deserve to have a healthy body—and I urge you to dig deep down to uncover why you don't. Once you conquer your feelings of unworthiness, getting on an exercise and healthy eating plan will be easy.

Take the time to take care of yourself. You DO deserve it.

5. You are afraid.

You're afraid to start because you just might fail, and wouldn't that be embarrassing? You're also afraid to start because you just might succeed, and change makes you uncomfortable - even if it's change in the right direction.

When you decide to get fit you will need to go through a bushel of changes:

- New diet
- New exercise routine
- New friends at the gym
- New clothes
- New self-image

Focus on all of the ways that losing weight will make your life better. Envision that better life everyday so that it goes from being new and scary to familiar and comfortable.

I want to personally help overcome every obstacle standing between you and your ideal body. Call Ernest at Body Shapers Fitness Studio 325-8696 or email me today at bodyshaperscayman@gmail.com to get started on a program that will change your life and body forever... in a good way :-) 🌐

GANODERMA MUSHROOMS - GREAT HEALTH FOOD

We hear a great deal about Mushrooms but few of us know that mushrooms have a variety of different forms. Have you ever heard of Ganoderma Lucidum Mushroom? Well, for starters it contains well over 400 trace elements to maximize the body's own healing abilities. Commonly known as Reishi Mushroom, Ganoderma is the most alkaline food in the world. It's the most revered herb in traditional Chinese medicine. In its early uses it was referred to as the, "Herb of spiritual Potency, as well as, Ten Thousand Year Mushroom." Here are some reasons to make it a part of your daily routine.



HEART HEALTH - Researchers in China and Japan have found that the ganoderic acid in the herb improves blood flow and lowers oxygen consumption in the heart muscle. It also lowers cholesterol and inhibits platelet clumping, which often leads to heart attack. It prevents the build-up of plaque in the arteries. Consuming it for about two weeks will show a remarkable reduction in blood pressure.

HEALS THE LIVER - It potency protects the liver from damage caused by physical and biological factors. Its remarkable components also treats alcohol induced fatty liver and cirrhosis. It also helps those who have Hepatitis B and elevated liver enzymes. The powerful compounds accelerate the clearance of drugs and chemicals from the liver, as well as combating the free radicals in the body thereby promoting liver regeneration.

DETOXIFIES THE BODY - This the age of detoxification. It's really a craze and ads promoting various types of detoxifiers are flooding the airwaves. Reishi mushroom is really a stand-alone detoxifier. The, "Junk food age," is crippling our health with obesity on the steady increase. This herb promotes the efficient synthesis of bile and fatty acids, thereby promoting faster detoxification of chemicals from the body. Moreover, it enhances the body's ability to take in 15 times more oxygen making it an ideal food for cancer patients.

In my next article I will share more additional benefits of making this your number one herb to consume. Is it any wonder that the Chinese have such admirable health and longevity? 🌐



MOMENTS OF INSPIRATION



Which Jesus Do You Serve?

The Rev'd Christopher Pierce
Rector, St Alban's Anglican Church
www.churchofenglandcayman.org

Recently, someone sent me copy of a cartoon done by one of my favourite cartoonists, Adam Ford. He is of all things a Christian cartoonist. Imagine that. I'm sure there are other cartoonists that are Christians, but Ford's work focuses on the church at large. The topic of the cartoon in question is the same as the headline above, Which Jesus Do You Serve? Ford's comics can be found at www.adam4d.com.



You see, almost everyone has an idea about Jesus Christ, the Messiah. I think Ford got it right when in the cartoon in question, he points out that people superimpose their own idea over the top of the biblical image/teaching. So, there are as many varieties of Jesus as there are opinions. I'm sure you have your favourite.

We have very little space here, but what is the biblical record? What does it say about Jesus in the Old Testament and in the letters of the Apostles? Finally, what does Jesus say about himself in the Gospels?

In the Book of Isaiah, written 700 years before Jesus' first advent, the messiah to come was described with these words: "He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by men, a man of sorrows, and familiar with suffering." (Isaiah 53:2b-3a)

This description destroys the image of Jesus as the handsome, cool surfer dude or any other visually appealing physical appearance. That is one "Jesus" shot down. The other side of that...the Jesus of the prosperity gospel, it is shot down too. Jesus suffered. He was a man of sorrows. He didn't walk Easy Street. He didn't get about in a comfy chariot or fly around in a private Boeing Business Jet.

In John 8:58, Jesus caused his Jewish audience to go apoplectic when he described himself this way: "I tell you the truth, before Abraham was, I am! At this, they picked up stones to stone him." Why such a reaction? Because Jesus claimed to be the same one who said to Moses from the burning bush that he was, I am. God himself in the flesh. That image of Jesus as just another great teacher is shot down. Jesus claimed to be God! There are two possible conclusions that can follow...it is either true or false...no in between...at least if Jesus' words mean anything.

In his letter to the Christians in Colossae, Paul in the first chapter describes Jesus this way: "For by him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by him and for him. He is before all things, and in him all things hold together." (Colossians 1:16-17)

Have you ever thought about Jesus in those terms? If not, why?

So, which Jesus do you serve? The one you've created for yourself...the one who does your bidding like a genie in a lamp...the one who never made anyone uncomfortable...or the one described in the bible. The answer is the most important you'll ever give.

Which Jesus do you serve? ☝

CNCF honours arts and culture contributors

... Continued story from page 1

were also presented for Volunteer of the Year, Sponsor of the Year and the Chairman's Award for outstanding long-term support of CNCF's work.

With a focus on how special individuals have contributed to the heritage of the islands, the Heritage Cross Awards are split into Gold, Silver and Bronze. This year the Gold Heritage Cross Awardees were a posthumous award for Melvin Augustine, who moved to Cayman from his home in Belize in 1976 to join the Royal Cayman Islands Police as a police tailor and to develop a ceremonial police band, which went on to play for HM Queen Elizabeth when she visited Cayman in 1994. Melvin went on to record such favourites as 'Munzie Boat', as well as leading top dance bands like The Lonelies Combo and the Settlers Band which backed international calypso artists like the late Arrow and The Mighty Gabby.

Twin sisters Maxine and Maureen Bodden also received the Gold heritage Cross Award for their Bodden Family's Christmas Wonderland. Their bright array of Christmas lights and animated figures in the garden of their South Sound home have evolved into a Christmas Wonderland for the local community and the tourists visiting the island to come and enjoy.

The Crighton Family were also recipients, again for their magnificent Christmas Wonderland display which they love opening up to the community and bringing joy to people. It is their way of giving back to the community. They hope that everyone who visits their Christmas Wonderland will experience the true meaning of Christmas.

Silver Heritage Cross awardees included Annie Rose Scott, Community Development Officer for the Sister Islands within the Department of Children & Family Services, considered the 'soul' of her community, who always works diligently on the many projects she organises for seniors and youth. Civil servant Ms. Elvie Lizabeth Walton-Thompson was also awarded, with four decades of community activities behind her.

Bronze Heritage Cross awardee included Keino Daley, the "official face of tourism in the Sister Islands", an enthusiastic individual who enjoys sharing his love for his country and vast knowledge of local flora and fauna. He actively promotes Caymanian heritage and is known for his amicable personality and infectious smile. He has also been featured in magazines and online articles and was a recipient of the Cultural Heritage Emerging Pioneer 2014 Heroes Day Award as well as the 2017 Tourism Emerging Pioneer Award.

Arts and Culture stars

Four individuals were awarded the Gold Star for Creativity awardees. Talented performer Rita Estevanovich has played leading and supporting roles in several local productions including 'Roundup', 'Collected Stories', 'Doubt', 'Sistahs', 'Hannah's Confession', 'De Honeymoon Over' and 'Fallen Angels'. She is a regular on the 'Gimistory' stage, and her voice can be heard on local, regional and US marketing advertisements as well as on the local cartoon series 'Bobo & Tete'. She represented Cayman



► Joanne Sibley was presented with a Gold Star for Creativity by CNCF Artistic Director Henry Muttoo



► Elvie Lizabeth Walton-Thompson was awarded a Silver Heritage Cross



► Keino Daley was presented with a Bronze Heritage Cross by CNCF Deputy Chair Morgan Da Costa

at the 2018 World Championships of the Performing Arts in Long Beach, California and won seven medals.

Trinidadian Earl La Pierre is an accomplished musician who has taught steel pan to the children of the Cayman Islands. In 2014 the Ontario Steel Pan Association honoured Earl for his contribution to the art of Steel Pan in Canada and the city of Barrie (Rhythmfest) also recognised him as a Pioneer of Steel Pan. His most recent accolade was in September 2018 when he was awarded the prestigious Lifetime Achievement Award at the Canada-based Caribbean Music and Entertainment Awards ceremony.

Artist Joanne Sibley moved to Cayman in 1980 and became active in the Visual Art Society. Since then Joanne has exhibited on many occasions and received numerous awards. She was one of five artists who represented Cayman in the Carib Art Exhibition in Curacao, and has had work published in The Artists, the International Artist and Real Life magazines. She has also had one of her images on a Cayman Islands stamp.

Another talented artist, Janet Walker is a founding member of the Visual Arts Society and participated in many of its shows. She has also been invited to exhibit her work at the National Gallery. She paints in water-colour because she loves the spontaneity of that medium, and enjoys working on site en plein air, feeling the elements and hoping that she captures some of the changing light and wind in her painting.


Jawara Alleyne was awarded the Bronze Star for Creativity awardees, an award-winning fashion designer and artist currently living and working in London. He completed his bachelor's degree in Fashion Design and Marketing at the London College of Fashion. Since then, he has worked with a host of international fashion brands and is currently a Studio Coordinator for the Peter Pilotto label, managing the operations of design development within the studio. Jawara is also the co-founder of Nii, a modeling agency that aims to represent diverse faces in the fashion industry and will be attending the Royal College of Arts to complete his MA where he intends to explore his Caribbean identity.

Dancer and teacher Melisha McField also received the Bronze award, having received her bachelor's degree in Dance and Choreography from the Edna Manley Col-

... Continued story on page 10

OBITUARIES

The Family of the Late **Valerie Deanna Merren** deeply regret to announce her passing on Sunday, 24th February, 2019.



A Thanksgiving Service to celebrate Deanna's life will be held at 10:00 am, Saturday, 9th March, 2019 at the Church of God (Universal) Walker's Road, George Town.

Interment will follow at Garden of Reflections on Old Prospect Road.

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

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

The Family of the Late **Dr. Clarence Russell Turner, Jr.** regrets to announce his passing on Thursday, 21 February, 2019.



A funeral service will be held 3:00 p.m. Saturday, 2 March, 2019 at Bethel Baptist Church, Cayman Brac.

Interment will follow in Spot Bay Cemetery.

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

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

The Family of the Late **Davin Gerrian Ebanks** fondly known as Jigs regrets to announce his passing on 8 February 2019, at the Broward Medical Health Centre.



A Memorial service will be held at The Wharf Restaurant, 43 West Bay Road, Grand Cayman, on Saturday 2 March 2019, at 10:00 a.m.

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

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

Churchill's Funeral Home

We have been asked to announce the passing of Frances Elizabeth Morris, who passed away on February 19, 2019. A Thanksgiving Service will be held at Church of God Full Gospel Hall, 63 S Church St, George Town on Sunday, March 03, 2019 at 3:00 p.m. Viewing will be from 2:00 p.m. to 3:00 p.m. Interment follows at Spotts Cemetery



Condolences can be registered at churchillsfuneralhome.com

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VIP FOR BVI: British Virgin Islands Citizens Elect A New Government

... Continued story from page 1

which had formed the last government, and the Progressive Virgin Islands Movement and Progressives United took one each.

In a statement on the VIP's Facebook page this morning, Fahie said the party was humbled by the faith the electorate had shown in it to "take on the challenges of development; of bettering the lives of you the people and building an enduring community".

"The work on your behalf starts today. But for now, I want to thank all of you for the support you have given and the encouragement you have shown. We will

be forever grateful, and we will work hard to never let you down....The team of candidates I was blessed to work with was the best collection of talent we have put together since my involvement in politics. As your Premier-elect, I look forward to the next chapter; and I look forward to fighting for ordinary people every day," he added.

The polls were historic in more than one way. Apart from a record number of parties in the race and a record number of first-time candidates winning their seats, the general election was the first one in which an electronic tabulating system was used. Additionally, the failure of the NDP leader Myron Walwyn to retain

his seat marked the first time the party has not had its leader sitting in the House of Assembly.

Voter turnout for yesterday's general election was put at 65.26 per cent.

Walwyn's predecessor, outgoing Premier Dr Orlando Smith, had chosen to call the general elections early rather than hold a by-election to find a replacement for the representative for the Fifth Electoral District, Delores Christopher, who died on October 16, 2018, less than a year before general elections would have been constitutionally due.

The polls would have been due by August 22 this year. 🌐

Barbados Government Insists Airport Not for Sale

There are absolutely no plans to sell Barbados' sole airport.

That assurance has come from Minister of Tourism Kerrie Symmonds, who charged that some members of the public as well as sections of the media have misconstrued his recent announcement that Government was seeking a private-public partnership to run the Grantley Adams International Airport.

The minister, who was speaking at the launch of two new gates and waiting areas at the airport yesterday afternoon, expressed hope that the misinformation was as a result of "ignorance" and not "malice."

"I tend to attribute to ignorance those things that other people would attribute to malice... So, when I read in sections of the press that the airport is for sale, I say to myself 'that can't be malice that must be a case of people don't understand'. So, I want to make it abundantly clear now," said Symmonds.

The minister was referring to comments made at the Caribbean Development Bank's Wildey headquarters, two weeks ago, during the launch of a project to rehabilitate the airport's pavement and expand its near 40-year-old terminal.

He said at the time that it was necessary to seek a worldwide tender as Barbados did not possess the technical knowledge for such an initiative. Gov-

ernment, he added, was also not in a financial position to develop the airport on its own and would therefore need assistance.

"It is known that we intend to work with the International Finance Corporation (IFC), which is essentially the private sector arm of the World Bank and the world's leading developmental institution, to give us the kind of technical expertise because Barbados does not possess it in a matter of this nature," he said then.

Yesterday evening, in order to clarify Government's position, Symmonds went into greater detail about the nature of the private partnership being sought.

"This partnership will see us find, by way of an international bidding process, a partner who will invest some money into this airport, who will design, who will construct, who will build and will operate for a period of 20 to 30 years. This will be done so that the entity can get a return on his or her investment, and then at the end of that period, they will hand the operational control of the airport back to the Government and the people of Barbados," he explained.

The Tourism Minister contended that such a partnership, for which the bidding process could begin in a matter of months, is expected to put Government



► Minister of Tourism Kerrie Symmonds says his recent announcement that Government is seeking a private-public partnership to run the Grantley Adams International Airport was misinterpreted

in a better position to build out the airport to its maximum earning potential, and to realize key upgrades to the facility. He also revealed that the plans to work with IFC were at an advanced stage.

Symmonds added: "I do not think I can make myself any clearer. There is no parting with the land. What we are doing is recognizing that for too long

this place has needed substantial capital injection, for too long we have failed to recognize our maximum potential... This entire process may take us 10 to 14 months depending on how nimble we are. Time is of the essence because we want to make sure that the airport is at maximum capacity and has maximum operational efficiency as soon as possible." (*Barbados Today*) 🌐

Small Farmers Encouraged to Get Involved in Jamaica's Medicinal Marijuana Industry

Small farmers in Jamaica are being encouraged not to shy away from the opportunities available in the growing medicinal cannabis industry because of the perceived prohibitive fees.

Speaking at a recently held Jamaica Information Service (JIS) 'Think Tank', Jamaica Promotions Corporation (JAMPRO) Manager, Logistics and Infrastructure, Don Gittens, said farmers should approach the relevant authorities in the medicinal cannabis industry for guidance on becoming a part of the industry.

"You might be small and uncertain of how you will come up with the fees or you don't know how to get into the industry, and what JAMPRO will do, as the organisation responsible for the investment and promotion of the medicinal cannabis industry, is to advise you on how to get this done," he pointed out.

According to Gittens, the medicinal cannabis industry is in its infancy stage, and this provides an opportunity for local financial institutions such as cooperatives and friendly societies to form relationships with local farmers and become involved in the industry.

"The industry is growing at a phenomenal rate, and we need to ensure that we are at the forefront, so collaborations with small farmers will be critical to being among the first to market," he noted.

The cultivation of medicinal cannabis was highlighted by Gittens as a key area that farmers and local establishments can seek to invest in as they seek to be involved in the industry.

"Currently, 17 of the 29 issued licences are in the category of cultivation, because it is critical to the growth of our local market, so that can be an area that small farmers take advantage of," he said. 🌐



► Jamaica Promotions Corporation (JAMPRO) Manager for Logistics and Infrastructure, Don Gittens (Credit: JIS)

CNCF honours arts and culture contributors

... Continued story from page 9

lege of the Visual and Performing Arts in Kingston, Jamaica. While in Jamaica she danced and performed with L'Acadco, one of Jamaica's top dance companies,

and filled the role of Rehearsal Director for three years. In 2017 she started her own company Dreamchasers Cayman and staged her first Christmas production "A Dreamchasers Christmas" in December 2018.

Another talented fashion designer, Isi Obi also received the Bronze award, the founder of Isy B., the award-winning fashion brand from the Cayman Islands. Isy B. was recently named "one of the Caribbean brands to watch" by Caribbean Journal, and since its launch in 2015, has garnered an impressive list of successes, locally and internationally. Isy was awarded 'Lifestyle Designer of the Year' at Phoenix Fashion Week in 2016, and in 2017 her brand successfully launched a capsule collection for Evine, the third largest home-shopping network in the United States.

Winston Salmon was the recipient of the prestigious Chairman's Award, a science teacher and accountant of the arts. Winston has volunteered consistently at Gimistory, Miss Lassie's House, the production of 'Doubt', the CNCF office,



► Winston Salmon received the Chairman's Award for his services to CNCF

the Harquail Theatre costume room and more. He is a two-time recipient of the CNCF Volunteer of the Year award.

Volunteers of the Year were Wardley Conolly, Rebecca Wick, Burton Ebanks and Donna Ebanks and Sponsor of the Year was Hopscotch Productions. 🌐

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GLOBAL NEWS BRIEFS

Canada defy US and trade with Huawei

Canada is increasingly doing business with China's Huawei company despite intense pressure on the company from the United States who believe Huawei's include spying equipment that illegally monitors other nations.



► Meng Wanzhou was arrested in December

The phone and telecom equipment maker announced that it will add 200 new research and development jobs in Canada, a 20 percent increase. It will also up its research and development spending there by 15 percent.

"We are grateful to have the opportunity to work in Canada — a country with one of the most innovative technology communities in the world," said Eric Li, president of Huawei Technologies Canada.

The decision comes as the US tries to persuade its allies to shut out Huawei products from next-generation 5G wireless networks.

US authorities claim that the Chinese government could use Huawei equipment to spy on other nations. Huawei denies that any of its products pose a national security risk. It says it would refuse any request from Beijing to conduct espionage.

The US is also pursuing criminal charges against the company — a fight

that's roped in the country's northern neighbour.

Canadian authorities arrested Huawei chief financial officer Meng Wanzhou in December at the request of the United States. US officials say Meng helped her employer circumvent US sanctions on Iran.

Ms Meng now faces a court battle in Vancouver that could result in her extradition to New York.

Her arrest has led to a diplomatic standoff between the Chinese and Canadian governments. China has furiously called for Canada to return Meng, and multiple Canadians in China were subsequently detained. Canada has said it's just following the letter of its extradition agreement with the United States.

Ms Meng, who was released in Canada on bail of US\$7.5 million, is due back in court in March.

Philippines rely on beauty camps

The Philippines takes its success in beauty pageants so seriously that 'boot camps' are being created to ensure that contestants have that extra edge in competitions. It has paid off too.

Rodgil Flores runs one of these camps. He often casts a stern taskmaster's glance as grimacing young women in bikinis stride across one of the mirror-walled studios that is central to making the Philippines competitive.



► Filipino Catriona Gray is the reigning Miss Universe

In seven-inch stiletto heels, the students sway their hips between long slow strides, a brutal drill that Mr Flores requires them to repeat to make the act of sashaying second nature come pageant time.

"For crown. For country", is the slogan of the Kagandahang Flores (Flores Beauty) studio he set up in 1996, the first of several Philippine beauty boot camps that have helped transform the nation's pageant fortunes.

With the naming of Catriona Gray as Miss Universe 2018, the Philippines

took home its fourth title in what is considered the worlds' premier beauty contest.

Both Ms Gray and 2015 winner Pia Wurtzbach trained in the Philippines' beauty studios before securing their wins. Success in the pageant world opens doors to commercial, film, and modelling work.

"The rise of the camps turned the Philippines into a beauty pageant powerhouse. What they

did was to raise the level of pageant training," Mr Flores said.

"Our evolution (into) a beauty pageant superpower compels every Filipina competing internationally to prolong this streak," the 50-year-old added.

Manila's beauty boot camps effectively create a production line of contenders for the Miss Universe crown. Their students come up from the country's circuit of local beauty competitions and then hone their skills in a bid to reach the next level.

UK's Met police 'still racist'

It has been 20 years since the publication in the UK of a report into the murder of Stephen Lawrence, a black teenager who had been stabbed to death in a racist attack in south-east London.



► Stephen Lawrence was stabbed to death in 1993

After his murder, the Stephen Lawrence Inquiry was ordered by the government. Led by retired judge Sir William Macpherson, the inquiry published its findings on Feb. 24, 1999.

But out of the 350-page report, two words had the biggest impact. Sir William labelled London's Metropolitan Police as "institutionally racist".

Twenty years on, people feel there has been little improvement on the police service he criticised so vehemently.

Yvonne Lawson said she is "disheartened and appalled" to hear what young people think of the police. She is the founder of the Godwin Lawson foundation, set-up after her 17-year-old son, Godwin, was stabbed to death in 2011.

In January, her foundation - aimed at reducing gang and knife crime - published a report after speaking to youngsters in Haringey, north London.

"We interviewed over 70 young people who expressed the same concerns

I had 20 years ago," Ms Lawson said. "Most of the young people we spoke to said they didn't trust the police and wouldn't even call them when they or their friends were in danger."

She said not enough is being done to bridge the gap between black and ethnic minority communities and the police.

Leroy Logan, 62, is a former Met officer and ex-chairman of the National Black Police Association. Twenty years after Macpherson, he said the force remains institutionally racist.

Mr Logan said improvements were made post-Macpherson, such as hate crimes now being identified, but added: "We still don't have the promotion of equality and justice in the organisation."

"Black officers are disproportionately subjected to discipline compared to their white counterparts."

Venezuelan president's 'days numbered'

Venezuelan President Nicolás Maduro's "days are numbered" after the weekend's deadly clashes over humanitarian aid, claims US Secretary of State Mike Pompeo.



► Venezuelan police fired rubber bullets at protestors

"Picking exact days is difficult. I'm confident that the Venezuelan people will ensure that Maduro's days are numbered," Mr Pompeo said.

Two people died in Saturday's clashes between civilians and troops loyal to Mr Maduro, who blocks aid deliveries.

Self-declared interim President Juan Guaidó said Mr Maduro must resign. Mr Guaidó also called on other nations to consider "all measures" to oust Mr Maduro after opposition-led efforts to bring in aid descended in the clashes.

Mr Guaidó marshalled volunteers to collect and transport the aid from Brazil and Colombia - but this set off fierce border clashes with soldiers, who opened fire using a mixture of live ammunition and rubber bullets.

US President Donald Trump says he has not ruled out an armed response. On Sunday, the European Union joined the condemnation.

"We reject the use of irregular armed groups to intimidate civilians and lawmakers who have mobilised to distrib-

ute aid," said EU foreign policy chief Federica Mogherini.

He argues that alleged irregularities with the nation's 2018 election render Mr Maduro's leadership illegitimate.

Mr Maduro, who is backed by key economic allies including Russia, Cuba and China, says he is the legitimate president. He also warns that deliveries of foreign aid would open the way for US military intervention.

Led by Mr Guaidó, Venezuela's opposition had intended to peacefully bring aid trucks over the borders with Brazil and Colombia. Soaring inflation has left many Venezuelans unable to afford basic items such as food, toiletries, and medicine.

Mr Guaidó had pledged that the aid would come into the country on Saturday. In response, Mr Maduro partly closed the country's borders, citing threats to security and sovereignty.

Cubans vote in new constitution

Cubans have overwhelmingly ratified a new constitution that enshrines the one-party socialist system as irrevocable while instituting modest economic and social changes, according to the national electoral commission.



► Cubans went to the polls on Sunday

Alina Balseiro Gutierrez, president of the commission, said at a Havana press conference on Monday that preliminary results showed

84.4 percent of the 8.7 million potential voters participated in the Sunday referendum. She said 86.85 percent of voters ratified the charter, 9 percent opposed ratification and 4.5 percent spoiled or left ballots blank.

By comparison, in 1976 when the current constitution was ratified, 99.02 percent of voters in a 98 percent turnout reportedly ratified and just 54,000 were opposed. There are no independent observers of Cuban elections, however citizens may observe the count at their precincts.

Cuba's best-known dissident and pioneer blogger, Yoani Sanchez, who runs an online newspaper from a barrio

known for its support of the government, wrote she braved insults and yelling to witness the count in her precinct of 400 yes votes, 25 no votes and 4 blank ballots.

The independent online newspaper El Toque asked readers to send in local tallies, a dozen of which showed overwhelming support for ratification.

Debate over the constitution has dominated Cuba's politics for months, with the government arguing it represents both continuity of former leader Fidel Castro's policies and adaptation to today's demands and opponents insisting it is a continuation of Communist party rule and oppression.

Honduran hospital is magnet for sick

A Honduran children's hospital is so popular because it treats patients for little or no money that people travel hundreds of miles to use its services.

By the time many patients reach the front doors of Ruth Paz Foundation Hospital, they've travelled for hours, sometimes days.

The hospital located in San Pedro Sula is one of the only facilities in Honduras offering high-quality specialty care for children. Most services are offered for free or greatly reduced in cost, according to need. The hospital first opened as a burn centre for children, but later opened to everyone.

From Monday to Friday, the foundation's clinics are full of people waiting to be evaluated, mostly children but also adults.

The hospital cares for children suffering from first- and second-degree burns. Patients with third-degree burns are sent by air ambulance to hospitals in the United States, and the Ruth Paz Foundation pays the costs for that patient and a family member.



► Patients and guardians wait patiently at the Ruth Paz Foundation Hospital

The hospital has been able to send 737 people to the US for care since 2003, and the facility provides patients with free medications.

That's important for many in Honduras, where a physical injury or debilitating disease not only affects the body but can have catastrophic financial impacts on the entire family.

"The need for medical attention is so great that people do everything possible to reach our medical facilities," said Amanda Restrepo, spokesperson for Ruth Paz Foundation Hospital. "This medical care cannot be found in public hospitals."

Greek Freak has MVP in sights

The Golden State Warriors have five players who were named All-Stars last season. With a line-up of Stephen Curry, Klay Thompson, Kevin Durant, Draymond Green, and DeMarcus Cousins, they are packed with elite players. But all teams need refreshing, no matter how good, so it will be interesting to see how the Warriors juggle their roster.

Durant heads into free agency this summer as a 30-year-old superstar who may be looking to lead his own team. New York is rumoured to be a destination for Durant, but Golden State's main priority will be re-signing him. He won championships with the team in 2017 and 2018. But, if they cannot bring back Durant, they have someone else in mind.

Milwaukee Bucks superstar Giannis Antetokounmpo when he becomes available for free agency in the summer of 2021 is a possible target.

Antetokounmpo is likely safe and isn't heading anywhere, but all Warriors fans must hope to land the biggest stars and the "Greek Freak" fits the bill.

Durant joined a 73-9 team, so anything is possible. It's probably unlikely, though, as the Bucks lead the Eastern Conference with a 43-14 record.

form he is favoured to be the NBA MVP. Some bookies have him as favourite and he is followed by James Harden, Paul George and LeBron James.

It's crazy how, a few years ago, nobody knew his name, and now he might be the most physically dominant guy in the game.

He doesn't have LeBron's skill set, but he is just as physically gifted as the three-time NBA champion.

The superstar forward is just unreal once he gets into the open court. On the fast break, it's just best if defenders get out of the way of the 6ft 10in giant.

Antetokounmpo will play in the FIBA World Championships this summer. Greece has already qualified for the 32-team tournament, which starts in China on Aug. 31.

Many NBA stars are expected to participate, even though the finals in mid-September will be held a week or so before the start of training camps for



► Giannis Antetokounmpo is an MVP contender

Meanwhile, Hall of Fame centre Kareem Abdul-Jabbar has put four of his NBA championship rings up for auction.

Abdul-Jabbar has hundreds of items from his memorabilia collection available in the auction, being conducted by Goldin Auctions, with much of the proceeds going to his Skyhook Foundation charity to help benefit kids learn about science, technology, engineering and math.

Besides the 1980, 1985, 1987 and 1988 championship rings he earned as a member of the Los Angeles Lakers, Abdul-Jabbar is auctioning off a game-used signed and inscribed basketball from his final game in 1989. He finished his legendary career with an NBA-record 38,387 points.

"When it comes to choosing between storing a championship ring or trophy in a room or providing kids with an opportunity to change their lives, the choice is pretty simple. Sell it all," Abdul-Jabbar wrote on his blog about why he's auctioning off valuables from his sports history.

"Looking back on what I have done with my life, instead of gazing at the sparkle of jewels or gold plating celebrating something I did a long time ago, I'd rather look into the delighted face of

a child holding their first caterpillar and think about what I might be doing for their future.

"That's a history that has no price."

Abdul-Jabbar, 71, wrote that he's "on a solid financial path" and is not selling the items due to money trouble.

Some of the championship rings start with a minimum bid of \$60,000. Also available on the website are game-worn jerseys, uniforms, trophies and even various keys to cities that he received.

"Since my life is still happening and ever-evolving, I am less personally attached to those items than I am to my desire to create new history for myself -- and futures for others," Abdul-Jabbar said. "Much of the proceeds from my auction will go to support my charity, the Skyhook Foundation, whose mission is to 'give kids a shot that can't be blocked.'"

"We do this by sending children from economically challenged schools to five days in the Angeles National Forest to experience the wonders of nature and learn the basics about science, technology, and engineering."

Abdul-Jabbar is a six-time NBA champion; he won his first ring as a member of the Milwaukee Bucks, followed by five with the Lakers. 🌐



► Katsuo Abdur Jabbar such sizzling the 2019-20 season.

Rashford is Barca target

Marcus Rashford's recent brilliant form for Manchester United has put in line for a surprise move to Barcelona who are making the 21-year-old striker their top summer target. With Luis Suárez showing signs of decline, the Spanish champions have identified Rashford as a replacement for the Uruguayan forward and are willing to pay top dollar to get him. They'll have to be fast, though, because United are on the verge of handing the England international a new long-term deal.

Barcelona should find it easier to prise hotshot winger Nicolas Pépé

away from Lille, although they'll have to battle with Arsenal for the 23-year-old Ivorian. Arsenal, meanwhile, have no plans to sell Matteo Guendouzi to Paris Saint-Germain, who are said to be ready to pay \$70m for the French midfielder.

Liverpool continue to monitor Sporting midfielder Bruno Fernandes. Adam Lallana could be shown the door if the Portuguese midfielder heads to Anfield. Luckily for Lallana, Southampton want to bring him back to St Mary's. Assuming they don't get relegated. 🌐



► Marcus Rashford's form has improved recently

Woods edges up rankings



► Tiger Woods is creeping up the rankings

Tiger Woods is rounding into form and inching closer to the top 10 in the Official World Golf Ranking. After his recent solid finish at the WGC-Mexico Championship, Woods now sits at No. 12.

Woods has played in three events so far in the 2018-19 PGA Tour season and improved on his performance in each one. He opened the year with a top 20 finish at the Farmers Insurance Open. He followed that up with a top 15 at the Genesis Open at Riviera.

Then last week, Woods showed flashes of brilliance on his way to a top 10 finish, his first top-10 of the season. Woods began the season at No. 13, which he reached with his victory at last year's Tour Championship. That's incredible considering that he began his most recent comeback at the 2018 Farmers Insurance ranked No. 668th.

Tiger has famously racked up a record 683 weeks ranked No. 1 in the world in his career, and he most recently held the top spot in May 2014. 🌐

Pacquiao debuts as promoter

As Manny Pacquiao has reinvigorated his boxing career with big wins over Lucas Matthisse and Adrien Broner, the 40-year-old Filipino is also making some moves as a promoter.

In addition to co-promoting his own fights, Pacquiao's MP Promotions, in partnership with Ringstar Asia, is now set to present its first full boxing card in the Philippines soon.

The event is at the Resorts World Manila in Pasay City, Metro Manila on March 23. There are nine bouts with two title eliminators.

The card will be headlined by the IBF's No-4-ranked bantamweight Michael Dasmarinas. Dasmarinas is 28-2-1 and he'll be facing Kenny Demecillo in

a title eliminator. Demecillo is 14-4-2 in his career but comes in riding a two-fight win streak.

The second title eliminator is also associated with the IBF. Samuel Salva and Rene Mark Cuarto will battle for the minimumweight title. Salva is another up-and-coming Filipino fighter who is 16-0. Cuarto is the WBO's Oriental champion who is on his own 14-fight undefeated streak.

Pacquiao is leveraging his massive popularity as a fighter and a presence in the sport. Once he's done competing, the groundwork is already laid for him to become a significant figure on the promotional side in his native country and globally. 🌐



► Manny Pacquiao's career is evolving into promoting

Department of Sports HWM Opening Remarks - Sports Coordinator Women - Merta Day

As the Cayman Islands kicks off its annual celebration of Women the Cayman Islands Department of Sports jumped on the opportunity to highlight the strides and contributions of women in our community in observance of Honouring Women's Month 2019 (HWM).

Events organized for HWM culminates around International Women's Day (IWD) which will be celebrated worldwide on March 8th; and the Cayman Islands Department of Sports is proud to be an active participant in the celebrations.

The Department of Sports pledges to continue its commitment to our female athletes and aspiring athletes; to our female sports managers, administrators, coaches, umpires, referees and to every woman employed or volunteering in Cayman's sporting community; to all of the everyday women and girls of sports in these islands. The Department of Sports is making this pledge because this is essential if we want to influence and to fast-track change.

My Director, Mr. Collin Anglin, lends his wholehearted support of this annual venture and to you our 2019 HWM Honourees. He has this to say "Women play a vital role in our society and it is inspiring to hear the stories behind our honourees. In these instances, we

are learning about women, girls and, in some instances, men who are blazing a trail for others to follow and that have empowered countless others to reach their full potential and believe in themselves."

Two years ago the IWD Official Movement confirmed that "the **World Economic Forum's Global Gender Gap Report** findings told us that gender parity was over 200 years away" -This year's UN Women reports that "based on current trajectories, existing interventions will not suffice to achieve Planet 50-50 by 2030". Department of Sports understands how vital it is to keep focused and **#BalanceForBetter** which is this year's Theme locally. This also aligns with the international Theme "Think equal, build smart, innovate for change" (**TEBSIFC**)

And while it is recognized that gender equality won't happen overnight, it is heartening that across the world women are making great progress daily. Also, there's an irrefutably robust and growing worldwide movement of advocacy, crusading and support.

We all agree that International Women's Day is not country, group or organization specific and that the day belongs to all groups collectively everywhere. Together in the Cayman Islands, let us



► Colour Me Purple 5K 2018 DSP Staff & Volunteers

all continue to band together to be persistent in accelerating gender parity; communally let's all, **#BalanceForBetter. #TEBSIFC**

To conclude, as Sports Coordinator for Women, I encourage and thank all citizens and stakeholders in the Cayman Islands who have supported gender equality for decades. I appeal to each of you to encourage your family, friends and colleagues to continue to join you

as you regenerate your motivation and take the pledge again this year to **#BalanceForBetter. (TEBSIFC)**. It is essential that we continue our solidarity to create a Cayman Islands where our females and males have equal opportunity and equal purpose in every area of their life. We must continue to band together and become the united voice that calls for equality for all, and the community that settles for no less. 🌐



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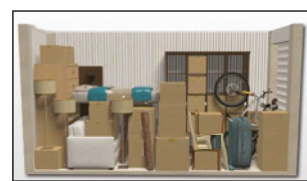
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- Sofas
- Armchairs
- Dining room sets
- Multiple boxes

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

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

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- Couches
- Chairs
- Chest of drawers
- Lamps
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By THOMAS JOSEPH

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- 31 Squalid
- 32 Roof overhangs
- 34 Farrow of films
- 37 Drill part
- 38 Conk out
- 41 Gabriel Byrne TV series
- 44 Scrub
- 45 Slow tempo
- 46 Domesticates
- 47 Pop star John

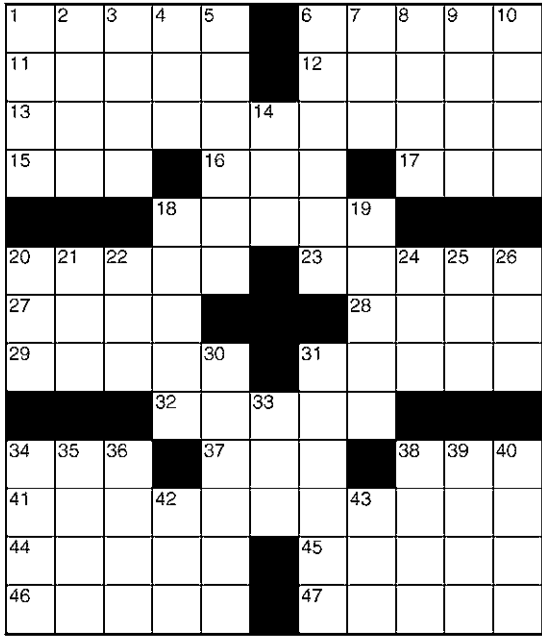
DOWN

- 1 Steal
- 2 Sharpen
- 3 Yemen neighbor
- 4 Actress Ryan
- 5 Doorway
- 6 Bends
- 7 Lamb's father
- 8 See 27-Across
- 9 Fork feature
- 10 Letter after epsilon
- 14 Have lunch
- 18 2008 Pixar movie
- 19 Track events
- 20 Subside
- 21 Status —
- 22 Online address
- 24 Coffee, in slang
- 25 Tack on
- 26 Lock opener
- 30 Fencing swords
- 31 End a lawsuit
- 33 By way of
- 34 Fog
- 35 Cuzco native
- 36 Bond component
- 38 Auto ding
- 39 A fan of
- 40 School near Windsor
- 42 Regret
- 43 Singer Tormé



Yesterday's answer

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



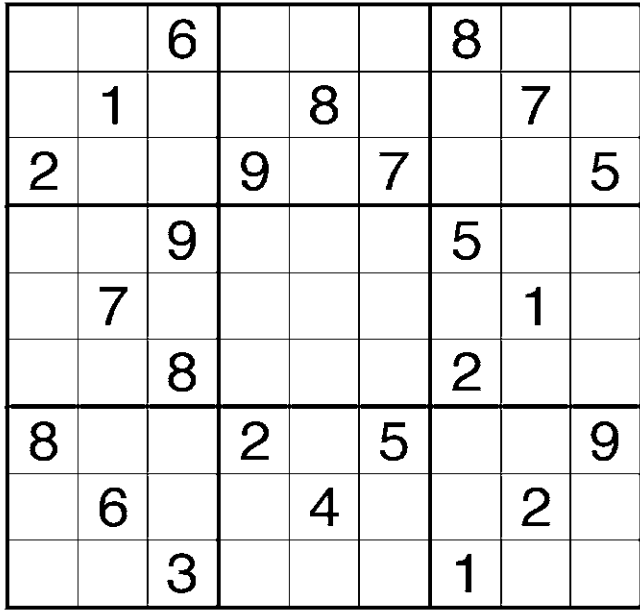
7-10

SUDOKU

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

Conceptis Sudoku

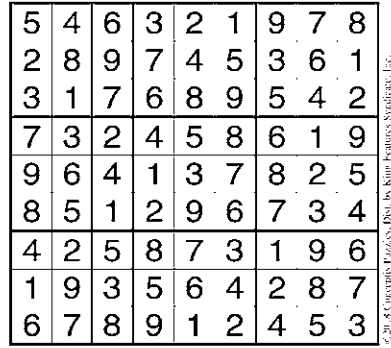
By Dave Green



Difficulty Level ★★★

6/14

Answer to previous puzzle



Difficulty Level ★★★

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Word Search



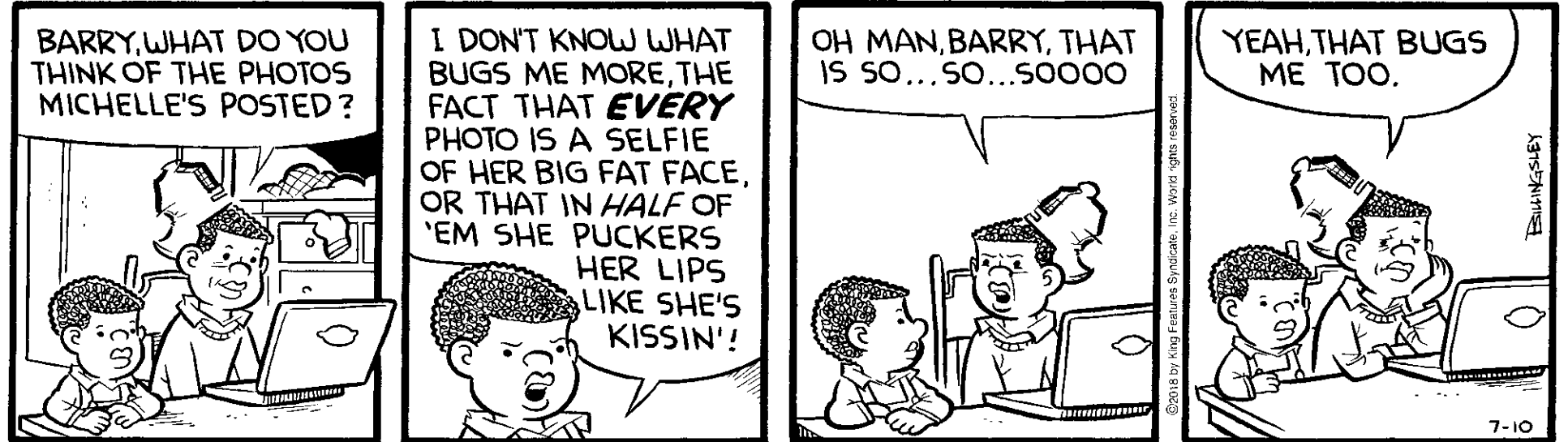
Find the listed words in the diagram. They run in all directions – forward, back, up, down and diagonally.

- Downcast
- Upgrade
- Downfall
- Upkeep
- Download
- Uplift
- Downpour
- Upright
- Downsize
- Uproar
- Downstream
- Upset
- Downtown
- Upstart
- Downwind
- Downbeat
- Upbeat
- Uptight
- Update

Have fun with
**CAYMANIAN
TIMES**

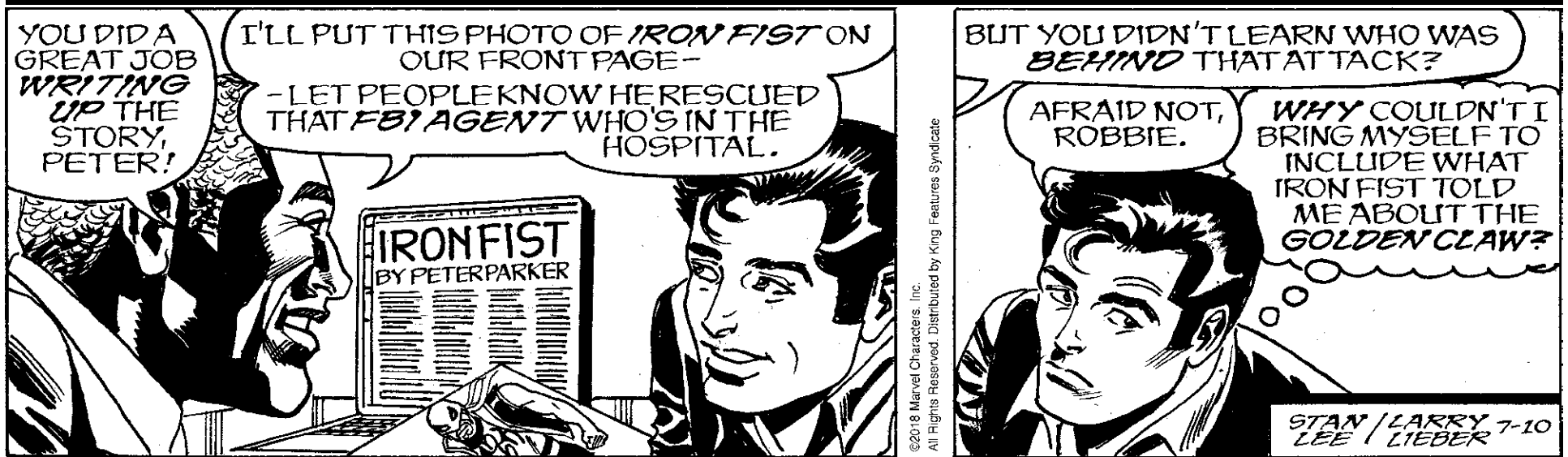
CURTIS

By Ray Billingsley



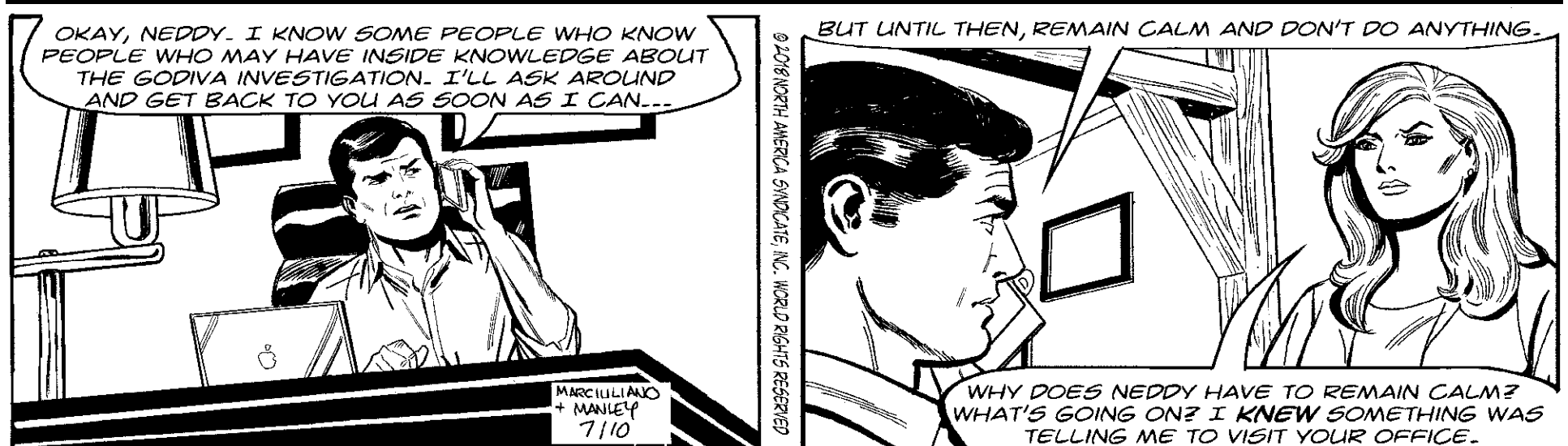
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



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