

**TCIFA Launches
FIFA Youth
Talent
Pathway**



NEWSLINE

Journalism of Accuracy, Balance & Courage



**TCI Wins Trazee Award
for World's Favourite
Honeymoon
Destination PG4**



**La Tortue Demolition
Is Biggest Land
Takeback in TCI's
History PG8**



HIGH POWERED WEAPON, ALMOST 300 BULLETS SEIZED

**Surgical Operations By The RTICPF Tactical Unit
Yielded The Find**

**Ballistic Testing Will Be Done To Determine
Whether The Gun Was Used In any Crimes**



Commissioner of Police Fitz Bailey lamented that individual charged with serious crimes are being bail by the courts.

The Government of the Turks and Caicos Islands has released the draft Bail Bill 2025 for public review and feedback, describing the legislation as a critical step in reforming and modernizing the country’s bail system.

The proposal comes at a time when rising violent crime has placed renewed attention on bail laws, with police lamenting cases in which offenders accused of serious crimes have managed to secure release pending trial. Officials say the new bill is intended to balance the constitutional rights of accused persons with the need to protect the public and maintain confidence in the justice system.

According to the Government, the draft Bail Bill 2025 will serve as a single, comprehensive statute governing all aspects of bail in criminal proceedings. By consolidating existing bail-related laws into one framework, the Bill aims to eliminate inconsistencies, provide clarity, and ensure that decision-making on bail is fair, transparent, and predictable.

Among its key provisions, the Bill:

- Brings together all bail laws under one statute;
- Safeguards constitutional protections for individual liberty;
- Establishes clear and uniform rules for granting or refusing bail;
- Applies consistently across all levels of the court system;
- Sets out procedures for dealing with breaches of bail conditions.

The Government noted that bail decisions can often be contentious, particularly in cases involving violent crime, repeat offenders, or threats to community safety. By setting out consistent rules, officials hope to reduce uncertainty for the judiciary, law enforcement, and the public at large.

In announcing the consultation, the Government highlighted that the reform is designed not only to protect the rights of accused individuals but also to ensure that communities remain safe while cases are before the courts.

“This Bill provides a modern legal framework that will improve predict-

Government Tackles Bail Legislation

ability in the justice process while strengthening transparency in bail decisions,” a Government statement said. “It also ensures that the constitutional rights of individuals are respected, even as we work to address public concerns about safety and violent crime.”

Police officials have in recent months expressed frustration at instances where individuals charged with serious offences, including violent crimes, were able to obtain bail. Law enforcement leaders argue that this sometimes places communities at risk, undermines their efforts to combat crime, and can erode public confidence in the system.

The Bail Bill 2025, therefore, represents an attempt to strike a careful balance between individual freedoms and collective security. Officials say the legislation reflects international best practices while also being tailored to the needs and realities of the Turks and Caicos Islands.

The Government is inviting all members of the public to participate in the consultation process. The draft Bail Bill 2025 has been published on the Attorney General’s Chambers website and is open for review. Citizens, stakeholders, and interest

groups are encouraged to submit their views and suggestions via email to AG_Chambers@gov.tc.

The consultation period runs from 13th August 2025 to 27th August 2025, after which the feedback will be reviewed and considered before the Bill is finalized for presentation to the House of Assembly.

Authorities stress that public participation is vital in shaping the final law, which will have lasting implications for both the justice system and community safety.



Premier Hon. Washinton Misick has promised a review of the Bail Bill.

September 1 Deadline to Replace Pallet Garbage Holders

The Environmental Health Department (EHD) is reminding residents and businesses that the use of pallet garbage storage is no longer an acceptable method of waste containment.

All individuals and establishments have 30 days to dismantle pallet garbage holders and replace them with safe, durable storage solutions. Acceptable alternatives include:

- Secure garbage bins with tight-fitting lids
- Concrete garbage houses or

enclosures

The Department warns that pallet-based storage poses serious environmental and public health risks, such as:

- Attracting rodents, stray animals, and insects
- Loose waste dispersal during wind and rain
- Unsanitary conditions caused by leakage, spillage, and improper containment
- Compliance Deadline: September 1, 2025

After this date, properties found using pallet garbage storage may face warnings, fines, or enforcement actions under the Public and Environmental Health Ordinance, Section 8.49.

This law empowers health officers to require property owners or occupiers to provide suitable receptacles for waste at their own expense. Penalties for non-compliance include:

- \$100 fine for residential premises

- \$500 fine for commercial premises

It is a defence to prove that compliant receptacles were unavailable on the Islands at the time of the offence.

The EHD is urging residents to act now, emphasizing that proper waste storage is essential to keeping communities clean, safe, and healthy.

For guidance on compliant garbage storage solutions, contact the Environmental Health Department at: 338-2142 / 2143; EHD@gov.tc.



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Paul Pennicook, Interim CEO Consultant, Experience Turks and Caicos

TCI Wins Trazee Award for World’s Favourite Honeymoon Destination

The Turks and Caicos Islands has been named the Favourite Honeymoon Destination in the World at the 2025 Trazee Awards, securing the top spot ahead of Bermuda and Fiji.

The Trazees, hosted by trazeetravel.com, celebrate the best in global travel as determined by millennial and Gen Z travellers ages 18–35. Winners are selected through an open-ended reader survey conducted from December by trazeetravel.com, with results announced online and featured in the July issue of *Global Traveler*.

“To be voted the Favourite Honeymoon Destination in the world is

truly an honour,” said Mr. Paul Pennicook, Interim CEO Consultant of Experience Turks and Caicos. “The Turks and Caicos Islands has long been celebrated as an idyllic escape for couples, thanks to our stunning white-sand beaches, turquoise waters, luxurious resorts designed with romance in mind, world-class dining, and the unmatched privacy and exclusivity found across our islands.”

The 2025 Trazee Awards were presented on August 19, 2025, at a cocktail reception held in conjunction with the annual Global Business Travel Association convention in Beverly Hills, California.

THE DEPARTMENT OF GENDER AFFAIRS LEADS CRITICAL TRAINING ON DOMESTIC VIOLENCE ORDINANCE AND MENTAL HEALTH RESPONSE

The Department of Gender Affairs within the Ministry of Home Affairs, Religious Affairs and Transportation successfully hosted a comprehensive two-day Multi-Sector Stakeholders Training on the Domestic Violence Ordinance and Mental Health Response, held July 10-11 at the Atrium Conference Room in Providenciales.

This all-encompassing initiative brought together key stakeholders from various sectors, including law enforcement, healthcare providers, social workers, and community leaders, to deepen their understanding of the Domestic Violence Ordinance and the critical role they play in addressing the mental health impacts associated with domestic violence. The event also focused on strengthening governance, justice, security, and social welfare frameworks addressing gender-based violence in the Turks and Caicos Islands.

This important training session aimed to support and advance the implementation of the National Domestic Violence Ordinance while

addressing the mental health consequences tied to domestic abuse. Participants included representatives from the Royal Turks and Caicos Islands Police Force, the Ministry of Border Force, TCI Red Cross, Inter-Health Canada, the Department of Social Development, the Ministry of Education, the Human Rights Commissioner, and the Department of Behavioural Health Services.

The first day was facilitated by the Grace Bay Medical Centre team, led by Medical Director Dr. Sam Slatery and psychologist Ms. Daniela Hernandez. The session covered a range of topics, including trauma and emotional dysregulation, the physical effects of trauma, brain function impact from abuse, stress management in high-pressure environments, and self-care strategies for professionals working with survivors. Day two was presented by the Attorney General’s Chambers with Chief Parliamentary Counsel Dr. Gogontle K. Gatang-McCartney providing an in-depth review of the Domestic Violence Ordinance.

Honourable Shaun Malcolm, Minister of Home Affairs, Religious Affairs, and Transportation, praised the training during his opening remarks, emphasizing the unwavering commitment of the government to tackling domestic violence and supporting victims. He further stated that “Addressing domestic violence and its far-reaching consequences on mental health is a top priority for the government.” This reassurance from the government’s highest levels underscores the seriousness with which this issue is being addressed.

Mrs. Carolyn Dickenson, Director of Gender Affairs, highlighted the session’s significance, stating, “This training is vital to equipping frontline workers with the knowledge and tools they need to support survivors and uphold the National Domestic Violence Ordinance effectively. We are dedicated to providing ongoing resources to those on the front lines of this important work.”

The success of this training session showed the department’s dedica-

tion to creating a safer, more equitable society. By equipping frontline workers with the necessary knowledge and tools, we strengthen stakeholders’ ability to support those affected by domestic violence.

The Department encourages all agencies to implement the learned strategies and maintain open communication channels for ongoing support and collaboration. This commitment to continuous improvement and adaptation ensures that future sessions will build upon this foundation, incorporating feedback from participants and adapting to emerging needs within our community.

We are committed to our mandate as the leading agency to promote gender equality, gender equity and gender mainstreaming. Therefore, we will continue to prioritize efforts that strengthen the support framework for gender-based violence, ensuring a coordinated, sensitive, and effective response across all sectors throughout the Turks and Caicos Islands.



High-Powered Weapon, Bullets Seized

By Vivian Tyson NEWSLINE Editor-In-Chief

The Royal Turks and Caicos Islands Police Force (RT&CIPF) has taken another step in its crackdown on illegal weapons, successfully recovering a high-powered rifle, 255 rounds of assorted ammunition, and weapon accessories during a targeted operation in Blue Hills, Providenciales. According to police, the operation was carried out on August 22, following intelligence that led officers from the Tactical Unit and Criminal Investigations Division to conduct extensive searches in an open area of the Blue Hills community. High-powered weapons have been featured in a number of murders in recent time, including the mass shooting at a popular hookah night spot along the Leeward Highway on that island, where at least three persons were gunned down and many several others injured. The seizure marks a significant interception in the Force's ongoing efforts to reduce gun-related crime across the islands. The Royal Turks and Caicos Islands Police Force said no arrests were made during the operation, declaring that investigations remained ongoing.

The force said it would not relent until those seeking to create mayhem are brought to justice. As a result, the Governor's Office has okayed six-day nighttime curfew in the community of five cays, which began on Wednesday, August 22. **Five Cays Curfew** The curfew, which came into effect at 7:00 p.m. on Wednesday, will remain in force until 5:00 a.m. on Tuesday, August 26, 2025. During this period, residents of Five Cays are required to remain indoors from 7:00 p.m. to 5:00 a.m. daily, except in cases of essential travel to and from work, medical emergencies, or other circumstances specifically authorized by the police ground commander. All businesses within the designated area, including shops and bars, must close by 6:00 p.m. for the duration of the curfew. Individuals moving around within the restricted zone will be required to carry identification at all times. The curfew order, published in the Government Gazette as Legal Notice 33 of 2025, is the third of its kind issued under the Disaster Management Act this year. However, unlike earlier orders, this action follows a recent amendment to the Disaster Management Act, passed by the

House of Assembly, which grants the Royal Turks and Caicos Islands Police Force new powers to declare areas plagued by criminal activity as "disaster zones." With the approval of the Governor, such declarations enable swift enforcement of curfews and other emergency restrictions aimed at restoring law and order. In her notice, Governor Daniel-Selvaratnam cited threats to national security in Five Cays, linked to escalating gang violence and organized crime. She stated that the declaration was necessary "to prevent or minimise loss of human life, illness or injury to humans, property loss or damage to the environment, and to restrict access to the area." The geographic boundaries of the disaster zone were clearly set out in the Gazette, covering the Five Cays Roundabout, Five Cays Junction, South Dock, and Five Cays Beach. Five Cays, long identified as an area with entrenched gang activity, has in recent months been the scene of violent clashes that have alarmed residents and prompted calls for stronger intervention. About a week and a half ago, the community was plunged into mourning and fear after a woman was brutally murdered by unknown gunmen. The

police have not established a motive for the killing. Law enforcement officials say the new powers under the Act will allow them to respond more decisively to security threats, particularly in neighborhoods most affected by organized crime. The Governor has urged full cooperation from residents and business owners, stressing that the restrictions are temporary but necessary to stabilize the situation. Community reaction to the announcement has been mixed. While many residents welcome the stronger police presence and measures designed to improve safety, some have expressed concern about the social and economic impact of nightly curfews, particularly on small businesses that rely on evening trade and entertainment. The Opposition has previously warned that extraordinary powers must be exercised with accountability and transparency, to avoid infringing on civil liberties. However, government officials maintain that the legislation strikes the right balance between public safety and the protection of rights, pointing to the fact that the curfew is limited in scope and duration.

AI is here to stay

Any new innovation that can affect our lives in revolutionary ways is often met with a great deal of scepticism and, to some extent, fear.

When the Internet was born there were those who prophesied the end of human civilisation as we know it. Those of a more religious and superstitious disposition saw it as the end of the world. Even today, Bill Gates, who can be considered as the premier architect and innovator of placing the Internet within the grasp of any human being that would want to own a personal computer, is today ridiculed and vilified by certain conspiracy theorists who view him as an evil to mankind. His perceived role in the creation of COVID-19 vaccines is the butt of conspiracy theorists to this day.

These reactions are, understandably, at the extreme ends of ignorant reactions to innovation. They nonetheless underscore the suspicions and scepticisms that lurk in the minds of people, even some you would consider intelligent, with regard to developments that can have far-reaching consequences for all of us living on this planet.

For some, artificial intelligence (AI) is the latest threat to humanity. Out of ignorance we often say the most outrageous things about subjects that we know nothing about. Instead of educating themselves on these subjects, the tendency of far too many people is to go with the crowd, which often ends up in a pit of deeper ignorance, if not arrogance.

I have seen over the years that people with religious dispositions tend to be the ones who become more arrogant in their assertions about what they do not know. They believe that their belief in God gives them a divine right to be right at all times and they have to defend God — as if he needs a lawyer.

Like all new innovations, AI has to be carefully investigated and properly curated to meet the needs of humankind. Even the creators themselves gawk at its awesome possibilities, both for ill and good.

My concern is that the development is going at a speed which hardly allows any regulation or guardrails to be put in place to ensure the technology really works well for the betterment of humanity. The major world powers, like the United States and China, seem to be in a desperate hurry to outdo each other in deploying this technology.

What is not being talked about is how to regulate it so that its worst excesses can be mitigated and we do not create a Frankensteinian which no one can control.



It is believed by some creators that generative AI, which not only analyses data but creates new content, ought to be subject to greater transparency than is now the case. Generative AI does not just mimic and collate existing data, but actively creates its own data. And there's the rub. Data can be manipulated for evil ends to spread misinformation and create deepfakes of people's identity. It may also pose security risks and promote cyber warfare. There is the need for transparency and regulation to mitigate these concerns.

To the best of my knowledge there is not a great deal of thinking, much less action, taking place in this regard. The poor relationship between the United States and China, exacerbated by their tariff wars, serve as a grave distraction which does not provide any room for consultation on these matters. Might is right, so each side proceeds with its own agenda oblivious of the danger before them and the world.

This is particularly true of the United States under President Donald Trump, who believes that what he says is gospel. At a time when we need well-thought-out approaches to serious problems, such as setting up guardrails for AI technology, we have someone in the White House whose impulsivity and transactional approach to grave problems can only be an impediment to the progress we seek.

ress we seek.

This is where AI technology gives me concern. No one has to be worried about the good that the technology can provide in the revolution in medicine and so many areas of human endeavour. It is just a tool to be used judiciously. My preferred tool is Microsoft's copilot. Before I tuned into AI in any serious way, I was concerned about what it could do to human creativity and morality in student research and outcomes.

Should one outsource one's brain to a machine? But, for me, the experience so far has been illuminating and wonderfully liberating. By putting my copilot to work I can instantly have more data and information in a few seconds than I would have using Bing, Google, or any other search engine. With its assistance — and it is still an it — you are able to collate and synthesise material in a way that is time-saving, leading to greater productivity on your part.

If you lose touch with your creativity, it is because you want to cheat by relying on the machine to do your work for you. One has to approach AI with a sense of personal integrity. Approaching AI with a strong moral sense is to me the best guarantee of good outcomes in using the technology. The key is to use the information provided to enhance your own thinking and creativity. Again, it is what you do with the tool at your

disposal.

Of one thing I am sure: AI is here to stay. Properly regulated, it can be a boon to humankind. And, contrary to religious dogmatism, it is not a signal that the world is coming to an end anytime soon.

Dr Raulston Nembhard is a priest, social commentator, and author of the books *Finding Peace in the Midst of Life's Storms*; *Your Self-esteem Guide to a Better Life*; and *Beyond Petulance: Republican Politics and the Future of America*. He hosts a podcast — *Mango Tree Dialogues* — on his YouTube channel. Send comments to the Jamaica Observer or stead6655@aol.com.

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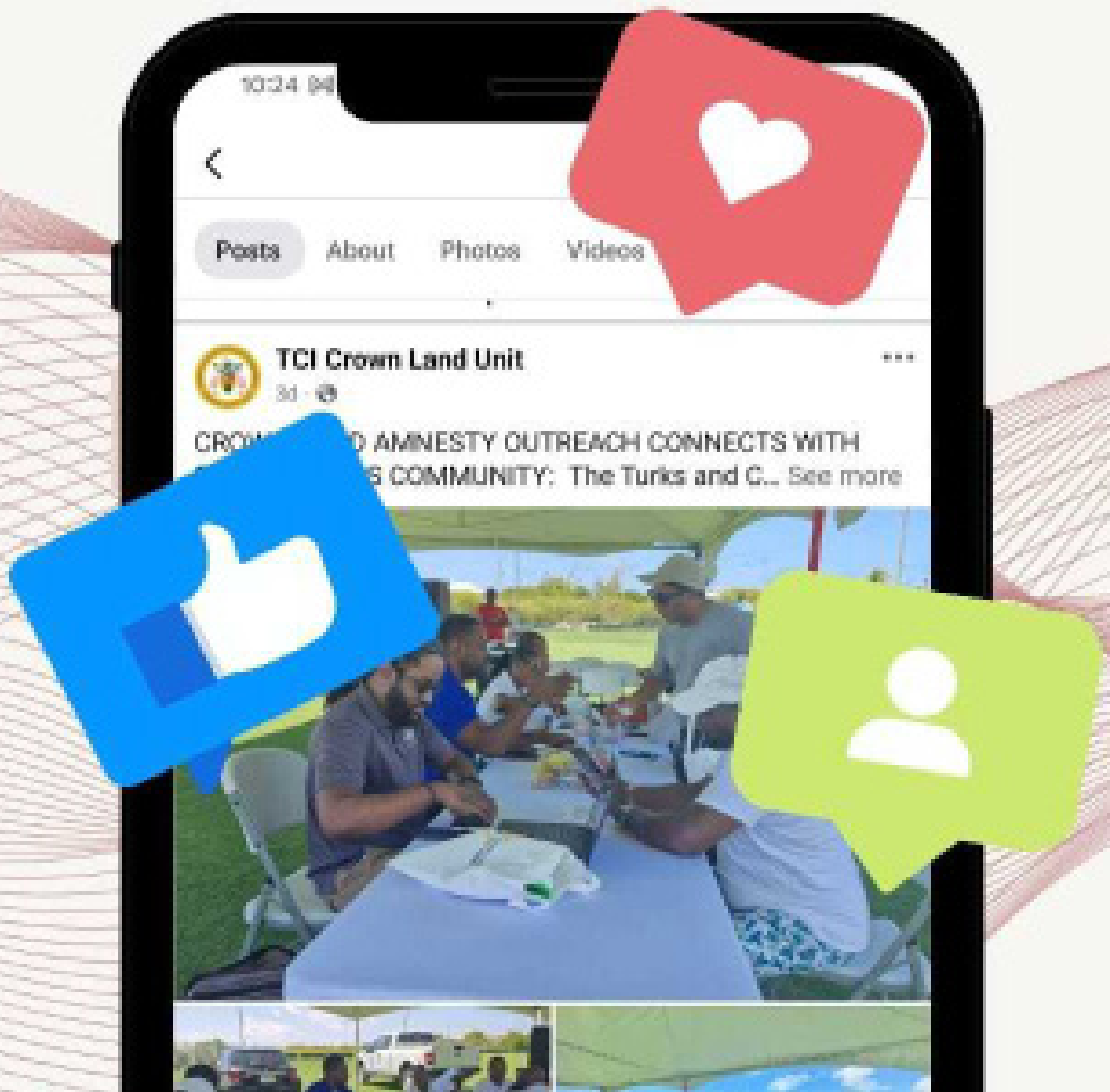
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The La Tortue area before the demolition exercise

ISU Says La Tortue Demolition Is Largest Land Reclamation in Turks and Caicos

The Informal Settlements Unit (ISU) has confirmed that last week’s demolition at La Tortue, Blue Hills, was the largest land reclamation exercise ever carried out in the Turks and Caicos Islands. Over a three-day operation that ended on August 10, a multiagency team cleared 218 unauthorized structures from land registered to a private owner (Block and Parcel 60509/1). The exercise was led by the ISU in support of the Planning Department and was initiated at the request of the Royal Turks and Caicos Islands Police Force (RTCIPF) in the interest of public safety. Heavy equipment operators secured the perimeter on the first day, before moving on to full clearance and accessibility improvements over the following two days. The operation was completed without major incident. The ISU worked alongside the Crown Land Unit, RTCIPF, Border Force Department and the TCI Regiment in what officials describe as a coordinated effort to enforce lawful land management. “The La Tortue reclamation represents a milestone in our commitment to ensuring that enforcement actions are carried out

efficiently, lawfully, and in the public interest,” the ISU said in a statement.

Authorities emphasized that the clearance is part of ongoing efforts to address informal settlements

across the islands and safeguard both land rights and community safety.



The La. Tortue area after the demolition exercise

Audaciously Different

A Message to Young People Who Feel Like They Don't Belong

By: Antwon HF Walkin, NYP, AIAS, Romas

At 15 years old, I moved to a brand-new country. A country I'd only visited once, but I had heard enough stories to dream of summers spent there and imagine the reality I'd want Jamaica to be. In my mind, it was lush, freeing, full of promise. Of course, the idyll I had built was a stark contrast to the smoldering, humid reality of Kingston that greeted me when I arrived. But even the heat, the culture shock, and the change of environment weren't the hardest things to adjust to.

The greatest obstacle was yet to be hurdled

I had just left behind everything I knew my friends, my school, the way people spoke, moved, greeted each other. I moved from one curriculum to another, from one national culture to another. But what caught me most off guard was the structure of my new academic environment.

I would be attending an all-boys institution. That fact alone didn't worry me at first. To some, it might have seemed like an easier place to blend in we were all boys, all Black, all in uniform. But the truth is, that setting made me feel even more different.

In a school of nearly 2,000 boys, only two of us myself and my twin spoke differently, walked differently, held different social courtesies, and carried different beliefs. Our accents marked us before we opened our mouths. Our posture and mannerisms made us feel alien even before we got to speak our truth. There was an unspoken pressure to "toughen up," to shed anything considered soft or strange, and conform to a culture that already had unwritten rules of how to be accepted. It wasn't just about schoolwork or sports it was about social survival. In those early days, I'll be honest it felt like the safest thing to do was to blend in. To mimic. To adjust. To compromise.

I remember moments when I felt pressure to adopt behaviors that didn't align with who I was to speak more aggressively, act disinterested in academics, perform a version of masculinity that was loud but empty. I saw boys doing things to gain clout and belonging bullying others, downplaying their talents, hiding their emotions. And I felt that same pull. That's what negative peer pres-



Antwon HF Walkin

sure looks like: the subtle, constant suggestion that you are not enough unless you become someone else. What changed everything was getting honest about who I wanted to be, not who I was trying to impress. I found ways to make the culture work for me and reminded myself: fitting in is temporary but standing for something lasts.

So, I chose to be audaciously excellent, even if it meant being misunderstood. I carried myself with purpose, built real friendships, leaned into what mattered, and over time, the very things I was teased for became the reasons I was respected.

To every young person who feels out of place: you don't have to twist yourself to be accepted. You weren't made to fit a mold you were made to reshape the narrative. Not always to break glass ceilings, but to be willing to. Never let peer pressure turn you into a stranger to yourself. It took me time to understand that the journey to self-acceptance isn't linear. You'll have days where you question your worth. You'll have moments where rejection feels personal. But hold fast to your vision. Hold fast to your values. They are your compass in a world trying to

pull you in every direction.

Looking back, I realize that not fitting in gave me the freedom to build my own lane. I became a version of Antwon Walkin that Jamaica, Kingston and Kingston College will always remember and respect. And now, I use that lane to lead as a National Youth Parliamentarian, a youth advocate, a student leader, International Diplomat and a proud voice for young people who feel voiceless. So, if you're struggling to fit in, that's your sign that you're not meant to. Maybe you're meant to lead the way out. Great people rarely fit in not because they're trying to be different, but because they're committed to being themselves in a world that often demands uniformity. The truth is, fitting in defeats the construct of individuality. When you dilute your essence to match the expectations of others, you surrender the very thing that sets you apart: your unique voice, your vision, your way of thinking. History remembers the ones who dared to be original the ones who walked against the crowd, who turned discomfort into courage, and who embraced their authenticity even when it was unpopular.

Individuality isn't a weakness to overcome; it's a gift to protect. It's what allows your story to echo beyond your time. Be bold. Be grounded. Be you — unapologetically. Your difference is not your weakness. It is your assignment. To Hell with fitting in.

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Director of Myrna-Lisa’s Myriad Pageant and Entertainment and founder of One Nation TCI, Alicia Swann



Jenny Louis parading a Turks and Caicos swimwear.

Turks and Caicos Shines on Regional Stage at Miss Caribbean Cultural Queen Pageant

The Turks and Caicos Islands took the spotlight at the Miss Caribbean Cultural Queen Pageant in Nevis, as Ms. Jennie Louis proudly represented the nation, bringing culture, talent, and national pride to the regional stage. Director of Myrna-Lisa’s Myriad Pageant and Entertainment and founder of One Nation TCI, Alicia Swann, said the experience was both a milestone and a mission fulfilled for the organization.

“As a patriot deeply passionate about promoting the Turks and Caicos Islands, I am honored to lead the first and only pageant organization to date that not only focuses on the international stage but also strategically embraces regional competitions,” Swann explained. “Myrna-Lisa’s Myriad Pageant and Entertainment, the flagship of One Nation TCI, selects queens through a national competition and places them strategically in international or regional pageants using a point-based system to ensure they shine in the most suitable arenas.”

Swann emphasized that pageantry is more than glamour—it is a vehicle for cultural preservation and youth empowerment. “Pageantry is not just about beauty

— it is about preserving and promoting culture, particularly among our youth who will carry it forward to the next generation,” she said. “Through this platform, we highlight our traditions while also empowering young women to see their value and role in cultural preservation.”

That cultural showcase was evident in Louis’s presentation, which featured swimwear by Lifestyle Clothing and a Turks and Caicos flag fan crafted by FanzandTingz. According to Swann, these local design elements helped her queen stand out while proudly showcasing national identity.

But while the successes are celebrated, Swann also acknowledged the ongoing hurdles that come with regional representation. “While challenges such as costly regional travel remain, securing sponsorship support — both private and governmental — continues to be an area in need of attention,” she explained. “We hope our partners recognize the significance of the pageant industry, which for decades has been patronized and celebrated by thousands across the world.”

One such partner, InterCaribbean Airways, played a pivotal role in the jour-

ney. “We are grateful for support like that of Ms. Lynisa Gardiner of Inter-Caribbean Airways, whose assistance ensured that our queen’s costumes arrived safely and on time,” Swann noted.

For Swann, the highlight of the Nevis pageant was witnessing both Louis’s growth and the recognition of Turks and Caicos on a broader stage. “Witnessing the growth of our queen and the recognition of Turks and Caicos on the regional stage has been one of the most rewarding successes of this journey,” she said.

Looking to the future, One Nation TCI remains steadfast in its mission to elevate the islands through pageantry. “Each year brings new opportunities to showcase the Turks and Caicos Islands as the gem it truly is while developing strategies that achieve greater success for our brand, our queens, and our country,” Swann said.

She concluded with a statement underscoring the broader purpose of her work: “Our mission goes beyond crowns and competitions. It is about ensuring that the Turks and Caicos Islands are seen, heard, and respected on every stage. Through pageantry, we are not

only showcasing beauty and talent but also preserving culture, building unity, and empowering our young women to carry our heritage forward with pride.”



Jenny Louis in the national costume at the event.

HeyN'Sent

Issue #4

Got Questions? Let's Talk.

Send your questions to heyleadership@hotmail.com, to be answered in our next edition. Please note, ALL questions will be answered anonymously.

Your voice matters. Your journey matters.

"KNOW THYSELF, LEAD THYSELF"

The Power of Self-Awareness in Leadership

Opening Message: From Me to You

Dear Leader,

In the last edition, we looked at how different leadership styles rise in the face of pressure. But here's something even more personal: No matter your style, whether you're bold like a Visionary, firm like a Strategist, or calm like a Stabilizer, your ability to lead others starts with your ability to lead yourself.

This is where self-awareness enters. True leadership begins from within. Before we manage others, we must first manage our own mindset, habits, blind spots, and emotional triggers.

This issue invites you to pause, not to retreat, but to reflect. Because when a leader understands who they are, they can better guide where they are going.

What Is Self-Awareness in Leadership?

Self-awareness is the ability to understand your strengths, weaknesses, values, and impact on others. It's being able to say, *"Here's where I shine, and here's where I need support."*



Leaders who lack self-awareness often create confusion or conflict without realizing it. But leaders who invest in it? They create clarity, connection, and trust.

"The most effective leaders are not the ones who know it all, they're the ones who know themselves."

3 Signs You're Growing in Self-Awareness as a Leader

1. You pause before reacting. You reflect instead of instantly responding when tensions rise.
2. You ask for feedback, and receive it well. You're not threatened by critique. You welcome it as growth fuel.
3. You know your triggers and patterns. Instead of blaming your team, you

examine your own energy and mindset.

Practical Exercise: The Leadership Mirror

Ask yourself:

- What situations tend to bring out the best in me as a leader?
- When do I feel most unsure or defensive?
- What are 3 adjectives my team would use to describe my leadership?
- What leadership habit do I need to strengthen this month?

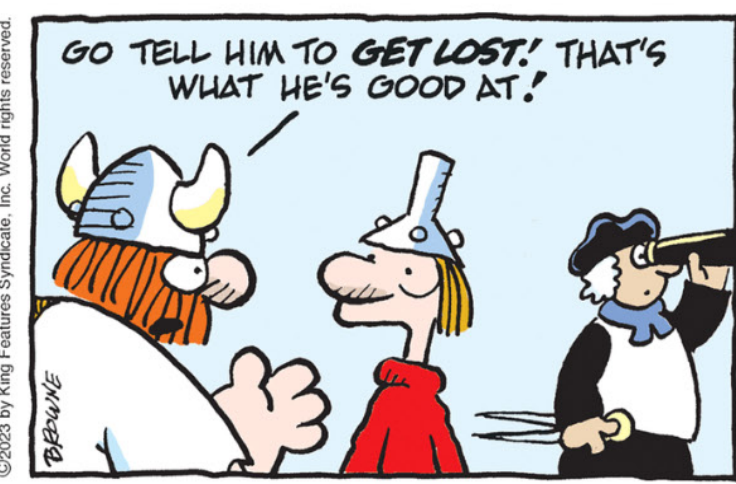
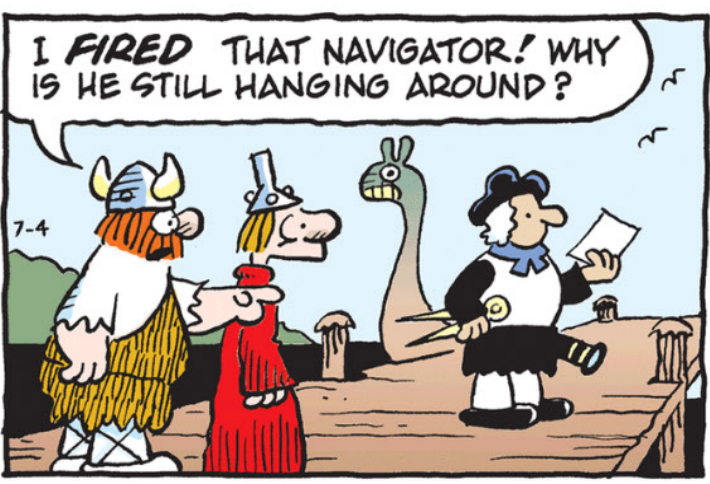
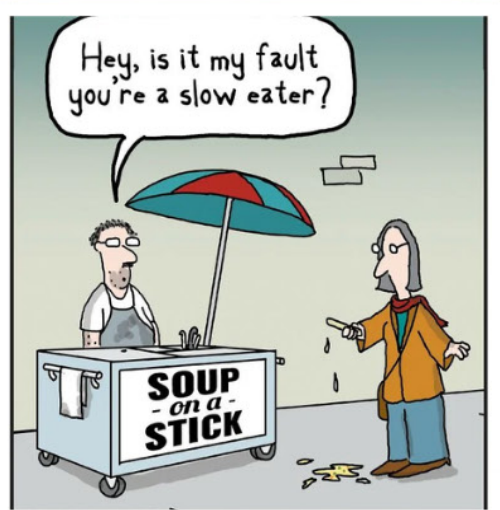
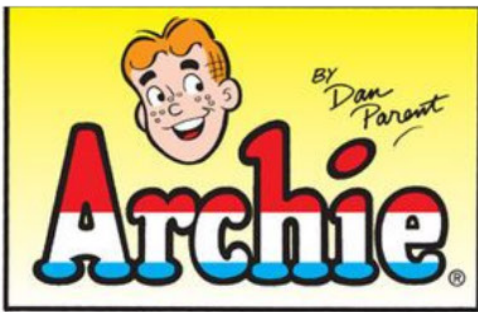
****Write the answers honestly. No judgment, just clarity.**

Why This Matters

When you're self-aware, your leadership becomes:

- More grounded: You're not easily thrown off by pressure.
- More respected: Your team sees your authenticity and humility.
- More intentional: You lead with purpose, not just power.

"You Can't Lead What You Don't Own."





THE TCI HERITAGE FOUNDATION | TCI

BROWN Pelican

NEWSLINE

AN OUTREACH OF THE TCI HERITAGE FOUNDATION

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Turks & Caicos is home to the Caribbean brown pelican. It is also the national bird of the TCI. They are easily identifiable by their skin pouch under the their bill. They use this pouch as a sort of ‘fishing net’ to swoop down and catch fish. This brown pelican was listed as endangered in the 1970s because of pesticides. However, they were removed from the list when a lot of the harmful pesticides were banned.



R-L: Hon. Jamell Robinson, Deputy Premier, Hon. Rachel Taylor, Minister of Education, Youth, Sports and Culture, Hon. Randy Howell, Member of Parliament

NIAP Concludes Fourth Cycle with Record-Breaking Success Under the Theme “From Intern to Impact”

The National Internship and Apprenticeship Programme (NIAP) continues to strengthen human capital in the Turks and Caicos Islands by bridging the gap between formal education and meaningful work experience. Now completing its fourth cycle, the programme has achieved unprecedented success with its largest cohort to date: 120 interns placed across more than 40 public and private sector organisations.

This year marked a significant milestone for NIAP as the programme gained international recognition at the United Nations Economic and Social Council (ECOSOC) Youth Forum. The programme was highlighted as an exemplary model of youth development that merits replication across the Caribbean region, recognizing its innovative approach to combining structured learning with real-world experience.

The programme’s data-driven framework and strategic communication approach have proven effective in creating pathways from education to meaningful employment, with participating interns demonstrating measurable skills advancement and increased career readiness.

The 2025 NIAP Closing Ceremony, held on 5th August under the theme “From Intern to Impact: Advancing with Skills, Purpose, and Pride,” showcased the programme’s growing national significance. The event, expertly hosted by Ms. Gemely Lubin, featured musical selections by Moe’mments of Sax and Mohen Cox, along with a heartfelt opening prayer by national intern Shandia Gardiner. Delivering remarks on behalf of Pre-

mier Hon. Charles Washington Misick, Deputy Premier Hon. Jamell Robinson encouraged interns to carry forward their lessons with boldness, remain grounded in their values, and believe in their ability to make a lasting impact on their communities.

The ceremony’s keynote speaker, Special Constable and Forensic Crime Scene Investigator Rashaunda Cooke, exemplified the programme’s transformative power. As a former National Intern and Apprentice, she shared how NIAP served as a structured and supportive pathway in shaping her career in forensic crime scene investigation.

“The experience I gained impressed even my lecturers. NIAP gave me clarity and confidence,” Ms. Cooke shared, encouraging other young people to take full advantage of the opportunities the programme provides.

Arielle Neely, Career Advancement and Programme Coordinator, reflected on the programme’s remarkable evolution: “The NIAP continues to be a powerful vehicle for youth empowerment and national development. Rooted in data-driven frameworks and guided by strategic communication, this cycle marked a transformative leap, not just in numbers but in purpose. Under the theme ‘From Intern to Impact: Advancing with Skills, Purpose, and Pride,’ we welcomed our largest cohort to date, a testament to what’s possible when public and private sector partners unite. This programme is not only shaping future leaders, it’s proving that structured opportunity fuels sustainable impact.”

Hon. Rachel Taylor, Minister of Education, Youth, Sports and Culture, em-

phasized the collaborative foundation of the programme’s success: “The National Internship and Apprenticeship Programme was established with a clear vision: to equip our students with meaningful, real-world experience that prepares them to lead.”

Minister Taylor continued, “This year’s theme, ‘From Intern to Impact: Advancing with Skills, Purpose, and Pride,’ reflects exactly what this programme delivers. NIAP has become a cornerstone of our human capital development strategy, and the success of this record-breaking cycle is proof that when we strengthen partnerships across government, industry, and community, we unlock limitless potential. As a Ministry, we are working tirelessly to expand these opportunities, because every young person in the Turks and Caicos Islands deserves a direct pathway from education to impact.”

This cycle saw significant enhancements to participant support services. The programme extends special gratitude to soft skills facilitators Denise Westcarr and Melanie Smith, who provided comprehensive training to over 60 new interns during this cycle, focusing on essential workplace competencies and professional development.

Additionally, Talent Recruitment Group will be offering each intern personalised resume development and hands-on refinement support, transforming their existing resumes into results-driven documents that highlight their unique strengths and career potential.

This record-breaking cohort embodies the very heart of the theme “From In-

tern to Impact: Advancing with Skills, Purpose, and Pride,” proving that with the right opportunities, young people can transform their potential into tangible impact for themselves and their communities.

The continued growth and international recognition of NIAP demonstrates the Turks and Caicos Islands’ commitment to investing in its youth and building a skilled workforce prepared for the challenges and opportunities of tomorrow.



Hon. Rachel Taylor, Minister of Education, Youth Sports and Culture, with Arielle Neely, Career Advancement and Programme Coordinator

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.

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

On Friday, August 15, Beaches Turks and Caicos Resort and Spa staged its Summer Internship Graduation, which saw more than 100 students from schools across Providenciales receiving great knowledge of the hospitality industry, which should last with them for a lifetime. Minister of Education, Hon. Rachel Taylor was on hand to not only hear of the students' achievements over the summer period, but also to offer encouragements and congratulations to those who were successful at the CXC Examinations. The following are highlights of the event.





Your Gut Is at the Center of Everything
- Here's Why It Deserves Your Attention

We often think of the gut as just the place where digestion happens. But in reality, your gut is one of the most influential systems in your body. It's deeply connected to how you feel physically, mentally, emotionally.

Around 70% of your immune system lives in your gut lining. And nearly 90% of your body's serotonin, a key neurotransmitter that affects mood, sleep, and even pain is made in the gut. So when your gut is inflamed, imbalanced, or not functioning optimally, you don't just feel it in your stomach, you feel it everywhere.

An unhealthy or inflamed gut doesn't always show up as bloating or indigestion. It might show up as:

- swings

- That's because your gut is where so many of your body's core processes begin, from nutrient absorption and toxin elimination to hormone recycling and immune response.

Over time, if your gut is constantly under stress from poor diet, medications, stress, or lack of sleep, it can lead to a condition called gut dysbiosis (an imbalance in gut bacteria) or even leaky gut (where the lining becomes more permeable, allowing undigested food and toxins to enter the bloodstream).

The good news? Your gut is resilient and responsive. You don't need to do a drastic detox or expensive supplement protocol to support it. Often, it's the simple, consistent habits that have the biggest impact.

Fibre feeds your beneficial gut bacteria, helps regulate bowel movements, and supports healthy blood sugar. Aim to get fibre from diverse sources like fruits, vegetables, legumes, chia seeds, flaxseeds, oats, and whole grains. Think of fibre as food for your internal ecosystem.

Fermented foods like yogurt, kefir, sauerkraut, kimchi, miso, and tempeh contain live cultures that support a diverse and thriving microbiome. Even a spoonful a day can make a difference.

Highly processed foods and refined sugar can disrupt your gut flora, feed pathogenic bacteria, and contribute to inflammation. You don't need to be perfect, just be mindful. Aim to crowd your plate with real, whole foods most of the time.

Digestion starts in the mouth. Chewing thoroughly activates enzymes in your saliva that help break down food. Eating in a relaxed state (not in front of a screen or on the go) helps your body shift into “rest and digest” mode — essential for proper nutrient absorption.

Your gut and brain are connected



Chronic stress can reduce the diversity of gut bacteria, weaken your intestinal lining, and affect motility (how food moves through the system). Support your nervous system through breathwork, time in nature, movement, or simply slowing down.

Your gut is constantly communicating with you, through your digestion, your cravings, your skin, your mental clarity, and your energy levels. Symptoms like gas, bloating, acne, constipation, or fatigue are not random. They're your body's way of saying something needs attention.

The more you slow down and tune in, the easier it becomes to notice what supports you and what doesn't — whether it's a food, a habit, a pace of life, or a pattern of stress.

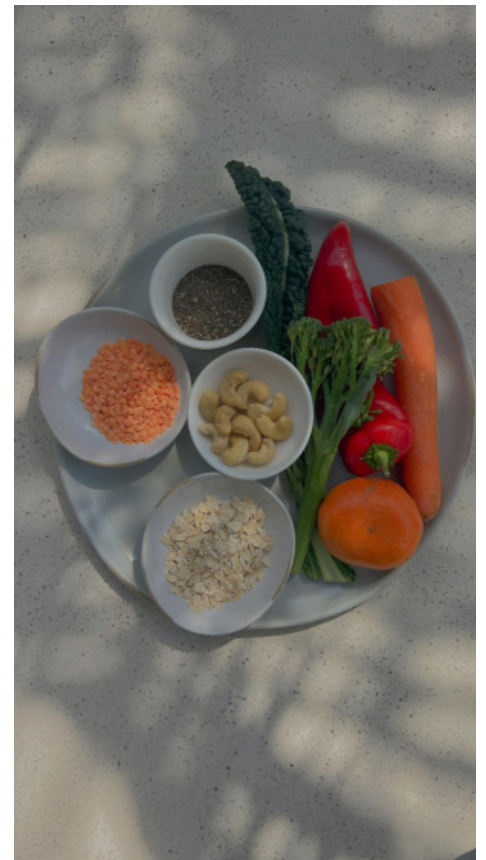
Supporting your gut doesn't mean cutting out entire food groups or overhauling your life. It's about creating daily rhythm — eating more real food, moving your body, managing stress, and trusting that small shifts lead to big results over time.

Gut health isn't just about digestion. It's the foundation of whole-body health. When your gut is in balance, you feel more clear-headed, your skin glows, your energy improves, your hormones stabilise, and your immune system is stronger. You feel more like yourself.

Monica Uttamchandani is a certified Holistic Health Coach based in the Turks and Caicos

Islands, supporting men and women in creating grounded, nourishing lives, one breath at a

time. She also consults in person at The Elephant Rooms in Salt Mills, Providenciales.



, hereby gives notice that it will cause to be sold the property listed below by public auction, to be held at the Office of Hon. Alvin K. Garland LL.B (Hons)
Date: Friday 22nd of August 2025 Address:10:30 AM Location: E202 Le Vele



The Co-ordinates of the property are 21.7739, -72.2102. The subject property forms part of the Flamingo Park development which provides a range of townhome and loft units within two phases, each phase comprising five detached two storey buildings and the lofts makes a sixth building arranged around landscaped gardens a communal pool and paved driveways and parking areas.

Auction.Terms And conditions of sale by public Auction are available by

1-833-893-0708



Sandals Resorts representatives share in a celebratory photo op with CARPHA's Executive Director, Dr Lisa Indar (6th left) and Visitor-Based Surveillance Coordinator, Keston Daniel (left).

SANDALS RESORTS AWARDED CARPHA'S HIGHEST HEALTH AND SAFETY HONOUR

Through consistent implementation of regional health protocols and active monitoring systems, Sandals Resorts has become the only hospitality group in the Caribbean to have every one of its 19 properties certified by the Caribbean Public Health Agency CARPHA with the Healthier Safer Tourism Award.

This collective recognition has earned Sandals the distinct honour of being designated a Healthier, Safer, Destination (HSD) — the first hotel group ever to receive this title.

The awards were presented at a special ceremony hosted at Sandals Montego Bay, where Dr Lisa Indar, executive director of CARPHA, commended the brand's consistent and proactive health efforts across its entire regional portfolio. According to Dr Indar, "this isn't just about recognition. It's about real-time response and prevention that protects not only guests but also local communities."

Sandals' regional footprint includes seven resorts in Jamaica—Sandals Montego Bay, Sandals Royal Caribbean, Sandals Negril, Sandals Ochi, Sandals South Coast, Sandals Royal Plantation and Sandals Dunn's River—as well as its flagship Beaches resort in Negril.

The company's presence continues across the region with Sandals Grande St. Lucian, Sandals Halcyon Beach and Sandals Regency La Toc in Saint Lucia, Sandals Royal Bahamian in the Bahamas, Sandals Barbados and Sandals Royal Barbados, Sandals Grande Antigua, Sandals Grenada, Sandals Royal Curaçao, Sandals Saint Vincent and Beaches in the Turks and Caicos Islands. Each of these resorts met CARPHA's rigorous standards by going through a process of active and confidential reporting, addressing any form of threats with

urgency, while ensuring that at least 10 percent of the team completed certified training in the prevention and control of infectious diseases within the hospitality sector.

Jeremy Jones, regional managing director for Sandals and Beaches Resorts in Jamaica, called the recognition a critical validation of the brand's standards. "What makes this award truly special," he said, "is that every single one of our resorts is recognised—not just as individually safe, but collectively forming the region's first Healthier, Safer Destination. That's a game-changer for tourism in the Caribbean."

The Healthier Safer Tourism award, launched by CARPHA in 2020 through its Tourism and Health Programme, serves as a measurable traveller health assurance tool.

It is backed by major regional and international bodies including the Caribbean Tourism Organization (CTO), Caribbean Hotel and Tourism Association (CHTA) and the Global Tourism Resilience and Crisis Management Centre (GTRCMC). Properties that earn the award are publicly listed by CARPHA and will soon be linked to other tourism and health websites to help travellers make more informed choices.

Dr Indar underscored the significance of the partnership with Sandals, noting that "CARPHA has a long-standing, public and private relationship with Sandals, collaborating since 2012 on promoting health and safety in tourism. This historic milestone underscores the company's unwavering commitment to tourism health, safety and environmental responsibility across the Caribbean as well as demonstrates its novel, trusting, strong partnership with CARPHA."

With the Caribbean being the most

tourism-dependent region in the world, the HST designation not only enhances the guest experience but also reinforces long-term economic resilience. Jones added, "CARPHA provides a safe environment for reporting and supports the hospitality and tourism industry in our region. Whenever something goes wrong with tourism in the Caribbean, we all get nervous, we all start to wonder what the best solution is and what CARPHA does for our resorts is to provide that level of safety and comfort."

"Our long-standing relationship with CARPHA has played an invaluable role in helping us to champion the culture of health, safety and well-being across all our resorts. Together we have strength-

ened our systems, empowered our team members and set high standards to ensure that our guests, team members and community members are always protected. This ongoing collaboration reminds us that health and safety are not just policies, it is shared commitment that brings us together, inspires confidence and builds a stronger, more resilient tourism industry," Jones further elaborated.

With this latest achievement, Sandals continues to set the regional standard for responsible tourism, reinforcing its legacy not only as a leader in luxury all-inclusive travel, but as a brand that puts the health and safety of its guests, staff and communities at the forefront.



(L-R) Keston Daniel, visitor-based surveillance coordinator – CARPHA, Jeremy Jones, regional manager director – Sandals Resorts, Jamaica, Dr. Lisa Indar, executive director – CARPHA and Gavin Palmer, corporate manager, environment, health and safety at Sandals Resorts.



The Point Hosts Appreciation for its Construction Staff

On Saturday, August 9, The Point Resort Condominium development on Grace Bay hosted an afterwork appreciation for its construction staff, where management joined the construction workers for an event of enjoyment and good conversation. Developer Market Durliat of Grace Bay Resort, the company responsible for the construction. Durliat, during an interview with the media, said one of the philosophies of Grace Bay Resorts is to consistency show appreciate to staff, whether construction or resort workers. He noted that after a week of hard work, there should be time to unwind, and was happy that The Point was able to make it happen.





Neglecting your health could cost you: Why you need an executive profile now

IN TODAY’S fast-paced world, many people focus more on their careers, investments, and personal belongings than on their own health. However, there’s a simple truth that too many overlook: routine health screenings, particularly executive profiles, are one of the most powerful tools for early disease detection and long-term health preservation.

With the increasing availability of digital healthcare services, it’s ironic that many still wait until they experience symptoms before seeking medical attention. Unfortunately, by that time, interventions can often be more complex, more expensive, and less effective. This is where the value of an annual executive profile comes in, a comprehensive health check-up designed to detect health risks early, establish baseline metrics, and empower both patients and doctors to make informed decisions about future care.

WHAT IS AN EXECUTIVE PROFILE?

An executive profile goes far beyond basic blood work. It’s a thorough medical assessment designed to screen for a variety of potential health risks. Typically, it includes tests for:

- Blood pressure, cholesterol, and cardiovascular risks
- Diabetes and pre-diabetes indicators
- Headlines Delivered to Your Inbox
- Sign up for The Gleaner’s morning and evening newsletters.
- Kidney and liver function
- Thyroid and hormonal balance
- Blood counts (e.g., anaemia or signs of infection)



- Vitamin and mineral deficiencies
- Cancer markers (where applicable)
- Family history-related disease risks

These screenings create a comprehensive picture of a person’s current health. Over time, this data can be used to monitor changes and identify emerging conditions before symptoms even arise.

WHY MAKE IT A YEARLY HABIT?

There are three primary reasons to make an executive profile an annual routine:

- Prevention is better than cure: Many chronic diseases such as hypertension, diabetes, and certain cancers develop slowly and without noticeable symptoms. Yearly screenings allow for early detection, which is crucial for effective intervention.
- Tracking health over time: Health isn’t static. Even if your results were normal last year, factors like changes in lifestyle, ageing, or stress can alter your health markers. A yearly check-up helps track these changes

and catch any concerning trends early.

- Establishing a baseline: Everyone’s “normal” is different. Regular screenings help you and your doctor understand what is typical for you, making it easier to identify any significant deviations that could require attention.

WHY YOUR DOCTOR SHOULD ENSURE YOU HAVE AN EXECUTIVE PROFILE

Your doctor plays a critical role in ensuring that you maintain a proactive approach to your health. By encouraging you to schedule your annual executive profile, they ensure they have an up-to-date picture of your health. This enables your doctor to better manage any potential risks and make more informed decisions about your care. If you haven’t already discussed this with your doctor, it’s important to ask them about your executive Profile. If they haven’t brought it up, consider making it a priority. Regular screenings allow your doctor

to keep a closer watch on your health and ensure that you stay on top of any changes over time.

THE IMPORTANCE OF GENETIC AND CANCER SCREENING

In certain cases, especially for individuals with a family history of cancer, diabetes, or heart disease, screening may need to go further. For example, cancer markers like PSA (prostate), CA-125 (ovarian), and CEA (colon) can offer valuable insights into potential risks. Additionally, genetic testing can identify inherited mutations (such as BRCA1/2) that may influence screening frequency or treatment options.

FINAL THOUGHTS: A COMMITMENT TO YOUR HEALTHSPAN

The reality is that while we are living longer, we aren’t necessarily living healthier. Chronic conditions like diabetes and hypertension are becoming more prevalent, even in younger populations. Fortunately, annual, data-driven health screenings can help reverse this trend.

By making your executive profile a regular part of your health routine, you are not only investing in a longer life but also in a better quality of life. Early detection allows for timely interventions, empowering you to live healthier and with greater peace of mind.

To schedule your executive profile or any test today, visit www.themdlink.com. Whether you prefer to get tested at a clinic or from the comfort of your home, we’re here to make your health a priority.

Dr Che Bowen is the director/CEO of MDLink Group Limited.

Morning life hacks for diabetics

FOR INDIVIDUALS with diabetes, a good morning routine can be crucial for managing blood sugar levels throughout the day. Simple hacks like waking up at the same time, staying hydrated, and eating a balanced breakfast can make a big difference. Additionally, incorporating exercise, even a short walk, and planning the day ahead can contribute to better blood sugar control.

According to Dr Rivane Chybar Virgo, medical doctor and health and wellness coach, speaking at a bi-weekly ‘Health Talk Sunday Series’ presentation, managing your blood sugar starts the moment you wake up.

“From what you eat to how you move; your habits can have a big impact on your blood sugar stability throughout the day. Having healthy blood sugar levels can help support more consistent energy levels, better mood, improved focus and more. On the other hand, sharp spikes and crashes in blood sugar can lead to fatigue, hunger, irritability and higher risk of chronic diseases like insulin resistance and diabetes,” Dr Chybar Virgo said. Here are some tips to setting up your morning routine for blood sugar success:

- **KEEP CAFFEINE IN CHECK**

Some research shows caffeine intake, especially over 250 milligrams per day (roughly 2.5 cups of coffee), can temporarily raise blood sugar levels. Caffeine stimulates the release of hormones like adrenaline, which stimulates the liver to release glucose and raises blood sugar. To minimise potential spikes, be sure to drink your morning cup with a balanced meal and consider limiting the amount you have.

- **GET MOVING**

Incorporating physical activity into your morning routine can be a quick and effective way to support healthy blood sugar levels. Movement activates your muscles to use glucose for energy, reducing the amount circulating in your bloodstream. Your morning movement does not need to be intense, simple stretches, yoga or a brisk walk can make a noticeable difference.

- **SET VISUAL REMINDERS**

You can organise medication using a pill box, and organise by expiry date. Place medication where you can easily see it, and a glass of water by your bedside.

- **AVOID BEDTIME MISTAKES**

To avoid bedtime mistakes and improve sleep quality, minimise screen time, avoid caffeine and heavy meals before bed, establish a relaxing bedtime routine, and create a comfortable sleep environment. Additionally, avoid stress, intense exercise, and alcohol close to bedtime.

- **BREATHE, HYDRATE, GET LIGHT**

The phrase ‘breathe, hydrate, get light’ likely refers to advice for feeling better, possibly in the context of fatigue or dehydration. It suggests focusing on breathing deeply and regularly, ensuring adequate fluid intake, and spending time in natural light.

- **CHECK FASTING BLOOD SUGAR LEVELS**

To check a fasting blood sugar level, a blood sample is taken after at least eight hours of fasting (no food or drink except water). This test is typically done first thing in the morning before breakfast. Normal fasting blood glucose levels are generally considered to be below 100 mg/dL (5.6 mmol/L). Levels between 100 and 125 mg/dL (5.6 to 6.9

mmol/L) indicate prediabetes, and 126 mg/dL (7.0 mmol/L) or higher on two separate tests suggests diabetes.

- **EATING A BALANCED BLOOD SUGAR FRIENDLY BREAKFAST**

A balanced, blood sugar-friendly breakfast includes a combination of protein, healthy fats, and fibre-rich carbohydrates to help stabilise blood sugar levels. Examples include eggs with whole-wheat toast and avocado, Greek yogurt with berries and nuts, or a low-carb smoothie with protein powder

and spinach. Avoiding processed carbohydrates, sugary drinks, and large portions is also important.

Creating a blood sugar-friendly morning routine does not have to be complicated. Simple habits like staying hydrated, eating a nutrient-packed breakfast, having an earlier dinner and incorporating movement can make a big difference. These expert-backed strategies not only promote better blood sugar levels but also support overall health and well-being.



Carlene Davis releases reggae cover of ‘Holy Forever’

Renowned gospel artiste Dr Carlene Davis has released her second Jenn Johnson cover. The track, titled Holy Forever, made its debut on August 15 via VPal Music, New York.

It followed Goodness of God which is a worldwide phenomenon first recorded by Jenn Johnson through Bethel Music along with her husband Brian, who are members of the writing team, then the likes of CeCe Winans, and so many others. Davis and Christopher Martin have also done a reggae rendition of the same.

“This song is exceptional, it carries the anointing with an invitation to join and sing bringing others to Christ. So when we do this in our own cultural reggae style it reaches yet another demographic for the Kingdom of God. We as believers have that purpose to use the tools provided by the creator to bring ‘the whosoever will’ into the knowledge of Jesus Christ,” Davis told the Jamaica Observer, in explaining the reason behind the cover of Holy Forever.

The rendition comes on the heels of her appearance at the recently held Hi-Pro Denbigh Gospel Extravaganza, on Sunday, August 3, where she ministered the song to a massive crowd that sang along with her.

Writers on Holy Forever include Brian and Jenn Johnson, Phil Wickham, Jason Ingram, Chris Tomlin.

This project was a long time in the making, according to the artiste.

“I’ve been living and singing this song since I first heard it in 2022 by Jenn Johnson. By the time I looked around my spirit was saying it’s time to produce this song. The studio recording and mixing time including overdubs was done in two weeks,” she explained.

Davis is optimistic about the potential of the track globally and is pleased with the quality of work that was contributed to its completion.

“Well it is about the message, therefore we have given our best in excellence of the production, so it’s now up to the public and the media to do their part to the glory of God. It is a contemporary gospel song, recorded by many artistes for that market, but with this new arrangement, we are now appealing to a wider demographic. The message of this song is so strong and convicting, I am convinced that the more people hear the greater the opportunity for men to see and know that we serve a God who is above the limitations of this world and our human experience as described by John in Revelation



Gospel Singer Carlene Davis

4,” she said.

Davis is expected to sing the song in Half-Way Tree Square, in St Andrew, at a mass prayer rally on Sunday, August 31 when the JUGC (Jamaica Umbrella Groups of Churches) presents ‘Jamaica Pray’.

Mariah Carey makes sweet moves with Sugar Sweet

Sugar Sweet, the second release from Mariah Carey’s forthcoming 16th studio album Here For It All (due September 26), continues to make sweet moves on various charts.

A week ago the song, which also features dancehall artiste Shenseea and American singer Kehlani, rose to #41 on the UK Singles chart. It also peaked at #17 in Japan, #16 in New Zealand, and #106 on South Korea Top 200.

On the latest Billboard charts, Sugar Sweet darts from #40 to #33 in its second week on R&B/Hip Hop Airplay, while slipping from #20 to #23 on Hot R&B Songs where it got a far as #17. Meanwhile, it rises from #36 to #24 on Mainstream R&B/Hip Hop Airplay in its second week.

Shake it to the Max (Fly) remix continues its downward trajectory on some Billboard charts. The song by MOLIY, Silent Addy, Skil-libeng and Shenseea is down to #4 on Billboard’s Rhythmic Top 40 Airplay (it peaked at #1 for two weeks), dips from #59 to #65 on the Hot 100 chart. It improves from #6 to #3 on R&B/Hip Hop Digital Song Sales, while backtracking from #16 to #19 on Mainstream R&B/Hip Hop Airplay where it peaked at #3.

Over on the Billboard Canadian Hot 100, the song falls from #45 to #48 having peaked at #24, while slipping two spots down to #20 on R&B/Hip Hop Airplay. On Hot R&B/Hip Hop Songs, it creeps up to #14 up from #15 after its #10 peak a few weeks ago.

On the US Afrobeats Songs chart, it remains at #1 for a 10th week, while on Billboard’s Radio Songs, it slides down from #34 to #40, but it fares better on Pop Airplay stepping up from #30 to #28 in its 6th week.

Nine Jamaicans chase medals on day three of Junior Pan-American Games

Latest News, Sports

Nine Jamaicans chase medals on day three of Junior Pan-American Games

August 20, 2025

And speaking of the Rhythmic Top 40 Airplay chart, Sean Paul’s Ginger moves up from #22 to #20 in its 5th week.

Now onto the Billboard Reggae Albums chart, there is very little movement compared to last week’s chart.

Bob Marley and the Wailers are on top for 292 non-consecutive weeks with Legend, while Shaggy’s Best of Shaggy: The Boom-bastic Collection remains at #2, and Sean Paul’s Dutty Classics Collection is firm at #3.

World on Fire by Stick Figure is #4, Greatest Hits by UB40 is steady at #5, and Sean Paul’s Dutty Rock inches up to #6.

Wisdom and Set in Stone by Stick Figure are #7 and #8, while Collection: 50th State of Mind by Fiji The Artiste, which peaked at #3 a few weeks ago, is down to #9 and Damian Marley’s Grammy-winning Welcome to Jamrock album is firm at #10.

Better that Before by Glen Washington is on top of the New York Reggae chart for a second week. Meanwhile, Spread Love by Singer Irie steps up from #15 to #17, and Wesrock’s Ride Cowboy Ride bolts from #21 to #18.

New on this week’s chart are Stevie Face’s cover of I’d Love You To Want Me (at #27), Hopeton Lindo and Marcia Griffiths’s re-working of A House is Not a Home (#29) and Third Time’s a Charm by Sleepy Wonder (#30).

Meanwhile, Tony Roy’s interpretation of I’d Love You To Want Me is #1 on the South Florida Reggae chart, while Here With Me by Yah Mystic glides from #13 to #10.

Cool Me Down by Courtney John improves

from #18 to #14, and The Bonner Brothers enter at #22 with I’ll Make It Without Your Love.

Derrick Scott has the second of two new entries at #24 with Where Could I Go (But to The Lord).



Romain Virgo, T.O.K. to get Grammy certs

Artistes Romain Virgo and T.O.K. will be honoured at the 2025 Grammy Certificate Ceremony, presented by Back 2 Da Future Music Ltd in collaboration with The Royalty Network Inc and Steely & Clevie Productions.

The red-carpet event will take place on Saturday, September 13, 2025, at the Audi Showroom in Kingston and will be livestreamed globally.

The recognition celebrates both acts' contributions to the Grammy-nominated album *The Reggae Power* (2014), produced by Sly & Robbie and Spicy Chocolate. The album brought together a dynamic mix of reggae and dancehall artistry for a global audience.

T.O.K. also earned a Grammy nomination for their feature on *Red Star Sounds Presents: Def Jamaica* (2005), a project that fused reggae, dancehall, and hip hop in a groundbreaking way.

Known for his powerful voice and heartfelt performances, Romain Virgo has been a driving force in bridging classic reggae soulfulness with contemporary storytelling.

"We are very proud to have been a part of Romain's journey from *Rising Stars* and *Vikings Productions* via *VP* to the present day. Rarely does a day go by that we are not basking for some reason in the mature, world-renowned artist that Romain has become. This is but one small way that we can help highlight Romain Virgo as he steps into his greatness," said Kennedy Mensah, CEO of Back 2 Da Future Music Ltd.

"Honouring artists like Romain Virgo and T.O.K. reflects how Jamaica's sound

continues to evolve while staying rooted in tradition. Next stop is to watch him get the trophy for one of his own albums."

Members of Royalty Network Inc's clients T.O.K., the globally celebrated dancehall quartet known for their harmonies and stage energy, have long been ambassadors for the genre.

"Over the years, our journey has always been about representing dancehall and reggae on the world stage," said Bay-C of the renowned group. "To be recognised alongside so many of Jamaica's greatest musicians is a full-circle moment. This honour is not just for us, it's

for the fans, producers, and musicians who've been part of our story from day one."

By honouring Romain Virgo and T.O.K. the Grammy Certificate Ceremony continues its mission to spotlight Jamaica's diverse talent pool, whose contributions to Grammy-winning and Grammy-nominated projects often go unnoticed.

This year's event marks the second staging of the Grammy Certificate Ceremony, coinciding with the 40th anniversary of the Reggae Grammy category and the 40-year legacy of Steely & Clevie's production career.



Romain Virgo



Dance Hall Hip Hop group T.O.K

Busta Rhymes to receive Elite Icon honour at 2025 Caribbean Music Awards

Jamaican-American artist Busta Rhymes will receive the Elite Icon honour at the upcoming Caribbean Music Awards.

Organisers say the award recognises his "significant influence on the music industry and celebrates his remarkable ability to blend his Caribbean heritage with mainstream hip-hop".

"Busta Rhymes is not just an artist; he is a groundbreaking figure who breaks down barriers and inspires countless others. As a multi-platinum recording artist, electrifying performer and visionary leader, his receipt of this accolade is not only well-deserved but also a testament to the lasting impact he has made in the world of music," Caribbean Elite Group said in announcing the award.

The event, in its third staging, returns to the Kings Theatre in Brooklyn on Thursday, August 28, 2025.

This year's ceremony will spotlight over 200 nominees across several categories.



Busta Rhymes

followed closely by Patrice Roberts and Kes with six. Other standout artists include Vybz Kartel, Buju Banton, Nailah Blackman, Chronic Law, and Kranium, each securing five nominations.

Other special awards will be given to Haitian Band Carimi, recognised with the Legacy Award; Sizzla Kalonji will accept the Humanitarian Award, for his efforts through the Sizzla Youth Foundation to uplift and inspire youth; Shirleyann Cyril-Mayers will receive the Gospel Honours award while Kerwin Du Bois will be celebrated with the Producer Honours; Austin "Super Blue" Lyons will take home the Calypso Honours; and Bounty Killer will receive the Lifetime Achievement Award.

The event will be hosted once again by Majah Hype, and the packed lineup of performers includes Skinny Fabulous, Lila Iké, Ding Dong, Lady Lava, Kranium, Chronic Law, and Romain Virgo.

Leading nominees include Masicka and Shenseea with seven nominations each,



Group photo of high-level officials and participants of the Regional GOARN Tier 1.5 Orientation to National and International Outbreak Response Workshop held from August 18-20, 2025.

“CARPHA, UK-PHRST Lead Landmark Outbreak Response Training for Caribbean Health Pros”

The Caribbean Public Health Agency (CARPHA), in collaboration with the UK Public Health Rapid Support Team (UK-PHRST) and the World Health Organization’s (WHO) Global Outbreak Alert and Response Network (GOARN), has successfully concluded the Regional GOARN Tier 1.5 Orientation to National and International Outbreak Response Workshop, followed by an Evaluation Workshop of CARPHA’s response plans and mechanisms, marking a significant step forward in strengthening the Region’s capacity to respond rapidly and effectively to public health emergencies.

This first of its kind three-day event in the Caribbean, consisting of two outbreak response workshops back-to-back - held from August 18–20, was funded through The Pandemic Fund Grant, with CARPHA serving as the Executing Agency and the Inter-American Development Bank (IDB) as the Implementing Entity. It brought together 34 participants, comprising representatives from 10 CARPHA Member States along with CARPHA personnel based in Trinidad and Tobago.

Attendees included emergency response focal points from ministries of health, public health surveillance officers, laboratory professionals, and specialists in risk communication and One Health – an approach that recognises the interconnectedness of human, animal, and environmental health in the prevention and control of disease threats.

These intensive workshops were designed to help close identified gaps in the Region’s emergency response architecture, particularly in relation to the deployable response workforce, internal operational processes, and multisectoral coordination mechanisms. Strengthening these areas is essential for improving both the speed and the effectiveness of regional responses to fast-evolving health threats, such as pandemics, vector-borne diseases, and other acute public health emergencies.

Through a combination of classroom sessions, hands-on simulation exercises and facilitated discussions, the GOARN workshop exposed participants to the transfer-

able skills and key considerations required for effective international deployment and provided insight into deployment mechanisms and processes.

The accompanying response plan review then examined CARPHA’s capacity and capability to respond, using relevant scenarios to stress test existing plans and procedures, clarify roles and decision-making arrangements, and identify practical improvements in multisectoral coordination.

This practical approach ensured that participants left the training with enhanced technical skills and the confidence to apply them in high-pressure situations.

Dr. Lisa Indar, Executive Director of CARPHA, praised the collaborative effort and its impact:

“These workshops strengthen our collective readiness to face the next public health emergency. By enhancing the skills of our regional deployers and testing our coordination protocols under realistic conditions, we are ensuring that CARPHA and its Member States can respond quickly and decisively when outbreaks occur. Our continued priority is the safeguarding of lives and protection of our livelihoods.”

Dr. Ed Newman, Director of the UK-PHRST and Co-Deputy Chair of the GOARN Steering Committee, noted the lasting value of the programme:

“We’re delighted to partner with CARPHA on this initiative in support of their vision to expand regional Public Health Emergency Response capacity and capability. Working alongside GOARN, we’re proud that UK-PHRST has the expertise to deliver these workshops, sharing our learning and experience and that of our partners- helping ensure CARPHA and its Member States are better equipped to respond to future public health emergencies.”

“This partnership demonstrates the power of international collaboration in building resilient public health response systems and reflects our shared commitment to strengthening global health security.”

British High Commissioner to Trinidad and Tobago, H.E. Jon Dean added “The UK is proud to have supported this important

initiative through the UK Public Health Rapid Support Team, in close partnership with CARPHA and WHO GOARN. The training represents a meaningful step toward strengthening the speed and effectiveness of public health emergency responses in Trinidad and Tobago and across the Caribbean. This collaboration reflects the UK’s enduring commitment to regional cooperation, resilience, and shared learning with the Caribbean.”

Delivering the keynote address at the opening ceremony, the Minister of Health of Trinidad and Tobago, Dr. the Honourable Lackram Bodee, highlighted the strategic importance of the collaborative effort underpinning the workshop.

“This gathering represents far more than a training exercise. It is a strategic commitment to fortifying our collective defence against the ever-evolving threats of infectious diseases and public health emergencies. It is also a statement that the Caribbean, though small in size, stands united in purpose and prepared for action.”

By the close of the workshops, participants

had tested and refined CARPHA’s regional outbreak coordination mechanisms, identified strengths and areas for improvement in operational readiness, and strengthened their ability to collaborate across borders and sectors.

The knowledge and skills gained will now be integrated into national public health systems, expanding the region’s pool of professionals who are trained, tested, and ready for rapid deployment.

By building a skilled and responsive health emergency workforce and testing coordination protocols under realistic conditions, this initiative supports the long-term sustainability of emergency preparedness in the region and contributes directly to reducing the public health impact of future pandemics and other acute threats.

In doing so, it advances one of the key goals of CARPHA’s Pandemic Fund Project – to ensure that Member States have the systems, infrastructure, and human resources in place to detect, respond to, and contain public health threats before they escalate.



(L-R) Mr. Mohamed Elsherbiny, Senior Technical Advisor, CARPHA; Dr. Ed Newman, Director of the UK-PHRST and Co-Deputy Chair of the GOARN Steering Committee and Dr. Lisa Indar, Executive Director, CARPHA share a light moment at the Regional GOARN Tier 1.5 Orientation to National and International Outbreak Response Workshop, at the Hilton Trinidad and Conference Centre.



Prime Minister of Jamaica Andrew Holness



Opposition Leader Mark Golding

189 candidates to contest Jamaica's general election on Sept 3

BELMOPAN, CMC – Belize has recorded its first confirmed human case of New World Screwworm (NWS) since its re-emergence there in December 2024. NWS is a species of parasitic flies that can cause myiasis and feed on live tissue. It is found in the tropical and semitropical regions of South America and the Caribbean. Human infestation by NWS is rare and can potentially be fatal. In a statement, the Ministry of Health and Wellness (MOHW) said that the patient, a 21-year-old male from Benque Viejo del Carmen Town in the Cayo District, sought

medical attention on August 15. Headlines Delivered to Your Inbox Sign up for The Gleaner's morning and evening newsletters. "Through ongoing collaboration with the Belize Agricultural Health Authority (BAHA), samples were immediately submitted and confirmed. The patient is currently undergoing treatment and is responding well," the ministry said. The authorities say they are taking this opportunity to remind residents that the key to preventing New World Screwworm in both animals and humans is proper

wound care to avoid contact with the New World Screwworm fly. "The highest number of cases in Belize has been reported in dogs; however, the New World Screwworm can affect all warm-blooded animals, including livestock, wildlife, and pets. Frequent inspection of animals under your care is important, and any wound should be promptly and properly treated to prevent transmission," the ministry added. The NWS is a parasitic fly that lays its eggs in open wounds of humans and animals. The larvae hatch and feed on living tissue,

causing severe pain, tissue damage, and in untreated cases, life-threatening infections. "This infestation in humans is known as New World Screwworm myiasis. Because of its ability to spread rapidly and affect both animal and human health, New World Screwworm is considered a serious zoonotic public health and veterinary concern," the ministry said, adding that, in partnership with other stakeholders, it "will continue surveillance and public education to reduce the risk of further cases".

Belize confirms its first human case of new world screwworm

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Two Americans drown, another bitten by shark in The Bahamas

A 63-year-old American man, who was attacked by a shark while spearfishing near Big Grand Cay, The Bahamas, has been airlifted to the United States (US) for medical treatment. A statement from the Royal Bahamas Police Force did not identify the American national, but the incident occurred a few weeks after another American, 66-year-old Mike Raich, survived a shark bite while spearfishing off Span-

ish Cay. In that case, one of the shark's teeth was left lodged in his arm, and doctors said he narrowly avoided life-threatening damage to major nerves and arteries. Raich, a United States Marine veteran, required surgery to reattach his tricep but has since recovered. Meanwhile, Bahamian police say they are also investigating the death of two American tourists who drowned in sep-

arate incidents over the last weekend at Celebration Key on Grand Bahama. "Our lifeguards and medical team responded to two separate water emergency incidents at Celebration Key... one in the lagoon and one at the beach," Celebration Key said in a statement. "Sadly, both guests have passed away. One guest was sailing with family on Mardi Gras, and one guest was sailing with family on Carnival Elation. Our thoughts and prayers are with the guests and their families, and our care team is providing assistance." In its statement, the police said in the first incident, the body of a 79-year-old man had been discovered on board a commercial boat. "According to the initial report, the

male became unresponsive while snorkelling on a beach. A lifeguard assisted him from the water, and CPR was administered, but to no avail. As a result, the male who is reported to be an American national was pronounced deceased by a medical doctor," the police statement said. It said that in the second incident, a 74-year-old American woman became unresponsive while swimming in a pool. She was assisted out of the water by a lifeguard, and CPR was administered, but she later died. "An autopsy will be performed on both victims to assist with determining the exact cause of death. The investigation continues in both matters," the police said without disclosing their names.

Trump targets mail-in ballots ahead of 2026 US elections

US President Donald Trump said Monday he would lead a "movement" against mail-in balloting as he seeks to eliminate a voting method used by nearly a third of the country ahead of next year's midterm elections. Trump — who has spent years railing against postal ballots, even though they have benefited his Republicans and he has voted by mail — said he would sign an executive order to help bring "honesty" to the midterms. "I am going to lead a movement to get rid of MAIL-IN BALLOTS, and also, while we're at it, Highly Inaccurate, Very Expensive, and Seriously Controversial VOTING MACHINES," he posted on his Truth Social platform. Mail-in and absentee ballots can be counted after Election Day in 18 states so long as they're postmarked on or before that date, and just over 30 per cent of those cast in the 2024 election were submitted by mail. There is no evidence that postal voting is less secure than other methods and pro-democracy groups say ending it could disenfranchise millions of Americans with disabilities and other difficulties turning out in person. But Trump repeatedly spread misinformation about the practice as he campaigned in 2020 and 2024. After his defeat in 2020, he falsely claimed that tens of thousands of fraudulent mail-in ballots had helped Democrat Joe Biden beat him. Trump said Friday his Russian counterpart Vladimir Putin — whom US inves-



US President Donald Trump

tigators found interfered on the Republican's behalf in the 2016 election — agreed with him that letting voters send in ballots by mail risked election integrity. "You know, Vladimir Putin said something, one of the most interesting things," Trump told Fox News. "He said, 'Your election was rigged because you have mail-in voting.' He said, 'Mail-in voting, every election.' He said, 'No country has mail-in voting. It's impossible to have mail-in voting and have honest elections.'" Trump claimed falsely in his Truth Social post and again at an Oval Office press

event on Monday that America is the only country in the world that uses postal voting. In fact, data compiled by the International Institute for Democracy and Electoral Assistance show there are 34 countries worldwide allowing in-country postal voting — including Germany, Britain, Denmark, and US neighbour Canada. Trump issued an executive order in March directing Attorney General Pam Bondi to "take all necessary action" against states counting absentee or mail-in ballots received after the election, even if they were postmarked by Election Day.

A judge ruled that Trump lacked the authority to impose state election rules and blocked the edict. The US constitution is clear that the "times, places and manner" of congressional elections is up to the legislatures in each state and not the business of the president. Despite his criticism, Trump cast mail ballots twice in Florida in 2020 primary elections and used absentee ballots in New York in 2018 and 2017. But he voted in-person in the 2016 and 2020 presidential elections. His critics suspect his main concern in seeking to end mail-in voting is that it benefits Democrats, who outnumber Republicans using absentee or postal ballots.

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TCIFA LAUNCHES FIFA YOUTH TALENT PATHWAY



President of the TCFA Sonia Fulford is pictured with President of world governing football body FIFA, Gianni Infantino)

Oblique Seville beats Noah Lyles again in men's 100m

Noah Lyles's search for a 100m win this season continues after the Olympic champion was beaten for a second time in three races by Oblique Seville in a downpour.

Oblique Seville scorched to an impressive win on Wednesday (20 August) at the 2025 Athletissima Lausanne meet, the 13th stop on this season's Diamond League athletics circuit, beating Olympic champion Noah Lyles for a second time this season.

Seville started fast out of the blocks in wet conditions and quickly opened up a big gap to the field, never looking back as he posted an impressive 9.87-second time into a 0.3m/s headwind.

"Yeah, I'm back, but to be honest in these conditions, it's very difficult even to run that fast, and to come out here and I'm the only person who managed to show my dominance," Seville said to Olympics.com's Evelyn Watta.

As usual, Lyles had a slow move out of the blocks, but managed to move up a spot past Seville's Jamaican teammate Ackeem Blake to finish second in 10.02, with Blake sharing that time in a photo-finish.

It was the Olympic champion's third in-



ternational race this year over the distance, having previously lost to Seville at the London Diamond League then to Kishane Thompson on Saturday at the Silesia Diamond League.

The gap between Lyles (and the field) and Seville only served to emphasise just how impressive the latter's win was, while Lyles's comeback from an injury-disrupted start to the season contin-

ues without a win over the short sprint. "I love to run and compete, so this is a very odd type of season for me. I've never had a season like this before, where I've had so few races," he had told journalists in a pre-event media huddle on Tuesday.

With the World Championships in Tokyo fast approaching, Lyles — who is also the defending world champion from Bu-

dapest in 2023 — is still trying to find his rhythm.

"I just had a really bad reaction to the gun," Lyles told Olympics.com after his 10.02. "After that, there's not much I can do. We all gotta run in the same thing; just because it's bad conditions doesn't mean fast times can't be run.

"We'll go to Zurich (for the Diamond League Final), and after that, Worlds."



Leon Bailey

Italian journalists Filippo Biafora and Annalisa Ferrante say Reggae Boy Leon Bailey is a strong addition to the AS Roma squad but will need to perform at a high level consistently if he's to make an impact for the Serie A club.

Bailey, who is set to be officially unveiled as a Roma player today, arrived in the Italian capital on Tuesday to much fanfare before completing his medical ahead of his season-long loan from English Premier League club Aston Villa. Roma has an option to make the move permanent for £18.9 million after agreeing a £1.7-million loan fee with Villa. The 28-year-old becomes the club's second high-profile attacking signing under new manager Gian Piero Gasperini.

Biafora, who writes for Italian newspaper Il Tempo, says Bailey can add a much-needed spark to Roma's front line. "Bailey is a player who brings a certain

dynamism to Roma's attack, which at times has looked a bit too static," he tells the Jamaica Observer. "His change of pace and his bursts of acceleration can prove decisive in adding that touch of unpredictability to the attacking phase." Ferrante, senior editor and reporter at LaRoma 24 and TeleRadioSterio, says she expects Bailey to thrive under Gasperini's watch.

"Gasperini knows how to get the best out of attacking wingers and has a track record of turning players into decisive weapons," she tells the Observer. "If Bailey finds physical consistency and confidence, Gasperini can truly help him reach the level many expected from him at the start of his career."

Bailey becomes just the second Jamaican-born player to compete in Italy's top flight, joining striker Trivante Stewart, who played for Salernitana after moving

Italian journalists expecting impact from Bailey at AS Roma

from Mount Pleasant FA in 2023. Ferrante says the move will make more people open their eyes to Jamaican football.

"It is very rare and very significant," she says. "Having a Jamaican at a prestigious international club like Roma is a source of pride not only for him but for the entire Jamaican football movement. He can become a role model and open the door for other talents from Jamaica," she notes. Though Stewart struggled for game time and goals during Salernitana's relegation, Biafora doesn't foresee the same future for Bailey due to his previous high-level experiences.

"Several players coming from the [English] Premier League have performed very well in Serie A," he says. "It has almost become a pattern to see many of them raising both the level of their teams and their own performances."

"I think this is exactly Roma's hope in pursuing this move. And in reality, I wouldn't even call it a gamble, because Bailey is a player who is already well-known, not too old, and still has plenty of room to grow. The real objective here is to bring in a player who can help the team take that step up in quality. In some respects, I would compare it to what Gervinho represented for Roma a few years ago." The former Genk and Bayer Leverkusen winger was deemed surplus to requirements at Villa after an underwhelming campaign last season which saw him register just two goals and four assists in 38 games across all competitions. It was a step down after a standout 2023-

24 season where he notched 14 goals and 14 assists in guiding Villa to a top four finish and UEFA Champions League football.

Biafora says Bailey will need to rediscover his old form throughout Roma's league and UEFA Europa League campaign to be regarded as a success.

"A successful season for him would probably mean coming close to double figures in goals, but more importantly, raising the overall standard of Roma's attack. At the moment, the team scores too little and creates too few real threats," he says.

"So beyond the specific numbers of goals and assists, the main objective should be to help the attack become more dangerous — whether that means scoring himself or setting up the centre-forward with assists. That contribution could be even more valuable than just focusing on his personal stats."

Roma finished fifth in Serie A last season, scoring 56 league goals — the second lowest of the teams that finished in the top 10.

Ferrante says Bailey will have a big task in improving the team's attack, though admitting it won't fall on solely his shoulders.

"The burden is significant, but not overwhelming," she says. "Fans will expect decisive plays and moments of quality from him, especially in key matches. He won't be the only protagonist, but he was brought in precisely to make the difference, so he will have to take on responsibilities."

West Indies Women to benefit from training camp in India

Cricket West Indies (CWI) has taken another major step in its groundbreaking India development programme, sending 15 of the region’s most talented women’s cricketers to a high-performance training camp at the Chennai Super Kings Academy.

The squad, led by Head Coach Merissa Aguiliera and supported by assistant coaches Ryan Hinds and Tremayne Smartt, along with team manager Yasmine St Ange, departed Barbados on August 12 for the intensive two-week programme, running from August 13 to 30. The group includes established senior players such as Ashmini Munisar, Zaida James, Djenaba Joseph, and Trishan Holder, alongside current and former West Indies Under-19 standouts like Naijanni Cumberbatch, Niya Latchman, and Samara Ramnath.

The camp is designed to sharpen their skills against spin bowling, enhance technical proficiency, and build mental



West Indies’ Zaida James (right) sweeps as New Zealand wicketkeeper Isabella Gaze reacts during the ICC Women’s T20 World Cup cricket semi-final match at Sharjah Cricket Stadium in United Arab Emirates on October 18, 2024

resilience in subcontinental conditions, which are key elements for success at the international level.

Under the guidance of Chennai Super Kings Academy Director Sriram Krishnamurthy and his expert coaching staff, the players will undergo rigorous training sessions and competitive practice matches, leveraging the academy’s world-class facilities.

“After the success of our men’s camp in December, we’re thrilled to provide this opportunity to our top female prospects. The Chennai Super Kings Academy offers an elite environment that challenges our players to adapt to different cricketing conditions while developing critical skills, particularly against spin.”

“This programme is a vital part of our strategy to deepen our talent pool and ensure equal development opportunities for women. We’re confident these players will return stronger, raising the standard of West Indies Women’s cricket.”

Big honour for late Jamaican American basketball star Ryan Reid

THE legacy of Ryan Reid, the former Florida State University and Jamaica national team standout who died suddenly from a heart attack on July 9 at age 38, will be permanently enshrined by his alma mater, Boyd Anderson High School, in Lauderdale Lakes, Florida.

Reid was widely respected for his dedication, toughness, and leadership on and off the court. Boyd Anderson High will honour him for a stellar high school career in which he averaged 18 points, 12 rebounds, and three blocks per game over his final three seasons before graduating in 2005. The ceremony will see his number 42 jersey raised to the rafters.

At Florida State, where he played from 2006 to 2010 under Head Coach Leonard Hamilton, Reid earned a reputation as one of the hardest workers and fiercest competitors in the programme’s history. He graduated with a degree in social science in 2010 and was selected in the second round of the NBA draft that same year by the Indiana Pacers before being traded to the Oklahoma City Thunder, where he was part of the 2012 NBA finals team. Coach Hamilton remembered Reid not only for his contributions to the Seminoles but for his character and values.

“The thing that was special about Ryan is that, more than anything, he was an unbelievable human being. He was courteous, polite; people liked him for who he was, even beyond basketball. He was a gentleman in every stretch of the imagination,” he said.

Hamilton emphasised Reid’s academic diligence and emotional intelligence as much as his basketball acumen.

“Academically, he was responsible. He always showed up to his tutoring sessions and did everything he needed to do to earn his degree. Socially, he was fun to be around, he always lightened the mood.

But one thing you could always count on with Ryan was that he gave everything he had, every possession, every practice, every game. He never made excuses, ever.”

While Reid’s college averages were modest — 6.8 points and 4.0 rebounds in his best season, with career totals of 624 points and 490 rebounds over 126 games — his impact was immeasurable, particularly in intangibles like leadership, defence, and hustle.

“He got drafted mostly on his toughness and his defensive ability,” Hamilton said. “He never backed down. That was just his nature. He took great pride in not letting anyone outwork him.”

Reid also made a lasting impact internationally, serving as a central figure in the golden era of Jamaica men’s basketball from 2009 to 2013.

His performance at the 2011 Caribbean Championships, where Jamaica fielded an undermanned squad, was pivotal to qualifying for the 2012 Centrobasket tournament and the 2013 FIBA Tournament of the Americas (TOA) where Jamaica famously defeated world number 3 Argentina and number 9 Brazil to win the bronze medal.

“He literally put us on his back and shoulders,” said Ajani Williams, former NBA player and president of the Jamaica Basketball Association.

“Unquestionably, no Ryan, no FIBA TOA. He was a gracious human, a great man, husband, dad, friend, and patriot. He loved Jamaica and his parish of birth, Portland.”

Paulton Gordon, current JBA president, also praised Reid, saying, “Ryan was a giant in every sense of the word, a true leader who displayed the pride and passion reflective of a true Jamaican. He will be sadly missed.”

The Oklahoma City Thunder, through

their Thunder Legacy Network, also paid tribute: “Ryan made his mark on our organisation through his authentic good nature and hard-working spirit, and it is truly tragic to have lost him at such a young age. Our deepest condolence go to his family and friends.”

Kendrick Perkins, Reid’s former Thunder teammate and now an ESPN analyst, posted on Instagram:

“Rest in Peace young Fly high my brother.”

Current FSU Head Coach Luke Loucks, who was Reid’s teammate during his college years, also reflected on his presence.

“Ryan was more than just a great basketball player, he was a great competitor, a trusted teammate, a natural leader, a devoted husband and a loving father...His personality filled every room, his sense

of humour lifted every moment, and his presence made us all better, on and off the court.”

Coach Hamilton echoed those sentiments: “Ryan and I had a really, really good relationship. He made the same kind of impact in high school, and I’m sure that’s why they’re retiring his jersey because of who he was and what he represented. He not only represented his parents, but his people, his family in Jamaica. If people could emulate him, they’d be moving in the right direction.”

Reid is survived by his wife Rebecca, daughter Yaya, son Preston, mother Jasmine Mullings, father Kenneth Mullings, sister Rosmarie “Dionne” Lindo, cousin Audley Lindo, and a host of loved ones who continue to mourn a man gone too soon but never to be forgotten.



Boyd Anderson High to retire his # 42 jersey

BEACHES TCI JOINS THE GAME IN 'LET'S MOVE' LEAGUE

Beaches Turks & Caicos proudly participated in the inaugural "Let's Move TCI" Adult Sports League, a dynamic initiative by the TCI Sports Commission in collaboration with the Ministry of Education, Youth, Sports and Social Services.

The league, designed for adults aged 30 and over, saw spirited competition in basketball, softball and netball and offered professionals across the Turks and Caicos Islands a platform to build camaraderie and embrace friendly competition.

The resort's philosophy that collaboration extends beyond the workplace is at the heart of its participation. "So little can be achieved alone but when we join forces, the doors of opportunity become endless," shared Owenta Coleby, human resources manager at Beaches Turks & Caicos. "Teamwork boosts morale and promotes



Netball players with supporters with trophy



Beaches Turks and Caicos Softball Team group photo

unity not only at work but in every aspect of life."

Throughout the league, team members demonstrated exemplary determination and sportsmanship. From the side lines to the court, Beaches Turks & Caicos showed up in full force, cheering each other on and encouraging a strong sense of support and pride. The teams ultimately earned second place in Beaches Turks and Caicos Softball Team group photo

netball and third place in softball - a commendable achievement for many who were playing competitively for the first time.

The competition became a learning experience for all involved. First-time players embraced the challenges, learnt from more seasoned teammates and gained insight into the strategies and skills required in semi-contact sports. Rather than shying away from difficulty, Beaches team members chose growth and collective improvement.

Romaine Adams, president of the Beaches Sports and Social Club, reflected on the experience

"Whether winning or not, team members demonstrated a desire to play together, learn together and grow together. Events like this bring people closer, allow ideas to flow freely and strengthens our team both on and off the field."

Managing Director James McAnally also praised the initiative's impact. "This league offered a unique opportunity for our team members

and leaders to collaborate in an inclusive, active environment. These partnerships outside the workplace translate into stronger, more connected teams that deliver exceptional service to our guests." Ultimately, the "Let's Move TCI" league served as more than a sporting event. It provided a space for fellowship, growth and empowerment - key ingredients in creating a workplace culture where team members continue to feel valued and inspired.

TCIFA Launches FIFA-Backed Talent Development Pathway for Young Footballers

The Turks and Caicos Islands Football Association (TCIFA) has officially announced the launch of its ground-breaking Talent Development Pathways program, a new initiative created in collaboration with FIFA, the global governing body of football.

The launch ceremony is scheduled for Thursday, September 5 at 5:00 p.m. at the TCIFA National Academy in Providenciales.

The program will be led by FIFA-appointed Talent Coach Eilidh Mackay, working alongside local coach Lenford Singh. Together, they will guide the first group of athletes selected from Providenciales, with plans already in motion to expand the initiative to include young players from Grand Turk, South Caicos, North Caicos, and Middle Caicos in the future.

According to the TCIFA, the Talent Development Pathways initiative is designed not only to identify and nurture exceptional football talent, but also to provide a holistic framework for personal growth and development. The program emphasizes technical football training while also monitoring academic progress, life skills, and character development.

“This pathway is about more than just football,” Coach Mackay explained. “We want to ensure that every participant is given the support and tools needed



A file photo of one of the TCIFA's Youth League

to succeed both on and off the pitch. Commitment, discipline, and the right mindset are just as important as skill and ability.”

The first cohort of athletes will be officially introduced during the launch ceremony. Guests attending the event will have the opportunity to meet the

players, learn more about the program’s objectives, and gain insight into its long-term vision for football development in the Turks and Caicos Islands.

By fostering discipline, teamwork, and resilience, the Talent Development Pathways aims to create a structured environment where young athletes can thrive, preparing them not only for potential international football opportunities but also for success in their personal and academic lives.

The TCIFA emphasized that this program represents a significant milestone in the country’s sporting history, reflecting its continued partnership with FIFA and its commitment to grassroots and youth development. Officials believe that the initiative will raise the standard of football across the islands while also inspiring the next generation of athletes to dream bigger.

The TCIFA said it is excited to take this important step forward, noting also that the program will provide the foundation for long-term success, not only for local athletes but for the future of football in the Turks and Caicos Islands.

The TCIFA is extending an open invitation to community members, football enthusiasts, parents, and supporters to attend the launch ceremony and celebrate this new chapter in local football development.

Clock Malfunction Denies TCI Mixed Relay Team National Record in The Bahamas

The Turks and Caicos Islands national track and field team put in a gritty showing at the North American, Central American and Caribbean (NACAC) Senior Championships, held August 15–17 in Nassau, The Bahamas.

The highlight was expected to be a national record in the mixed 4x400m relay, but a clock malfunction cruelly robbed the squad of official recognition.

The quartet of Melique Evans, Yanique Haye-Smith, Rayvon Black, and Tanesia Gardiner produced a superb run of 3:36.57, bettering their previous best of 3:38.24. The team crossed the line fourth overall in a highly competitive field. However, the electronic timing system failed during the race, forcing officials to rely on hand times for all four teams. Under World Athletics and NACAC rules, hand-timed marks may be used for placings but cannot be ratified as national or area records. It meant that despite their breakthrough performance, the TCI quartet’s new standard will not enter the official books.

Veteran sprinter Yanique Haye-Smith once again led the charge individually. In the women’s 400m, she placed fourth in her preliminary heat with a strong 55.50 seconds, advancing to the final. There, she faded slightly and crossed the line in 57.81 seconds to finish eighth overall. Roniesha Johnson also contested the 400m, clocking 1:02.48 for 14th place.

In the men’s long jump, Melique Evans managed 6.21 metres, which placed him 10th in the standings. The mark was well short of his personal best 6.95m, recorded earlier this year at the CARIFTA Games, but he gained valuable senior-level experience.

Sixteen-year-old Rayvon Black, the youngest member of the TCI delegation, contested the men’s 200m. Facing some of the best sprinters in the hemisphere, Black finished 22nd out of 26 competitors and did not advance. His participation was still historic, as he was officially the youngest competitor registered at the championships.

In the women’s 800m, Tanesia Gardiner, a student at Monroe College in Upstate New York, ran a determined race to finish seventh in 2:22.84. Her consistent performances over the season have underlined her status as one of the territory’s most promising middle-distance athletes.

Although the disappointment of the relay record overshadowed the meet, the NACAC Championships proved an important stepping stone for the Turks and Caicos Islands team. With athletes ranging from seasoned campaigners like Haye-Smith to newcomers like Black, the event showcased the balance of experience and youth within the program. Against top regional talent, the TCI competitors demonstrated resilience, com-

mitment, and the ability to compete on the international stage.



Some members of the TCI NACAC Championship, held in the Bahamas. Form left – Melique Evans, Yanique Haye-Smith, Rayvon Black, and Tanesia Gardiner.