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# NEWSLINE

*Journalism of Accuracy, Balance & Courage*



**FRAUDULENT  
AI-GENERATED CONTENT  
FALSELY REPRESENTS  
TCI GOVERNOR PG3**



**Autopsy Scheduled for  
Four Suspected Carbon  
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# ARM THE CITIZENS

**PDM Calls for Arming Law-abiding Citizens, Security Guards, and  
Overhauling National Security Strategy Amid Crime Surge**

**Also calls for full, independent review of Police Force**

**SEE PAGE 5**



Police Commissioner Fitz Bily (second right) prays for the men and women of the Royal Turks and Caicos Islands Police Force, especially the Marine Branch, as well as Constable Parker's family. Also in photo are, Her Excellency Governor Dileeni Daniel-Selvaratnam, and other high-ranking officers of the police force.



Constable Kenneth Parker in happier times.

# Governor, Police Commissioner Pay Tribute to Murdered Police Officer Kenneth Parker

As the Royal Turks and Caicos Islands Police Force (RT&CIPF) continues to mourn the tragic loss of Constable Kenneth Parker, senior leadership led by Commissioner of Police Fitz Bailey and Her Excellency the Governor, Dileeni Daniel-Selvaratnam, visited the Marine Branch earlier in the week, to offer support, comfort, and solidarity to grieving colleagues. Constable Parker, 54, was fatally stabbed on August 3 and later discovered motionless inside a vehicle along Millennium Highway in Providenciales. A male suspect remains in police custody and is assisting with the ongoing investigation. A weapon believed to have been used in the incident was recovered at the scene. The visit to the Marine

Branch was marked by solemn reflection and unity, as Commissioner Bailey, joined by Acting Deputy Commissioner Kendall Grant, Acting Assistant Commissioner Dwight Gardiner, Superintendent James, and representatives of the Police Welfare Association, addressed officers still coming to terms with the loss. Commissioner Bailey opened the gathering with a prayer before sharing a personal memory of his first meeting with Constable Parker on Jan. 4. He recalled a meaningful conversation and described the officer's professionalism and warm spirit in all their interactions since. "Constable Parker was a dedicated officer who served with dignity and purpose," Bailey said. "He

embodied the values of the Force and will be deeply missed." Governor Daniel-Selvaratnam extended condolences on behalf of her office, reaffirming her commitment to the wellbeing of all police personnel. "We stand together during this difficult time," she said, "and I remain resolute in supporting the brave men and women of the RT&CIPF." Acting Deputy Commissioner Grant remembered Parker as a vibrant presence, always neatly attired, carrying his signature briefcase filled with colorful pens, and passionate about cooking and sharing meals with his peers. He confirmed that strong evidence has been collected and the suspect is now cleared for interview.

Superintendent James encouraged members of the Marine Branch to take time to grieve and reminded them of the emotional and professional support resources available through the Force. Constable Parker served more than 30 years with the RT&CIPF, having enlisted in November 1990. His service spanned postings at the South Caicos Police Station, the Beat and Patrol Unit, and most recently as Boat Captain in the Marine Branch. The RT&CIPF remains united in grief and committed to justice, transparency, and officer welfare. Friday's visit served as a powerful tribute to Constable Parker's legacy and a reminder of the resilience of the policing community in the face of tragedy.



## TURKS AND CAICOS Weekly News

The Governor's Office is aware of a fabricated audio and video post currently circulating online, which falsely uses the likeness and voice of Her Excellency, Governor Dileeni Daniel-Selvaratnam.

This content, generated using artificial intelligence (AI), falsely claims that Turks and Caicos Islands resi-

dents will begin receiving income from taxes and that the Government is backing a specific investment platform.

We wish to categorically state that this post is entirely false. The voice and image of the Governor have been digitally cloned without authorisation to create a mis-

# FRAUDULENT AI-GENERATED CONTENT FALSELY REPRESENTS TCI GOVERNOR

leading and deceptive message. Furthermore, the supposed article attributed to the Turks and Caicos Weekly News is fabricated and bears no connection to an actual publication or any legitimate news source.

The Governor's Office urges members of the public to disregard this content in its entirety and not to share or engage with it in any way. It is part of what appears to be a growing trend of malicious AI-generated disinformation designed to

mislead and exploit.

As a reminder, all official information from the Governor or the Governor's Office is communicated through verified government channels and platforms. We strongly encourage individuals to rely solely on trusted sources when seeking updates or statements from the Government or its representatives. Do not rely on social media posts or articles unless they originate from our official communications platforms.

## Border Force Ramps Up Immigration Crackdown Across TCI

The Turks and Caicos Islands Border Force has intensified its enforcement operations across the country, signalling a renewed crackdown on immigration violations as it works to uphold the integrity of local laws and protect the nation's prosperity.

As part of this island-wide initiative, businesses should prepare for unannounced inspections by Border Force officers who will be checking for breaches of immigration laws and verifying employee compliance. Individuals found working illegally face removal from the territory, while employers who fail to comply may be hit with hefty fines and further enforcement action.

"Let there be no doubt—we are serious about enforcing immigration laws," said Deputy Premier and Minister of Immigration and Border Services, Hon. Jamell Robinson. "The public will continue to see our officers actively engaged in communi-

ties. We are committed to protecting legitimate employment and preserving the rule of law."

The Border Force emphasises that community cooperation is essential to the success of this initiative. Members of the public are encouraged to report suspected breaches, whether they involve individuals working outside their permit conditions or engaging in customs or immigration-related offences.

"These violations threaten our economy, undermine lawful businesses, and put strain on our society," the Ministry said in a statement.

Reports can be made in strict confidence by emailing [tcintel@gov.tc](mailto:tcintel@gov.tc) or contacting the Border Force via phone or WhatsApp at +1 (649) 232-6616.

Anonymous tips can also be submitted through the official online portal: [www.borderforce.gov.tc/direct-contact](http://www.borderforce.gov.tc/direct-contact).



Minister responsible for Border Services Hon. Jamell Robinson



The generator believed to have emitted the carbon monoxide which claimed the lives of four people, including a young child.



The house in which the four bodies were found.

# Autopsy Scheduled for Four Suspected Carbon Monoxide Poisoning Victims

By Vivian Tyson NEWSLINE Editor-In-Chief

A post-mortem examination was scheduled to be conducted over the weekend on the four individuals, including a baby girl, who died in a suspected case of carbon monoxide poisoning at a residence in South Dock, Providenciales, on Tuesday, August 5. NewslineTCI, up until press time, attempted to obtain the identities and ages of the victims but without success. Authorities hope the autopsies will confirm the preliminary belief that the victims, found unresponsive inside a locked concrete home on Silverado Road, died from exposure to the deadly, odorless gas emitted by a generator. According to the Royal Turks and Caicos

Islands Police Force, officers from the Serious Crime Unit were dispatched to the location at around 4:49 p.m. following reports that a man and a young girl inside the home were not responding. Upon arrival, police discovered that the residence was completely secured, with all doors and windows closed. Looking through a window, officers spotted a man and a child lying motionless inside the building. Assistance was quickly requested from the Turks and Caicos Islands Fire Department to gain access to the home. Once inside, first responders made a grim discovery: four lifeless bodies, two adult females, one adult male, and a female minor. Medical personnel on the scene confirmed that all four individuals had died.

Early investigations indicate that a portable generator had been running close to the exterior of the house. Investigators suspect that toxic carbon monoxide fumes may have entered the home through a small opening in the wall, leading to the tragic outcome. Carbon monoxide is a colorless, tasteless, and odorless gas produced by burning fuel. In enclosed or poorly ventilated spaces, it can quickly accumulate and cause death by preventing oxygen from reaching the body's organs. The Royal Turks and Caicos Islands Police Force has urged residents to exercise extreme caution when using generators, particularly during periods of power outages or emergencies. Proper ventilation and safe placement of fuel-burning equipment are essential to

preventing similar tragedies. While the names of the victims have not been officially released, police have confirmed that all four individuals lived at the residence. Grief-stricken family members and neighbours gathered near the scene on Tuesday evening as word of the heartbreaking incident spread through the community. "This is a devastating loss," said one local resident. "That poor baby... it's just too much." The investigation remains active, and police say more details will be shared once the autopsy results are complete and further forensic testing is concluded. Authorities continue to encourage the public to report any safety concerns or information that may assist the ongoing probe.

# Police Impose 48-Hour Curfew in Blue Hills Following Surge in Gang Violence

The Royal Turks and Caicos Islands Police Force (RTCIPF) has imposed a 48-hour curfew in the Blue Hills community in response to an alarming rise in gang-related violence. The curfew, which took effect at 5:00 a.m. on Friday, August 8, will remain in place until 5:00 a.m. on Sunday, August 10, 2025. Commissioner of Police Fitz Bailey announced the emergency measure during a nationally broadcast press briefing Friday morning. "The Royal Turks and Caicos Islands Police Force remains steadfast in its commitment to the rule of law and the protection of human rights," Bailey said. "However, in the interest of national security and to cauterize crime and criminality, we must employ strategies that serve the greater good." Since the start of the year, 11 homicides have been recorded in Blue Hills, 10 of which are linked to gang violence, prompting concerns from law enforcement, residents, and national leaders alike. In light of this, the government

has amended Section 55 of the Disaster Management Act 2025, enabling authorities to implement curfews in specific areas deemed high-risk for criminal activity. "These are unprecedented times," Bailey continued. "In moments like these, extraordinary measures are necessary to restore safety, public trust and confidence." The curfew applies strictly to Blue Hills and is not an island-wide lockdown. According to Commissioner Bailey, the operation is being carried out with a firm commitment to protecting civil liberties and ensuring minimal disruption to life and commerce outside the affected area. "All individuals entering or exiting Blue Hills must present valid identification upon request," Bailey explained. "Residents of Blue Hills who work outside the area must carry work IDs or employment documents to verify legitimate movement." The Commissioner urged members of

the public to cooperate fully with police officers during the operation, emphasizing that the battle against crime is not one the police can fight alone. "This is about protecting our communities and distinguishing those who are building a better Turks and Caicos Islands from those who seek to destroy it," Bailey said. "We strongly urge all residents, workers and commuters to comply with these directives." He also took the opportunity to commend officers and partner agencies for their commitment to restoring peace. "Our officers have sacrificed rest days, vacation leave, and time with their families to ensure that we disrupt crime and restore order." Residents are being encouraged to report any suspicious activity to Crime Stoppers, with Bailey issuing a stern warning to those harboring gang members: "Gang members have no respect for life, and protecting them does not shield you from their brutality." The RTCIPF has vowed to continue op-

erations targeting criminal elements throughout the territory. Bailey ended with a message of hope and unity: "Together, we will reclaim our communities and restore peace to our islands."



Commissioner of Police Fitz Bailey

# PDM Calls for Arming Citizens and Overhaul of National Security Strategy Amid Crime Surge

By Vivian Tyson NEWSLINE Editor-In-Chief

Amidst an unrelenting crime wave that has rattled communities across the Turks and Caicos Islands, the Opposition People’s Democratic Movement (PDM) has unveiled a sweeping crime prevention and national security policy, including a call to arm law-abiding citizens and drastically revamp the Royal Turks and Caicos Islands Police Force.

At a press conference held on Wednesday, August 6, 2025, at the party’s headquarters in Providenciales, former PDM Leader Hon. Doug Parnell presented the crime-fighting blueprint and criticized what he described as “inaction and outdated strategies” by the ruling Washington Misick Administration.

“The murder rate has reached ungodly levels,” said Parnell. “Turks and Caicos is in a state of emergency. These policy recommendations are not optional, they are essential if we are to regain control of our streets and restore public confidence in our justice system.”

**Independent Review of Police Force**

Topping the PDM’s policy agenda is an urgent call for a full, independent review of the Royal Turks and Caicos Islands Police Force. The party raised serious concerns over the force’s command structure, operational inefficiencies, and reliance on foreign leadership.

Parnell questioned whether imported policing models were suitable for the long-term needs of TCI communities and floated the idea of a constitutional amendment to place control of the police under a locally appointed Police Commission.



Ezra Taylor (centre), Chairman of the People’s Democratic Movement (PDM) addresses the country. At right is Member of Parliament for the Bight and Juba Sound, Hon. Audric Skippings, and at left is former party leader Doug Parnell.

“If we’re the ones paying for law enforcement, then we must also have a say in how it’s managed,” Parnell argued.

**Push for More Weapons, For Police and Public**

In its boldest and likely most contentious proposal, the PDM is calling for the arming of off-duty police officers, as well as a relaxation of existing gun ownership laws to allow law-abiding citizens and security companies to carry firearms.

“Too many of our people feel like sitting ducks in what has become a war zone,” Parnell said. “We believe law-abiding citizens

should be able to defend themselves. No one should feel unsafe in their own country.”

The policy package also advocates for the establishment of licensed indoor shooting ranges to support safe training and responsible gun ownership.

**Technology, Training, and Tactical Readiness**

The party further called for a massive investment in modern policing technology, including the implementation of aerial drones, real-time traffic monitoring, and forensic tools like ShotSpotter—a gunfire detection

system already used in parts of the United States and the Caribbean.

The PDM slammed the current state of the police vehicle fleet, which, according to their findings, consists of just 19 vehicles on Providenciales—25% of which are assigned to senior officers.

They are demanding a minimum of 100 police vehicles for the island, with 20 dedicated to 24-hour patrol operations. To support this initiative, the PDM wants calls for reinstating of the Police Training School, recruit more local officers from schools, and establish a dedicated maintenance facility for police vehicles.

**Tackling the Root Causes of Crime**

While the proposals lean heavily on enforcement and deterrence, the PDM also addressed the broader societal issues driving criminality.

The party cited widening economic inequality, social division, and imported poverty as contributing factors to the recent crime spike. They warned of the dangers of a society increasingly split between the “haves” and the “have-nots.”

“Hopelessness breeds crime,” Parnell stated. “If people can’t keep up with the cost of living or access fair economic opportunities, some will turn to criminal activity. We must address that.”

The party proposed the introduction of early conflict resolution training in schools and a national strategy for identifying and rehabilitating at-risk youth before minor disputes spiral into deadly feuds.

**Justice System Under Fire**

The PDM also placed the judiciary under scrutiny, expressing concern over bail decisions for suspects in violent crimes. They called for a formal review of bail and remand procedures and proposed the removal of judges who, based on data, consistently fail to consider public safety.

“The system is failing victims and enabling perpetrators,” said Parnell. “Public safety must be a primary consideration in all judicial decisions.”

**Border Security and Regional Intelligence**

Finally, the policy highlights major vulnerabilities in border security and calls for total radar surveillance of the country’s coastlines. The party urges the Government to work with the UK, U.S., and regional partners like Haiti and the Dominican Republic to stop the inflow of guns, drugs, and illegal migrants.

The PDM also lambasted the failure of Operation Bahamas and Turks and Caicos (OP-BAT) to intercept vessels before they arrive in TCI waters.

“If no intelligence operations are being carried out in source countries, then what exactly are we doing?” Parnell asked. “We must go beyond our borders to truly secure our nation.”

**Government Should Act**

The PDM is urging the Government to act immediately on its proposals, commission independent audits, appropriate emergency funding, and introduce legislative reforms that reflect the magnitude of the national crisis.

“This is not about politics; it’s about survival,” Parnell concluded. “We are offering real, actionable solutions. The ball is now in the Government’s court.”

Genesis PII TCI Ltd As Chargee pursuant to its charge and the registered land ordinance , hereby gives notice that it will cause to be sold the property listed below by public auction, to be held at the Office of Stanbrook Prudhoe , address: 3rd Floor Graceway House,Graceway plaza Providenciales Turks and Caicos Island at 2:00 PM on August 22nd, 2025

|             |                                                                                                                                                                    |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location    | Unit 1033 - 38 Marlin Street Providenciales, TCI                                                                                                                   |
| Description | The subject property located in phase one of the One on Marlin development which comprises a total of 35 self-contained apartments situated in 10 detached villas. |
| Title       | 60717-107K11                                                                                                                                                       |
| Proprietor  | Tamika Thompson                                                                                                                                                    |

A reserved price will be fixed on the parcel and a deposit of 10% is due immediately upon accepted bid. Conditions of Sale available upon request or at the Auction.Terms And conditions of sale by public Auction are available by request form



Mia Mottley speaking at the UN.



Andrew Holness' assets have come under scrutiny from Jamaica's Integrity Commission



Andrew Fahie has been found guilty by the US Government for drug-related cases.

# Caribbean Leaders - A Failure To Launch

Across the length and breadth of the Caribbean our new leaders have consistently failed to emulate or even equal past leaders like Michael Manley, Eric Williams, Vere Bird, Eugenia Charles or the pinnacle, Alexander Bustamante. Speaking lastly of an icon who was imprisoned by the British for principle, not profit.

West Indian leaders are now more prone to find themselves being investigated not for a pro-independence movement but corruption, illicit enrichment and immoral behavior.

At about the same time that the British Virgin Islands had a prominent citizen appointed to the Privy Council it's former premier Andrew Fahie was convicted and sentenced for conspiring to import cocaine while he was Premier in 2022.

Jamaican Prime Minister Andrew Holness saw his declared wealth rocket from J\$350,000 to J\$160 Million without a full, complete and public explanation as to source and details of this economic miracle. He has now

spent the last few years fighting the Integrity Commission without the simplest of remedies, go gospel with the voters in what has become a pivotal election year.

The Cayman Islands has seen a former premier convicted for assaulting a woman and is now facing extended proceedings for sexual assault. Curiously, the Cayman Islands, newly removed from the FATF grey list, will not allow copies of their Register of Interests of the political and other handmaidens of their nearly billion-dollar economy to be subject to oversight or verification.

The beleaguered Turks and Caicos Islands have been home to what has possibly become the longest Caribbean corruption inquiry involving a former premier arrested in 2012 with a British administered trial reaching only half point after starting in 2024.

Perhaps a new model for the future can be found in the political crossfire of corruption allegations in Trinidad and Tobago which saw the Keith Rowley led government

of Trinidad and Tobago passing a whistleblower bill to protect corruption fighters. A possible blowback saw Rowley himself being recently flagged in Antigua by authorities for unexplained reasons that necessitated the intervention of Antiguan Prime Minister Gaston Browne.

No list would be complete without the Roosevelt Skerit government of Dominica which became repeatedly involved in the corruption of economic passports and the diplomatic appointment of a fugitive as Ambassador to Malaysia. To further the decline of what has become the notorious Dominica passport, Prime Minister Skerit now proposes to grant citizenship to displaced Palestinians.

Perhaps the answer lies in the stellar performance and example of Mia Mottley who leads the Caribbean's newest republic of Barbados. Eloquently outspoken on the world stage, she would surely have been endorsed by her predecessor, Sir Grantley Adams.

Imitation is the sincerest form of flattery that medioc-

rity can pay to greatness according to Oscar Wilde.

**Peter Polack is a former criminal lawyer in the Cayman Islands for several decades. His books are The Last Hot Battle of the Cold War: South Africa vs. Cuba in the Angolan Civil War (2013), Jamaica, The Land of Film (2017) and Guerrilla Warfare: Kings of Revolution (2019). He was a contributor to Encyclopedia of Warfare (2013). His latest book is a compendium of Russian espionage activities with almost five hundred Soviet spies expelled from nearly 100 countries worldwide 1940-88.**

**NEWSLINE TCI**  
Journalism of Accuracy, Balance & Courage

NEWSLINE TCI is located at  
1085 Leeward Highway,  
Providenciales,  
Turks & Caicos Islands, BW1.

Our numbers are:  
1649 348-9587  
1649 242-6695

You can email us at  
[contact@newsline-tci.com](mailto:contact@newsline-tci.com) or  
[viviantyson@newsline-tci.com](mailto:viviantyson@newsline-tci.com)

Vivian Tyson – Editorial Department



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Bereniece Dickenson is overcome with emotion as she was announced as the Miss Universe Turks and Caicos winner.

# Bereniece Dickenson Crowned Miss Universe Turks and Caicos 2025

Bereniece Dickenson has been crowned Miss Universe Turks and Caicos 2025, emerging as the overall winner of the national pageant held Friday night, August 1, at the Gustavus Lightbourne Sports Complex in Providenciales. Dickenson, who competed in last year's event but did not place, returned to the competition with renewed determination and walked away with the coveted crown. She also won two of the five sectional prizes: Best Swimsuit and Best Catwalk. The competition featured four finalists. First runner-up honors went to Selena Grant, who also secured the Best Costume award. Aaliyah Elliot received Miss Congeniality, while Farrah Grant earned the Miss Social Impact award. In a post-crowning interview, Dickenson described her win as a dream realized. "I'm still in a state of shock and I'm so happy. This journey started last year, and I've been working very hard to achieve this," she said. Dickenson also reflected on the personal motivations behind her return to the stage, including a tribute to her late cousin, Reggie Dickenson, and her broader mission to inspire young women around the world. "Beyond the crown is my purpose. I

want to take my message to the universe — to help girls everywhere realize they have the power to overcome obstacles, no matter where they come from." She credited faith and resilience as central to her preparation, saying she spent the final moments before the winner was announced in prayer. "I was having a full-blown conversation with the Holy Spirit and thinking about Reggie. Regardless of the results, I knew he'd be proud," she said. Now officially the country's representative, Dickenson will advance to the international Miss Universe competition on November 21 in Thailand. She is looking forward to continued training and support from the Turks and Caicos Islands' Miss Universe Organization. "The preparations are in the hands of the organization. Judging by last year, they did an amazing job. I'm ready to work hard and make the Turks and Caicos Islands proud." The evening was co-hosted by American comedian Cedric the Entertainer and local broadcaster Cheryl Francis-Forman. Dickenson will now begin official duties as a national ambassador, with appearances, training, and community initiatives scheduled in the coming months.



A radiant Bereniece Dickenson poses for the camera after being crowned Miss Universe Turks and Caicos.

## WANTED PRE-SCHOOL TEACHER

THE LEARNING CASTLE INVITES APPLICATIONS FROM QUALIFIED AND EXPERIENCED PRE-SCHOOL TEACHERS TO JOIN OUR TEAM. A CHILD DEVELOPMENT OR EARLY CHILDHOOD CREDENTIAL IS RECOMMENDED. ALTERNATIVELY, CANDIDATES WITH SIGNIFICANT PREVIOUS EXPERIENCE IN A PRE-SCHOOL OR EARLY CHILDHOOD SETTING WILL BE CONSIDERED. SALARY IS COMMENSURATE WITH QUALIFICATION.

Interested candidates may forward their applications along with their CVs, copies of academic credentials and experience certificates to  
[principal@thelearningcastletci.com](mailto:principal@thelearningcastletci.com).  
Contact: (649) 441-8409

# Minister Saunders Unveils Bold Digital Transformation Vision at Business Outlook Conference

Minister of Innovation, Technology and Information, Hon. E. Jay Saunders, has outlined an ambitious roadmap to transform the Turks and Caicos Islands Government (TCIG) into a high-performance, digitally driven institution by 2027, promising sweeping changes to public service delivery, border security, and economic efficiency.

Speaking at the recently held Business Outlook conference, Minister Saunders said technology will be the backbone of the nation's future prosperity, positioning the TCI to align with its long-term development plan, Vision 2040.

"Technology drives innovation, efficiency, and new business models across every sector," Saunders said, noting that the world's most valuable companies and wealthiest indi-

viduals are technology leaders. "Our commitment to digital transformation will deliver lasting benefits, creating a future where every Turks and Caicos Islander can thrive."

Key initiatives include:

**National ID Project** – A secure, unified digital identity system to streamline public services and improve access for residents.

**Automated Clearing House (ACH)** – In partnership with local banks, the ACH will lower transaction costs, increase transparency, and boost economic activity.

**AI-Driven Services** – From government chatbots to intelligent border security, partnerships with Microsoft AI Copilot will bring cutting-edge solutions to TCIG operations.

The Minister highlighted that these initiatives will enhance GDP growth,

improve border and domestic security, reduce the cost of living, and ensure inclusive prosperity.

Future opportunities in smart education, digital healthcare, renewable energy, and smart city technologies were also spotlighted, with a focus on leveraging AI, data analytics, and cloud computing to strengthen economic resilience and improve quality of life.

By early 2027, Saunders said, residents can expect faster, more transparent government services, a more secure and modern border system, and a stronger foundation for sustainable growth.

"Our aim is to ensure that current and future generations can live their best lives right here in the Turks and Caicos Islands," Saunders affirmed.



SAUNDERS: "Our aim is to ensure that current and future generations can live their best lives right here in the Turks and Caicos Islands,"

## WORLD BREASTFEEDING WEEK 2025 CELEBRATED

The Primary Health Care Department within the Ministry of Health and Human Services proudly joins the global observance of World Breastfeeding Week 2025, celebrated annually from August 1–7, under the theme: "Prioritize Breastfeeding: Create Sustainable Support Systems."

This year's theme underscores the critical need for long-term, equitable systems of support that empower and enable mothers to breastfeed successfully. Breastfeeding remains one of the most powerful and cost-effective interventions to promote child survival, health, and development. Yet, globally, fewer than half of infants under six months old are exclusively breastfed — a concerning statistic that highlights the urgent need for stronger, more sustainable solutions.

The Ministry of Health recognizes the pivotal role breastfeeding plays in the health and well-being of both infants and mothers and is committed to creating environments that encourage, protect, and support breastfeeding practices throughout the Turks and Caicos Islands.

Activities Planned for World Breastfeeding Week 2025:

To commemorate this year's observance, the Primary Health Care Department has planned a week of interactive, community-centered activities to raise awareness and offer support to mothers and families:

### Daily Breastfeeding Education Sessions

Held in the waiting areas of all community clinics, these informative sessions will provide parents with essential knowledge on breastfeeding techniques, benefits, and common challenges.

### "Ask the Midwife" Booth

An interactive booth staffed by experienced midwives and nurses where mothers and families can ask questions, seek guidance, and receive up-to-date information about breastfeeding practices.

### Leaflet and WHO Guidelines Distribution

Educational materials and World Health Organization (WHO) breastfeeding guidelines will be distributed to the public to promote informed and evidence-based breastfeeding practices.

### Breastfeeding Wall of Fame

A heartwarming display showcasing photographs (shared with consent) of local mothers breastfeeding their babies. Accompanied by empowering quotes and testimonies, this wall will celebrate the beauty, strength, and dedication of breastfeeding moms in our communities.

### Nutrition Talk and Demonstration

A live demo will be hosted focusing on nutrition for breastfeeding mothers, offering practical meal and snack ideas using affordable, locally available foods to support maternal



health and milk production.

### Poster and Bulletin Board Campaign

Health facilities will be decorated with colorful, informative posters that highlight the global theme, local messages, and key facts about breastfeeding. This visual campaign will help reinforce the importance of community-wide support for breastfeeding.

Commenting on World Breastfeeding Week 2025, Hon. Kyle Knowles, Minister of Health and Human Services stated that "As the Minister of Health, I am encouraging all residents, especially partners, families, employers, and community leaders, to prioritize breastfeeding and play

an active role in supporting mothers in their journey. By working together to create sustainable systems — from healthcare and policy to community and workplace environments — we can improve breastfeeding outcomes, the health of our children and ultimately, the health of our nation."

For more information on activities or to participate, please contact your nearest Community Clinic, the Primary Health Care Department or via email [ldwilson@gov.tc](mailto:ldwilson@gov.tc) and phone at 338-5470. Also, please visit the Ministry of Health's facebook page on <https://www.facebook.com/tciministryofhealth/>.

# UNAUTHORIZED USE OF SHIPPING CONTAINERS FOR HOMES AND OFFICES NOW UNDER STRICT ENFORCEMENT

The Department of Planning is reminding the public that the use of shipping containers as residences, offices, or commercial spaces without prior approval is strictly prohibited in the Turks and Caicos Islands. This practice is a violation of Section 104 (1G) of the Physical Planning Ordinance (March 2021) and carries penalties of up to \$10,000. With a marked increase in construction across the country, authorities have observed a growing number of shipping containers being imported and repurposed as construction site offices and trailer homes—often without the required permissions. This trend presents serious risks to development control, environmental health, and public safety. In response, the Department of Planning has partnered with the Border Force, the Department of Environmental Health, and local Shipping Agencies to tighten regulations and enforce compliance. Effective immediately, the following rules are in place:

**Mandatory Pre-Approval-** All individ-

uals or companies must obtain written approval from the Department of Planning before shipping containers to the Turks and Caicos Islands. **No Release Without Approval-** Containers arriving without prior authorization will not be released from the port. **Disclosure Required -** Containers, especially those outfitted for use as modular offices or trailer homes, must be properly declared to Customs. Failure to declare may result in penalties under the Customs Act for Improper Importation. **Possession of Unauthorized Structures-** Anyone found using or storing unapproved containers, site offices, or trailer homes is subject to enforcement action, including fines of up to \$10,000. **Additional Guidelines for Developers and the Public:**

- Containers may not be used for any building or development purposes without prior written approval.
- Permission must be obtained to use a trailer as a temporary con-

struction site office.

- Containers are only allowed on-site during active construction of a permanent structure.
- Reselling shipping containers locally is prohibited.

Within six months of completing a permanent structure, developers must either export the container or repurpose it under a new, approved project.

The Department says it remains committed to regulating development in accordance with the law to protect the environment, property, and lives across the islands. To report illegal activities or request further information, contact the Department of Planning: (649) 338-4335; or email [planningconsultation@gov.tc](mailto:planningconsultation@gov.tc)



A photo of a container that has been retrofitted into an office.

## EHD, NPHL Participates International Association of Food Protection Annual Meeting

From 27- 30 July 2025, Environmental Health Officer Tiffany Murray and Medical Technologist Erwin Miller participated in the annual meeting of the International Association of Food Protection (IAFP) held in Cleveland, Ohio. This event offered the officers a chance to attend informative sessions on a wide range of food safety topics, connect with other professionals in the field, and explore various advanced technologies related to food safety and testing. The officers gained valuable insights from presentations and technical sessions focused on controlling *Listeria* and *Salmonella* in ready-to-eat foods, dairy, deli meats, and poultry products, as well as risk mitigation strategies in food safety, the role of AI, and genomics/metagenomics in food safety and quality assurance. They also benefited from discussions on:

- Food safety and spoilage issues within the frozen food supply chain
- Retail and food service safety, food safety management systems
- Laboratory detection methods, tracking, sampling, testing strategies, and
- Molecular techniques for

identifying spoilage microorganisms. The event served as a significant catalyst for collaboration between the Environmental Health Department and the National Public Health Laboratory, focusing on enhancing their joint efforts in the critical areas of water and food sampling and testing. The event aimed to educate on streamlining processes and improving of methodologies, ultimately contributing to the validation of food safety protocols. The collaboration not only strengthens the overall framework for food safety in the region but also enhances public health outcomes by ensuring that our food and water supply is safe for consumption. By prioritising these initiatives, participation in the event underscores the commitment of both the Environmental Health Department and the National Public Health Laboratory to protect the health and well-being of the community, fostering a safer environment for all residents and visitors in the Turks and Caicos Islands. For additional information, please visit the Ministry of Health's Facebook page on <https://www.facebook.com/tciministryofhealth/>.



Medical Technologist, Erwin Miller and Environmental Health Officer, Tiffany Murray.



HAGAR  
the Horrible

YOU'VE GOT TO BE A LITTLE BIT OF A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

WOULD YOU LIKE TO BE A HORRIBLE PERSON?

I CAN'T BE A HORRIBLE PERSON IF I DON'T HAVE A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

DO YOU WANT TO BE A HORRIBLE PERSON?

YES, I DO.

WELL, YOU'VE GOT TO BE A LITTLE BIT OF A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

WOULD YOU LIKE TO BE A HORRIBLE PERSON?

YES, I DO.

WELL, YOU'VE GOT TO BE A LITTLE BIT OF A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

NEWSLINE  
COMICS

Garfield

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

I'M SICK OF THIS OLD MANTLE. LET'S DO SOMETHING ABOUT IT!

OBSERVE, ONE WITH A POSITIVE MENTAL ATTITUDE. IT'S NO LONGER MENTAL. IT'S NOW TRUTH!

WHAT COULD POSSIBLY GO WRONG?

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

OH, GARFIELD, YOU'RE SO LONELY.

Archie

I'VE SET UP AN ARCADE THAT HAS COMPLETELY BUILT RIGHT IN!

STAY AT THE ARCADE AND WE'LL BE YOUR BEST FRIENDS!

YOU'VE BEEN SENTENCED TO TWENTY OLD JOKES...

WHAT'S THE ONLY WAY TO GET A HORRIBLE PERSON TO BE A HORRIBLE PERSON?

THE ONLY WAY TO GET A HORRIBLE PERSON TO BE A HORRIBLE PERSON IS TO BE A HORRIBLE PERSON.

COMPUTER MONITOR TO THE REScue - IT'S A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

STAY AT THE ARCADE AND WE'LL BE YOUR BEST FRIENDS!

WHAT'S THE ONLY WAY TO GET A HORRIBLE PERSON TO BE A HORRIBLE PERSON?

THE ONLY WAY TO GET A HORRIBLE PERSON TO BE A HORRIBLE PERSON IS TO BE A HORRIBLE PERSON.

COMPUTER MONITOR TO THE REScue - IT'S A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

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WHAT'S THE ONLY WAY TO GET A HORRIBLE PERSON TO BE A HORRIBLE PERSON?

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COMPUTER MONITOR TO THE REScue - IT'S A HORRIBLE PERSON TO BE A HORRIBLE PERSON.

STAY AT THE ARCADE AND WE'LL BE YOUR BEST FRIENDS!



*The Turks and Caicos Rock Iguana (Cyclura carinata) is one of the most distinctive and ecologically significant animals found in the Turks and Caicos Islands. Endemic to this region, it exists nowhere else in the world, making it an important part of the islands' natural heritage and a symbol of local biodiversity.*

*Appearance and Habitat*

The rock iguana is a medium-sized reptile, usually gray or brown with a pale underside. Adult males can reach over 20 inches in length, including the tail. While generally shy and non-aggressive, these iguanas are an important keystone species in the local ecosystem. They primarily inhabit dry, rocky coastal areas, small cays, and scrubland. Most of the remaining wild population lives on small, uninhabited islands such as Little Water Cay (Iguana Island), Pine Cay, and Water Cay. These isolated locations have allowed them to survive without the threats found on more developed islands.

*National Significance*

The rock iguana is more than a rare reptile—it is a living symbol of the unique wildlife that sets the Turks and Caicos Islands apart. Its survival depends on continued public awareness and responsible environmental stewardship. As development continues across the islands, preserving native species like the Turks and Caicos Rock Iguana ensures that future generations can continue to learn from and appreciate the natural beauty that defines the TCI. As herbivores, rock iguanas feed on leaves, flowers, and fruits, playing a critical role in seed dispersal and vegetation balance. Their presence helps shape the local plant communities and contributes to the overall health of the coastal ecosystem.

*Conservation Status*

The Turks and Caicos Rock Iguana is currently listed as critically endangered by the International Union for Conservation of Nature (IUCN). Major threats include habitat loss, development, and the introduction of invasive species such as cats, dogs, and rats, which prey on iguanas and their eggs. Conservation efforts led by the Turks and Caicos National Trust, the Department of Environment and Coastal Resources (DECRI), and international partners have focused on habitat protection, predator control, public education, and research. Little Water Cay is now a designated nature reserve and eco-tourism destination where visitors can observe the iguanas in their natural environment with minimal disturbance.

References:  
Department of Environment and Coastal Resources (DECRI), Turks and Caicos Islands Government  
Plants of the Eastern Caribbean (Botanic Gardens Conservation International / Kew Gardens Project)  
The IUCN Red List of Threatened Species  
"Wild Plants of the Turks and Caicos Islands" by Sara and Mark Putnam  
TCI National Symbols – Turks and Caicos Islands Government Information Service (GIS)  
Caribbean Biodiversity Information Network (CBIN)



A customer being served at the Java Blue Drive-Thru Coffee Shop.



An attendant taking orders from a customer.

# Java Blu Opens as TCI's First-Ever Drive-Thru Coffee Shop

Coffee lovers in the Turks and Caicos Islands now have a quicker, more convenient way to get their daily fix. Java Blu, the islands' first-ever drive-thru coffee shop, officially opened on August 2 at the Venetian Roundabout on Leeward Highway, bringing a blend of speed, flavor, and friendly service to the heart of Providenciales.

Founded by husband-and-wife team Paul Horton and Carmela Giordano, Java Blu is designed for busy locals and visitors alike, offering high-quality coffee, iced beverages, and grab-and-go bites all from the comfort of your car.

**A New Way to Start the Day**

With its streamlined drive-thru set-up and thoughtfully crafted menu, Java Blu offers a modern twist on the traditional coffee experience. Guests can choose from a variety of drinks, from piping hot lattes to chilled cold brews, along with a selection of fresh snacks perfect for mornings on the move.

"We wanted to create something that simplifies your morning or afternoon routine, something that delivers great taste and great service without slowing you down," says Carmela Giordano. "Java Blu is all about giving people a quick, uplifting experience, one cup at a time."

**A Vision Realized**

The concept for Java Blu was born from the couple's travels and observations of how effective drive-thru cafés were in other islands and countries. After years of research, planning, and careful design, they've tailored the idea specifically for the Turks and Caicos lifestyle.

"This idea has been in the works for a long time, and we're incredibly



The menu board where orders are taken.

proud to see it finally open," says Paul Horton. "We wanted to build something that felt right for Turks and Caicos, practical, welcoming, and rooted in local needs. With so many people commuting daily along this highway, it just made sense."

**Community-Centered and Customer-Focused**

In addition to quality and speed, Java Blu is rolling out a customer loyalty program, rewarding frequent guests with discounts, perks, and exclusive offers. The brand also emphasizes fast, friendly service at every step.

"Drive in, pick up, and sip up, that's our promise," Horton adds. "We're here to serve the community, and we're committed to doing it with care and consistency."



The Java Blu team took a break from their busy opening morning to oblige a photo request. At centre and right are Carmela Giordana and husband Paul Horton respectively.

Life Line

FEATURED CHURCH

Paradise Baptist Church

This week we feature one of the Turks and Caicos Islands’ longest serving churches – the Paradise Baptist Church located in Five Cays, Providenciales. The Paradise Baptist Church has been serving that community and its environs for decades. Pastored by Rev. Goldstone Williams, the Paradise Baptist Church, a few years ago underwent a major redevelopment exercise, to better serve the community. It is now one of the largest halls in the Turks and Caicos, thus making it a magnet for large church-related events, such as valedictory service and graduations. In addition to its regular Sunday service, Paradise Baptist Church conducts Prayer meeting and bible study on Wednesday; Every 2nd and 4th Friday of each month Daughters of The King meetings; Thursday & Saturday at 7pm Praise team practice; and Friday evening at 7pm Youth Fellowship. Its contact number is 941-4349.



Life line Church Directory

Looking for a worshipping house to praise God and fellowship with members of the body of Christ, here is a list of some of the available sanctuaries you can attend throughout the Turks and Caicos Islands.

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| <div><div>Firm Foundation Ministries International</div><div>Lee Street, South Caicos.</div><div>Telephone: 649-348-3581</div></div> <div><div>Christ is the Answer Ministry,</div><div>George Alley Off Aviation Drive, Providenciales</div><div>Tel: 241-8030</div></div> <div><div>One Nation Empowerment Center</div><div>Church Ministry, Suite #12 Alliance</div><div>Business Center, Princess Drive, Grace Bay, Providenciales.</div><div>Tel: (649) 244-6194. Email: apostleyoung1952@yahoo.com.</div></div> <div><div>Touch of Love Ministries International Center</div><div>Industrial Park, Five Cays, Providenciales</div><div>Tel: 941-4903 Fax: 941-7731</div></div> <div><div>Abundant Life Ministries International</div><div>P.O. Box 696 Christian City, Leeward</div><div>Highway, Providenciales</div><div>Tel:941-941-4750 Fax: 941-4755</div></div> <div><div>Anglican Church Rectory Grant Turk,</div><div>Front Street, Grand Turk. Tel:946-2289</div></div> <div><div>Bethany Baptist Church,</div><div>Blue Hills, Providenciales</div><div>Tel:941-4803 / 941-5632 / 941-5118</div></div> <div><div>Church of God of Prophecy,</div><div>Lower Bight, Providenciales</div><div>Tel: 941-8854</div></div> <div><div>Bible Study Ministries, Grand Turk</div><div>Tel:946-1866</div></div> <div><div>Calvary Baptist Church,</div><div>South Caicos. Tel:946-3212</div></div> <div><div>Harvest Bible Chapel TCI,</div><div>Leeward Highway, Long Bay, Providenciales.</div><div>Tel: 1649 333-2009</div><div>Email: hbctciinfo@gmail.com.</div><div>https://www.harvesttci.tc.</div></div> | <div><div>Firm Foundation Ministries International</div><div>19 Honour Lane, Behind Smart Supermarket ,</div><div>Providenciales. Telephone: 649-332-6240</div></div> <div><div>Church of God of Prophecy,</div><div>Providenciales Tel:941-3438</div></div> <div><div>Roman Catholic Church,</div><div>Providenciales, Tel: 941-5136</div></div> <div><div>Faith Tabernacle Church of God,</div><div>Providenciales, Tel:946-4073</div></div> <div><div>New Testament Church of God,</div><div>Orea Alley, Grand Turk Tel:946-2175</div></div> <div><div>New Testament Church of God,</div><div>South Caicos Tel:946-3631</div></div> <div><div>Methodist Church,</div><div>Grand Turk Tel:946-2352</div></div> <div><div>Healing Waters Ministries,</div><div>Blue Hills Providenciales Tel: 941-5867</div></div> <div><div>House of Prayer Church of God,</div><div>Long Bay Road Providenciales Tel: 941-8309</div></div> <div><div>Kingdom Hall of Jehovah’s Witnesses,</div><div>Darrell Road, Grand Turk Tel:946-2727</div></div> <div><div>Mount Mariah Baptist Church,</div><div>Conch Bar Middle Caicos Tel:946-6205</div></div> <div><div>New Beginning Harvest Ministry,</div><div>Pond Street, Grand Turk Tel:946-1759</div></div> <div><div>New Testament Church of God</div><div>Orea Alley</div><div>P.O. Box 495 Blue Hills, Providenciales</div><div>Tel: 946-1255</div><div>Airport Road, South Caicos</div><div>Tel:231-2402</div></div> | <div><div>Firm Foundation Ministries International</div><div>Waterloo Road, Grand Turk.</div><div>Telephone: 649-332-624</div></div> <div><div>Paradise Baptist Church,</div><div>Five Cays, Providenciale</div><div>Tel:941-4349</div></div> <div><div>Revival Faith Center,</div><div>North Backsalina, Grand Turk</div><div>Tel:946-2349</div></div> <div><div>Salem Baptist Church,</div><div>Mission Folly, Grand Turk</div><div>Tel:946-2565</div></div> <div><div>Solid Rock Apostolic Ministries</div><div>International,</div><div>Discovery Bay Providenciales</div><div>Tel: 946-5181</div></div> <div><div>St. Monica’s Anglican Church</div><div>P.O. Box 866 Cheshire Hall Providenciales</div><div>Tel: 946-4046</div><div>Fax:946-4046;941-8499</div></div> <div><div>Turks and Caicos Mission of Seventh</div><div>Day Adventists,</div><div>P.O. Box 803, Providenciales</div></div> <div><div>United Pentecostal Church,</div><div>Brown’s Plaza, Leeward Highway,</div><div>Providenciales Tel: 956-5852</div></div> <div><div>Wesleyan Methodist Church,</div><div>Blue Hills, Providenciales</div><div>Tel: 946-4075; 941-4223; 941-3596</div></div> <div><div>Editor’s Note: If your Ministry is not listed</div><div>and/or you would like for it to be part of the</div><div>NEWSLINETCI Church Diary,</div><div>contact us at:contact@newslinetci.com</div></div> |
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# HIGHLIGHTS FROM THE 2025 MISS UNIVERSE TURKS AND CAICOS PAGEANT

Bereniece Dickenson will represent the Turks and Caicos Islands at the Miss Universe Pageant later this year, after being crowned the 2025 winner at the Gustarvus Lightbourne Sports Complex in Providenciales on Friday, August 1. Selena Grant, the 2024 first runner-up was again this year's runner-up. The following are photo highlights of the event.









# Rotaract Club of Grand Turk Welcomes New Board Under the Theme ‘NEXUS’ for 2025/26

The Rotaract Club of Grand Turk , on Saturday, July 12th, hosted its annual Changeover Celebration, marking the official end of the Rotary year themed LIGHT and welcoming the start of the new year under the inspiring theme NEXUS.

The evening’s event, titled “Last Toast on the Coast,” celebrated a year of impactful service and fellowship under the leadership of outgoing President Lashanda Simmons. During the ceremony, Simmons passed the torch to incoming President Nia Jones, who will now lead the club for the 2025/26 Rotary year. In her address, President Nia Jones warmly welcomed her new board and shared her excitement for the journey ahead. She encouraged members to embrace this year’s Rotary District theme—NEXUS: Nurturing Excellence Through Unity and Service—not just as a slogan, but as a guiding purpose.

“It’s more than a motto; it’s our purpose,” said Jones. “Let’s allow this theme to drive us forward in everything we do this year.”

This year’s board includes Sasha-wana Bremmer as Vice President, Tesharna Williams as Secretary, and Shanice Arthur as Treasurer. Lareesa Robinson will serve as Sergeant-at-Arms, with Lashanda Simmons stepping into the role of Fundraising Chair

while also serving as Immediate Past President. Shakiah Lewis takes on the role of Membership Chair, Leonecia Selver leads Community Service, and Raynae Myers oversees International Service. Public Image will be handled by Quintaya Ellis, while Brielle Jones will serve as Foundation Chair. Kenya

Jones serves as the Assistant District Rotaract Representative (ADRR), and Joel Sinous will act as both Wellness Chair and Rotary Liaison. The club was also honored by the presence of the Rotary Club of Grand Turk and the Rotaract Club of Providenciales, whose support helped

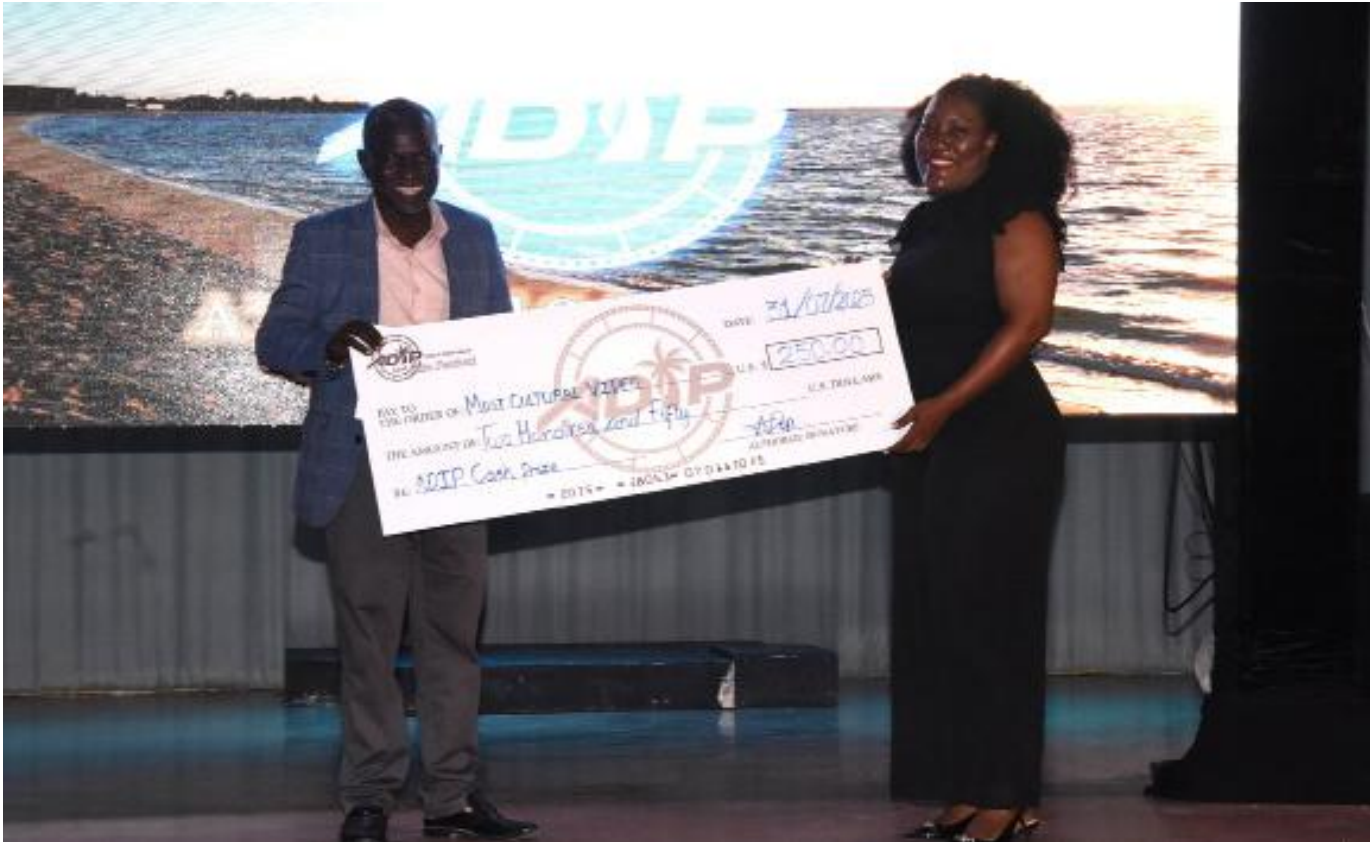
usher in the new Rotary year with a strong sense of unity and shared purpose. With an energized board and a meaningful theme, the Rotaract Club of Grand Turk is poised to continue its legacy of service, leadership, and community impact in 2025/26.





# ANOTHER SUCCESSFUL ADIP FILM FESTIVAL

The Another Day In Paradise (ADIP) Film Festival, which was held at Brayton Hall in Providenciales on Thursday, July 31, 2025. There was rich cadre of entries submitted in this year's staging, which saw the Edward Gartland Youth Centre walking away with the overall prize. The following are highlights of the event.





# Insulin resistance and how to eat the right food for you

INSULIN IS a hormone that helps regulate your blood sugar by controlling how much glucose your cells can absorb. If your cells do not respond to insulin the way they should, a condition known as insulin resistance can contribute to your risk of diabetes.

The good news is that by choosing the right foods for you, you can reduce your insulin resistance and help keep your blood sugar in check. According to Dr Orlando Thomas, medical doctor and functional medicine practitioner at Thomas Medical and Shockwave Centre in Old Harbour, St Catherine, dietary choices can lower insulin.

“Every food that you eat, including vegetables, will stimulate insulin. There are a couple categories of food that can raise insulin even more. We measure them by what we call the glycaemic index, that is, how much these foods will raise your blood sugar by,” Dr Thomas said.

Among these categories of foods, the number one is sugars that include glucose, sucrose, fructose, and corn syrup that comes in the form of juices that you consume. Pastries, snacks, various forms of desserts, and added sugars such as condensed milk are some of the biggest stimulants that can raise your insulin levels and make you put on weight.

“To lose weight in the long term, you must take these foods out of your diet. You can regulate added sugar to the occasional special event. However, 90 per cent of your diet should be devoid of simple sugars,” Dr Thomas said.

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Eliminating grains, moderate protein consumption, increase in your natural fats, and including prebiotics, probiotics, and postbiotics can help to improve your insulin resistance.

**GRAINS**  
Refined grains, and to a lesser extent whole grains, for example, wheat that comes in the form of flour, biscuits, buns, breads, cakes, rice, especially white rice, barley and oats (refined) are high stimulants for insulin resistance. When broken down, these foods will release sugar into your system, but they also open the pores in your intestine, causing leaky gut. The sugar they contain that is digested and released into the intestine is rapidly absorbed.

**MODERATE PROTEIN CONSUMPTION**  
This strategy is recommended, as proteins do stimulate insulin, but not as much as carbohydrates. High protein can also increase your risk of kidney problems. The meats that we have available these days are high in saturated fats because they are fed GMO foods, given vaccines and antibiotics, and are not healthy. You will be way behind on your health journey if you consume a lot of protein.

**INCREASE YOUR NATURAL FATS**  
Fats that are essential include Omega 3, 6, and 9, plant fats such as shea seeds, flax seeds, hemp, and avocado. Polysaturated fats that do not raise your cholesterol, including coconut and olive oil. The amount of insulin they stimulate is minimal, so they will give you the nutrients you need with-

out triggering an insulin response.

**PREBIOTICS AND PROBIOTICS**  
To help to reduce your insulin spikes, everything goes through one channel, and that is your gut. If you have poor gut function, you will have poor health. Changing gut bacteria using special diets including prebiotics, probiotics, and more recently, postbiotics work together to create the environment in your gut that will close those channels so that the glucose won’t rush in and moderate the amount of inflammation

in your system.

These are some broader guidelines for people with insulin resistance:

- Boost your fibre intake by eating more whole grains.
- Eat food that provides polyunsaturated or ‘good’ fats.
- Focus on non-starchy vegetables. For example, opt for fewer potatoes and more leafy greens.
- Choose whole foods rather than processed foods



# How to sleep like a baby

WHEN PEOPLE talk about sleeping like a baby, they usually mean that they slept deeply and soundly. Sleep is such an integrated part of our lives, yet we tend to not give it much thought.

To improve sleep, prioritise your exposure to bright light, particularly sunlight, within the first hour of waking up. This helps regulate your body’s natural sleep-wake cycle (circadian rhythm) by signalling your brain to suppress melatonin production in the morning and promoting it later in the day as it gets darker.

Dr Orlando Thomas, medical doctor and functional medicine practitioner at Thomas Medical and Shockwave Centre in Old Harbour, St Catherine, said as soon as you wake up, expose yourself to natural sunlight.

“This can be achieved by opening your curtains or blinds, stepping outside, or even just sitting near a window. Aim for five to 10 minutes on a sunny day and 15-20 minutes on a cloudy day,” Dr Thomas said.

Sleep problems challenge overall well-being. Magnesium has been promoted to benefit sleep, although the clinical evidenc-

es varied based on the magnesium source used. Magnesium L-threonate (MgT) is a promising intervention due to its brain bio-availability and effects on cognition, memory and mood.

“To improve sleep with magnesium L-threonate, it’s generally recommended to take it in the evening, about 30 to 60 minutes before bed. This timing allows the supplement to potentially promote relaxation and support a restful night’s sleep. Dosage can vary, but many studies use around 1,000-2,000mg per day, depending on individual needs,” Dr Thomas said.

To improve sleep, especially for those with occasional sleep disturbances, melatonin supplements can be helpful. “Start with a low dose, for example, 0.5-1mg, about 30 minutes before bedtime, and if needed, gradually increase the dosage, but generally not exceeding 5mg. It is also crucial to establish a consistent sleep schedule, create a relaxing bedtime routine, and ensure a dark, quiet, and cool sleep environment,” he said.

To improve sleep, create a relaxing bedtime routine, minimise caffeine intake, es-

pecially in the afternoon and evening, and ensure a comfortable sleep environment. Avoid screens before bed, practise relaxation techniques like deep breathing, and consider a warm bath or light reading.

To help you sleep like a baby, consider incorporating herbal teas into your bedtime routine. “Chamomile, lavender, and valerian root teas are known for their calming and sleep-inducing properties. These teas can help quiet your mind, relax your body, and potentially reduce the time it takes to fall asleep,” Dr Thomas said.

A cool shower before bed can help you fall asleep faster by lowering your body temperature, which is a natural part of the sleep process. While some sources recommend lukewarm showers, others suggest even cooler temperatures can be beneficial.

“Our body temperature naturally decreases as you prepare for sleep. A cool shower can mimic this natural drop, signalling to your body that it’s time to rest.

“Cooling down can be a relaxing experience, helping to ease tension and prepare your body for sleep. By helping you fall

asleep faster and potentially improving sleep depth, a cool shower can lead to more restful sleep,” Dr Thomas said.

Additionally, to sleep like a baby, especially for naps, create a consistent and calming routine, ensuring a dark, quiet, and comfortable environment. Keep naps short (20-30 minutes) and aim for early afternoon to avoid disrupting night-time sleep.



# Bob Marley’s Kaya hits platinum in the United Kingdom

Kaya, a 1978 album by Bob Marley and the Wailers, is to date the legendary act’s highest-charting album in the United Kingdom, having peaked at #4 on the UK Albums chart 47 years ago. On Friday, Kaya was certified platinum by the British Phonographic Industry, for sales and streaming equivalent exceeding 300,000 units. Kaya consists of tracks recorded alongside those released on the Exodus album and it was produced by

the band. The album’s release coincided with the One Love Peace Concert, heralding Marley’s triumphant return to Jamaica from exile in London. Three of the songs are new versions of tracks from the 1971 album Soul Revolution Part II. Among the popular songs from Kaya are Is This Love, Sun is Shining, Satisfy My Soul, Time Will Tell and Easy Skanking. Junior Marvin, Tyrone ‘Organ D’

Downie, Aston ‘Family Man’ Barrett, Winston Grennan, Alvin ‘Seeco’ Patterson, Vincent Gordon and Glen Dacosta, are among the musicians who played on the album. Kaya also made it to #5 in Australia, #6 in Norway and New Zealand, #14 in Sweden and #50 on both the Billboard 200 and R&B Albums charts. The album was previously certified platinum in Australia, 2x platinum in France, and gold in the United States and Germany.



Late Reggae Icon Bob Marley

## ‘Fantastic Four’ stretches lead to second week at box office

“The Fantastic Four: First Steps,” Disney’s debut of the rebooted Marvel Comics franchise, continued to outperform the competition for a second straight weekend at the North American box office, industry estimates showed Sunday. Actor-of-the-moment Pedro Pascal, Vanessa Kirby, Emmy-winner Ebon Moss-Bachrach and Joseph Quinn star as the titular team of superheroes, who must save a retro-futuristic world from the evil Galactus. The film pulled in an estimated \$40 million in the Friday-through-Sunday period, a 66 per cent drop from the prior weekend, for a two-week global total of \$368 million. Universal’s family-friendly animation sequel “The Bad Guys 2,” about a squad of goofy animal criminals actually doing good in their rebranded lives, debuted in second spot, earning \$22.2 million. “This is a good opening for an animation follow-up sequel,” said David A Gross of Franchise Entertainment Research. The film edged out Paramount’s reboot of “Naked Gun,” a slapstick comedy starring Liam Neeson as Frank Drebin Jr, son of the bumbling police lieutenant from

the original 1980s movie and related television series “Police Squad!” It pulled in \$17 million in its opening weekend. “Superman,” the latest big-budget action film featuring the iconic superhero from Warner Bros. and DC Studios, slipped from second to fourth at \$13.9 million, Exhibitor Relations said. That puts the global take of the film, starring David Corenswet as the Man of Steel, at \$551 million. “Jurassic World: Rebirth” — the latest installment in the blockbuster dinosaur saga — finished in fifth place with \$8.7 million. Its worldwide total stands at \$765 million after five weeks in theaters. Independent horror film “Together,” which premiered at this year’s Sundance Film Festival and was picked up by Neon, claimed sixth spot in its debut weekend with \$6.8 million. “This is a very good opening for an indie horror pic,” Gross said. Rounding out the top 10 were: “F1: The Movie” (\$4.1 million) “I Know What You Did Last Summer” (\$2.7 million) “Smurfs” (\$1.8 million) “How to Train Your Dragon” (\$1.4 million)



Chilean-US actor Pedro Pascal and British actor Vanessa Kirby pose on the red carpet upon arrival at a launch event for “The Fantastic Four: First Steps” in central London, on July 10, 2025.

## ‘No exceptional circumstances’: Diddy’s bail request denied again

A federal judge has once again denied Sean “Diddy” Combs’ request for bail, ruling there are no “exceptional circumstances” warranting his release ahead of his October 3 sentencing for interstate prostitution. Despite being acquitted last month on the more serious charges of sex trafficking and racketeering, Judge Arun Subramanian said Combs remains a flight risk and a danger to the community, noting the violence exhibited on 2016 hotel surveillance footage that showed him kicking and dragging his ex-girlfriend, Cassie Ventura. According to a ABC News report, Subramanian wrote in a letter on Monday, “While Combs may contend at sentencing that this evidence should be discounted and that what happened was nothing more than a case of willing

‘swingers’ utilising the voluntary services of escorts for their mutual pleasure, the Government takes the opposite view: that Cassie Ventura and Jane were beaten, coerced, threatened, lied to, and victimised by Combs as part of their participation in these events.” In a 62-page letter to the court, the music mogul’s legal team also advocated for his release ahead of his sentencing date on the condition of the squalor and danger at the Metropolitan Detention Center. However, the judge wrote that jail staff “has been able to keep him safe”, the report said. Prosecutors are reportedly recommending that Combs serve four to five years in prison, which would include the almost 11 months he has already spent behind bars since his arrest in September 2024.



Music Mogul Sean Diddy Combs

# The song of the summer is a bummer

The summer of 2025 is severely lacking in “Espresso.”

Gone are the sweaty days when “Not Like Us” lit up parties nationwide, uniting Drake dissers everywhere. There are manchildren and daisies and animated anthems from “KPop Demon Hunters,” but nothing that’s made as big of a cultural dent as “Birds of a Feather” or anything from “Brat.” There is no song of the summer this year. And if there is, it’s probably a

bummer. The top 10 songs on the Billboard Hot 100 are occupied largely by downers. At No. 1, Alex Warren’s vaguely Christian ballad “Ordinary” is best suited for a quiet study session, not a raucous party. Morgan Wallen, fresh from God’s country, can’t feign enthusiasm on his recent half-baked singles. Even pop prince Justin Bieber is keeping it



Save us, Sabrina Carpenter. The “Espresso” hitmaker is releasing new music in August — could she win song of the summer two years in a row?  
Save us, Sabrina Carpenter. The “Espresso” hitmaker is releasing new music in August — could she win song of the summer two years in a row?



From left: Alex Warren’s “Ordinary,” SZA and Kendrick Lamar’s “Luther” and Justin Bieber’s “Daisies” are topping the charts. But are any of them “song of the summer” material?

low-key on his new album, which relies on sparse, downbeat guitars. (This, coming from one of the men behind 2017’s song of the summer, “Despacito.”) And then, if the most popular songs in the country aren’t somewhat dour or mellow to a fault, they’re hold-overs from 2024 (or older). This year, it seems we left pop bombast in 2024. “We’re coming off a huge wave of amazing stuff,” said Mike Errico, a songwriter and instructor at New York University’s Clive Davis Institute of Recorded Music. “A lot of what 2025 has come out with — they’re kind of down, kind of low energy. It’s good, but it’s not going to light up a room.” The state of the song of the summer is in crisis. There’s still time to find a definitive song that unites both snobs and casual listeners — Sabrina Carpenter’s new album arrives at the end of August, after all — but so far, the song of summer 2025 is one long sigh. Last summer, we met exciting new pop stars like Chappell Roan. Underdogs like Charli XCX and Sabrina Carpenter, who worked steadily for years as cult favorites, finally broke out. And

maybe you heard that two of the most famous women in the world — Taylor Swift, Beyoncé — released projects last year? “2024 was exceptional,” Errico said. “I don’t think you see that a lot — really humongous hits, with insanely long lives on the charts.” This year’s popular new music has been decidedly downbeat, with ballads and ponderous country songs topping the charts, Errico said. Even Bieber’s “Daisies,” charting high in the weeks after its release, is relatively pared back for the one-time collaborator of fiery artists like Skrillex and Quavo. “A lot of stuff was low energy,” Errico said of this year’s new music. “It’s good for dim rooms, but I don’t think that’s associated with the ‘song of the summer.’” Ideally, a song of the summer is “bright, poppy, upbeat,” Errico said — a celebration in miniature that’s easy to dance along to. It’s a song that won’t grate even when you hear it one million times over one summer. This year “did not deliver that,” he said. “Maybe we shot our bullets in 2024 all at once,” he said.

# CeCe Winans receives Key to the City of Kingston

Just before taking the stage at the More Than This concert, gospel legend CeCe Winans — born Priscilla Marie Winans Love — was officially honoured by the city of Kingston. In a special tribute, Mayor of Kingston Andrew Swaby presented the 17-time Grammy Award winner with the Key to the City of Kingston, while Robert Hill, CEO of the Kingston and St Andrew Municipal Corporation (KSAMC), read the official resolution honouring her for a lifetime of ministry and the global impact of her music. “Her stirring music, her consistent message, boundless creativity, undiluted worship and transformational leadership has served as a shining example to be a positive change maker in the lives of many generations of people across the world,” Hill read. He also listed several of Winans’ most beloved songs— Goodness of God, Mercy Said No, Never Lost, Alabaster

Box, among others, prompting cheers after each title. “Congratulations, and welcome to Kingston and Jamaica,” Hill concluded, drawing applause from the audience. The concert, held on Emancipation Day at the East Lawn of King’s House in St Andrew, drew thousands of patrons for a day of praise and moving performances. Clad in a white blouse, matching capris, a flowing multicoloured ankle-length cardigan, and a pink-and-white hat, Winans paused mid-performance to thank the mayor and the city for the honour. “Now I can come to Jamaica anytime,” she joked, drawing laughter and applause. The Key to the City is the highest honour that can be bestowed by KSAMC. The More Than This concert is part of Winans’ ongoing world tour. Jamaican gospel star Chevelle Franklyn brought the curtain down on the night

with a rousing set following Winans’ crowd-pleasing performance, which

had the audience singing along word for word.



Gospel legend CeCe Winans (right) is presented with the Key to the City of Kingston by Mayor of Kingston Andrew Swaby.



L-R Mr Lynrod Brooks, Director Health Policy and Planning, and Mrs. Marah Smith, Head of Secretariat.

# TCI Ministry of Health and Human Services Participates in the Launch of CARPHA 2025–2030 Strategic Plan

Providenciales, Turks and Caicos Islands – Tuesday, 5 August 2025: The Ministry of Health and Human Services proudly participated in the launch of the Caribbean Public Health Agency (CARPHA) 2025–2030 Strategic Plan, held under the theme “Stronger Together: Advancing Caribbean Health through Collaboration, Innovation, and Sustainable Action” from 30 - 31 July 2025, in Georgetown, Guyana.

Representing the Turks and Caicos Islands at the high-level regional event were Mr. Lynrod Brooks, Director of Health Policy and Planning, and Mrs. Marah Smith, Head of Secretariat.

The event convened Chief Medical Officers, Permanent Secretaries, Policy Directors, and senior health officials from CARPHA Member States, alongside regional and international development partners, including a representative from the UK Health Security Agency (UKHSA), who currently leads the UK Overseas Territory Programme. CARPHA’s Strategic Plan sets forth the Agency’s priorities over the next five years, with a focus on strengthening regional health security, advancing digital health solutions, building climate-resilient health systems, and ad-



Attendees at the Launch of CARPHA Strategic Plan.

ressing the rising burden of non-communicable diseases. It seeks to enhance the Caribbean’s ability to effectively respond to both current and emerging public health threats. In alignment with CARPHA’s renewed direction, the Turks and Caicos Islands’ National Health Sector Strategic Plan 2024–2027 emphasises health system resilience, integrated disease surveillance, human resource development, and improved service delivery. The Ministry of

Health and Human Services is committed to leveraging regional cooperation to accelerate the implementation of key strategic priorities, particularly in the areas of health information systems, climate and health, and non-communicable disease prevention and control. Commenting on the significance of the launch, Hon. Kyle Knowles, Minister of Health and Human Services, stated: “The launch of CARPHA’s 2025–2030 Strategic Plan is both time-

ly and essential. As small island developing states, we face increasing health challenges that require strong regional coordination and tailored support. The Turks and Caicos Islands stands in full support of CARPHA’s renewed vision for a healthier, more resilient Caribbean. We are committed to working closely with our regional partners to implement solutions that safeguard the health and well-being of our people.”

During the event, Mr. Brooks and Mrs. Smith participated in technical discussions and strategic planning sessions to ensure that the national priorities of the Turks and Caicos Islands are reflected in regional initiatives.

The Ministry reaffirmed its commitment to aligning its national health agenda with CARPHA’s strategic objectives, particularly in the areas of disease surveillance, laboratory strengthening, non-communicable disease prevention, and health workforce development.

This engagement underscores the Ministry’s ongoing efforts to build a robust, responsive, and resilient health system for the Turks and Caicos Islands, in partnership with regional and international stakeholders.



Starmer announced Britain will recognise a Palestinian state within weeks.



Netanyahu... 'A jihadist state on Israel's border today will threaten Britain tomorrow.'

# Trump lines up with angry Israel after UK moves to recognise Palestine

Donald Trump has lined up with Israel to warn against 'rewarding Hamas' after Sir Keir Starmer announced Britain will recognise a Palestinian state within weeks. Israeli PM Benjamin Netanyahu reacted furiously to Sir Keir's ultimatum for his country to make peace with the terror group which inflicted the October 7 atrocities. In a major diplomatic shift, Sir Keir said the UK Government will recognise Palestine in September unless Israel ends the war in Gaza and agrees to drop its opposition to a two-state solution to the Middle East crisis. But Mr Netanyahu warned: 'A jihadist state on Israel's border today will threaten Britain tomorrow,' adding: 'Appeasement towards jihadist terrorists always fails. It will fail you too. It will not happen.'

Mr Trump, speaking to reporters on his way back to the US after meeting Sir Keir in Scotland this week, said he and the PM did not discuss the move. 'We never did discuss it, and we have no view on that,' the US President said. But, asked about putting pressure on Israel now to agree to a longer-term solution to the Gaza crisis, Mr Trump added: 'You could make the case that you're rewarding people, that you're rewarding Hamas if you do that. 'I don't think they should be rewarded. So I'm not in that camp, to be honest. We'll let you know where we are – but I am not in that camp. 'Because if you do that you really are rewarding Hamas and I'm not



Trump has lined up with Israel to warn against 'rewarding Hamas'.

about to do that.' US State department spokesman Tammy Bruce said Sir Keir's remarks were a 'slap in the face for the victims of October 7'. 'It allows it to continue. It gives one group hope, and that's Hamas. It is a rewarding of that kind of behavior,' she said. 'There's one group that benefits from the images, the reality of the horribleness, and that's Hamas. And so there's a reason why they don't cooperate and stop.'

Donald Trump has lined up with Israel to warn against 'rewarding Hamas' after Sir Keir Starmer announced Britain will recognise a Palestinian state within weeks

The US President arrived back at the White House after meeting with Sir Keir in Scotland this week. The PM delivered a statement inside Downing Street declaring that Britain will recognise a Palestinian state unless Israel ends 'appalling' crisis in Gaza. Israeli PM Benjamin Netanyahu reacted furiously to Sir Keir's statement, warning the move will 'threaten Britain'.

In a post on X, the Israeli PM said: 'Appeasement towards jihadist terrorists always fails. It will fail you too. It will not happen'.

One of Sir Keir's Cabinet ministers this morning denied that recognising a Palestinian state represented a

'reward for Hamas'. Transport Secretary Heidi Alexander told Times Radio that plans to recognise Palestinian statehood are 'not at all' about appeasing the terror group. 'Not at all. This isn't about Hamas. This is about the Palestinian people,' she said. 'It's been the longstanding position of my party and indeed this Government when we came to power last year that we would recognise the state of Palestine at a point in time when it would have maximum impact.'

Ms Alexander also said Britain expects 'Hamas to act in the same way as we expect Israel to act', when asked if the release of hostages is a condition of Sir Keir's pledge to recognise a Palestinian state. Speaking to BBC Radio 4's Today programme, the Transport Secretary added: 'Hamas need to release the hostages, they need to disarm, and they also need to accept that they will have no future role in the governance of Gaza. 'They are a vile terrorist organisation that has perpetrated heinous crimes and awful atrocities on the Israeli people.'

Asked directly if the release of hostages is a condition on recognition, she replied: 'We will be making an assessment in September and we expect Hamas to act in the same way as we expect Israel to act. 'We're giving Israel eight weeks to act. If they want to be sat at the table to shape that enduring peace in the region, they must act.'



# 5.7 quake strikes near Dominican Republic hours after smaller earthquake strikes Haiti

A 5.7 magnitude earthquake struck off the southeast coast of the Dominican Republic early Tuesday, jolting residents awake in the Caribbean country and in neighbouring Puerto Rico. The quake occurred 24 miles (38 kilometres) southeast of Boca de

Yuma at a depth of 104 miles (168 kilometres), according to the US Geological Survey. No damage was reported. Puerto Rico and the Dominican Republic are located in a high seismic activity zone, given that the North American Plate and the northeast

corner of the Caribbean Plate meet in that area. A 4.1 magnitude earthquake also struck near Haiti's capital late Monday at a depth of three miles (five kilometres), according to the country's civil protection agency. The quake was widely felt in Port-au-Prince and beyond. Officials said no damage was reported. Haiti, which shares the island of

Hispaniola with the Dominican Republic, sits on the intersection of the North American plate and the Caribbean plate. In August 2021, a 7.2 quake struck Haiti, killing hundreds of people. It occurred along the same fault zone that unleashed a catastrophic 7.0 earthquake in January 2010 that killed hundreds of thousands of people.

## White South African farm owner on trial for allegedly murdering two Black women and feeding their bodies to pigs

A White South African farm owner and two employees are facing trial over the alleged murder of two Black women who prosecutors say were shot dead for trespassing last August and their bodies fed to pigs – stoking fury in a nation already reeling from racial tensions. The women were said to have been killed by Zachariah Olivier, 60, and his workers, Adrian De Wet, 19, and 45-year-old foreign national William Musoro. The men appeared at the Limpopo Polokwane High Court on Monday, in the northern Limpopo province, a regional spokesperson for the National Prosecuting Authority of South Africa (NPA) told CNN. The trio “are facing two counts of murder, attempted murder, three counts of defeating the ends of justice, and possession of firearms and ammunition,” the NPA said in an earlier statement. Musoro, described by police as “an illegal immigrant,” was additionally charged with “contravening sections of the illegal immigration act,” a police statement said. ‘I knew I could be killed’: This cash van guard is just one of South Africa’s crime wave victims They were not asked to enter a plea before the hearing was shifted to Thursday, NPA spokesperson in

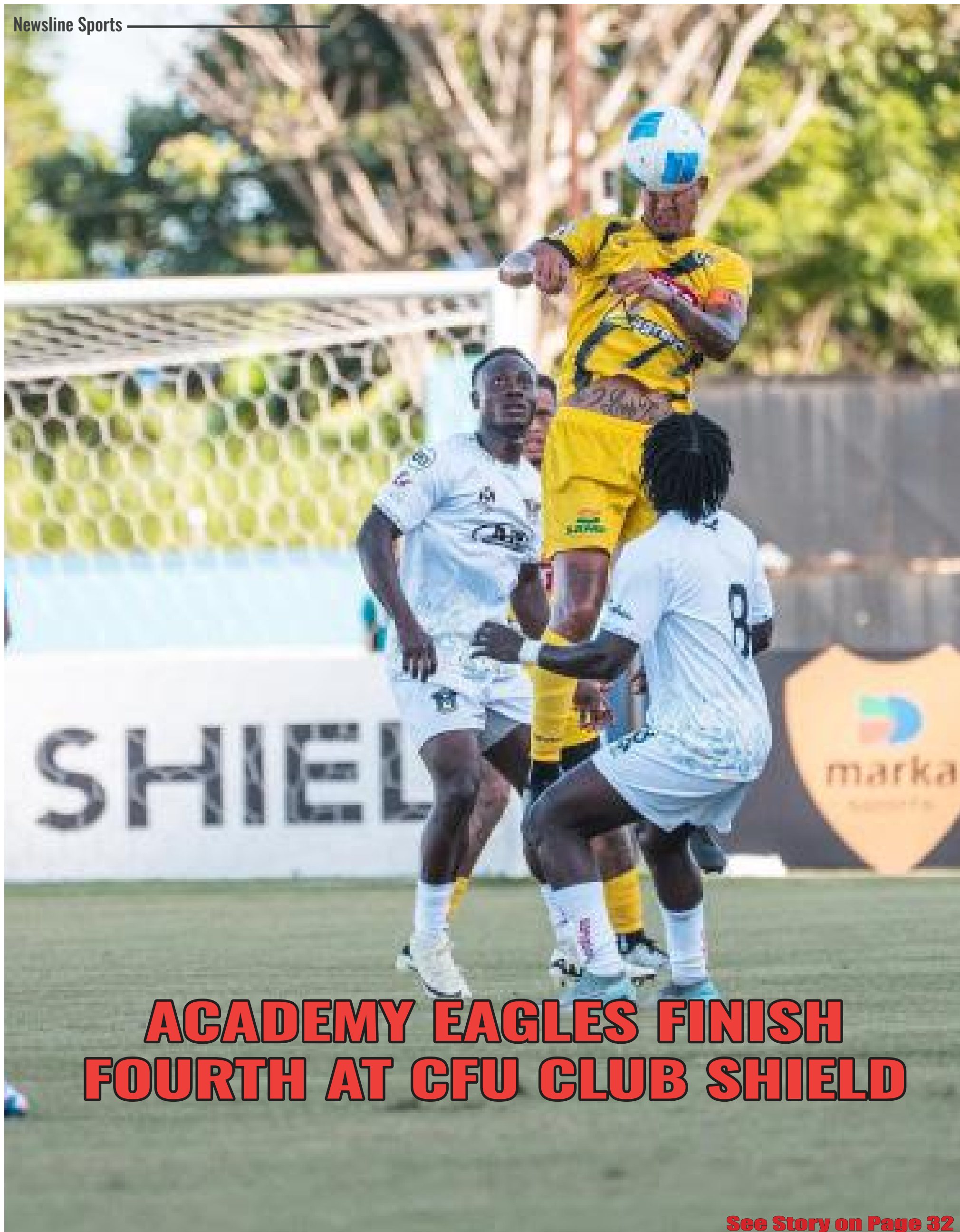


The three defendants, from left to right, farm employee William Musoro, supervisor Adrian Rudolph de Wet, and farm owner Zachariah Olivier, appear in court in Polokwane, South Africa, on Tuesday, Sept. 10, 2024.

Limpopo, Mashudu Malabi-Dzhang, said. The men were arrested after police investigations led to the discovery of the decomposed bodies of the women “in a pigsty on a farm in Sebayeng, outside Mankweng,” on August 20, 2024, the police statement said at the time. “The investigation began when a 45-year-old South African woman went missing after visiting the farm on 17 August (2024), accompanied

by a 35-year-old foreign national woman,” police said. “Both women sustained gunshot wounds, and a 47-year-old foreign national man, who was with them” escaped but “was also shot and hospitalized.” The survivor told reporters that one of the murdered women was his wife. The other woman was their neighbor. They had entered the farm to collect expired and abandoned dairy products, he said. Many South Africans outraged by

the killings have called for justice for the victims. Similar murders have been recorded in South Africa in recent years. In Mpumalanga, in the country's east, four men, including a 24-year-old farm manager, are facing charges of murder and kidnapping for allegedly killing and burning the bodies of three people accused of stealing sheep last August, the NPA said. In 2019, a South African High Court handed down lengthy prison sentences to two White farmers for throwing a 16-year-old teenager out of a moving truck in Coligny, in the North West Province, for allegedly stealing sunflowers. The men were, however, acquitted two years later by a higher court, which overturned their sentencing, citing a lack of evidence. Violent crime is rife in the southern African nation of just over 60 million people, where nearly 20,000 murders were recorded between April and December last year, according to police data. Farm murders, involving both White and Black South Africans, make up a small part, about 0.2% of those killings, even though White nationalist groups make widely disputed claims of a genocide against White farmers.



# ACADEMY EAGLES FINISH FOURTH AT CFU CLUB SHIELD

See Story on Page 32

# United States break mixed 4x100m freestyle world record

The United States (US) set a new world record in sealing a dominant victory in the mixed 4x100m freestyle relay at the world championships on Saturday.

The US team took gold in Singapore in 3min 18.48sec, beating Australia's previous leading time of 3:18.83 set in 2023.

The "neutral athletes" team from Russia finished second in 3:19.68, with France third in 3:21.35.

The American team of Jack Alexy, Patrick Sammon, Kate Douglass and Torri Huske took control from the start and from then on their battle was against the clock.

"We all came out tonight wanting to get that win for Team USA and with the world record, we all knew in the back of our mind we had that ability," said Douglass.

"I'm really happy with how it turned out."

The US topped the medal table at the start of the day and their latest success consolidated their lead heading into the final day of the championships.

"It's great to be racing with my teammates," said Alexy.

"The world record was in the back of our minds."



Melissa Jefferson-Wooden

Melissa Jefferson-Wooden and Kenny Bednarek blazed to victories in the 100m at the US Championships in Oregon on Friday, punching their tickets to Tokyo's World Championships in blistering fashion.

Rising US star Jefferson-Wooden produced a scintillating display of controlled sprinting in the women's 100m at Eugene's Hayward Field, scorching over the line in a world-leading 10.65sec.

Jefferson-Wooden's time puts her into elite company, tied alongside Marion Jones, Shericka Jackson and reigning 100m world champion Sha'Carri Richardson as the fifth-fastest women ever.

The 24-year-old from South Carolina now looks the firm favorite for the World Championships in Japan, where she will be chasing her first

major title following a 100m bronze medal at the Paris Olympics last season.

"I've been dreaming of days like this, and it's finally starting to come true," Jefferson-Wooden told reporters, adding that she was still pinching herself at vaulting up the all-time 100m list.

"It's surreal. It doesn't actually sound real. You look at all these races, all these amazing women who have accomplished these things — me being part of that list is actually kind of crazy."

In the men's race meanwhile, two-time Olympic 200m silver medallist Bednarek dominated the field to win in 9.79secs, ahead of Courtney Lindsey, who was second in 9.82sec. T'Mars McCallum was third in 9.83sec while Trayvon Bromell was

## US Trials: Jefferson Wooden clocks 10.65 to win women's 100m Bednarek blazes to men's sprint title in 9.79

fourth in 9.84sec.

"I'm happy with the time, happy with the performance," Bednarek said. "I definitely have way more in the tank."

"I already knew I was in this kind of shape — I just needed to let one rip, and I did."

Bednarek revealed though that his race had nearly unraveled after he began cramping mid-race.

Bednarek said he had scarcely had time to react to the problem before powering home.

"When something like that happens, you say 'Screw it, I'm going,'" Bednarek said. "You just gotta keep going."

But there was disappointment for 2019 world champion Christian Coleman, who finished fifth and out of the Tokyo qualification places.

Coleman qualified for Friday's final just hours after news emerged he had been allegedly assaulted by girlfriend Sha'Carri Richardson at Seattle-Tacoma International Airport on Sunday.

Elsewhere on Friday, Sydney McLaughlin-Levrone hinted she is ready to carry her dominance of the 400m hurdles into the 400m flat with an imperious victory in the opening heats.

The 25-year-old has been unbeaten over the 400m hurdles since 2019, winning back-to-back Olympic gold

medals as well as a 2022 World Championship gold.

However McLaughlin-Levrone is focusing on the 400m at the US championships, apparently opting to skip the 400m hurdles at the Tokyo World Championships.

McLaughlin-Levrone was always in control on Friday, finishing first in her semi-final heat in a time of 49.59sec, several meters clear of second-placed Lynna Irby-Jackson in 50.59sec.

While McLaughlin-Levrone is looking forward to Saturday's final with confidence, her 2021 Olympic 4x400m relay team-mate Athing Mu-Nikolayev was heading home.

Mu-Nikolayev, who won Olympic 800m gold in Tokyo and followed it up with a world title a year later, was eliminated in her 800m semi-finals.

The 23-year-old looked comfortable in the opening round on Thursday, qualifying second fastest, but could do no better than fourth on Friday in a time of 1min 59.79sec.

Despite the setback, which ended her hopes of qualifying for the World Championships, Mu-Nikolayev is optimistic she can compete at the highest level again.

"I think that's helpful for what I need going for (the) next couple of years. Everything's not going to be pretty, everything's not going to be perfect," she said.



Noah Lyles (left) and Kishane Thompson

The USA’s Noah Lyles and Jamaica’s Kishane Thompson will reprise their historic Olympic battle in the men’s 100m at the Wanda Diamond League meeting in Silesia next month. Noah Lyles and Kishane Thompson will line up in a long-awaited rematch of their thrilling Olympic 100m final at the Wanda Diamond League meeting in Silesia on August 16. The USA’s Lyles and Jamaica’s Thompson claimed gold and silver in

one of the most dramatic 100m finals in Olympic history at Paris 2024, with both clocking 9.79 and Lyles winning the photo finish by just five thousandths of a second. A year and two weeks on from that historic race, the two men go head to head once again at the Kamila Skolimowska Memorial in what will be their first meeting since the Olympics. Both men will fancy their chances of victory at the Silesia Stadium, in

# Lyles and Thompson eye Olympic rematch in Silesia

what could well be a dress rehearsal for another major championship final at the World Athletics Championships in Tokyo later this year. Thompson is on electric form, having clocked the fastest time in the world this year with 9.75 at the Jamaican national championships in Kingston this June before claiming a first ever Diamond League win with an impressive 9.85 at the Prefontaine Classic in Eugene a few weeks later. Lyles’ campaign has been slowed by injury woes and the American suffered a shock defeat to Jamaica’s Oblique Seville in his first 100m of the season at the Diamond League meeting in London last month. Yet he made a winning start to his Diamond League campaign in the 200m in Monaco a week previously, beating Olympic champion Letsile

Tebogo with a sharp 19.88. Both Lyles and Thompson know a victory could also see them qualify for the Wanda Diamond League Final in Zurich on August 27-28. Thompson is currently third in the 100m standings on 13 points, while Lyles is outside the qualification spots in 14th. Click to accept marketing cookies and enable this content About the Wanda Diamond League The Wanda Diamond League is the elite one-day meeting series in global athletics. It comprises 15 of the most prestigious events in global track and field. Athletes compete for points at the 14 series meetings in a bid to qualify for the two-day Wanda Diamond League Final, which will be held in Zurich on 27 and 28 August 2025.

# Negating Pakistan’s spinners will be key in ODI series, says Hope

If the West Indies are to end their 34-year wait for a One-Day International (ODI) bilateral series win over Pakistan, Captain Shai Hope believes it hinges on their ability to play spin bowling. Hope made the assertion following his side’s 13-run loss to Pakistan in the third and final Twenty20 International (T20I) at the Broward County Stadium on Sunday, which saw them lose the three-match series 2-1. During that series, West Indies was undone by the left-arm spin of Mohammed Nawaz, who took seven wickets and was named Player-of-the-Series. Nawaz will also feature in the upcoming three-match ODI series, which bowls off on Friday at the Brian Lara Cricket Academy in Trinidad. Pakistan also boasts of left-arm wrist spinner Sufiyan Muqeem, off-spinner Saim Ayub, and leg-spinner Abrar Ahmed in their ODI squad.

The West Indies last won an ODI series against Pakistan back in 1991 when they prevailed 2-0 and Hope said assessing the conditions quickly and dealing with the spinners that Pakistan will undoubtedly throw at them would be key if they were to emerge victorious. “The first thing is adaptation. Every single place that we played in the Caribbean or here in the US, conditions are so different. “So the first thing we need to do is assess, see what’s the best plans to formulate for that particular surface, the wind conditions, all these things we have to take into account,” Hope said. “But you know they’re going to bowl a lot of spin at us and the way how we negate those spinners in the middle overs is going to be very crucial to us as batters. “Same thing with the ball, we have to find ways to keep making in-

roads in the same middle overs. So start with the power play, try to put them under pressure from early, and

then just try to keep taking wickets throughout the innings and limit the bleeding in the middle,” he added.



Shai Hope.



# INCEPTION HOLDING AND GRACE BAY RESORTS CAPTURE TOP HONOURS AT SALT RAKERS CORPORATE SWIM MEET

Inception Holding Ltd and Grace Bay Resorts emerged as the top performers at the Salt Rakers Aquatic Club Corporate Open Water Swimming Competition, held Saturday morning, August 2 at Rickie’s Flamingo Café on the pristine sands of Grace Bay Beach. Inception Holding delivered a dominant performance in the longer distance races, capturing first place in both the 1K and 500m events. Grace Bay Resorts made their mark in the fast-paced 100m sprint, claiming first place and rounding out the podium with a third-place finish by the Grace Bay Resorts Foundation. Inception Holding also secured second place in the 100m, reinforcing their strong all-around showing across all distances.

The event drew eight corporate teams, each represented by four swimmers, who competed in a spirit of teamwork, fitness, and friendly rivalry. The morning featured three open water races the 1K; 500m; and 100m; with participants pushing themselves through the crystal-clear waters of Grace Bay in pursuit of podium finishes and company pride.

In the 1K, Inception Holding finished ahead of Ocean Club Resort and KFC Ltd, who took second and third place respectively. In the 500m event, BCQS earned a solid second-place finish behind Inception, while Projotech Turks and Caicos rounded out the top three. The 100m race, which saw over 25 participants, was claimed by Grace Bay Resorts, followed by Inception Holding in second and the Grace Bay Resorts Foundation in third. The Salt Rakers Aquatic Club ex-



pressed sincere thanks to all participating companies, volunteers, and supporters whose involvement helped make the event a success. Organisers praised the athletes’ determination and camaraderie, calling the event a celebration of sportsmanship and community engagement.

They also expressed special thanks to sponsors and supporters including Grace Bay Resorts Foundation, Projotech, Wymara, Beaches Turks and Caicos, Ocean Club Resort, Inception Holding Ltd, Sun Bum, Community Kind, KFC Ltd, BCQS, Misick and Stanbrook, Pegasus VIP Services, and Stanbrook Prudhoe. It was a vibrant morning of energy, friendly competition, and corporate spirit on the shores of Grace Bay, a reminder of the power of sport to unite and inspire the Turks and Caicos Islands community.



# Academy Eagles FC Finishes Fourth at 2025 CFU Club Shield

Academy Eagles FC proudly represented the Turks and Caicos Islands at the 2025 CFU Club Shield, securing a fourth-place finish in Group A and earning recognition as one of the tournament’s highest-scoring teams in the group stage. The competition marked a significant step forward for the club, both in terms of experience and performance. Academy Eagles finished second on the leaderboard for “Most Goals (Group Stage),” showcasing their attacking talent and ability to compete at a high level against regional opposition. Their campaign began under unique circumstances, with their opening match against AS Capoise (HAI) awarded by forfeit due to factors beyond their control. The team capitalized on this momentum in their second match, delivering a commanding 5-0 win over Rovers SC (VIR). This dominant performance, marked by tight defense and sharp attacking play, secured their advancement to the semi-finals. In the semis, Academy Eagles faced a strong Moca FC (DOM) side. The match ended in a closely contested draw, but Moca advanced to the final based on tournament rules. This led Academy Eagles to the third-place playoff against Club Franciscain (MTQ). Despite a solid effort and moments of promise, the team was edged out 0-2, finishing in a well-earned fourth place overall. Throughout the tournament, Academy Eagles FC demonstrated resili-

ence, discipline, and a commitment to growth. Their spirited performances brought pride to the Turks and Caicos Islands and helped raise the profile of local football on the international stage. The club’s management and coaching staff view this experience as a key building block for future success. With a talented core and a clear vision for development, Academy Eagles is poised to continue making progress in regional competition. The Turks and Caicos Islands Football Association (TCIFA) extends its gratitude to the many supporters and sponsors who made this achievement possible through their generous backing and belief in the team’s potential. The TCIFA also thanks the following sponsors:

- Turks and Caicos Islands Sports Commission
- AIB Hotel and Restaurant Supply
- CSC Insurance Brokers / Colin Sterling
- Fred and Nali George
- Island Drilling Ltd.
- FP Consultants Ltd. / Fraser Park
- Casablanca / Andy Stephens
- Marine Room / Ryan Jones
- The Distillery / Natalie Zaidan-Jones

Academy Eagles FC returns home inspired and motivated, ready to build on this success and continue their pursuit of footballing excellence.



# TCI Sports Commission Reaffirms Commitment to Youth Access at Gustavus Lightbourne Sports Complex

The Turks and Caicos Islands Sports Commission (TCISC) has reiterated its commitment to youth development and community sport, following public commentary concerning access to the Gustavus Lightbourne Sports Complex (GLS), the country’s only public indoor basketball facility. In a statement issued this week, the Commission emphasized that youth access remains a core operational priority, pointing to ongoing programmes such as the Police Action League (PAL), which provides structured basketball training for over 180 boys across varying age groups. “These sessions are scheduled regularly and offered at no cost to the participating youth,” the Commission stated. “We absorb the operational costs to ensure accessibility and community benefit.” The Commission shared a snapshot of the daily schedule at the GLS,

which includes:

- 9:00 AM – 12:00 PM: Summer Basketball Camp activities
- 12:30 PM – 2:30 PM: Open Gym (Free Play for the public)
- 2:45 PM – 7:45 PM: Police Action League Team Practices
- The facility remains open to the public until 8:00 PM daily.

Transparent Booking and Free Youth Programmes

TCISC said it maintains a transparent booking system with subsidized fees for non-profit and school programmes, and completely waives fees for youth sporting activities. Facility use rates and details are publicly accessible at [www.gov.tc/sports/venues/fees](http://www.gov.tc/sports/venues/fees). “All bookings, including those from private individuals or commercial entities, are processed fairly and transparently,” the Commission noted. “However, youth activity, sport

development, and community programmes are prioritized wherever possible.”

Monthly Schedule to Boost Public Confidence

In response to ongoing feedback, the Commission will soon launch a monthly published schedule for the GLS to improve transparency and inform the public about facility availability and use.

Director of Sports: “Sport is a Unifier”

Jarrett Forbes, Director of Sports, urged the community to view sports facilities as shared assets. “Sport is a unifier, and our young people deserve accessible and welcoming spaces to grow,” he said. “The Commission continues to work diligently to ensure that all public facilities are serving the people of the Turks and Caicos Islands equitably.”

The Commission is encouraging any

youth-based or community organization interested in using the facility to reach out directly.



Jarrett Forbes,  
Sports Commission Director