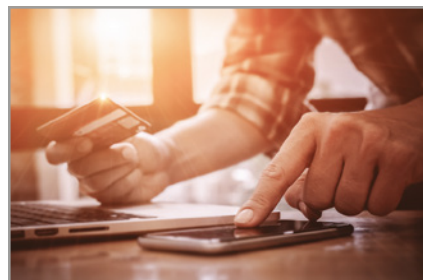




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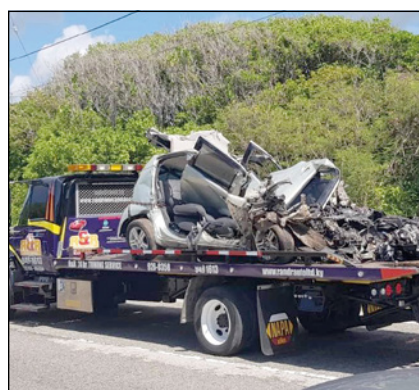
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Chris Gayle has found his big hitting form again

A Successful Cayman Brac DG 5K



► Deputy Governor Hon. Franz Manderson and H.E. the Governor Martyn Roper lead the pack as the event starts on Cayman Brac

The 2019 DG's 5K Challenge hurtled out of the blocks on Sunday, 15 September with a strong showing from participants on Cayman Brac.

Among the competitors was H.E. the Governor Martyn Roper, who participated alongside the event's co-chairs, Deputy Governor Hon. Franz Manderson

and Strategic Operations Officer Jennifer Ahearn.

Racers in the 30-39 year old age category performed impressively, with Greg Shepherd from the Royal Cayman Islands Police Service (RCIPS) scooping fastest overall male (and first in the age category) and Claudia Martin of the Cay-

man Islands Airports Authority (CIAA) taking the title of overall fastest female (third in the age category).

Just short of 90 people registered for the walk/run with 72 taking part on the day.

... Continued story on page A3

DCI Awarded Gold as Investor in People



The Department of Commerce and Investment (DCI) has been awarded the prestigious Investors in People (IIP) Gold standard accreditation. Investors in People Gold accreditation is awarded to organisations worldwide that demonstrate world class practice and operate at the highest levels of people management aligned to business strategy, ethos and values.

The accreditation is given by Investors in People, a United Kingdom public body that represents international standard for people management, defining what it takes to support and manage people effectively to achieve sustainable results. Underpinning the standard is the Investors in People framework which reflects the latest workplace trends, skills and structures required to outperform in any industry.

Following an in-depth assessment of DCI, IIP in its insight report comments,

... Continued story on page A5



Local hospitals join forces for Bahamas relief



► (L to R): Paul Tibbetts, Executive Vice President Finance & Commercial Affairs, Cayman Airways; Fabian Whorms, President and Chief Executive Officer, Cayman Airways; Shomari Scott, Director of Business Development, Health City Cayman Islands; Dr. Binoy Chattuparambil, Clinical Director & Chief Cardiac Surgeon, Health City Cayman Islands; Lizzette Yearwood, Chief Executive Officer, Cayman Islands Health Services Authority; Dr. Yaron Rado, CTMH Doctors Hospital Board Chairman and Chief of Radiology

Cayman's three local hospitals joined forces to provide medical supplies to the victims of Hurricane Dorian in the Bahamas.

... Continued story on page A4

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EDITORIAL

Cayman to the rescue, Again

Once again, The Cayman Islands have answered the call for assistance and as a true regional partner have sent a flight with medical supplies, its only helicopter and crew to assist with the Bahama's recovery efforts.

In September 2015, only 4 years ago US\$500,000 was sent to assist with Dominica's recovery efforts, and in 2017 Cayman Airways landed in Anguilla with needed supplies.

The Abaco Islands and Grand Bahama suffered tremendous damage to its infrastructure from flooding that swept across the island due to the Storm surge from Hurricane Dorian. To date over 50 people are known to have lost their lives and over 1,000 are still reported missing.

In an announcement on Tuesday, Premier Hon. Alden McLaughlin said "Once again we are grateful that we can call on the services of our national airline Cayman Airways. I want to thank the Deputy Premier Moses Kirkconnell and the staff at Cayman Airways for their support in ensuring this humanitarian relief reaches those in need as well as the Cayman medical community for working together to assist our neighbours."

The Caribbean hurricane season lasts from June to November and we



are all at risk for tropical activity. It's only a matter of when our turn will arrive and we should always be prepared for the impact.

We are our neighbours keeper and in these instances, we are proud to be living in a country that has answered the call to assist regional partners.

We applaud those that coordinated relief efforts and also those businesses and residents that have given to assist those in need.

We also take this opportunity to remember those in our community that have needs as well and should never forget that charity begins at home and we are our local brother's keeper as well.

As we go about our busy schedules in our daily lives, let us remember those that are not as fortunate and give a helping hand if we can.

COMMUNITY NOTICE

Information on Scheduled Outage

Area: Fountain Road, West Bay
Date: Friday, September 20, 2019
Time: 9:00 a.m. to 4:00 p.m.

CUC advises customers on Fountain Road in West Bay that they will experience interruptions to their electrical service on Friday, September 20 between 9:00 a.m. and 4:00 p.m.

Areas affected include all customers north of Agua Lane on Fountain Road including Schooner Lane, Foremast Close, Pembroke Drive, Velma Banks Drive, Banson Drive, Josephs Drive and portions of Finch Drive and Thistle Lane. Agua Lane and Wave Close will not be affected by this outage.

Motorists are asked to drive with caution when utilising Fountain Road as CUC will have a number of vehicles and personnel in the area and will be required to temporarily block one lane on several sections of Fountain Road.

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

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

Office of Education Standards Trains New Cohort of Inspectors

The Office of Education Standards (OES) trained its latest group of associate inspectors to boost its team to 18 recently.

Eleven educators from Cayman Islands' schools and early years centres and other education specialists attended the two-day interactive course (Thursday, 12 and Friday, 13 September). Having successfully completed their training, they will now shadow experienced team members during in-school inspections.

"This group are our second round of trainees," said OES Director and Senior Inspector Peter Carpenter.

"The Office of Education Standards is keen to build local capacity on island to support the regular programme of school inspections. Visiting and evaluating other schools and identifying

best practice can help educational professionals to lead improvement of their own schools following their deployment on inspection," he concluded.

According to Mr. Carpenter, whose office published its Annual Report 2019 earlier this month, candidates must meet strict criteria for selection and are required to pass a series of assessments before deployment. All are experienced and highly qualified educators with leadership experience in government or private schools. If a candidate is currently employed in the private sector they will be allocated to teams inspecting the government schools. Similarly, colleagues working in public schools will be deployed to private school inspections.

To read the OES' Annual Report: "Every School A Good School," visit http://bit.ly/2019_AR



► Eleven educators and education specialists attended the Office of Education Standards (OES) Assistant Inspector course (Thursday, 12 and Friday, 13 September). The two-day training programme was facilitated by (backrow far right) OES Director/Senior Inspector Peter Carpenter and (front row far right) OES Senior Inspector Althea Edwards-Boothe



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DG's 5K Challenge 2019 Gets Racing Start on Cayman Brac

... Continued story from page A1

Layman E. Scott Sr. High School won the accolade of highest number of participants among the school entrants, with Brac Insurance Associates winning the title for corporate business. The Health Services Authority (HSA) was the best represented Statutory Authority and Government Company (SAGC) and District Administration CYB the highest participating group among core Government.

"Kicking off the 2019 DG's 5K Challenge on the Brac on Sunday was the perfect start to this year's event," Mr. Manderson explained. "It was especially good to see everyone enjoying themselves, while supporting some excellent causes and promoting healthy exercise."

He added: "I'm now looking forward to the event on Grand Cayman in two weeks' time. I

encourage you all to join us, whether you want to enjoy a walk alongside friends or push for a personal best. Everyone is welcome!"

This year, funds raised will be split evenly between: Cayman Islands Crisis Centre, Special Needs Foundation Cayman and Alex Panton Foundation.

The Grand Cayman event will take place on Sunday, 29 September and prospective participants can register now on the CaymanActive website www.caymanactive.com/dg5k.

This year, the DG's 5K Challenge is committed to promoting a more sustainable Cayman Islands, so please bring your own water bottle to the event.

Remember, you can share in the fun of the event on social media by using the hashtag #DG5KChallenge2019 when you post your images from the day. 📷



► Hon. Franz Manderson celebrates crossing the finish line



► H.E. the Governor supports the Deputy Governor at the Brac DG's 5K Challenge on Sunday, 15 September 2019



► Greg Shepherd was the event's fastest overall male

DG 5K 2019 - From the eyes of the Brac

By Shakir Khan

Last Sunday Cayman Brac welcomed Deputy Governor, Honourable Franz Manderson and his wife to his annual, "DG - 5K, WALK/RUN EVENT".

The morning was cool and residents commenced gathering on the grounds of the Cayman Brac Beach Resort from as early as 5:30. In fact, Adolphus Morgan who participates every year was first to arrive. As the morning progressed more and more residents began arriving. Also amongst the participants this year was His Excellency, The Governor, Mr. Martin Roper.

Co-ordinator of the event, Miss Ventisha Connolly, Personal Assistant to the Deputy Premier called all participants to starting line. Amongst them indeed was the Deputy Governor himself. After addressing the participants, and prayer being made, the Deputy Governor gave remarks to the anxious and excited ready to runners and walkers.

"Special good morning to all and especially, His Excellency, the Governor, Mr. Martin Roper. I am delighted to be here again for this event. It has become dear to me. It allows me to interact with you wonderful people. This event pro-

notes the importance of being healthy and I am excited to be participating again." Each participant was given a T-Shirt, emblazoned with the names of the event's sponsors and the theme, "STRONGER TOGETHER." After announcing the route for the event, excited participants got going. It was truly encouraging to witness the presence of children, teenagers, adults and even some retirees. There was a strong representation from Faith Hospital led by Dr. Velusamy.

After about 25 minutes those at the starting point began cheering the first returning participant who was Constable Greg Shepherd. To great applause and not far behind was His Excellency, the Governor.

There was also great cheering as the first youngster returning to the finish line was Triston Fergusson, and he was followed not long after by Garrison French. Karishma Seeram was the first female youth to cross the finish line, while the first adult female crossing the finish line was Mrs. Claudia Martin. The Deputy Governor and his wife crossed the finish line not long after. They were greeted with a great round of applause.

At the conclusion of the event everyone was praised for their participation and special gratitude was showered upon the sponsors: Platinum sponsors AppleBee, Gold and Silver Sponsors JemWorldwide and Kirkconnell Market for the Brac events. Thanks were also expressed to sponsors Butterfield Bank, Dart Company, Ernst and Young and Davenport.

Here were some of the remarks from participants:

Aldolphus, "I do this every year. It's a great event to bring the citizens together."

Carlos, "I enjoy this event every year. I admire the many young people who participate. Great undertaking by the Deputy Governor." 📷



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► Supplies from local hospitals are loaded to aid in the Bahamas



► Ambulances from the US being shipped to the Bahamas to assist with Hurricane Dorian Relief

Local hospitals join forces for Bahamas relief

... Continued story from page A1

The Cayman Islands Health Service Authority (HSA), CTMH Doctors Hospital and Health City Cayman Islands rallied together to donate over 4,000 pounds in goods with the help of Cayman Airways to the Bahamian Ministry of Health. The collaboration extended beyond the hospitals with key logistical support from the Governor's Office and Chief Medical Officer Dr. John Lee who assisted in making contact with officials on the ground in the Bahamas possible.

Premier Hon. Alden McLaughlin said "Once again we are grateful that we can call on the services of our national airline Cayman Airways. I want to thank the Deputy Premier Moses Kirkconnell and the staff at Cayman Airways for

their support in ensuring this humanitarian relief reaches those in need as well as the Cayman medical community for working together to assist our neighbours."

Survivors of Hurricane Dorian will receive items needed for medical care including medication, diapers, gloves, bandages, gauze, etc, which were transported Monday 16 September via Cayman Airways. In addition to the supplies, HSA's EMS Manager, Stephen Duval, coordinated with US-based ambulance supplier, Global Medical Response, to facilitate the donation of eight ambulances to the affected islands of Grand Bahama and Abaco.

"The coordination and collaboration required to bring together this sizable donation from Cayman's healthcare

community was a grassroots effort between both public and private sector hospitals to provide medical relief to the people of the Bahamas," said Minister of Health, Environment, Culture and Housing the Hon Dwayne Seymour. "As our community comes together to support the victims of Hurricane Dorian, we are reminded of the positive humanity around us and can empathize with our Bahamian neighbours as they begin to rebuild after Hurricane Dorian's extensive devastation to their islands."

The Health Services Authority, CTMH Doctors Hospital and Health City Cayman Islands will also work together should a disaster strike the Cayman Islands. All three hospitals sit on a Medical Relief Sub-Committee, led by HSA CEO Ms. Lizzette Yearwood. The committee, along with other public and private sector partners, ensures the preparedness of medical relief of the Cayman population before, during and after a major disaster or disease outbreak. The Medical Relief Sub-Committee along with the CMO, has a team of medical professionals from the three hospitals who are standing by to assist the Bahamian Government in their recover efforts.

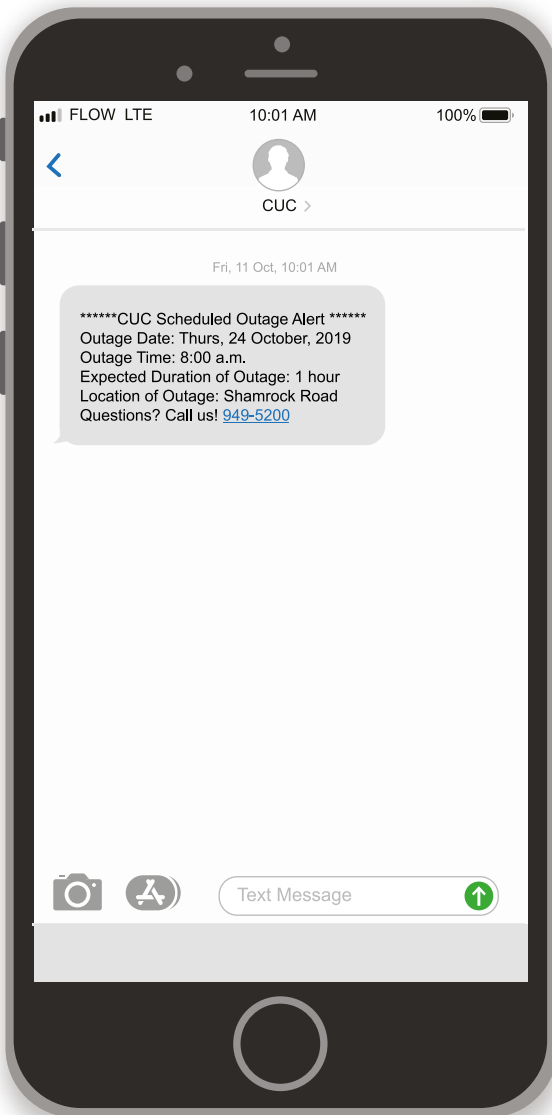
"At Health City Cayman Islands, we have been deeply saddened by the dev-

astation wrought by Hurricane Dorian in Abaco and Grand Bahama," said Dr. Binoy Chattuparambil, Clinical Director & Chief Cardiac Surgeon, Health City Cayman Islands. "We are committed to providing access to medical care throughout the Caribbean, and wish to do all that we can to assist the people of the Bahamas during this difficult time. Our role in the relief effort will focus on providing urgent medical care, and we are hoping to send medical personnel in the near future, at present we will start with medicines and medical supplies as part of the overall relief mission from the Cayman Islands. We work closely with the Bahamas physician community and welcome the opportunity to be a part of this humanitarian effort. We are very proud of our team members who will be doing their part to assist the people of Bahamas."

"When we reflect on Hurricane Ivan fifteen years ago, we can only imagine the devastation that the people of Grand Bahama and Abaco, and their healthcare system have experienced", said CTMH

Doctors Hospital Board Chairman and Chief of Radiology Dr. Yaron Rado. "As fellow healthcare professionals, and island neighbours, it is our duty and honour to help. We are all in this together."

Be Informed About Outages



Beginning this month, CUC will be notifying customers via text or e-mail of scheduled outages in their areas. **To send these alerts, CUC must have customers' current contact information (e-mail addresses and mobile numbers).**

To update contact information, customers are encouraged to visit CUC's website at www.cuc-cayman.com. Click the green "Apply Now" button on the **Scheduled Outage Notification** graphic on the home page, complete the relevant Residential or Commercial Customer form and follow the instructions for submitting the forms to CUC.



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



CUC ON V E N I E N C E



► Cayman Islands Premier Hon. Alden McLaughlin meets Bahamian Prime Minister Minnis



► Minister of Health, Environment, Culture and Housing the Hon Dwayne Seymour

Department of Commerce and Investment Awarded Gold as Investor in People

... Continued story from page A1

"Values are on the wall but you do not need them to be there to remind people of what they are. People are proud that they created the values affectionately abbreviated to RUB, in line with the vision and the mission. Decisions that affect teams and DCI as a department are made in line with the values".

"Respect for Others, Unity is our Strength and Belief in our Purpose" (RUB) are the three values created by team members that guide their daily interactions and activities.

The assessment further states, "Innovation is the first word that greets people at the door, and innovative practices are the baseline of what the Director has led the team to believe and achieve".

The indicators on which the organisation were assessed include leading and inspiring people, empowering and involving people, recognising and rewarding high performance, structuring work, building capacity, developing continuous improvement, creating sustainable success, among other areas.

Director of DCI, Ryan Rajkumarsingh expressed great pride that his Department and his team have received the accreditation. "We are excited to achieve the Gold standard on our very first assessment as an Investor in People. This is a rare feat for any organisation. This award really highlights our dedication to staff welfare, training, development and innovation. When we say we are a team in this Department it is not just talk, it is how we operate on a daily basis," he states.

Deputy Governor Franz Manderson congratulated DCI on its achievement. He notes, "This accreditation is the latest example of a world class accomplishment within the Civil Service and

yet another major award for the team in DCI. In commending the team at DCI I can do no better than to quote from the author of the report who stated "DCI is the most unique government department I have ever had the privilege to visit and work with. The Director is a bundle of energy, passion and genuine affection and interest in his people. He is a natural leader and people person, supported by a team of people that love coming to work every day and, many admit, have been spoiled in relation to working anywhere else...The Director and team are further supported by a shared HR, who has a love of the work she does and the people she works with. This is a government department with a private sector feel".

The Deputy Governor also thanked the Ministry of Commerce, Planning and Infrastructure for their support to the DCI.

In her commendations, Deputy Chief Officer in the Ministry of Commerce, Planning and Infrastructure which oversees DCI, Tamara Ebanks states, "The Gold standard accreditation demonstrates DCI's commitment to building a culture and a working environment that positively contributes to the overall health and well-being of its employees. It is great that IIP recognised the Director's ability to motivate and empower his team and how committed all of the employees are in putting team members and customers first".

The Department of Commerce and Investment is no stranger to receiving awards. In 2018, the Department copped the Top Employer for Medium Sized Business Award at the Cayman Islands Society of Human Resource Professionals annual conference. They also received the award for Excellence in Office Environment at the same event. 🌐



Liberal Education, the University and the Truly Educated Person

It is quite fashionable for the new student, just entering university, to have the view that making lots of money is the imperative of education and so begins to focus on what he or she is to do, rather than who he or she is to become. A fixation on specialization as the key to this end may cause that student to miss out on an education. It may turn out that study gets in the way of education.

For the typical college student, a specialty such as accounting, computing, economics or marketing is pretty straightforward, but why, in addition, courses in literature, history, philosophy, psychology, etc.

Getting to see beyond mere specialization is the challenge of liberal education. The view that the education process should develop the person not just as a businessman, farmer or physician – but as a human being – is easily sidelined, especially in the context of globalization and the urgent need for 'belt-tightening measures' even in education

In lean times, the humanities come into question and so areas like languages, the arts history, cultural studies, philosophy and religion are usually hardest hit. The 'idealistic' notion that critical thinking, civic and historical knowledge and ethical reasoning, areas the humanities especially develop, are necessary for effective participation in a free democracy regardless of career choice, becomes sidelined for the 'urgent' and the 'now'.

And, yet, the purpose of education must be to prepare the student to think, to adapt, to be creative, especially knowing that job skills learnt today soon become irrelevant. A liberal education is vital.

A liberal education is one that ensures that a person becomes more than a specialist or technician. It is education that takes the long-range view and so concentrates on what shapes a person's understanding and values, rather than on what he can use in one or two of the changing roles he might later play. As Marshall Gregory says in his article 'A liberal Education Is Not A luxury' published in the **Chronicle of Higher Education**, Sept.12, 2008, students overriding concern should be how to develop as fully as possible their basic human birthright: their powers of imagination, aesthetic responsiveness, introspection, language, rationality, moral and ethical reasoning, physical capacities and so on.

Liberal education focuses on developing the students as fully as possible as human beings, as human persons, reflective, thinking beings and as responsible agents thus ensuring that a person becomes more than a specialist or technician. It trains but it also educates. In explaining its devotion to a liberal education, Yale University says 'At Yale you are required to learn broadly and deeply. Depth is covered in your major. Breadth is covered in three study areas: the Humanities and the Arts; the Sciences, and the Social Sciences and three skill areas: writing, quantitative reasoning, and a foreign language.' Yale University Website – Fareed Zakaria in his excellent book on the subject – **In Defence of a Liberal Education**, says that "A Liberal Arts education teaches you how to write, how to speak your mind, and how to learn, immensely valuable tools no matter your profession. Technology and education are actually making these skills even more valuable as routine mechanical and even computational tasks can be done by machines or workers in low wage countries."

"Students are clamouring for degrees that will help them secure jobs in a shifting economy, but to succeed in the long term, they'll require an education that allows them to grow, adapt and contribute as citizens. And this is why many schools are shaking up their curricula to ensure that undergraduate business majors receive something they may not even know they need - a rigorous liberal arts education." **The Atlantic**, June 28, 2016.

"Business majors seem to be graduating with some of the technical skills they'll need to secure their jobs, but without having made the gains in writing or critical skills they'll require to succeed over the course of their careers, or to adapt as their technical skills become outdated and the nature of the opportunities they have shifts over time." Yoni Applebaum - **Business Majors and the Liberal Arts**, June, 2016.

Because by our very nature, human beings desire to know, the first task of liberal education is to fan the spark and ignite the natural inquisitiveness. Arthur Holmes, in one of my favorite books on education, **The Idea of a Christian College**, explains that if the mind is to be formed, the imagination stretched, the vision enlarged, the intellectual powers sharpened, then courses in reading and

writing are mandatory. With reading, he explains, comes the gaining of input, the fertilization of imagination, conceptualization, and evaluation. To write trains one to become articulate, to express, to expound, to argue, to explore relationships, to have a sense of the whole.

Friendships, marriage, family, work, recreation, political involvement, social action, technology, etc, requires understanding and right values. These all need reflection informed not only by the natural and social sciences, but also by the insight and sensitivity about human affairs which the humanities afford.

So values and facts must be taught together. The student must be exposed to ethics, to social problems, to aesthetics and to the logical structure of value judgments.

In modern societies, career mobility, rather than a job held for a long time, is critical. Career preparation, therefore, requires large understandings, rich personal qualities and lasting values. A liberal education contributes greatly to this. It does this by attention to thinking and values and by its emphasis on breadth of education

These underlie the understanding of management processes; historical perspectives on sociopolitical institutions and values as a precondition to understanding labour unions, free enterprise and alternative economic structures; cross cultural awareness and foreign area studies are essential in firms that have international relationships; the humanities, especially literature and philosophy, demand clear thinking, precise writing, and scrutiny of one's own values that prepare one for any career involving careful communication and continued self examination. The broadly integrative character of liberal learning moves the student beyond narrowly focused analytic techniques to see the overall picture.

In the end, it is liberal education, steeped in the thinking that education should develop the human being as an entire person that is best able to produce an educated person. The truly educated person possesses moral virtues - the qualities of character such as love and fairness, integrity and the courage of one's conviction.

It includes intellectual virtues – what Holmes calls qualities of mind, such as breadth of understanding, openness to new ideas, intellectual honesty about



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

other views, analytic and critical skills, and a sense of history, freshness of imagination, independence and creativity of mind.

An educated person is characterized by his or her responsible action in all areas of life. This person is conscientious, helpful, decisive, self-disciplined and has the ability to correct his or her course and start afresh.

The educated person also possesses qualities of self-knowledge. He or she is capable of an honest appraisal of his or her strengths and weaknesses and harbours no false modesty or overconfidence. Instead, he or she is willing to address weaknesses, to invest in his own strengths and, importantly, to learn from others.

The educated person is widely read and alert to the issues of the day. He or she continues to read and to grow, aware that however large the circumference of his or her knowledge, just as large are the borders of his or her ignorance.

Arthur Holmes is dead right. At the end of the experience, the university education should sharpen the mind, heighten the imagination, deepen the understanding, broaden the sympathies and kindle new interests. It should produce in the student the anxiety to shoulder his load of responsibility for himself and society. 🌐

Ten Things to Never Say to A Customer

In the hospitality industry everybody has customers. If you work in the Accounting department, you have customers. If you're a custodian, you have customers too. Sometimes our customers are internal customers. Sometimes they're external customers. Our job is to assist them, and make sure they get what they need through a positive customer experience.



Sometimes in our interactions, there are dozens of things we can say to customers that come across as condescending, flippant or tacky – things that will destroy the customer experience instantly.

Nearly 70% of customers quit doing business with an organization because they felt they were treated rudely or with indifference, according to studies. Most of the employees who treated customers that way probably never even realized it.

Right or wrong, many customer-facing employees don't even know when they say a word or use a tone that offends customers.

The worst part: Most customers aren't going to tell you that they were offended or bothered by what was said. They'll just resent the experience and not come back.

Choose your words carefully

Pepper conversations, email exchanges, text messages and promotional copy with the words customers love to hear



— their names, “thank you,” “please,” “our pleasure” and “problem solved.” Front-line employees may even want to share a smile, laugh or a story. But, avoid these sentences, words and phrases in customer communications:

It's no big deal

It may not be a big deal to you but rest assured if customers brought something to your attention — a problem, concern or question — it's a big deal to them. Instead, say “Tell me more.”

Don't worry about it

You don't know how any customer handles anxiety or personal and business issues. Worry may be healthy for one person. It may be a sign of weakness for another. The key is to never tell customers how to feel. Instead, say, “I will take care of it.”

You're the first one to complain about this

Most customers walk away without ever saying a word. So, when you hear a unique complaint, imagine there are many more unspoken issues like it. This customer is doing you a favor by pointing to a potential bigger problem. Instead, say, “That's interesting. What more can you tell me?”

You don't seem to understand

The problem could be that you aren't being clear. But by saying this, you imply that customers are think-headed. Instead, say, “What can I clarify?”

That sounds good in theory, but...

This suggests yours is a real-world perspective and the customer's view is totally off base. That may be how you see it, but customers will be insulted if their theory is quickly scoffed at. Instead, say, “I see your point, and please bear with me while I share mine.”

I know how you feel right now, but you really shouldn't because...

Customers may tell you outright, “I'm angry,” “I'm elated” or “I'm frustrated” so the first part of this sentence is correct. You do know how they're feeling. The problem is, it's never a good idea to tell customers why they should or shouldn't feel one way or another. Instead, say, “I can understand why you'd feel that way. Let's see what we can do now.”

I'm not the best person to deal with this, so I'll send you to...

Customers were able to reach you, so they expect that you are the person to handle their questions or issues. Saying something like this undermines your credibility and the trust customers may have had in you. When there is someone more qualified to help, let customers know you want the best for them and aren't just casting them off to someone else. Instead, say, “I can help, but Susie is the absolute best in that area. I'd like to bring her in on this. Is that OK with you?”

It's not my/our fault

Responsible, successful companies and individual employees dealing with customers never point fingers or look for scapegoats. They own up to their faults and pursue immediate fixes and long-term solutions to retain the respect of their customers. Instead, say, “Let's see what can be done about this right now.”

The policy stinks

Sure, we all have to live by and enforce some policies that we don't like,



► Brooke Meyer is the managing partner of Caymera International

don't understand or think are unfair to customers. But you're the face of the company, and if you are detached from its practices and beliefs, customers will think there's something wrong with them. Instead, say, “To ensure the best for our customers, we'll need to ...” or “It's our common practice to ...”

I haven't had a raise in five years

Being upset and admitting it will hurt your credibility with customers and the boss. Complaining about no low pay is tacky. Instead, say nothing.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. She's an industry veteran and holds a master's certificate in Hospitality Management from Cornell University in Ithaca, NY and has also earned continuing education certifications in Hotel Real Estate and Asset Management, Digital Marketing, and Revenue Management from Cornell University. Visit Caymera at www.caymeragroup.com or email info@caymeragroup.com for more information.

Governor Tours Sunrise Adult Training Centre and Opens Studio

His Excellency the Governor, Mr. Martyn Roper toured the Sunrise Adult Training Centre (SRC) in West Bay on Thursday (12 September) and gave a “surprise performance”.

During the two-hour visit, instigated by the Governor's Office, Mr. Roper met staff and clients and officially opened the facility's state-of-the-art multi-media production studio. The studio was fully funded by Aall Foundation, one of SRC's longest-standing supporters.

The Governor visited all programme areas accompanied by the Centre's Director, Mrs. Kimberly Voaden; Pro-

gramme Manager, Mr. Daniel John. As well as reviewing the centre's functional academics, life skills and arts & crafts courses, he looked in on SRC's Grow Group horticultural and poultry workshops, snack & lunch prep groups, occupational therapy and vocational training spaces.

Taking time to interact with staff and clients, the Governor's studio ribbon-cutting ceremony followed its first-ever broadcast, in which he thanked staff for their hard work and dedication.

“Having interacted with the clients and staff and toured the grounds and the facility, I am very encouraged by the energy and vision behind SRC,” said the Governor.

“The centre's senior management is clearly keen to further evolve and enhance its services to serve the needs of clients. I join it in commending the Aall Foundation for its generous donation and urge other private sector businesses to partner with public sector entities, like SRC, to improve services and inclusion for our most vulnerable citizens.”

The highpoints of Mr. Roper's visit were



► SRC clients, staff, and special guests end the official visit with a group photo in front of the Centre



► The Governor inspects work done by SRC clients Justin Wright and Gabriella Woods in the arts & crafts classroom (L-r): SRC staff members Mrs. Twila Rodgers, Mrs. Tammy Hyatt, SRC clients Gabriella Woods, Justin Wright, Faith Brandt, caregiver Ms Sonia Allen, the Governor, and SRC Director Kimberly Voaden

when he and steel pan pioneer Earl LaPierre performed “Yellow Bird” and “Chariots of Fire,” in the studio and later in the center's dayroom. The teacher and his most high profile student were accompanied by classical pianist and Cayman Arts Festival founder Glen Inanga on keyboard. The set, played for the centre's clients, caregivers and staff, was the Governor's third public pan performance (the first being during the Queen's Birthday celebrations in June). A group photograph, concluded the tour.

Commenting on the visit, Mrs. Voaden said: “The Governor's visit was a fantastic way to launch our 2019-2020 Train-

ing Year. His interest in our training programmes, and heartfelt engagement with our clients and staff, were wonderful to experience. We were honoured and delighted to have him share his musical talents on the steel pan, along with those of our special guests and look forward to his continued support of our work with our clients.”

Talking about the studio, the Director said: “Music gives voice to feelings, allows for the development of creativity, self-confidence, and self-expression, and even fosters communication in clients who are minimally or non-verbal. The studio functions as a quiet space, assists with transitions from one learning area/classroom to another, and will be used as a music therapy room. Our clients are very happy to have this amazing resource for their use.”

The recording studio and instruments will be used by clients interested in learning to play and sing or record spoken tracks/vlog posts. It will also offer training opportunities for clients showing an interest and aptitude in editing and producing tracks. With SRC becoming increasingly known for its annual concerts, the production studio allows for the expanded inclusion of a greater variety of clients, and guest performers in future stage and film productions. It is also likely that the studio will become a revenue source for the centre.

For more information about SRC, visit <http://bit.ly/2kyKdMj>



► SRC Clients and staff enjoy listening to the Governor play steel-pan with Mr. Earl LaPierre and Mr. Glen Inanga accompanying



► The Governor and Mr. Earl LaPierre conduct the ribbon cutting ceremony at the official opening of SRC's recording studio



GOVERNOR TO KICK OFF SEVENTH ANNUAL BIG SHAVE THIS FRIDAY

His Excellency the Governor, Mr Martyn Roper, will officially launch proceedings at this Friday's Seventh Annual Big Shave for the St Baldrick's Foundation, at the Wicket in Cricket Square where over 1,000 people are expected to gather to raise funds for childhood cancer research.

The event began in 2012 in honor of Hannah, the daughter of Cayman residents Gaylene and Nigel Meeson, who faced a difficult fight against brain cancer. Hannah turns 12 today, September 18th, remarkably with "No Evidence of Disease".

"We never thought we would celebrate Hannah's 12th birthday, and she has amazingly defied the odds that left her with a less than 5 percent chance of survival, but she suffers many disabilities following treatment, including impaired balance, partial deafness, vision loss, cognitive, memory and fine motor deficits and slow processing," Mrs. Meeson said.

"Hannah is not alone. By the time childhood cancer survivors are 45 years old, more than 95 percent of them will have a chronic health problem or life-threatening condition. Without organizations like St. Baldrick's, Hannah and children like her will simply not survive."

Other childhood cancer survivors from Cayman will join the event, including Skylar "Mimi" Ebanks, Saylor Sperandio, Annabelle Reading, Ava Paige Rico, Beau Shields, Allie Capasso, Charli Foster and Tayden Grant.

More than \$125,000 has already been raised toward this year's \$250,000 goal.

Since its inception, Hannah's Heroes has raised more than \$2.1 million for childhood cancer research at the St. Baldrick's Foundation. The St Baldrick's Foundation has dedicated more than \$279 million to childhood cancer research since its first event in 2000.

Through sponsorship by Conyers Dill & Pearman, St. Baldrick's Foundation Hero Fund Manager, Kelly Forebaugh will travel from Seattle to Cayman for the fundraiser.

"I am profoundly moved by the way the Cayman community has united to support Hannah's Heroes and take childhood back from cancer," Ms. Forebaugh said. "Hannah's Heroes Big Shave is one of St. Baldrick's largest events, and I am honored to be able to attend the event again this year and meet the dedicated volunteers and donors who have generated such resources to help children survive cancer."



St. Baldrick's has named nine research grants in recognition of Hannah's Heroes since 2013.

Over 100 men, women and children will take to the Big Shave stage to shave their heads on Friday evening. Teams for this year's Big Shave include "The Firebalds" from the Fire Service, corporate team "Maples & Balder," Dart, PwC, KPMG, the parents of local childhood cancer survivors and many local schoolchildren including students from Cayman International School, Cayman Prep & High School, and Bodden Town Primary School.

The event will also feature a silent auction, balloon prize raffle, photo booth hosted by Party Booth Cayman and food and drinks specials from the Brasserie Restaurant.

Organisers recognize that shaving isn't for everyone, but are encouraging the public to get involved throughout Childhood Cancer Awareness month by hosting bake sales, dress down days at work or school, sponsoring a colleague or friend shaving at The Big Shave and by attending the event this Friday.

Visit www.stbaldricks.org/events/hannahsheroes or email team@hannahsheroes.ky to get involved or for more information.

Caymanian Times

Applications are invited from suitably qualified persons for the position of

NEWSPAPER JOURNALIST

to be a vital part of Caymanian Times

Journalist Responsibilities Include:

- Conducting research to uncover interesting and significant news
- Gathering, corroborating and interpreting data
- Interviewing key persons (witnesses, sources etc.) to obtain more information
- Produce a minimum of 30 news articles per month

Job brief

We are looking for an enthusiastic Journalist to contribute in the publication of timely and accurate news. The successful candidate will be a skilled writer with a passion for the job capable of both informing and entertaining our readers.

Responsibilities

- Conduct research to uncover interesting and significant news
- Gather, corroborate and interpret data
- Interview key persons (witnesses, sources etc.) to obtain more information
- Use findings to construct a well-written article
- Retain awareness of the readers' point of view
- Obtain first-hand information by being present in happenings
- Receive assignments or investigate news leads/tips
- Comply with the moral code of the profession
- Maintain notes and audio recordings
- Partner with other journalists, editors, producers etc
- Establish contacts and sources for use in future research
- Keep abreast on developments by studying papers, attending events etc.

Requirements

- Proven working experience as a journalist or reporter (Minimum 2 years)
- Portfolio of published articles or newscasts
- Ability to follow strict deadlines and fast-check information
- Current knowledge of headlines
- Computer proficiency (MS Office, digital editing, web search, databases)
- Excellent communication and networking skills along with an aptitude in extracting information
- Good observation and deduction skills
- Integrity and morality
- Associate degree in journalism or relevant field

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

Salary will be commensurate with experience and qualifications but will be in the range of C\$2,800 to C\$3,500 per month. Benefits will be in accordance with Cayman Islands Labour, Health Insurance and Pensions Laws.

Applications from Caymanians or those legally resident with the right to work on the island should be made in writing, enclosing resume to:

The Publisher • Caymanian Times

Email: ralph@caymaniantimes.ky
Or call **Ralph 9162000** Deadline for applications will be **September 30, 2019**

Caymanian Times

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COMMUNITY EVENTS

Music at the Library

19 September - Cayman Arts Festival and the Cayman Islands Public Library Service proudly present its monthly one-hour concert at the GT Public Library (historical building). The event will be on Thursday, September 19th. at 6pm showcasing CAF Elite String Ensemble, Glen Inanga (piano) and Fiona Pimentel (poetry). Tickets will be available at the door -CI\$20 for adults and CI\$5 for students (up to 18 years old). Please note that there will be only 75 tickets per event. Email enquiries@caymanartsfestival.com or call 922 - 5550 for more information.

100+ Women who Care Cayman Islands

19 September - Join the 100+ Women who Care Cayman Islands for their 3rd. quarter meeting on Thursday 19 September at the Harquail Theatre beginning at 6pm. Cocktail hour is from 6pm and the meeting starts promptly at 7pm. The group gathers four times a year for a one hour meeting, and each member brings a donation of \$100 that goes to the charity that the group selects. Visit 100women.ky for more information on how to join, donate or sponsor.

Hannah's Heroes - The BIG Shave

20 September - The 7th Annual BIG SHAVE will take place on Friday 20th September starting at 5:00pm at Cricket Square. Thanks to the Cayman community, over the past 6 years, more than US \$2 million has been raised for St Baldrick's to fund the most promising childhood cancer research worldwide. Hannah's Heroes have

funded 9 separate research grants at some of the most prestigious research institutes across the US, where researchers are working on life changing treatments and cures. You can get involved in several ways.

- REGISTER NOW to get shaved;
- ORGANISE a dress down day or a bake sale at work;
- DONATE, if shaving's not for you - every dollar makes a difference. For more information visit www.stbaldricks.org/events/hannahsheroes

Brac Brenda Tibbetts - Lund Walk/Run

21 September - The annual walk/run to raise funds for the Lions Club of Tropical Gardens and raise awareness of breast cancer will be held on Cayman Brac on Saturday 21 September starting at 6am. Registration is \$10. The route will be out and back from the Brac Reef Resort. Register online at www.caymanactive.com. This event will not be timed and well - behaved and on-leash dogs are welcomed.

World Alzheimer's Day

21 September - The Alzheimer's and Dementia Association will be holding an awareness session at Foster's at The Strand from 8am to noon. Also, from 6-8pm, dementia training for caregivers will be held at Jasmine on West Bay Road. Visit adacayman.com or call 924 - 4170.

Conquering Cancer FREE Health Fair

21 September - The Cayman Islands Cancer Society presents - Conquering Cancer VI - Let's Fight Cancer Together! - on Saturday 21st September 2019 from

8:30am to 2pm at the Grand Cayman Marriott Beach Resort. Join the Cayman Islands Cancer Society and a team of experts from the Cayman Islands and around the world for this free public event featuring: doctor talks about cancer prevention, diagnosis and treatment; booth showcasing local health-related organisations and companies; free health screenings including BMI, BP, Alc testing, oral and skin cancer screenings; free healthy food sampling; and opportunities to speak with doctors and a registered dietician one-on-one. Almost US\$1,000 worth of screenings will be available. Refreshments will be provided. There will also be charity vouchers for cancer screening to qualified persons. Participants are encouraged to fast for at least 1- hours before general screenings by Cayman Heart Fund. Call 949 - 7618 for more information.

Live Street Food Festival in George Town

21 September - Hosted by Live Street Food Festival and Live Music + Arts Festival, this event offers an eclectic selection of street food from around the world and around the way. Join them Saturday, 21st downtown George Town for a world of taste with street food from your favourite chefs, food trucks and restaurants.

PACCE Walk/Run/Ride

22 September - The Lions Club of Grand Cayman hosts the eighth annual PACCE (Prostate and Colon Cancer Event) Delano Hislop Memorial Journey for Life Walk/Run on Sunday 22 September starting at 6:30am from the Jasmine building on West Bay Road. Participants can walk 5K, run 10K or ride 15K. Proceeds raised from this event will benefit Jasmine (formerly Cayman HospiceCare)



► PACCE Walk/Run/Ride

and the Cayman Islands Cancer Society. Register online at www.caymanactive.com/ registrations. A T-shirt and bib pick-up will be held the evening before, on Saturday, 21 Sept., 7-11am at the Lions Community Centre, Crewe Road. Pre-registration at 6am on day of run.

Spike Ball Tournament - Fundraiser for Bahamas

22 September - The CI Volleyball Federation is holding its first ever Charity Spike Ball Tournament at Public Beach starting at 2pm, to raise funds for the Bahamas. Participants are invited to find a partner and sign up with the following link: <http://bit.ly/CIVFcharitySPIKEBALL>. The registration fee is \$25 per team, and all the funds will be donated to the Bahamas Hurricane Relief.

Cayman Islands Healthcare Conference

26 - 28 September - The 2019 Cayman Islands Healthcare Conference is celebrating its 10th year and will be holding their conference at the Ritz Carlton. The theme for this year's conference is 'Innovating the Future of Healthcare: Building on a decade of pro-

gress'. Topics will be relevant to a wide range of attendees, including the medical community, small/medium business owners, parents, human resource managers, insurance companies, fitness and wellness professionals, and any of the general public interested in their health. Visit www.healthcareconference.ky; email natalie@kellyholding.com or call 345-623-8826 for more information.

The DG's 5K Challenge

29 September - The DG's 5K Challenge is an annual walk/run event led by Deputy Governor Hon. Franz Manderson, bringing together civil servants, private sector employees and members of the general public in a fitness and fundraising challenge. This is part of the Deputy Governor's vision to have a healthier, more active and more socially engaged civil service, while benefitting charitable organisations and initiatives in the Cayman Islands. The beneficiaries this year will be: the Cayman Islands Crisis Centre (CICC), the Special Needs Foundation Cayman (SNFC) and the Alex Pantou Foundation. Need more information? Email dg5k@gov.ky or call 244-3609. 🌐

Stingray's Summer: "Recognition, competition and preparation."

For swimmers, summer is the opportunity to get some uninterrupted training and intense competition in. But before getting serious, Stingray Swim Club's swimmers, friends and families gathered at Ristorante Pappagallo for their annual awards banquet, to celebrate a successful 2018-2019 swim season. Then it was back to the pool for training and competition.

Awards Banquet: 23 June 2019

With over 100 in attendance, the gathering - aptly described as a fever of Stingrays - officially welcomed Asst. Coach Macon Crowder, celebrated achievements, said farewell and good luck to departing Seniors and had fun raising money for their club in the "Lip Sink" challenge.

Coach Macon Crowder joined the club in April and is already a fixture on deck. "He has made a huge impact," said Stingray's Head Coach, David Pursley. "Coming to us from North Carolina where he was the Site Director and Assistant Coach for the YMCA of the Triangle Area Swim Team, and a former Division 1 swimmer himself; Coach Macon knows what it takes to succeed in the pool. His experience with competitive age groupers allowed him to get comfortable with our Silver and Gold swimmers immediately."



► Sarah Jacscon Sheheard Cup Winner with Coach David and Coach Macon

Coach David and Coach Macon presented members of the Bronze, Silver, Gold and High School development squads with the now famous Paper Plate Awards; and then presented the awards for Spirit, Most Improved and Swimmer of the Year (awards that were locally sourced this year from Squirrelly):

- Bronze Spirit: Daniella Whiteman
- High School Development Spirit: Dayana Powery
- Bronze Most Improved: Noah Watson
- High School Development Most Improved: Matthew Javier
- Silver Spirit: Cassandra Adapa
- Gold Spirit: Andrew Muyanga
- Silver Most Improved: Jade Allen
- Gold Most Improved: Jack Clark-Terrell
- Senior Spirit: Krishna Adapa
- Swimmer of the Year: Raya Embury-Brown
- Senior Most Improved: Kyra Rabess

The Sheheard Cup, donated by former Cayman Islands Government and Stingray coach, Marie Shepard in memory of her son - is presented to the swimmer who is an all-round ambassador for swimming and for Stingray Swim Club, and the 2019 recipient is Sarah Jackson.

Returning college swimmers from McKendree University - Cole Morgan, John Bodden and Kenneth Glidden, were welcomed home for the summer. "Having our returning college swimmers train with us over the summers is always a highlight," said Pursley. "The younger swimmers look up to them, and they inspire the seniors who are in their final years and working towards swimming in college too."

Then Coach David recognised the seniors who are heading off to college in the fall: Alex Dakers, Bath, UK; Liam Henry, Indian River State College, Florida; Sam Bailey, Ohio State University, and Sarah Jackson, University of Northern Colorado. Also recognised were John Bodden and Kenneth Glidden who decided to head off to college after last year's banquet and will both be sophomores at McKendree University this fall.

Summer Swimming

It was a whirlwind of a summer for Stingray Swim Club, whose athletes represented Cayman in five different countries, and at six different international competitions. Swimmers left the pool



► Seniors at the end of ISCA 2019

with personal best times, regional medals, two national records and experience on the biggest stages of our sport.

Head Coach David Pursley said, "It was an exciting summer for Cayman swimming, and I think the return of Brett Fraser will bring renewed inspiration in the charge forward. The short summer season requires experience and a higher level of care for the body; and mentally and physically our athletes were challenged to compete in high pressure situations on multiple occasions. We handled the pressure tremendously and learned a great deal in terms of handling stress and taking extra care of the body with the physical toll."

He also emphasized that the biggest impact on Stingray's summer successes was the return of its college swimmers in the summer and the competitive edge they provided in practice with their great work ethic. Cole Morgan and John Bodden also contributed greatly to Stingray's summer successes. Cole reached the podium at Island Games and John had a tremendous swim to reach the semi-finals at the Pan American games.

Stingray's summer ended at the ISCA Championships in St. Petersburg, Florida where after, four more seniors transitioned from club swimming to university.

Stingray's younger swimmers were able to see the work the more experienced swimmers put in everyday and they too had an excellent end to the

summer in Chapel Hill, North Carolina. After a very trying 30-hour delay in Ft. Lauderdale, they stepped up to compete on little to no sleep and walked away with victories, personal bests, and a whole lot of fun memories.

And not to be left out, Stingray was proud to see Pat McCallum (open water) and Adam Roberts (pool) officiating at the FINA Long Course World Championships.

And then...

A little time off, allowing swimmers to prepare for the long season ahead when they get back to basics. Stingray's next focused international competition takes place in April 2020.

Pursley concluded, "We couldn't be more excited for the up and comers and know they will take the torch with passion and commitment. For now we are focusing on honing our racing skills here at the Lion's Aquatic Centre. Our season opener is the Cayman National Sprint meet on September 21st. We have been back in the water for three weeks, and the excitement and drive are already there!"

The meet takes place at the Lions Aquatic Center, and the first swimmers take to the blocks at 9:45am. Entry is free and the public is invited and encouraged to come out and support Cayman's young swimmers.

For more information on Stingray Swim Club check www.caymanswimming.com 🌐

TRY THIS TEA - YOU'LL LOVE IT

Have you ever heard of KOMBUCHA TEA? It's a most healthy, fermented tea used in various countries for thousands of years. It stock piled with antioxidants, kills harmful bacteria and fights several diseases. Here are some of its great benefits.

PROBIOTICS - This tea is believed to have originated in China or Japan. It's made by adding specific strains of bacteria, yeast and sugar to black or green tea, allowing the mixture to ferment for a week. During this process the bacteria and yeast form a mushroom-like film on the surface of the liquid. Hence, it's also known as, "mushroom tea." The blob formed is a living, symbiotic colony of bacteria and yeast. A large amount of bacteria also grow in the mixture and are beneficial to digestion, inflammation and yes, weight loss.

GREEN TEA BENEFITS - Like green tea, it contains many bioactive compounds such as polyphenols, functioning as antioxidants. It assists in caloric burn, cholesterol enhancement, blood sugar balance, as well as, providing healing virtues to reduce the risk of prostate, breast and colon cancer.

ANTIOXIDANTS - These are substances that fight free radicals which are reactive molecules that damage cells. Scientists agree that antioxidants from foods and beverages are healthier than antioxidant supplements.



KILLS BACTERIA - This tea is extremely rich in polyphenols and acetic acid. Both have been shown to suppress the growth of undesirable bacteria and yeast.

HEART DISEASE - Records show that this disease in the number killer in the world. Tea, especially green and kombucha protect the LDL cholesterol particles from oxidation. This process is believed to vastly contribute to heart disease.

So, when you next feel to have a healthy, relaxing drink, reach for KOMBUCHA TEA. 🌱



HABITS can give you EVERYTHING

Want proof that the habits you keep make all of the difference?

Confucius said, "Men's natures are alike; it is their habits that separate them."

John Dryden famously said, "We first make our habits, and then our habits make us."

And Aristotle noticed that, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

It's pretty clear that the habits you adopt will shape who you are.

What are your habits?

Do you eat the same thing for lunch, go through the same exercise routine, and fall into bed at the same time each night?

Or maybe you've made a habit out of eating something sweet before bed, avoiding the gym, and staying up as late as possible.

When it comes to your fitness, the two habits that define you are your **eating** and **exercise** habits. In fact, everyone that you know who is in great shape has dialed in these two important habits.

If you aren't happy with your body, then simply adjust your eating and exercise habits.

Here's how to adopt a habit:

1. Decide on the ONE habit that you would like to develop. It's tempting to pick up 3 or 4 healthy habits but choosing just one new habit is realistic and doable.

Here are some healthy habit ideas:

- Do not eat after 7pm each night.
 - Bring your lunch to work instead of eating fast food.
 - Exercise 4 times a week after work for 45 minutes each time.
 - Only eat fruits and veggies as your afternoon snack.
 - Get up early and exercise for an hour each morning.
 - Workout with me 3 times a week.
2. Write your new habit down on paper. Also include your 3 main motivators for developing this new habit, the obstacles you'll face, and your strategies for overcoming these obstacles.

Here's an example:

- My new habit is to work with a personal trainer 3 times each week.



► Ernest Ebanks

• My 3 main motivators are 1) to feel confident in my bathing suit this summer, 2) to have more energy, and 3) to fit into my skinny jeans.

• The obstacles I will face are 1) not having the energy to go to my session after work, 2) not having enough money to pay for sessions, and 3) not having my spouse's support.

• I will overcome these obstacles by 1) doing my workouts before work instead of after work, so I have more energy, 2) cutting down on frivolous spending to ensure that I can afford it, and 3) asking my spouse to join me so we can get in shape together.

3. Commit fully to your new habit, in a public way. This could mean posting it on social media, or simply announcing it at the dinner table. Put yourself in a position where you'll be embarrassed to give up on your new habit.

4. Keep track of your progress. You could keep a detailed journal or simply make a check mark on each calendar day that you successfully exercise your new habit.

Once your new habit becomes second nature, usually in about 30 days, feel free to add a second habit by going through the same steps.

I'd love for my fitness program to become your new healthy habit! Call Ernest at Body Shapers Fitness 325-8696 or email me now at bodyshaperscayman@gmail.com to reserve your spot. Now located at Caymanian Village, two doors from down Island Taste Patties. 🌱

POLICE NEWS

RCIPS Issues Reminder to the Public on Speeding and DUI Following Weekend Incidents, 17 September

Following multiple serious traffic collisions over the past few weeks, the RCIPS is issuing a warning and reminder to the public about the consequences of engaging in dangerous driving practices.

Officers have made seven arrests for DUI this past weekend, from Friday, 13 September to Sunday, 15 September. Four of the DUI arrests took place on Sunday night between 7:00PM and 12:00AM. Five of the arrests made came following traffic collisions, include the serious collision which took place in Bodden Town on Saturday night. Several of those arrested were tested and found to have a blood alcohol content of 0.170% and higher, with the highest being 0.236%, over twice the legal limit.

In addition, officers prosecuted 13 persons for speeding offenses during the past four days.

"Each motor vehicle collision is different in its own right," says Police Inspector Dwayne Jones, in charge of the

Traffic and Roads Policing Unit. "But I can unequivocally say that in most cases where there have been fatal collisions or those involving serious injuries, especially at night, driving under the influence of alcohol, speeding, and distracted driving (including using a mobile phone while driving) have been contributing factors. One of these factors is dangerous in and of itself, but a combination of any of these may be extremely lethal."

Speeding fines are calculated based on how fast above the speed limit the offender was travelling, with a charge of \$20 being levied for every single mile per hour above the speed limit. This means that, if caught travelling at



50 miles per hour in a 40 mile per hour zone, you will be charged \$200. This fine is doubled in school zones, so if caught doing 25 miles per hour in a 15 mile per hour school zone, you will be facing a fine of \$400.

On the other hand, being caught driving under the influence means you will lose your license for a minimum of one year.

"People are often shocked when they find themselves faced with a fine of several hundred dollars," Inspector Jones says. "However, these fines are easily avoidable if you simply follow the law. Pay attention to your speed and pay attention to the road signs so you know how fast you should be going, especially within

a school zone. Make a plan for getting home if you're going out drinking. Simply following these steps can save you significant unwanted expense, the inconvenience of losing your license, and maybe even help save a life." 🌱

Shot Fired on Selkirk Drive

Shortly after 11:00PM on Sunday, 15 September, officers responded to a report of shots fired at an address off Selkirk Drive, George Town, where an unknown person had fired a shot at the house. No one was injured in the incident. It is suspected that the culprit then fled the location in a vehicle.

The matter is currently under police investigation.

"Having two firearms incidents occurring on the same weekend is particularly concerning, and we are investigating both incidents thoroughly, in part to establish if there is any link between them," said Detective Superintendent

Peter Lansdown of the Criminal Investigations Department. "We urge members of the public to come forward if they have any information on either incident."

Anyone with information is asked to contact **George Town CID** at **949-4222**.

Anonymous tips can be provided directly to the RCIPS via our **Confidential Tip Line** at **949-7777**, or via our website <http://www.rcips.ky/submit-a-tip>. Tips can also be submitted anonymously via the Miami-based call centre of Crime Stoppers at **800-8477(TIPS)**, or online <https://www.tipsubmit.com/WebTips.aspx?AgencyID=681>. 🌱

Anti-Corruption Commission Statement

On 12 and 13 September 2019 Investigators from the Anti-Corruption Commission charged Mr.

Nick Smith and Mr. Dominic Dacres with the following:

Smith, Nick (a public official, aged 57 years from George Town)

One Count of Breach of Trust contrary to s.13 of the Anti-Corruption Law (2016 Revision); and Two counts of False Accounting, contrary to s.255(1)(b) of the Penal Code (2017 Revision).

Dacres, Dominic (a public official, aged 41 years from Spotts)

One count of Obtaining a Pecuniary Advantage by Deception contrary to s.248(c) of the Penal Code (2017 Revision).

Both persons have been further bailed to appear to appear in Summary Court on 24th September

As the matter is now before the Courts, the Commission will not provide any further comment

On Tuesday the Health Services Authority (HSA) advised that it has concluded its internal investigation into overtime claims and payments in the Authority's Security Department. They have confirmed that the Authority will now be taking next steps in the internal disciplinary proceedings.

As it is the policy of the HSA to not discuss HR matters in the public domain and as this now involves criminal proceedings initiated by the Office of the Anti-Corruption Commission (ACC), the Authority will provide no further public statement. The HSA will continue to assist the ACC as needed. 🌱

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
87° / 82°	86° / 82°	86° / 83°	87° / 82°	87° / 81°	87° / 81°	86° / 83°
Partly sunny, a quick shower	Partly sunny, a shower or two	A brief shower or two	A morning shower in places	Cloudy, a t-storm in spots	Cloudy	A couple of morning showers

HAVANA DAZE

By Mike Jarvis, London UK

Cuba is in for another phase of severe belt-tightening as a number of factors, some beyond its control, seem to be conspiring in a perfect storm of challenges facing communist Caribbean state.

The idyllic image of Cuba; steeped in history, tropical culture and its socialist revolution is about to be tested again.

This time it's the triple-whammy of an economic meltdown in Cuba's main energy supplier Venezuela; a re-tightening of an economic squeeze on the island by the Donald Trump administration in the US; and the knock-on effects on global oil supplies following a major attack on Saudi Arabian oilfields.

And although the looming economic squeeze is a scenario not unfamiliar to the average Cuban, the gravity of the situation this time is serious enough for country's president, Miguel Díaz-Canel, to warn of the possible return of large scale power outages, reduction in government services, and even rationing.

Already, reports from Havana this week tell of cutbacks to bus services in the country's rural eastern districts, a vital agricultural hub for tobacco, sugar and other crops.

Public transportation is a vital component of Cuba's social and economic fabric.

The attacks on Saudi Arabian oilfields and the resulting spike the price of oil on the world market will be particularly harsh on Cuba already facing an economic slowdown, despite its promising tourism sector.

Cuba retails its fuel at the second-lowest price in the world, next only to Venezuela, largely due to massive state subsidies and cheap oil from its regional socialist partner.

Whether either one can continue with this policy is left to be seen given their current individual challenges.

Cuba relies heavily on Venezuela for fuel supplies at very concessionary rates.

Venezuela has the world's largest oil reserves but in recent years it has been unable to fully exploit its potential due to internal political turmoil. Saudi Arabia supplies more than 10 per cent of global crude and is the world's largest oil exporter.

With fears that the developing crisis in the Middle East could escalate following the attacks on Saudi Arabia, the impact globally on oil prices will be severe. But for Cuba, it could be crippling.



The US has fingered Iran, an ally of Cuba, as a likely perpetrator of the attacks. Iran has denied the accusations.

Over the past six decades, Cuba has endured a trade embargo imposed by the United States.

Recent relaxations under the Obama administration have been unravelled by President Trump putting further pressure on the country's economy.

Prior to that, the collapse of Cuba's main ideological and economic benefactor the Soviet Union in 1991 had sent the communist Caribbean island into an economic tailspin.

The downward spiral was arrested with a respite in the form of petroleum largesse from then-Venezuelan president Hugo Chavez's socialist regime.

It gave Cuba the breathing space to secure vital energy supplies, look into its potential in the lucrative oil sector, and importantly, devote much attention to its tourism industry.

Once heavily America-focused in the pre-revolutionary days, Cuba has been widening its tourism appeal to a global market with much success.

But once again, the country is at an economic crossroad.

With Iran and Venezuela, two of Cuba's main allies firmly in the crosshairs of the Trump administration, and with President Trump already adopting a more aggressive stance towards Cuba (only 90 miles from Florida), the coming period will be particularly testing for the communist island.

What lies ahead will be the biggest challenge to date for President Miguel Díaz-Canel, the country's first 'post-Castro' leader, who took office just under a year and a half ago.

Could China be Cuba's new knight in shining armour...or even armoury'?

The two countries already have long-standing diplomatic and economic relations and China has been on a global outreach that shows no signs of slowing down.

MOMENTS OF INSPIRATION



THE OLIVE PRESS

If you visit the village of Capernaum beside the Sea of Galilee, you will find and exhibit of the ancient olive presses. Formed from Basalt rock, it consists of two parts: a base and a grinding wheel. It's in the process that the olives are rolled over and the precious oil is extracted.

On the night that our Lord was betrayed, Jesus went to the Mount of Olives overlooking the city of Jerusalem. There in the Garden of Gethsemane,

He prayed knowing what lay ahead. The word Gethsemane means, "place of the olive press," and this perfectly describes the first crushing hours of His sufferings ON OUR BEHALF.

Jesus Christ, The Son of God, suffered mercifully to take away "our sins," and restore our broken relationship with the Father. Surely He took all the pain, agony, shame and insults just so that you can be free. Would you accept Him today? 🙏

NEVER FORSAKEN

Russian writer Fyodor Dostoyevsky said, "The degree of civilization in a society can be judged by entering its prisons." In an online article investigating the top 8 Deadliest Prisons in the World, in one of them all prisoners were held in solitary confinement. We are intended to live and relate to one another in communities. Therefore, solitary confinement is truly harsh.

Solitary confinement is the said agony our Lord suffered when He

was forsaken on the Cross. Matthew 27:46 He cried, "Eli, Eli, Lama sabachthani." Translated this means, "My God, my God, why hast thou forsaken me? As he suffered and died under the burden of our sins, he has promised us, "I will never leave you nor forsake even to the end of the age."

Jesus endured solitary confinement so to speak so that we can never be alone nor abandoned. 🙏

GOD'S WAY

We really need to hear from God. These times in which we are living are perilous. Each day we live there's some news that's depressing. If it's not war, it's famine or pestilence, earthquakes and hurricanes. Not to mention political immorality and the spate of current complicit Christianity.

In the Book of Numbers we have the account of the Kohathites. The sons of Kohath had to trudge along with the, "holy things for which they were responsible." Did they ever grumble

inwardly, feeling that the other priests had an easier task. Maybe or maybe not. You see God knows some things are too precious to carry on carts, so He asks for them to be carried on our shoulders.

God has different plans and roles for each of us. We may feel others have an easier assignment than ours. Or we feel theirs is more glamorous. But if our loving Father has handpicked us for our task, who are we to whisper, "I can't do this?" 🙏

A note to our clients

Interest Rates Adjustments on USD Credit Facilities

Effective 20 September, 2019, CIBC FirstCaribbean will amend its KYD and USD Prime Rates from 5.25% to 5.00%.

This amendment is in response to the decrease in the US Federal Funds rate announced by the Federal Reserve Open Market Committee in the United States on 18 September, 2019.

Should you have any queries speak with your Branch or Relationship Manager.



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OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Linda R. Barlow, who died peacefully in her sleep at home on Thursday, August 29, 2019.

A Memorial Service will be held at Elmslie Memorial United Church, on Saturday, September 21, 2019 at 1:00 p.m. We invite Linda's friends and admirers to make a donation to Hospice instead of bringing flowers to the service.



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Ms. Sharlene Minzett, who passed away on Monday, September 16, 2019.

Details of a Thanksgiving Service will be announced at a later date.



Condolences can be registered at churchillsfuneralhome.com

GLOBAL NEWS BRIEFS

Canada benefits from 'America First'

Canada is benefiting from the Trump administration's "America First" policy because China is buying more agricultural products from Canadian farmers instead.

The theory behind the "America First" trade and immigration restrictions is that they are good for America. However, after nearly three years it's become clear the country such policies are helping is Canada, not the United States.

China stopped buying agricultural products from US farmers in retaliation for the Trump administration imposing tariffs on imports from China. According to a U.S. Department of Agriculture report: "Canada's share of total Chinese imports of wheat has rocketed above 60 percent in 2018-19, up from 32 percent in 2017-18, as US wheat exports to China have plunged."

"Losing the world's most populous country as an export market has been



► Canadian farmers are doing more trade with China

a major blow to the US agriculture industry," reports the New York Times. "Total American agricultural exports to China were \$24 billion in 2014 and fell to \$9.1 billion last year, according to the American Farm Bureau." US exports of soybeans to China declined nearly 60% between 2018 and 2019, reports the U.S. Department of Agriculture.

The Trump tariffs have also harmed American consumers and inflicted high economic costs on the US economy. China has also increased its export tariffs to the US. 🌐

Philippines gets more female pilots

The Philippines' largest flight school is recruiting more women into the cockpit to help meet a shortage of pilots in Asia.

At Alpha Aviation Group's campus in Pampanga province north of the capital, Manila, one in five of its 550 students each year are women, whereas only about three percent of the world's pilots are female, founder Bhanu Choudhrie said.

Mr Choudhrie said the group holds recruitment programs at universities and invites female pilots to give career talks to students to encourage more women to apply. These initiatives aim to dispel the notion in the Philippines that only men can apply to flight school.

Asia will require 266,000 more pilots by 2038, a third of the global shortage, as travel booms faster in the region than anywhere else. Understaffed airlines in the region have already been forced to cut flights due to



► Filipino women pilots are on the increase

the shortage. Some local carriers are setting up their own academies to produce more pilots.

Given widespread usage of English in the Philippines, the country is well placed to cater to regional low-cost carriers, which are now required by regulators to train their pilots in the language. The school already trains pilots for local carriers, as well as VietJet Air and AirAsia India.

The rise of low-cost carriers, which mostly fly short-haul flights within the region, also makes a career as a pilot more attractive for women who don't want to be away from home for long periods. 🌐

President's cousin on drug charge

A cousin of the Honduran president has been charged by United States prosecutors for his alleged role in a scheme to import multi-ton loads of cocaine into the US.

Mauricio Hernandez Pineda, who previously served as a high-ranking official in the country's national police force, participated in and supported the drug-trafficking activities of, among others, his cousin Juan Antonio Hernandez Alvarado, the younger brother of Honduran President Juan Orlando Hernandez, prosecutors said. The younger Hernandez, himself a former lawmaker pleaded not guilty and is awaiting trial on drugs and weapons charges in the same case. His trial is scheduled to start Oct. 2.

Juan Orlando Hernandez, who was implicated in his brother's case by US prosecutors in a court filing, has "categorically denied" the allegations against him. The swirl of allegations has undermined his self-created image of a crime fighter. Thousands protested against him in August in the wake of the US allegations, clashing with riot police.

The indictment of Hernandez Pineda marks the latest escalation in US investigations of drug trafficking



► Mauricio Hernandez Pineda is accused of drug trafficking

through Honduras, which is seen as a transit country for cocaine bound for the US. The case was covered in Honduran media. Juan Antonio Hernandez Alvarado's lawyer claims his client denies a relation to Hernandez Pineda. Court records filed in the case say they are cousins.

Hernandez Pineda provided armed security, including individuals carrying machine guns, for multi-ton cocaine shipments sent through Honduras, US prosecutors said. And he provided co-conspirators with sensitive law enforcement information concerning planned operations so they could evade detection, prosecutors said. Hernandez Pineda received hundreds of thousands of dollars in drug proceeds for his efforts, according to prosecutors. 🌐

Cuban gas shortage worsens

Cubans are queuing for hours for public transport at peak times in Havana, sweating in the heavy heat, while queues at gas stations snake several blocks long, as a fuel shortage that the government blames on US sanctions worsens.

Inspectors flagged down workers with state cars or trucks to get them to pick others up after President Miguel Diaz-Canel's exhortation for Cubans to show solidarity in these times of crisis and everyone do their bit to improve fuel efficiency.

He warned Cubans on Wednesday on state television of difficult times ahead as US attempts to block fuel shipments to Cuba mean there is less diesel than usual available this month.

The government has agreed a series of measures to ensure basic services, he said. Some energy-intensive invest-

ments would be postponed, some train and bus services would be suspended and those who could work from home should.

The crisis should only be temporary though, he assured, with shipments for October guaranteed. "The transport situation is getting ugly, even if the state says it is only temporary," said Alexei Perez Recio, 55, who was fixing up a bicycle he had not used since the economic depression in Cuba following the fall of former benefactor the Soviet Union when public transport collapsed. "I have to have my bike ready."

The Communist government has assured Cubans this is not a return to those dark days as the economy is more diverse now, having opened to tourism and foreign investment, and developed its own oil industry. 🌐



► Cuba's gas crisis is worsening

Defiant Maduro returns to congress

Venezuela President Nicolás Maduro's Socialist Party announced on Monday that its lawmakers are taking back their seats in congress after a three-year boycott, targeting the power base of the president's chief rival.

The congress is led by Juan Guaidó, who in January claimed to be the country's rightful president, and it is the only governing body not under Mr. Maduro's control.

The re-entry of the Socialist legislators threatens not only the independence of congress but also the platform Mr. Guaidó has used to build his legitimacy domestically and internationally as he challenges Mr. Maduro's presidency.

The ruling party's announcement is the latest step in an increasingly complex nine-month political struggle between the two leaders. While Mr. Maduro retains control of the military and the government bureaucracy, Mr. Guaidó draws on popular support and recognition from the United States and around 60 other countries.

Mr. Guaidó's attempts to unseat the president this year through mass pro-



► President Nicolas Maduro feels unstoppable again

tests, military defections, American sanctions and mediated talks have run up against the government's brutal repression and skilful political manoeuvring, resulting in a tense impasse. Sensing weakness, Mr. Maduro has now gone on the offensive.

On Monday, Mr. Maduro's main negotiator and political adviser, Jorge Rodríguez, signed what he called a "peace deal" with several minor opposition parties outside of Mr. Guaidó's coalition. Under the deal, 55 of its allied lawmakers will retake seats in congress, reform the electoral council and release some political prisoners. 🌐

Crisis as UK kids join drugs gangs

The scale of children as young as 7 involved in the drugs trade in the UK is soaring to an alarming rate.

In 2017-18, 8,650 assessments by children's services in England noted young people as being vulnerable with gangs identified as an issue.

Ministers of Parliament, academics and charities described the findings as shocking, saying the rise of organised criminal groups which use children to traffic and then sell drugs from inner-city areas to provincial towns, known as "county lines", was a key factor in the surge.

Separately, analysis found the number of times children were assessed as vulnerable because of having gone missing also soared in the same time period, from 8,850 to 16,070. This is also considered a major feature of the county lines drug crisis.

Simon Harding, an associate professor of criminology at the University



► Children are getting more involved in the UK drugs trade

of West London, said the figures were very worrying. He said he had interviewed children making over \$1,000 a week, or even as much as \$1,000 in a single day. "That is an enormous amount of money. It gives them a great deal of freedom, or at least these young people think it does.

"In reality it does not, as frequently they will be quite controlled - but they can be involved in a line for a year or two and then step out and run their own line and employ their own kids to do it. The learning here is very fast." 🌐

Kid Fati is set for greatness

Barcelona have unearthed the next superstar youngster. On Saturday he scored a goal and made an assist. He looked sensational. He was fantastic. Ansu Fati is his name. And he is only 16!

Fati has made such an immediate impact that only a couple of weeks ago, few football people in Spain had even heard of him.

But the wonder kid has been thrust into the limelight after making history on Saturday, becoming the youngest player in La Liga history to register a goal and an assist in the same game.

Even more impressively, he needed only seven minutes to do so in his team's 5-2 demolition of Valencia. Just 110 seconds had elapsed when he opened the scoring by meeting Frenkie de Jong's low cross with a confident strike from

12 yards. Five minutes later, he returned the favour by weaving his way into the box and picking out a precise pass for De Jong to convert.

Fati then continued to thrill the 80,000 Nou Camp crowd with a series of skilful thrusts down the left wing, coming close to more goals and announcing his potential for greatness.

Fati turns 17 next month. He was born in Guinea-Bissau and spent the first six years of his life in the African country before moving to Herrera, a tiny town in southern Spain, after his father Bori - a former semi-professional footballer in Guinea-Bissau - found work as a driver for the town's mayor.

At first, Ansu was outshone by his elder brother Braima, who was signed by Sevilla's academy. But Ansu joined him before long, and by 2010 his dribbling and shooting talents had attracted serious interest from Spain's big guns.

According to Bori, the best financial offer came from Real Madrid, but Barcelona made more effort, with then-academy director Albert Puig (now at New York City FC) making a personal visit to the family home to state the Catalan club's case. Barca also offered residency within their famed La Masia youth complex, so the Fati family headed to Barcelona.

Braima and Ansu - who were later joined at La Masia by younger brother Miguel -

continued to impress, although they were temporarily side-lined in 2014 following Barca's transfer ban for breaking FIFA regulations on signing young players from overseas, although the Fati brothers met the criteria.

Ansu had another setback in 2015, suffering a broken leg, but he bounced back, and last season was one of the stars of the UEFA Youth League, scoring twice in the semi-final against Chelsea but seeing his team knocked out on penalties.

His goal-laden performances for the youth team were also rewarded with a solitary call-up for the club's reserve team, which competes in Spain's third-tier Segunda B Division. His pro debut, in March, came as an unused substitute in Barca B's 1-0 victory at Ebro in front of a couple of hundred spectators.

Fati wasn't even considered for selection in Barca's season opener against Athletic Bilbao, but when that game resulted in Luis Suarez and Ousmane Dembele suffering injuries, joining skipper Lionel Messi on the side-lines, manager Ernesto Valverde was suddenly left with a serious shortage of attacking options and called Fati into the squad for the home opener against Real Betis.

Precocious performances and injuries to senior players meant Fati received another promotion for Saturday's visit of Valencia, being elevated into the starting line-up for the first time.



► Ansu Fati is a sensation at 16

Despite the teenager's stellar start to the campaign, Barca's first-choice forward line this season is Messi, Suarez and Antoine Griezmann, and the most Fati can hope to achieve is competing with Dembele as first-choice back-up.

More immediately, though, Fati could shine on the international stage as the Spanish federation is rushing through the necessary paperwork to allow him to represent the country in the forthcoming FIFA Under-17 World Cup in Brazil in October and November. 🌐



► Ousmane Dembele is competing with Fati for a place

Gayle is a force again

Caribbean Premier League games were held in Kingston and Basseterre last week with new highs reached and the competition's traditional superpowers extending their dominance.

Entering the week, 226 - made by St Lucia Stars last season - was the CPL record for the highest team total. It was soon smashed twice.

Chris Gayle's 162-run stand with Chadwick Walton - a CPL record - lifted Jamaica Tallawahs to 241 on Tuesday, but St Kitts and Nevis Patriots rode on Evin Lewis' 17-ball fifty - another CPL record - to chase it down with seven balls to spare. Devon Thomas contributed to a Patriots win with 71 and the 37 sixes struck by the two sides were the joint-most in a T20 game.

Then Trinbago Knight Riders hammered 267 against Tallawahs, batting first, snatching the CPL record on the way to posting the highest total in the history of franchise cricket. Colin Munro struck 96 in 50 balls and Lendl Simmons made 86 as Knight Riders smashed 171 runs in the final ten overs. In response, Tallawahs made a valiant 226 for 5, but suffered their fourth straight loss of the season.

There were other concerns for Tallawahs. Andre Russell played no part against St Lucia Zouks after retiring hurt following a blow to his helmet, and was forced to miss Tallawahs' next game too. A win later in the week



► Chris Gayle has found his big hitting form again

earned Tallawahs their first points, but they remain last on the points table. Knight Riders were unbeaten after four games, tied at the top with Guyana Amazon Warriors.

With four of the seven games being played in Basseterre, Patriots had the opportunity to consolidate their position in week two, but they lost half their matches. Patriots failed to ride on the momentum of chasing down 241, losing to Barbados Tridents by 18 runs on Wednesday. Then Patriots were bowled out for 121 against the unbeaten Amazon Warriors as their opponents chased their target down with 25 balls to spare. But Patriots made up for that by defeating Zouks with 31 balls to spare, courtesy of another Evin Lewis half-century. Patriots discovered fast bowler Akeem Jordan, whose four-wicket haul on CPL debut restricted Zouks to only 138. 🌐

Green: Props to LeBron for paving the way

NBA players today have more power and control over their own careers than ever before, and Los Angeles Lakers All-Star forward LeBron James is a big reason for that, according to Draymond Green. Green said that James has paved the way for players to assert control and make the moves that they want to make.

"You know, with what LeBron's done in his career that's kind of shown everybody else the power that you have as a player," the Golden State Warriors All-Star forward said.

"We've taken control of our destiny. And I think a lot of people hate that,

but I think that's one of - you know, everybody celebrates LeBron for his basketball career and the things he's been able to accomplish. I think the doors that he's opened for athletes and especially basketball players is his biggest accomplishment."

Meanwhile, Spain have captured their second Basketball World Cup, defeating Argentina 95-75 on Sunday. In the bronze medal match, France beat Australia 67-59. France caused the upset of the tournament when they beat the reigning champions, USA, in the quarter-finals. 🌐



► Draymond Green is grateful to LeBron James

Mahomes is most impressive QB

Patrick Mahomes is not resting on his MVP laurels from last season and looks even better this year than last season.

Last year, the Kansas City Chiefs passer was brilliant throughout. Through two games in 2018, Mahomes accumulated 38 completions on 55 attempts (69.1 percent) for 582 passing yards (10.6 yards per attempt), a whopping 10 touchdowns, and zero interceptions. Mahomes won MVP and the top-seeded Chiefs narrowly lost to the Patriots in the AFC championship game.

This season, Mahomes is magnificent again. After two games he has completed 55 of his 77 attempts (71.4 percent) for 821 yards, seven touchdowns, and zero interceptions. That's a shade better than 10.6 yards per attempt on significantly higher volume. If Mahomes maintains this pace, he'll smash the NFL record of 5,477 yards.

Meanwhile, two of the NFL's highest-profile quarterbacks will miss significant playing time through injury. The Pittsburgh Steelers have lost Ben Roeth-

lisberger for the rest of the season with an elbow injury, while the New Orleans Saints are expected to be without Drew Brees for at least six weeks.

Roethlisberger will undergo surgery on his right elbow and be placed on injured reserve, ending the 37-year-old's 16th season just two weeks in. He injured the arm late in the second quarter of Sunday's 28-26 loss to Seattle. He did not play in the second half, watching from the side line as backup Mason Rudolph took over.

Meanwhile, Brees is believed to have torn a ligament in his throwing hand during Sunday's loss to the Los Angeles Rams. He has missed only one full game because of an injury in his previous 13 seasons with New Orleans.

Brees is the NFL's all-time leader in completions with 6,621 and yards passing with 74,845. His 522 touchdowns tie him for second all-time with New England's Tom Brady, 17 behind retired former Indianapolis Colts and Denver Broncos quarterback Peyton Manning.



► Patrick Mahomes has the best QB stats so far

The Saints are practicing this week in the Seattle area before playing the Seahawks on Sunday.

Teddy Bridgewater, who returned this season on a one-year, free-agent deal, is the primary backup. 🌐

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 40 Dome-shaped
 - 1 Deep cut
 - 5 Temple home scroll
 - 10 Inventor Howe
 - 12 Stand members
 - 13 Fix
 - 15 Road-house
 - 16 2016 Olympics host
 - 17 Up to, briefly
 - 18 Brewing item
 - 20 Naked
 - 21 Sleepy mammal
 - 22 Previously owned
 - 23 Well-dressed
 - 25 Forbidden
 - 28 Very thin
 - 31 Rams' mates
 - 32 Made money
 - 34 Teachers' org.
 - 35 Ready to go
 - 36 1040 filer's asst.
 - 37 Some adult education

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

Yesterday's answer

- DOWN**
- 1 "Understand?"
 - 2 Flared dresses
 - 3 Wave or wink
 - 4 Derisive cry
 - 5 Folded food
 - 6 Hockey's Bobby
 - 7 Lassos
 - 8 Have hopes
 - 9 Was an obedient dog
 - 11 Layers
 - 14 Acts the tourist
 - 19 Worker's reward
 - 20 Store patron
 - 24 Fix a roof
 - 25 Court sport
 - 26 "Anchors —"
 - 27 Snoopy, for one
 - 29 Concert bonus
 - 30 Rest
 - 33 Valleys
 - 35 Terminate
 - 38 Garden tool
 - 39 Scorching

SUDOKU

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

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★

9/06

Answer to previous puzzle

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

Difficulty Level ★★★

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- 25 Forbidden
- 28 Very thin
- 31 Rams' mates
- 32 Made money
- 34 Teachers' org.
- 35 Ready to go
- 36 1040 filer's asst.
- 37 Some adult education

1	2	3	4		5	6	7	8	9
10				11		12			
13					14				
15				16				17	
18				19			20		
	21						22		
				23			24		
25	26	27				28		29	30
31						32			33
34				35				36	
37				38				39	
40									
						41			
42									
									43

10-16

Word Search

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

- Beach
- Bikini
- Burn
- Crab
- Hats
- Ice cream
- Jellyfish
- Lobster
- Pool
- Resort
- Sandals
- Shorts
- Sun block
- Sunglasses
- Sunset
- Surf
- Sweat
- Swimsuit
- Tan
- Towels
- Umbrella
- Vacation
- Volleyball
- Water ski

Have fun with
**CAYMANIAN
TIMES**

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

CURTIS

By Ray Billingsley

HEY, A PUZZLE ON A SMALL SCREEN!

NO PIECES TO LOSE, NO LONG HOURS AGONIZING WHAT GOES WHERE, NO BICKERING AMONG THE FAMILY, NO BLEARY EYES STARING AT IT....

ALL THE THINGS THAT MADE PUZZLES FUN!

THE AMAZING SPIDER-MAN

By Stan Lee

WE SHOULD'VE TRIED TO GET FARTHER WITH THESE JETS, CLAW.

NO, FISK! NO MORE FLEEING FROM OUR COSTUMED FOES!

HERE WE STAND—UNTIL THEY LIE LIFELESS AT OUR FEET!

POINT TAKEN!

JUDGE PARKER

By Woody Wilson & Mike Manley

TUNE IN TONIGHT AT 11 FOR MORE ON THE RUSSIAN SCANDAL...

TONI!

I KEEP TELLING YOU, CHARLOTTE. TONI'S NOT COMING BACK.

MARCIANO & MANLEY 10/16

Caymanian Times



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