

# T Caymanian Times

Friday, September 13, 2019

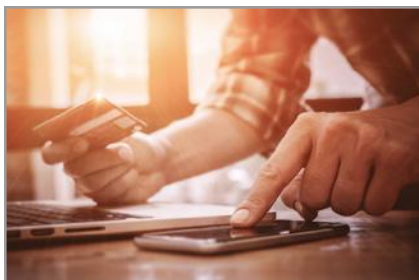
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Cayman beats Barbados in tight game

# A Passport to Success



► Catalinna Hernandez received a "Most Resourceful" award from Hon. Austin Harris and Jeremy Scott

By Christopher Tobutt

It was a historic landmark in Passport2Success' history. Cohort 27, a group of nine special needs clients graduated side-by-side with Cohort 28, ten young people who are all young

people between the ages of 15 and 17. After speeches from the course facilitators, and many positive reflections too on what the course, which is designed to prepare young adults with the skills they will need to be successful in the workplace, had meant to each partici-

part, the graduation certificates, were presented. In addition, special awards and prizes were presented to those participants who had excelled in a particular area.

... Continued story on page A3

## Walkers celebrates training milestone

By Christopher Tobutt

Walkers recently celebrated a major milestone, "50 and Counting," that is, 50 articulated clerks who have passed through the law firm's legal training programme to the Cayman Islands Bar. The gathering on the second floor

of the Elgin Avenue office building was full of distinguished people who have passed through the programme including politicians, senior civil servants, alongside judges, and business leaders. There were, of course some

... Continued story on page A6



► "50 and counting" just some of the faces of people who have gone through Walker's training programme

## RCIPS Helicopter Continues Deployment in The Bahamas



The RCIPS helicopter will continue its deployment in The Bahamas in support of the relief effort following Hurricane Dorian. The extension request has come from the Bahamian Government who have been very appreciative of Cayman's support. The extension has been approved by His Excellency the Governor Martyn Roper and the Honourable Premier Alden McLaughlin.

The aircraft deployed last week with two crews (two pilots - Nigel Pitt and Richard Morcombe and four tactical

... Continued story on page A4

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# EDITORIAL

## A boom for whom?

As you make your way across Grand Cayman, there seems to be a construction boom, with development taking place across the island.

Whenever ground is broken on one of these projects, there's often the talk about the stimulus to the economy and how many jobs will be created.

There's no denying that there is benefit to the economy. But the question begs: who are those who feel the real benefits?

Often times, developers get concessions that include government waiving fees that they would have collected, as an incentive to those financing the project to ensure shovels go into the ground.

"X number of jobs will be created over x years" is often the proclamation by developer and politician. Are these new jobs of just providing continuity of work for those in the construction sector? There's nothing wrong with that but is it fair to say that jobs are being "created"?

Also, despite the warning signs about threats to Cayman's top economic sec-



tor, tonnes of cement are being poured as projects across the island continue to move in sync with government's desire for population growth.

Who will occupy these places? Many of the units in some of these residential properties carry price tags of seven figures, leaving the average Caymanian knowing that they're unlikely ever to set foot inside unless as a guest or a service provider.

Development is a plus in any economy, but many are left to wonder if with this boom that's underway, if they'll ever feel the real benefits or be priced out of their own paradise.

# COMMUNITY NOTICE

## DVDL Offices to Close on September 18

The Department of Vehicle and Drivers' Licensing (DVDL) wishes to advise the public that all its offices will be closed on **Wednesday, September 18, 2019**, to facilitate a staff meeting, training and team building exercises.

All offices of DVDL will resume business as usual on Thursday, September 19, 2019.

Members of the public are also reminded that they can renew their vehicle's licence online via DVDL's website at [www.dvdl.gov.ky](http://www.dvdl.gov.ky) or through the e-services portal [www.eservices.gov.ky](http://www.eservices.gov.ky).



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# COMMUNITY NOTICE

## Elections Office Update

Keep up to date on the Cruise Port Referendum signature verification

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# of Elector Signatures Submitted for Verification*	# of Verification Forms Received	# of Signatures Remaining to be Verified	# of Verification Forms Remaining to Reach 5,292**	% of the Required 5,292** Signatures Received	Date & Time of Last Update of Verified Count
5,862	5,239	623	56	99.0%	Sep 9th, 11am

\*5,438 submitted June 12th + 199 submitted July 11th + 26 submitted August 5th + 78 submitted August 15th + 54 submitted August 28th + 33 submitted September 6th + 21 submitted on September 7th + 13 submitted on September 8th

\*\*Constitutionally required 25% of the 21,116 registered electors = 5,292



► Elections Office Update on Current Verification Process 10 Sep

# POLICE NEWS

## Motorcycle Collision on West Bay Road

Shortly after 10:00PM on Sunday, 8 September, officers responded to a report of a single-vehicle collision on West Bay Road east of Willie Farrington Drive, West Bay. A male motorcycle rider had been travelling along West Bay Road when he lost control of the motorcycle and left

the roadway, sustaining serious injuries. Emergency services attended the location and the man was transported by ambulance to the Cayman Islands Hospital, where he remains in critical condition.

The matter is currently under investigation.

## Woman Found Unresponsive in George Town

Police were at a scene at an address off Owen Roberts Drive in George Town, where a woman was found un-

responsive early on Monday. The matter is currently under police investigation.

## Fatal Collision update

Police have confirmed the identities of the victims in Saturday's fatal traffic collision. They are, Mr. Lopez George Higgins, age 26, and Ms. Charlisa Titanaya Chambers, age 27, both Jamaican nationals living in Cayman.

The RCIPS extends its condolences to the families of the deceased.

### Original Release

Police responded to a serious two-vehicle collision occurred on the morning of Saturday, 7 September, in East End. The two occupants of one vehicle have been confirmed dead while the driver of the other was not injured.

The serious two-vehicle collision which occurred shortly after 3:00 on Saturday was on Sea View Road in the vicinity of High Rock Drive, in East End, and involved a car and a truck. The two occupants of the car where found unresponsive and the driver of the truck was not injured.



The Department of Environmental Health later confirmed that one of its vehicles was involved in that fatal accident.

The department is assisting the RCIPS with their enquiry and will make no further comment while the investigation is ongoing.

The Ministry of Health and the Department of Environmental Health extended condolences to the families of the deceased.

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## Caymanian Times

Issue # 427

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► Matthew Javier was "Fastest Worker" awardee



► Lee Ebanks was "Best Dressed"

# Historic double graduation of Passport2success

... Continued story from page A1

Cohort 27 awards were: Top Male, Darin Conolly; Top Female, Vanessa Williams; Most Improved: Kanza Bodden; Most Helpful: John White; Most Pleasant attitude: Arley Swaby; Best Dressed: Lee Ebanks; Fastest Worker: Matthew Javier; Most Independent: Jordan Scott (who had also got a job with the cinema) and Most Confident: Krysten Martin.

Cohort 28 awards were: Top Male: Julius Smith; Top Female: Keyona Hanson; Most Consistent: Ariella Jackson; Most Improved: Roberta Christian; Rising Star: Keanu McKenzie; Best Dressed: Dante Thompson; Most Pleasant Personality: Brente Bodden; Perfect Attendance: Marlon Bodden; Leadership Award: Jasmin Christian; and Most Resourceful: Catalinna Hernandez.

Michael Ebanks, Acting Chief Officer, Ministry of Employment and Border Control, had a word to say about helping others find the fire of purpose in their lives: said "You are role models and am-

bassadors, undoubtedly, but are you 'igniters?' We all have a fire, whether it is lit yet or not...be an igniter of that fire in those around you. What good is it having a belly if there is no fire in it?"

Shannon Seymour, Director of the Wellness Centre spoke about the value of the 8-week course, and how it really helps young people gain employment. "We identify barriers to employment," she said, "and try to understand the roots of those barriers" Ms Seymour described the way the course enables young people to explore areas where they can address issues, whether to do with workplace relationships, attitudes, or skill sets, which have the potential to hold them back. Exhorting employers to she said: "We can hire someone with a disability...yes we can!"

During the Reflections sessions, Julius Smith of Cohort 28 said: "We were helped to come out of our comfort-zone." Matthew Javier, Kanza Bodden, Krysten Martin, John White, Keanu McKenzie, and Arley Swaby warmed

everyone's heart with a wonderful song: "How Far I'll Go." Catalinna Hernandez from Cohort 28 sang a song, too, entitled "The greatest love."

Kanza Bodden of Cohort 27 gave plenty of thoughtful reflections, "thank you for the opportunity to learn so many new things...I will miss all my buddies," she said. "Thank you for teaching me everything...Thank you all for coming

here this afternoon. I hope you all have a lovely day." But there was another treat in store too, as she sang the song, "This is me."

Keyona Hanson of Cohort 28 said: "This summer I had a different mindset; to be successful, you have to go out and get it - it will not come to you." There was only one regret about completing the 12-week programme: "I wish it was longer," she said. 🌐



► Krysten Martin receives the "Most Confident" award from MLA Barbara Conolly



► Jordan Scott received an award for "Most Independent" from MLA Barbara Conolly



► Kanza Bodden sang the song, "This is me"

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# RCIPS Helicopter Continues Deployment in The Bahamas

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flight officers - Neil Mohammed, Ronnie Pollard, Greg Banks Jr and Daniel McIlhagga. And joining the RCIPS Air Ops crew today (Monday 9 September) is a new pilot Captain Elaine Hunter who will deploy to The Bahamas on her first week in the role.

The helicopter, which is based in Nassau, is supporting humanitarian efforts taking multiple daily flights to the effected islands of Abaco and Grand Bahama. The two crews are working around the clock going back and forth to the islands in support of the relief effort. The crew have been tasked with various medevacs of injured people, transporting essential specialists and carrying vital equipment. As of Sunday the H145 helicopter had flown 21 flights in 3 days.

The RCIPS Air Operations Team have been working alongside RFA Mounts Bay in their relief efforts. The two teams meet each year to plan for disasters such as this. Now on day four of the deployment, the helicopter crew have been tasked with supporting the UK. This will include transfer of personnel, blood and medical supplies. Lord Ahmad of Wimbledon, who visited the Islands at the end of June and accompanied the Air Ops Unit on a training exercise with RFA Mounts Bay's Wildcat helicopter,



sent thanks to the RCIPS crew via social media. The Foreign Secretary, Dominic Raab, also updated Parliament today on how the UK is helping The Bahamas and highlighted that the Cayman helicopter had been deployed.

The Governor said: "The RCIPS helicopter crew are working tirelessly in the aftermath of Hurricane Dorian. By extending the deployment Cayman will be able to support the relief effort in The Bahamas further. The Air Operations Unit and RFA Mounts Bay trained together this year and we can now see how vital such exercises are. I'd like to thank all the crew for their efforts in what must be an extremely difficult environment."

The Premier Alden McLaughlin added: "As we approach the 15th anniversary of

Ivan this Wednesday many of us will remember the support we were offered by our Caribbean brothers and sisters during our time of need. The images we are seeing following Dorian will bring back many memories of not just Ivan but also Hurricane Paloma that impacted Cayman Brac in November 2008. We stand ready to offer the Bahamians further support if required."

Neil Mohammed, Tactical Flight Officer commented on the tasking of the crew so far:

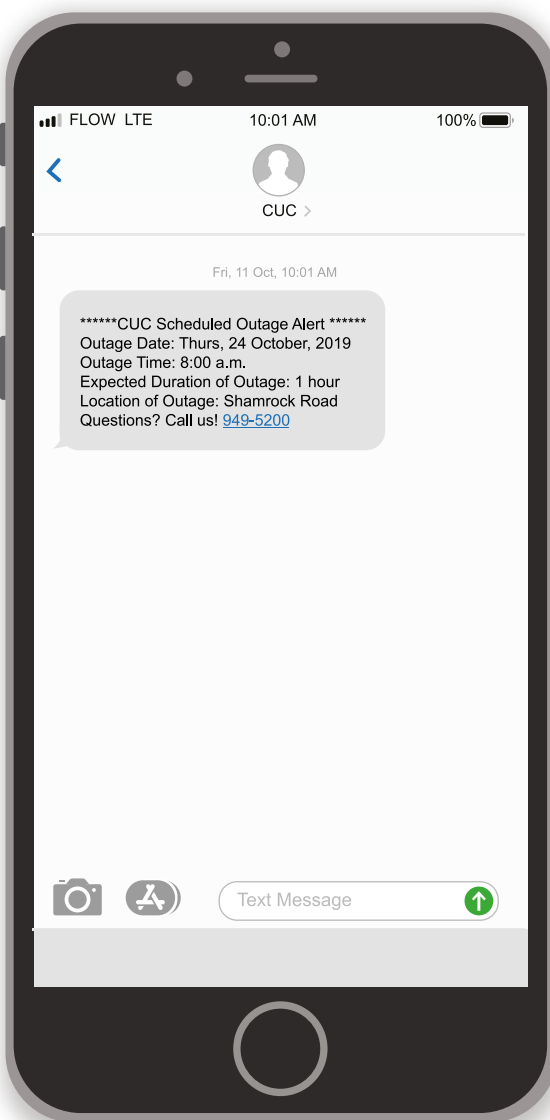
"We deployed very quickly into the field delivering supplies and specialists. On Sunday we took six flights to Abaco, extending from Marsh Harbour to Coopers Town. The Air Ops crew transported United Nations specialists to assess humanitarian aid requirements. We delivered specialist technicians to start recovering the hospital on Abaco. And we

have been evacuating displaced people, including on one flight, two babies who were evacuated to Nassau. There's still so much more we can do."

The crew has now been joined by their Arrow Aviation engineer, Alex Bordelon who arrived on Saturday and will be carrying out preventative maintenance checks during the deployment.



## 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).**

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# Groundbreaking at Indigo Bay

By Christopher Tobutt

Indigo Bay is the name of a new, high quality development of town houses on opposite side of the road from Grand Harbour, in South Sound. Saturday marked the ground-breaking, when the new development officially began being built. David Nelson, President of Indigo Bay Development Ltd., said: "We will be building 29 town houses, and we have 520 feet of ocean front on South Sound. Between here and the edge of the reef it's only about 6 foot deep, so it's really like having your own saltwater swimming pool. It's ideal for Kayaking and paddle-boarding."



► Eric and Robyn Fell are looking forward to their new home

Anybody who was here during the nightmare of Hurricane Ivan will know very well that the most frightening thing wasn't the wind, it was the ocean surge, estimated at between eight to ten feet at the time, and the huge, relentless waves which destroyed condo developments not more than two miles to the east. Well, the new developers have thought of that: "The new homes are going to be built between 11 and 12 feet above sea level," Mr. Nelson said. The new homes will sit on as stem walls, so that their ground-floor will be high-and-dry, should disaster strike. Each of the houses is going to be between 2,100 and 2,712 square feet. They will have two floors and three bedrooms each. Each home will be equipped with solar panels. "I would anticipate each home will be 80 or 90 percent self-sufficient," Mr. Nelson said, and each parking space will be equipped with wiring for electric car battery recharging. Each of the new houses is being sold at prices beginning around 1.2 Million US dollars.

These are long-term homes, where a young family can grow. Eric Fell and his wife Robyn are buying one of the new houses. "Right now, lots of developments in Cayman are condo-style. But we are a young family of 4, and we didn't want to be going up to



► Ground breaking from left to Right: Neil Armstrong, President of Clan Construction Ltd; David Nelson, President of Indigo Bay Development Ltd.; Roy McTaggart, David Spence Project Manager, Thomas Bolas, President of BOLAS Engineering; Pedro Theye, Architect, Elegant Design Build LLC

the second or third floor, for our entry. At the moment we are living at Pirates Lair, and we are outgrowing it," Eric said. "I think the green space sold me, more than anything," Robyn said. It's a lot of green space for a development like this; roughly a third of the overall area. There is also going to be a 150-foot dock, with a nice roomy gazebo at the end of

it. That should be just fine for watching the sunset. "We are going to make use of that every single day," Eric said. "Paddle boarding, snorkeling, lounging. Our children already love the water. Our oldest is almost swimming, and our two year old is starting to learn, so by the time this is ready they'll be swimming."

The expected completion-date for Phase One is going to be in March 2021. There were quite a lot few of children at the event, and there were lots of paddle-boards for them to try out. Alex Goulden still hasn't quite made up his mind about whether or not to buy one of the new homes, but was there with his 11-year old son, Christian, who had already been out on a paddle-board. "I'm thinking seriously about it - probably one of the smaller ones," he said. "I like the proximity to all the amenities of Grand Harbour, and the view of South Sound and the view of the reef. I've been snorkeling out here, and it's lovely. I grew up in Grand Cayman, and I used to come here, with my dad in a little aluminum boat, so I know it very well."

Hon. Roy McTaggart Minister of Finance and Economic Development also shared some fond memories of coming around here as a boy. "It's a high quality development if you look around and see what's happening in Grand Harbour, and the development behind Hurleys, there are a number of very high quality developments that are about to get underway," he said.



► Paddling across the generations



► Alex and Christian Goulden

## Walkers celebrates training milestone with "50 and Counting" alumni event

... Continued story from page A1

articled clerks still undergoing training, and other students at different levels who were being sponsored.

Lloyd Barker spoke about his "amazing" experience of being an articled clerk at Walkers. He hopes to be called to the Bar sometime around May 2020. "The training programme here is a professional programme. It's well-designed and properly structured for the articled clerks. You can see and feel the amount of work that the training community actually invests into the training programme as a whole," he said.

His Excellency the Governor, Mr. Martyn Roper, said: "It is a wonderful achievement to have such a substantial number of Caymanians graduating from this programme, sponsoring stu-

dents through the programme, offering training, support and mentoring as they make their way to the Cayman Islands Bar. It was launched in 1983 and is the oldest programme of its kind on the island."

Ingrid Pierce, Walkers' Global Managing Partner said: "The Walkers Legal Programme is designed to transition our articled clerks into becoming fully fledged, practicing Lawyers. This programme has been established since 1983 by people who knew that just knowing the law was not good enough, unless you have the guidance and you have the support to show you what it means to be part of the profession."

"The training process starts well before Articles. We also work with students' undergraduate programmes, through secondary school, and also

through university. Right now we have eight sponsored students. They are doing their legal studies all over the world, and we are currently training six articled clerks who are here now. Articles requires active participation and a good deal of stamina 23 of our former articled clerks have graduated through the programme and they've practiced here at Walkers. We are celebrating our fiftieth articled clerk to come through the program. Some of our articled clerks have become leaders in the community and also in the business world: The Deputy Governor, Charlie Kirkconnell of Enterprise City. And it would be remiss of me if I did not mention our very own Premier, who spent time here: 'Class of '88.'

"The reason we are here is the celebration of a milestone which is our fiftieth articled clerk graduated through

the program, Ms. Gemma Cowan. I am delighted to see that we have among us teachers and educators, principals and former principals, and it is at a time in our lives when education has never been more important. We need to equip the next generation with not just the skills and the knowledge but the where-with-all to function and compete with the best in the world"

50th Articled Clerk, Gemma Cowan said: "We really could go on forever about the strengths and benefits of the Articled Clerk Programme here at Walkers. It is a structured and rigorous programme, led by a dedicated team, the Training Committee, whose advice and guidance was invaluable throughout our 18 months of training. It is, by far, the best training programme on island."



► Ingrid Pierce



► Articled Clerk Lloyd Barker



► Gemma Cowan

# First Ever Homeshare Summit Looks at Cayman's Exploding Industry

Cayman's very first Homeshare Summit was held by the Cayman Islands Department of Tourism at the Margaritaville Conference Room on 4th September.

With the industry expanding by 100 percent to 760 Airbnb listing in 2019, DOT Director Rosa Harris noted that she expected that number to keep rising. As part of the exercise private property owners were briefed on what was expected of them and best practice.

"Homeshare is largely responsible for the increase in overnight stays by tourists in the past three years. The Kimpton Seafire resort, which opened in November 2016, was the last major hotel addition to the island. Since then, nearly 1,000 additional rooms have been added to the market," she said.

Chamber of Commerce CEO Wil Pineau highlighted the efforts of regulators to keep up with the pace at which the market is expanding.

"New business opportunities can take off like a meteor and at times regulation comes after. Many times the government has to play catch up in these instances but there can be no compromise on quality."

He added that in light of the fact that standards and quality are so high that,



"There is not a lot of room for experimentation or anything too 'funky'."

The quality of Cayman's product and the oversight that goes into making the Island's industry world class is one that the Government is dedicated to making a priority and each property must go through a stringent set of criteria before being approved.

There is also a 13 percent tax on properties and if a person has more than two properties, they will have to apply for a business license to offer Airbnb services to those seeking more affordable accommodations and/or a more authentic Caymanian experience.

Once a property is approved there is also a probationary period.

According to Tourism Minister Moses KirKConnell, this direct contact with the people and 'Caymankind' of approach is how tourism was founded in the Cayman Islands.

He explained that though the rise in this type of activity and the boom of Airbnb culture would make it more difficult for residents to find accommodation in apartments, the overall benefit to Cayman's tourism product would mean that more people would benefit from the industry.

"The Cayman person who has an apartment to rent gets to know the person coming here..... "Homesharing hosts," he added, "really become the ambassadors for the country. Our job is to facilitate this."

The advent of Airbnb in Cayman comes after a decades long de facto decree that effectively barred private property owners from undertaking such measures as supplemental income.

As part of Wednesday's Homeshare Summit, property owners were also treated to displays by Local vendors who offer a uniquely Caymanian experience in order to familiarize them with some of the more cultural offerings on Island. 🌐

## Airbnb: Ways to Increase Bookings and Maximize Profitability

Let's do a little experiment. Open Airbnb in your browser and type in Cayman Islands as the location. Don't put in any dates or adjust the number of guests: just click search. How many results came up? Chances are more than 300 homes, apartments, available rooms – and even boats - are available for rent. If you're an Airbnb host, that's around 299 competitors.

To gain a competitive advantage, influence your Airbnb income and maximize your profit consider: property improvements, optimizing your listing, and setting the proper prices.

### Make necessary property improvements

Even if your home is perfect for you, some redecorating, decluttering and added amenities are usually necessary in order to meet the guest's expectations. Some basic equipment recommendations to consider are: a keyless entry system to make it easy for guests to access your place, WIFI that supports streaming, a SmartTV, extra toiletries such as shampoo and soap, pantry staples such as condiments, and amenities – ranging from ironing boards to hair dryers to wine openers.

### Invest in professional photography

Once your property's upgrades are complete, invest in a professional photography shoot. Photos are your absolute most effective marketing tool. Your listing should have no less than 12 images that make potential guests feel excited at the prospect of staying in your home – not thinking "Hmmm, it looks a bit dark," or "there's no photo of the kitchen." In some cases, photographers may even be willing to exchange a session for a few night's stay!

### Optimize search engine optimization (SEO) for your listing

Do you know where your listing appears in Airbnb's search results? If you're not on the first few pages of Airbnb's search results, then you may



▶ Brooke Meyer is the managing partner of Caymera International

have difficulties attracting inquiries. To improve your Airbnb SEO and the position of your listing in the search results: Complete each section of your listing and Airbnb profile. Keep your calendar up to date. Airbnb's algorithm tags hosts who regularly update their calendars as both active and responsive. Active and responsive hosts are rewarded with priority seating in the search rankings. If your calendar is already accurate – you can simply block out dates in the future, then immediately free them up again (as a sort of "nudge ... I'm here" to Airbnb). Encourage guests to leave positive reviews as they are the backbone of a best-selling listing and can almost guarantee more bookings and higher search rankings. Respond to guest inquiries quickly. The payoff for attentiveness goes farther than SEO optimization – it prevents your listings from downgrading. Airbnb doesn't simply reward active hosts; it penalizes the not-so-responsive ones as well. Log in regularly. This is another angle that Airbnb's algorithm works in order to track how available you are for the guests. In addition, search engines put more trust in something they see more than once. Promote your listing on social media and link to your Airbnb profile. Go that extra mile by creating and sharing Airbnb wish lists, too. Being added to as many wish lists as possible will improve your Airbnb search rankings.

### Create a pricing strategy

If you're not adjusting your pricing regularly based on competitive trends, seasons, hotel prices, local occupancy rates, how far out the booking is, and special events, then you're leaving money on the table. Be mindful of pricing too high too early - if you're new to Airbnb, consider pricing your property below the market price to capture initial bookings and build credibility with the Airbnb guest community. It's difficult to compete against established hosts and units that have 10's or 100's of reviews, when you have zero. After you build up your reviews, raise your prices accordingly. While it feels nice to be fully booked for the next 6 months, your very high occupancy this far into the future could mean your property is priced too low. When creating your pricing strategy be sure to consider weekend and weekday pricing, high vs. low season -or even shoulder season pricing, and special event or conference pricing to maximize your profits and bookings throughout the year.

### Sell an experience through your listing

Ideally, you must sell the experience of staying in your place through words. You have a great kitchen? Excellent. Instead of saying 'Large kitchen with stainless steel appliances' say, 'Venture out to the local farmers' market and make yourself a fresh meal in the fully equipped kitchen.' Essentially, you want your words to put your guests in your property. Once they've visited it in their

minds — and liked what they've found — they're much more likely to send through a booking request.

If you follow these tips, you'll have a stellar listing in no time — one that will stand proudly at the top of the search results and have an awesome power for turning lookers into bookers. If you need help creating a listing, pricing strategy, or customer response strategy feel free to drop us a line: we're happy to help.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism



consulting and advisory firm. For more information email [info@caymeragroup.com](mailto:info@caymeragroup.com) or visit [www.caymeragroup.com](http://www.caymeragroup.com). 🌐

## 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](mailto:ralph@caymaniantimes.ky)  
Or call **Ralph 9162000** Deadline for applications will be **September 30, 2019**

# Eclipse 19th Annual Cut-A-Thon for Breast Cancer Awareness

The Annual Cut-a-thon primary aims are to continue to raise awareness of Breast Cancer in the Cayman Islands. Darla the owner of EHD&DS and her sister Dar-na (a business partner at the time) established this event in loving memory of an aunt who suffered in silence and passed away to Breast Cancer 20 plus years ago. After exploring different ways to make this possible they decided to use their profession of Cosmetology (Hair & Beauty) in creating a fun and rewarding event for the community to benefit from. Other Salon and Spa professionals were invited to participate and so began Eclipse Hair Design & Day Spa Annual Cut-A-Thon. The funds generated annually from this event are donated to **The Lions Club of Tropical Gardens**. They in turn use the funds to help persons who are unable to help themselves financially.

This year technical service volunteers are from **Privé Beauty Studio, Focus Hair and Beauty, Pure Hair Salon and Eclipse Hair Design & Day Spa**. They will be offering services to the public with **HUGH SAVINGS** such as wet cuts for men, women & children, mini manicures and eyebrow threading!

**Included on the menu again this year is their well-known \$1 a minute massage.** (Attached is a service menu).

Joining them again this year is visiting Master Stylist **Roby Powers from TIGI New York** who will be offering hair cutting services.

Roby Powers grew up in Wilmington, North Carolina and currently resides in New York City, NY. He got his start in a small salon in North Carolina and has now been in the industry for twenty-one years and is inspired by street fashion, art, and everyday life. When asked what drew him to **TIGI** in the first place, Roby said "The education." Over the years, he has had a hand in several events with **TIGI**, including the Behind The Chair RAW competition, World Release in London and the US, New York Fashion Week, Miami Fashion Week, and more!

**BOSLEY PRO** Certified Trichologist **Michelle Blaisure** who will be offering consultations for **HAIR LOSS & SCALP DISORDERS!**

As the Product & Technical Specialist at **Bosley Professional Strength**, a line of salon-exclusive hair care products for fine and thinning hair, Michelle Blaisure is in charge product development and technical information to teach stylists about **Bosley Professional Strength** and how it helps with fine, thinning hair and hair loss. As a **Certified Trichologist** Michelle has created educational formats that include information about what other options are available to clients as a result of the company's partnership with **Bosley**, the world's preeminent hair replacement experts, including prescription treatments, laser combs and surgical hair replacement procedures. Compiling all this information and more, Michelle educates and shares information in comprehensive educational formats for **Bosley Professional Strength** educators to use while training stylists in the field.

Prior to working at **Bosley Professional Strength**, Michelle spent 15 years at Nioxin Research Laboratories; where she started out as an educator eventually working her way up the ranks to become a corporate trainer, responsible for educational curriculum, presentations and events. During this time Michelle elevated her training skills with train the trainer courses and by completing a certification coaching and leadership program. Michelle started in the professional hairdressing industry as a hair stylist, and she credits much of her success to her beginnings in the beauty industry and to this day maintains the "heart of a hairdresser."

Joining Darla who will also be doing a big chop are other volunteers have come forward and com-



► Michelle Blaisure, Bosley Professional Strength Product & Technical Specialist, Certified Trichologist



► Master Stylist Roby Powers from TIGI New York

mitted to cut at least **10-12 INCHES OFF** their hair or shave their head to help raise additional funds. **Each of these wonderful volunteers is trying to raise a minimum of \$1000 towards their cuts.** PLEASE help sponsor them to reach these goals!

**They are encouraging other people to come and join us also by signing as a sponsored volunteer. Sign up early and help to brighten someone's day!**

Your hair can then be donated to **Locks of Love/Children With Hair Loss** if you wish to help in making wigs for children in need!

Last year's event was a huge success, thanks to their volunteers, sponsors and everyone that supported this cause; they were able to raise over \$17,000 PLUS for this worthy cause. They strive with your help to match this or raise even more again this year.

**Donations can be made directly to Account numbers - KYD - 01248649 or USD 02230883,** given to the sponsored volunteers directly or brought to Eclipse Hair Design & Day Spa before or on the day of the Cut-A-Thon.

**All proceeds raised are donated to The Lions Club of Tropical Gardens Breast Cancer Awareness Fund** to help in providing education on early detection & mammograms for men and women who are otherwise unable to afford them.

The 19th Annual Cut-A-Thon for Breast Cancer Awareness Fund will be hosted at **Eclipse Hair Design & Day Spa** located at **SUITE 6103D, 10 MARKET STREET, CAMANA BAY** on **Sunday 20th OCTOBER from 2pm to 6pm.**

For more information, e-mail us at [eclipse@eclipse.ky](mailto:eclipse@eclipse.ky) or call **EILEEN/ DARLA** at **945-1188 QR 916-7274.**

**ECLIPZE**  
HAIR DESIGN & DAY SPA

**19th Annual Cut-A-Thon**  
For Breast Cancer Awareness  
Sunday OCTOBER 20<sup>th</sup> 2019 from 2PM - 6PM

Women's Wet Cut	\$30
Men's Wet Cut	\$20
Child's Wet Cut	\$15
Mini-Manicure (No polish)	\$18
Eyebrow Threading	\$15
Massage min/max 20-60mins	\$1 per minute
Chair Massage min/max 5-15mins	\$1 per minute
<b>Trichology Consultations</b> (Hair Loss & Scalp Disorders)	<b>\$20</b>

Hosted by:  
**Eclipse Hair Design & Day Spa**  
Located in Camana Bay

All Proceeds go to  
**The Lion's Club of Tropical Gardens**  
Breast Cancer Awareness Fund

# Life after a Life in Politics: Ideas for Veteran Politicians

Life after a Life in Politics: Ideas for Veteran Politicians.

What happens to politicians who have lost political office or to those who left voluntarily? In the last elections in the Cayman Islands, there were nineteen winners, but many more 'losers.' In the May 10, 2017 Bahamian elections, the ruling party, the Progressive Liberal Party, only managed to win four seats to the Free National Movement's thirty-five. Former Prime Minister Perry Christie even lost his own seat that he had held for forty years. He lost to a young newcomer to politics. In the May 24, 2018 elections in Barbados, Mia Mottley, leader of the Barbados Labour Party, won all thirty seats in the House of Assembly. In the elections held in the British Virgin Islands on July 25 this year, the Virgin Islands Party won eight of the thirteen seats. It was reported that the ruling National Democratic Party won only three. The leader of this party, Myron Walwyn lost his seat. As much as I can imagine the thrill of victory, the agony of defeat must be quite a challenge for those who lose.

In the Jamaican elections of February 25, 2016, then seventy year old Prime Minister Portia Simpson of the ruling People's National Party, lost to the Jamaica Labour Party which won thirty-two of the sixty-three seats. This later increased to thirty-three in a by-election held on October 30, 2017. After serving as a member of Parliament for a continuous forty-one years, the former Prime Minister seemed to have struggled to reach the decision to move on, handing leadership to her colleague, Dr. Peter Phillip.

When those in politics loose, how do they deal with their sense of loss? Does it matter to anyone other than those immediately affected?

We certainly expect our political leaders to be completely dedicated to the concerns of their people and that they must be continually thinking about improving the conditions of citizens. We expect our elected politicians to be always 'switched on' and to feel the responsibility for their electorate day and night.

However, how do they cope when they lose political office? What impact can this have on them and their families?

Research on this subject, published by The Open University Business School (OUBS) reveals that MPs and council leaders in Britain, who were leaving political office, faced personal and professional conflicts.

The report, 'Losing Political Office' drew on interviews with current and former MPs and council leaders from the UK. The former politicians included

both those who had chosen to leave office and those who had been electorally defeated.

The study says that most legislators who were leaving office had profound difficulties adjusting to their new situation. For some, there was a sense of 'dislocation and grief at the loss of office.' One MP described it thus: 'It was like bereavement, and it was, but there was no funeral.' Another, 'I felt as though I was losing part of myself.'

Others felt as if they were being avoided like 'rotting fish.'

For others though, leaving political office brought much relief - especially the thought of no longer being in parliament.

A similar study, 'Life after Losing or Leaving: The experience of former members of Parliament, co-authored by Professor Kevin Theakston, Dr Ed. Gouge and Dr Victoria Honeyman of the School of Politics and International Studies, 'Found some former MPs struggled to find work and many earned less after leaving the House of Commons. Around half of those who did not retire voluntarily from the Commons said it had taken three to six months to find a new job. Just one fifth said they were able to find work immediately or almost immediately. One in seven took over a year to find employment.'

The researchers explain that "The report provides important new evidence about the social and psychological effects and consequences of being defeated in an election or retiring from Parliament. Some 60% of respondents had retired voluntarily while 40% had been defeated at a general election. Two fifths said they were making less money than when in Parliament, with one fifth earning "about the same". One third said they were financially better off after losing their seats or standing down.'

"The report also found that many had difficulty adapting to life in the outside world, and felt isolated from the political party to which they had devoted much of their lives. Just over a quarter of former MPs said that they were able to return to the career or employment they had before entering the House of Commons. But a third said they were not able to pick up their former careers or jobs.'

The researchers report that 'One third of the MPs who left Parliament as a result of losing an election had not expected to lose, according to the report's findings. One MP who was defeated in the 2005 election described it as feeling like being "cut off at the knees".

'Many former MPs miss not being at the centre of British politics. One said: "I would wake up in the morning, listen to the radio, and form views on the is-

sues of the day and then I realized that no one wanted to know what I thought".'

## Life after Politics - how Veteran ex-politicians can continue with Nation-Building

In Caribbean democracies, as elsewhere, some members of the legislature leave politics after being defeated in an election, while some retire, or in a number of cases saw their seats disappear in a boundary change. A minority chose to leave 'early' to move on and start a new career.

Understandably, many former politicians, younger or otherwise, leave and return to a professional career outside of political office. This is especially in cases when they entered politics having already had a professional career.

But the question often posed by observers is, why do some who have spent a lifetime in the political arena, making significant contributions to national development, in the twilight of their lives, desire to re-enter mainstream politics?

There is something extraordinary, no doubt about political office that make many who leave, even after decades at the highest levels of power, want to return after a some years out of the political limelight.

Take the example of John Campton, former Prime Minister of St. Lucia and founder of the St. Lucia National Labour Union. It was Campton who took St. Lucia into independence in 1979. After being central to St. Lucian politics for some forty years, he passed leadership to Vaughan Lewis, former Director of the Organization of Easter Caribbean States (OECS). Lewis lost the 1997 elections in St. Lucia winning only one seat in the seventeen seat St. Lucia parliament.

Not content to play a different role, at 82, Sir John Campton re-entered the political fray and his UWP won the 2006 elections, winning 11 to 6.

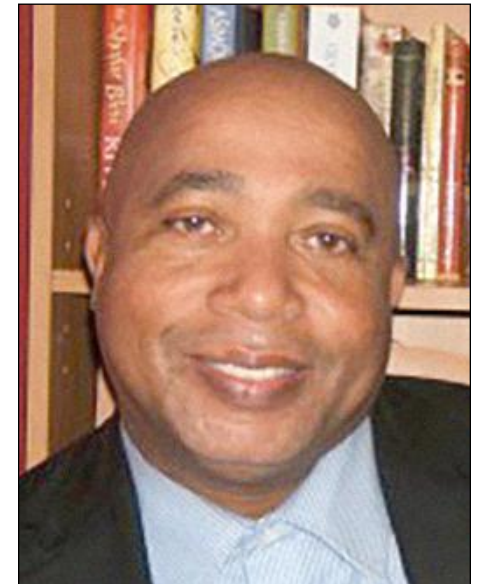
Shortly after being in power, he suffered a series of mild strokes and died in September 2007.

## Many ways to build a Nation

An unpopular truth is that after a full and long life in politics, it may be better not to reenter.

For one, the former politician, after some many years out, may be underestimating how much things have changed.

But she should also ask herself the question: Do I have the physical energy to do the kind of work necessary to win a seat, or having won, the kind of hard work needed to make a difference at that level? On most occasions, the answer should be NO.



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

The desire by the political veteran to re-enter electoral politics may be because he or she does not fully appreciate the valuable contribution that he or she can make to nation building outside of the political arena.

The truth is that there are many ways to build a nation.

An underestimated but valuable contribution is writing. Writing a book on reflecting on one's life, contribution, thoughts, and ideas can have a lasting impact on generations to come. Unfortunately, we have not fully become the reading society that values these things, but this activity by former politicians would help to change this.

There are always opportunities to nurture and advise young people who want to enter politics and to do many other things. Here, the advice and wisdom of veteran politicians can be invaluable.

For those academically qualified, opportunities for teaching, especially at the tertiary level, are an ideal way to impact the next generations. Imagine how insightful lectures can be when they are immersed with real life experiences given by persons who have been at the top of the political game. They know first-hand the challenges of governance and the feelings of accomplishment and satisfaction when policies work for the progress of the society and the reasons why, sometimes, the opposite happens.

There is the option to begin a think tank or being part of one or starting or leading community projects.

There are multiple ways, many not mentioned here, in which the talents and skills of former politicians can be used to benefit and assist in nation-building.

Re-entering politics is not always the best idea. 🌐



# COMMUNITY EVENTS

## Inside Out - Opening Reception

**12 September** - Inside Out is an exhibition featuring artworks by inmates of HM Northward and Fairbanks prisons and residents of the Caribbean Haven Residential Centre who participate in the National Gallery's outreach programme, Art Haven. This programme is instructed by Mr. Joseph Betty and is sponsored by Mr. Kevin Butler and Ms. Lori Monk. Inside Out features the work of approximately 30 artists. The opening reception takes place on Thursday 12 September from 6 - 7:30pm. Booking is not required. Call 945 - 8111 or email [info@nationalgallery.org.ky](mailto:info@nationalgallery.org.ky) for more information.

## Memory Café

**14 September** - The Alzheimer's and Dementia Association is hosting a 'Memory Café' at South Sound Community Centre on Saturday 14 September from 10am to 1pm. Visit their website [www.adacayman.com](http://www.adacayman.com), email [info@adacayman.com](mailto:info@adacayman.com) or call 924 - 4170 for more information.

## Fidelity Fun Run Series 2 of 3

**14 September** - Fidelity's annual series of 2 mile fun runs begins on Saturday 7 September starting at 7:30am at Walkers Road opposite CIFEK School. The 2 mile loop begins there, then onto South Church Street, finishing on Denham Thompson Way. Entry is free for anyone under 15 and \$25 for the whole series or \$10 per single race. There are various race divisions and points will be awarded. Well behaved on - leash dogs are welcomed. For more information and to register, go to [www.caymanactive.com](http://www.caymanactive.com)

## Brac DG 5K

**15 September** - The 2019 DG 5K run/walk, organised by Deputy Governor Franz Manderson, will be held on Cayman Brac on Saturday 15 September beginning at 6:30am. The first 400 to register will receive a special edition hat. The Cayman Islands Crisis Centre, the Special Needs Foundation Cayman and the Alex Pantou Foundation are the beneficiaries of this year's run. To register, visit [www.caymanactive.com/dg5k](http://www.caymanactive.com/dg5k) or email [dg5k@gov.ky](mailto:dg5k@gov.ky) for more information.

## Back to Church Sunday

**15 September** - The William Pouchie Memorial United Church in North Side is inviting everyone to Back to Church Sunday on 15 September at 9 a.m. All are welcome to attend at 815 North Side Road, North Side, Grand Cayman.

## Speaker Series - Ivan the Terrible

**17 September** - In continuing with its Speaker Series, The National Museum presents "Ivan the Terrible: Fifteen years later." Come to the National Museum's Audiovisual Theatre to hear stories of the worst hurricane to ever hit the Cayman Islands. The talk begins at 6:00pm. Admission is \$10 to the general public and \$6 members. Refreshments provided. Email [info@museum.ky](mailto:info@museum.ky) for more details.

## NATIONAL TRUST ANNUAL GENERAL MEETING

**18 September** - The National Trust invites its members to the Annual General Meeting (AGM) on Wednesday, 18 September at the George Town Yacht Club. The 2018/19 Annual Report and Financials will be presented at the meeting and members will have the opportunity to vote for the 2019/20 Trust Council. Members unable to attend the meeting are encouraged to cast their vote by proxy. Proxy nominations must be received before 5:00pm, 16 September. Doors open at 5:30pm for registration and voting, with a 6:30pm start to the AGM. Drinks and canapes will be served. For more information about the AGM, the 2019/20 Trust Council nominees and to download a proxy form, visit [nationaltrust.org.ky](http://nationaltrust.org.ky).

## 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](http://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



► Brac Brenda Tibbetts - Lund Walk/Run

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](http://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](http://www.caymanactive.com). This event will not be timed and well - behaved and on-leash dogs are welcomed.

## 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. 🌐



[caymannational.com](http://caymannational.com)

Drive a great bargain at the Vehicle Loan Fair



Saturday 14th September, 10am-2pm

Cayman National Recreation Field (across from our main Elgin Avenue branch)

Take advantage of our low loan rates and make that new car possible:

**95%** financing | **6.75%** interest rate | **0.5%** commitment fee

Meet with our dealer and insurance partners. View a variety of vehicles, boats and watercraft on site. Plus: spot prizes, kids bouncing castle and refreshments.



PERSONAL BANKING | BUSINESS BANKING | FIDUCIARY SERVICES | FUND SERVICES | INVESTMENT SERVICES

# HSA celebrates Caribbean Wellness Day with free home visits to older persons

On Saturday, 14 September, Cayman Islands Health Services Authority (HSA) joins countries across the Caribbean to celebrate Caribbean Wellness Day geared at increasing awareness and promoting activities to address non-communicable diseases (NCDs). With the slogan, **Healthy Ageing Starts Now**, Caribbean Wellness Day 2019 focuses on healthy lifestyle practices that can help to prevent or delay people's chances of developing NCDs and maintain a healthy wellbeing as they age.

In recognition of this annual event, which focuses this year on improving the quality of life of the ageing population, the HSA will be taking free nutritional assessment consultation and health screening and counselling into the private homes of older persons across Grand Cayman this month.

The World Health Organization (WHO) defines older persons as people over 60 years of age while in the Cayman Islands older persons are people

over 65 years of age. The Caribbean Public Health Agency (CARPHA) states that in many Caribbean countries, older adults make up one of the fastest growing groups. Statistical data from the Economics and Statistics Office (2015) shows that of the Cayman Islands population of 60,413, there is an estimate of 5,832 older persons living on the islands with 3,687 persons living in households having persons 60 years old and over. Today, a person born in the Caribbean can expect to live 15-20 years more than his/her grandparent, if that person does not develop NCDs.

"Statistics show that NCDs which include heart diseases, cancers, chronic respiratory diseases and diabetes, account for nearly half of all deaths of persons under 70 years, and for two out of three deaths overall," said Executive Director of CARPHA, Dr Joy St John. "The costs associated with these diseases are not always manageable for governments, employers, and families. Healthy

ageing is about maintaining the ability that allows you to do the things that are of importance to you. It is a key strategy for sustainable development and decreasing future health costs for you and your loved ones."

"A major part our activities this year is to focus on older persons, including those who are bedridden, by providing outreach and support to them and identifying those who may be living with NCDs," said Community Dietitian Kousalya Rozario. "Through the free nutritional screenings we hope to encourage older persons to practice healthy lifestyle habits that will reduce their chances of developing heart disease, certain cancers, obesity, diabetes, high blood pressure, dementia, arthritis and other diseases commonly associated with older age. We also want them to feel empowered and supported to lead dignified lives."

Private homes will be visited from 16-20 September. The nutritional and



► Community Dietitian Kousalya Rozario will be visiting the private homes of older persons across Grand Cayman this month to provide nutritional assessment consultation and health screening and counselling

health screenings will include cholesterol, glucose and blood pressure tests.

The HSA and Public Health Department offers free health screenings to the public for various health observances throughout the year. To find out when a free health screening is being held visit [www.hsa.ky](http://www.hsa.ky) or the Cayman Islands Health Services Authority Facebook page. [🌐](#)

## Nutrition and Aging gracefully

Staying healthy and feeling your best is important at any age. Aging gracefully isn't about trying to look like a 20 year old, it's about living your best life and having the physical and mental health to enjoy it.

A 2002 study by psychology researchers in Yale University's department of epidemiology and public health are now showing that individuals who live long, and lead healthy lives are typically ones who have a positive view on aging.

One of the major challenges with aging is coping with change. This is difficult, no matter how old you are. The particular challenge for older adults is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends, and other loved ones, changes to or the end of your career, declining health, and even loss of independence. It's natural to feel those losses. But if that sense of loss is balanced with positive ingredients such as

- moderate daily exercise,
- being socially engaged by getting involved in community to build a growing network of family and friends, and being actively engaging in life,
- reducing your stress by praying, meditating, walking and doing deep breathing exercise and
- activities such as crossword puzzles, board games, reading, learning a second language, painting, listening to classical music and developing new skills are also considered valuable to brain health,

then you have a formula for staying healthy as you age.

Eating healthy becomes especially important as you age. Older persons are particularly vulnerable to malnutrition. Moreover, attempts to provide them with adequate nutrition encounter many practical problems.

As people grow older, their nutritional needs change, including their caloric, vitamin and mineral requirements. This is due to changes in the body that occur naturally with age. Some older individuals have health problems that make it more difficult for them to meet their nutritional needs.

There are things you can do to help prevent deficiencies and other age-related changes. For example, eating nutrient-rich foods and taking the appropriate supplements can help keep you healthy as you age.

Also, practicing healthy habits throughout your life is ideal, but it's never too late to reap the benefits of taking good care of yourself - even as you get older.

### TIPS FOR AGING GRACEFULLY:

"Changing how you eat, rather than what you eat", can make a bigger impact on longevity.

Older adults may need fewer calories to maintain their weight, since they tend to move and exercise less and carry less muscle.

• Include more whole grains such as barley, buck wheat, brown rice, quinoa, rye, rolled oats and millet in the diet. And fiber rich foods make you feel full for longer. It also helps to reduce cholesterol, lowers blood pressure, helps manage weight and prevents constipation.

- Tips to include fiber in the diet:
  - \* Whole grain cereal for breakfast
  - \* Top cereal or pancakes with fruit
  - \* Choose whole fruits more often than juices
  - \* Toss dried fruits and nuts into salads
  - \* Use whole wheat flour in baked goods
  - \* Add chickpeas, kidney beans, or your favorite beans to salads, soups or stews
- Support your immune system with a diet high in dark leafy greens, brassicas (such as cabbage, broccoli



World Health Organization

and brussel sprouts), alliums (Onions, Garlic, Chives, Leeks, Shallots and Scallions) and mushrooms.

• Choose lean protein and limit processed foods. Rely more on unprocessed foods as they usually contain more nutrients and less fat, added sugar and sodium.

• You should also keep your salt intake to a minimum to keep your blood pressure down.

• H2O is the way to go! - Have fluids regularly during the day.

• Reduce your alcohol intake and cut down on the smoking habits as they aren't the best ways of having a healthy lifestyle in the long run and are supremely harmful.

• See a doctor regularly: Ask your doctor how often you should go in for checkups and screening tests as you age. Also, see your doctor anytime you experience concerning symptoms. Seeing a doctor regularly can help you find problems early or even before they start.

• Aim to eat earlier, whenever possible, to allow digestion to kick in well before bedtime. This means less disturbed sleep and a longer overnight fast, too.

Aging gracefully is more about being healthy and happy than keeping wrinkles at bay. Maintain a healthy lifestyle; surround yourself with people you love, and do things that bring you joy. Older people with better health habits live healthier for longer. [🌐](#)

## GREAT COMBO

Not only does it add a unique taste to food, it's also loaded with great health benefits. Yes, I am talking about that wonder spice called **TURMERIC**.



Curcumin is its main ingredient. However, our bodies cannot readily absorb it by itself. Research now shows that pairing turmeric with this other awesome ingredient makes it easier for curcumin to be absorbed.

Turmeric has been used both in Ayurvedic and Chinese traditions for thousands of years demonstrating not only its taste but healthy benefits. Enter **BLACK PEPPER**, the perfect partner for turmeric. Five percent of turmeric is curcumin and 5% of black is a substance called **PIPERINE**. Just about ¼ teaspoon of piperine is enough to help turmeric function at optimal levels. When using supplement formation ensure that the turmeric product has piperine and vice versa. So why is turmeric so healthy and should be used regularly?

It increases life span, protects the liver from oxidative stress, kills fungus more effectively than ginger or oregano, encourages tumour death cells in the deepest parts of the individual cell, kills bladder cancer cells, destroys lung cancer cells, lowers cholesterol and protects cognitive health from ion irradiation.

Further, recent studies on the powerful effects on our health when we use turmeric reveals: it reduces chronic inflammation and pain, rheumatoid arthritis, depression, diabetes, cancer, skin and aging, as well as, improves brain health and memory.

Study after study is revealing the powerful health benefits of this wonder spice of the East. Always talk to your health care practitioner to add any supplements to your regimen. In the case of turmeric make sure to enhance absorption with black pepper. [🌐](#)



## Protect Your Brain from Alzheimer's Disease

Surveys have shown that there is something that most people fear more than death. It is Alzheimer's disease.

For most of us, losing our personhood--those characteristics which makes us who we are--is a fate worse than death.

### What is Alzheimer's?

Named after Alois Alzheimer, who discovered the condition in 1906, Alzheimer's is a disease that affects the function of the brain by causing the brain cells to degenerate and then die. There is no cure, and the progression of the disease leads to eventual death. The first symptoms of the disease usually show up as forgetfulness, but as it worsens, more long-term memory loss occurs, along with other symptoms such as mood swings, irritability and inability to recognize languages.

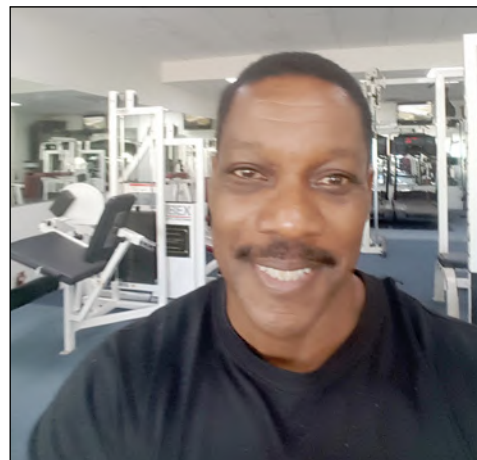
### How Prevalent is Alzheimer's?

Alzheimer's affects 5.3 million Americans, and it is predicted that by 2050, 1 in 8 Americans will be stricken with it. The Medicare system spends three times as much money on Alzheimer's treatment as it does on any other disease.

### Is Alzheimer's Inevitable?

The good news is there is much you can do to reduce the chances that you will develop this disease. Because of the prevalence of Alzheimer's disease in our country, many people view it as a normal and inevitable part of the aging process. But this is not so. Alzheimer's is a disease, and you do not have to get sick with this disease.

In fact, in spite of it being so common in America, there are societies in which dementia and Alzheimer's is rare, even for people in their 90's and beyond. The elders in these cultures maintain clear thinking without the burden of dementia that we have come to associate with aging.



Ernest-Ebanks

### Preventing Alzheimer's

Following are some steps you can take right now to protect yourself from getting Alzheimer's.

#### 1. Get plenty of physical exercise

In his book, *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*, John Robbins cites study after study that demonstrate the stunning effect of exercise on the brain's ability to function well, even at advanced ages.

In one such study, documented in the Archives of Neurology (March 2001), it was found that the people with the highest activity levels were only half as likely as inactive people to develop Alzheimer's. Further, these active people were also substantially less likely to develop any form of dementia or impairment in mental functioning.

In another study (<http://www.mayoclinic.com/health/alzheimers/MY00002>), some mice were bred to develop the type of plaque that is associated with Alzheimer's in their brains. Some of the mice were allowed to exercise and some were not.

#### Two important findings emerged.

1. The mice who exercised developed 50-80 percent less plaque in their brains than the non-exercising mice developed.

2. The exercising mice produced more of the enzyme that prevents the buildup of plaque in the brain.








The takeaway conclusion? **Those people who exercise more are much less likely to develop Alzheimer's disease or any other kind of dementia.**

#### 2. Eat a healthy diet

Exercise is not the only thing that can reduce your risk of Alzheimer's disease. Diet also plays a crucial

... Continued story on page A11

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
87° / 83°	87° / 84°	88° / 82°	87° / 83°	88° / 83°	86° / 83°	86° / 83°
Some sun; delightful	Partly sunny	Partly sunny; pleasant	Partly sunny	A p.m. thunderstorm in spots	Cloudy	A t-storm around in the p.m.

OBITUARIES

**Churchill's** Funeral Home


We have been asked to announce the passing of Ms. HazelDeen Amanda Solomon, who passed away on Thursday September, 05, 2019.

A Thanksgiving Service will be held at the Webster Memorial United Church, 261 Bodden Town Road, Bodden Town, Grand Cayman on Saturday, September, 14, 2019 at 3:00 p.m.

Viewing will be from 2:00 - 2:45 p.m.

Interment follows at New Pease Bay Cemetery.

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



**Churchill's** Funeral Home

We have been asked to announce the passing of Mrs. Everitt Maud Dell, who passed away on Friday, September 06, 2019.

A Thanksgiving Service was at the Savannah Seventh Day Adventist Church on Thursday, September 12, 2019 at 3:00 p.m.

Viewing: 2:00 - 3:00 p.m.

Interment at: Prospect Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



**Churchill's** Funeral Home

We have been asked to announce the passing of Ms. Chalisa Chambers, who passed away on Friday, September 06, 2019.

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

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)




**Churchill's** Funeral Home

We have been asked to announce the passing of Mr. George Lopez Higgings, who passed away on Friday, September 06, 2019.

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

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



The Family of the Late **Austin Bryan Bothwell** regret to announce his passing on Friday, 6 September 2019.

A Service of Thanksgiving will be held at 3:00 p.m. Saturday, 14 September, 2019 at John Gray Memorial United Church, West Bay.

Viewing will be from 1:00 p.m.-2:45 p.m. prior to the service, and Friday, 13 September, 2019 from 5:00 p.m. - 7:00 p.m. at Bodden Funeral Service 117 Walkers Rd.

Interment will follow at the West Bay Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



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


The Family of the Late **Henry Eddingston Miller** regret to announce his passing on Sunday, 1 September 2019.

A Service of Thanksgiving will be held at 3:00 p.m. Saturday, 14 September 2019 at Bodden Funeral Service, 117 Walkers Rd.

Viewing will be from 2:00 p.m. prior to the service.

Interment will follow at the Prospect Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



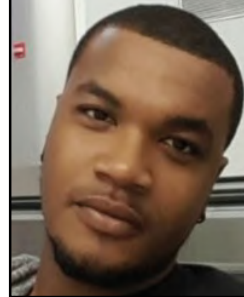
**Bodden Funeral**  
"A source of comfort in a troubled time"

The Family of the Late **Giovani Jerome Berry** regret to announce his passing on Monday, 2 September, 2019.

A funeral service will be held at 3:00 p.m. Sunday, 15 September 2019 at Church of God Chapel, Walkers Rd.

Interment will follow at the Prospect Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



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

MOMENTS OF INSPIRATION



# The Cost of Christian Discipleship

By The Rev'd Christopher Pierce  
Rector, St Alban's Church, George Town  
[www.churchofenglandcayman.org](http://www.churchofenglandcayman.org)

Everything in life has a price but have you ever thought about the cost of Christian discipleship? Is there a monetary value placed upon it? If you'd only watched some of the prosperity gospel preachers on TV, you'd be forgiven for thinking that the cost of Christian discipleship was similar to owning a boat...a big black hole in which you were constantly pouring money down...a never-ending effort to fill up the hole and somehow to obtain saving grace. You'd also be forgiven for thinking that by following Jesus you would avoid hardship and sickness.

Well, what does the bible teach about this cost of Christian discipleship? Does it agree with the prosperity gospel preachers?

Let me acquaint you with what Jesus had to say about such.

In St Luke's Gospel, chapter 14, Jesus lays out the cost. "26 "If anyone comes to me and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be my disciple. 27 Whoever does not bear his own cross and come after me cannot be my disciple."

What does he mean by this? Simply put, if you're one of his disciples, Jesus and his commands come first in your life. Rather than telling us our lives will be easy, all puppies and butterflies with no difficulties, the life of a Christian disciple means dying to self in order to live for Jesus. If we're to be true to him, nothing can occupy a place of greater importance in our lives than our faithfulness to his teaching. The

cost of discipleship means bearing a cross...and for some that has been literal. Many followers of Jesus have had to die as he did.

The Romans executed thousands of Christians by crucifixion after the destruction of Rome by fire in 64 AD. In recent times, the Ottoman Turkish government crucified thousands upon thousands of Christians during the Armenian Genocide while The Great War raged in the fields of Europe. Estimates are that between 700,000 to 1,500,000 Armenian Christians perished between 1914-1923. More recently, most have seen photos from Islamic nation-states where Christians have been executed by crucifixion just because they refused to deny Jesus.

It is easy to profess Christ. It is easy to put a gold chain around your neck with a cross dangling on your clothes. It is easy to attend worship when it doesn't conflict with your hobbies and you decide not to sleep in. It is another matter altogether to make living faithfulness to Christ the guiding principle of your life.

Where are you on that? Are you willing to follow Jesus even if your friends make fun of you? Are you willing to hold to Jesus' teachings when your children decide they're going to live another way? Are you willing to stand with Jesus when people tempt you in ways that would bring your discipleship into question?

In short, are you willing to be as serious about Jesus as he was about you? Jesus didn't shrink away from the cross when he was tortured for your sake. Jesus didn't stop his crucifixion by saying, "STOP!! I've changed my mind!" No, he was nailed to the cross in order to die in our place that we might have life. How can we do less than take up our cross and follow him? That's the cost of discipleship.

# Protect Your Brain from Alzheimer's Disease

... Continued story from page A10

role. The best diet for preventing dementia is one low in animal-derived foods but high in plant foods such as

- fresh vegetables
- fresh fruit
- whole grains
- nuts
- seeds
- legumes

Scientists think that the protection these foods offer against dementia stems from their high concentration of anti-oxidants. Anti-oxidants neutralize free radicals which are responsible for the damage that causes dementia.

A healthy diet also helps you avoid other health problems such as obesity, high cholesterol, high blood pressure, diabetes and arteriosclerosis.

In another study cited by Robbins, researchers found that persons who are obese in middle age are **twice as likely to develop dementia in their later years as those people who had normal weights.** Further, if these people also have high cholesterol and high blood pressure, their risk for dementia in old age escalates to **six times higher** than normal weight people!

**What are you waiting for?**

Remember, there is no cure for Alzheimer's disease. Once symptoms start showing up it is too late. Start now to defend yourself against this fate-worse-than-death disease: get moving and eat a clean, healthy diet. You will reap the benefits literally for years to come!

**Call Ernest Ebanks at Body Shapers Fitness 325-8696 or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) today and together we will get you started on your healthier lifestyle.**

**Caymanian Times**



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# Cayman beats Barbados in tight game

By Flynn Bush

As a Caymanian, it is always good to hear of some success or accomplishment by our national teams, in any sport. Sunday night, the Cayman Islands National Football Team provided us with something worthwhile to discuss, and be proud of. In a hard-fought match, Cayman managed to emerge victorious. At the Truman Bodden Sports Complex, our national stadium, the two teams took to the field; each wanting to prove its dominance. This was the second match for each team in the inaugural Nations League; Cayman won their

first match 2-0 against USVI the previous week. It was clear from the opening whistle that this match had the potential to become an "instant classic." The teams did not disappoint. Cayman drew first blood, as Michael Martin found the back of the net in the fifth minute of play. Then, it seemed that the fight was on. With each team working hard to create chances, Barbados managed to take advantage of one of their own, as Akeem Hill drove home the game-tying goal in the fourteenth minute. For the rest of the first half, it was a situation where each team tried out dif-

ferent attacks to gain an advantage; and create a goal-scoring opportunity. Each team created some, but neither team was able to capitalize on them. So, the teams went into the locker room at half-time, deadlocked at 1-1. As the second half began, the struggle continued. However, the score changed when Jonah Ebanks rose above the opposition and drove home a header in the seventieth minute. The crowd erupted. The jubilation was cut short just four minutes later, though, as Rashad Jules equalized for Barbados. Not wanting to be outdone, and showing much heart, the Cayman team

got right back on the attack. Only one minute later, Jorel Bellafonte pounced on a mistake by a Barbados defender and reacquired the ball with the back of the Barbados net. Cayman was once again on top; and fifteen minutes later, the final whistle brought the game to an end. The Cayman Islands are now atop their group; having beat the favored Barbados, and will go into their next game with a definite chance to win the group outright. They will be travelling to Anguilla on October 12, where they will face St. Martin who sits at the bottom of the group currently. 🌐

# 128 golfers signed up for the 22nd Annual Red Cross Charity Golf Tournament

Close to 130 competitors vying for bragging rights and amazing prizes gathered at the North Sound Golf Club on Friday September 6th in support of the 22nd Annual Red Cross Golf Tournament. Vice Chair of the Board of the Cayman Islands Red Cross Doug Moffat said that while the afternoon was about fun and friendly competition, the tournament was the main fundraising event for the programs and services Red Cross provides.



By sponsoring and playing this tournament, you enable us to continue to provide First Aid and CPR training, Disaster Management training, Child Protection and Sexual Abuse education, Volunteer Development and Thrift Shop services to support the people of the Cayman Islands," Mr. Moffat said. Deputy Governor of the Cayman Islands, Franz Manderson thanked the Red Cross for being there for the people of the Cayman Islands during Hurricane Ivan in 2004. He noted that the catastrophic impact of hurricane Dorian on

the Bahamas, demonstrated how important it is to support international organizations like the Red Cross. He thanked CIBC FirstCaribbean for leading the way and ensuring that non-governmental organizations (NGOs), like the Red Cross, have the sufficient resources needed to meet their obligations. The bank's Managing Director Mark McIntyre said, "Since 2002, CIBC FirstCaribbean has contributed to the various arms of the Red Cross organization including funding and organizing inter-

national clothing drives for the Thrift Shop annually and becoming the first Humanitarian Partner in the Shelter for the Storm campaign. Both serving the most vulnerable populations in our community." He added, "Securing the golf tournament as an additional avenue of support is definitely a hole-in-one for CIBC FirstCaribbean and we certainly see this as a potential long term partnership with mutual benefits for many years to come."

The Cayman Islands Red Cross is accepting monetary contributions and volunteer assistance to support the people of the Bahamas affected by Hurricane Dorian. Visit [redcross.org.ky](http://redcross.org.ky) to learn more. CIBC FirstCaribbean Private Wealth Management provides private banking, discretionary portfolio management and CIBC Bank and Trust services to the public. For further information kindly email [info@cibcfib.com](mailto:info@cibcfib.com) or via any method on the "Contact Us" link on [cibcfib.com](http://cibcfib.com) or Customer Service Centre at 1-800-744-3242/3. 🌐

# HEALTH CITY CAYMAN ISLANDS' MEDICAL TEAM SAVES THE LIFE OF MAN STABBED IN THE LIVER

## *Health City is the Cayman Islands' Only Medical Treatment Center for Liver Injuries*

A Caymanian man who was recently stabbed in his liver and on the brink of death is grateful to the medical practitioners at Health City Cayman Islands for saving his life. The young man, who sustained a severe liver injury following a stabbing incident during last May's carnival festivities, was admitted to the East End facility after being referred from the George Town Hospital. Health City is the only hospital in the Cayman Islands that is able to treat liver injuries. Liver trauma patients were previously flown overseas for treatment. Despite his chances of survival being borderline, the patient, who preferred not to be identified due to ongoing court proceedings resulting from the attack, readily accepted the recommended care and reassurance from the medical staff: "They were great ... the doctors calmed me down," he said. "If I had to be flown overseas I don't think I would've made it. I would've lost too much blood by then."



► Dr. Deepak Varma, Senior Consultant – Gastrointestinal, Hepato-Pancreato-Biliary & Bariatric Surgery at Health City Cayman Islands

The patient was cared for by Dr. Deepak Varma, a senior gastrointestinal and hepato-pancreato-biliary surgeon with 20 years' experience. With significant blood loss, the critically injured patient was stabilized in Health City's Level 3 Trauma Centre before undergoing emergency surgery. Dr. Varma recalled that once the patient

got to the hospital, within half an hour he was inside the operating room and the bleeding was under control. He confirmed that since the liver is a vascular organ, the excessive nature of the bleeding could have resulted in loss of life. Dr. Varma, who led the operating team, explained the patient was prepped for a laparotomy, a surgical procedure where an incision is made, in this case in the abdomen, to identify and stop the source of the bleeding. The surgeon said most liver injuries heal within two to three months and

physically fit patients can engage in normal activities after the liver heals. Fortunately, he said, the patient is now on the road to recovery. "I'm feeling much better, 10 times better. I'll soon be able to start working out, doing more activities ... but I just have to take it one day at a time," the patient said, expressing his appreciation for the tertiary care medical facility. "It's great to have Health City there. I'm just grateful to be alive. They really took good care of me." The Caymanian resident also expressed his gratitude that care was

available locally, since arranging an air ambulance takes several hours and any delay in treatment would have negatively impacted his chances of survival. **About Health City Cayman Islands** Health City Cayman Islands, the vision of renowned heart surgeon and humanitarian Dr. Devi Shetty, is supported by Narayana Health, one of India's largest private healthcare systems. Health City, only the second hospital in the Caribbean to receive the Joint Commission International's "hospital accreditation", provides compassionate, high-quality, affordable healthcare services in a world-class, comfortable, patient-centered environment. Offering healthcare to local, regional and international patients, Health City Cayman Islands delivers excellence in adult and pediatric cardiology, cardiac surgery, cardiac electrophysiology, medical oncology, orthopedics, sports medicine, pediatric endocrinology, gastroenterology, hepato-pancreato-biliary and bariatric surgery, neurology, interventional neurology and neuro-diagnostics, neurosurgery, minimally invasive spine surgery, gynecology, urology, pediatric allergies, colorectal surgery, dental, sleep lab and pulmonology services. For further information, visit [www.healthcitycaymanislands.com](http://www.healthcitycaymanislands.com). 🌐

# THE GREAT BRITISH BREXIT TWISTS PERSIST

Britain's long, winding and bumpy Brexit road continues to encounter more potholes.

In the most recent - up to press time - twist, Scotland's highest court of appeal, by unanimous decision, ruled that Monday's prorogation of the British parliament by Prime Minister Boris Johnson was unlawful.

The ruling came just two days after the prorogation, and less than a week after a lower Scottish court had rejected a challenge over the legality of the prime minister's move.

A separate court challenge had ruled the prorogation was lawful although it said it was more of a political issue than a matter for the courts. That too is being appealed.

The prorogation - or suspension - of parliament on Monday, which went into the early hours of Tuesday, was itself an event brimming with sheer political drama.

The Speaker of the House, John Bercow, presiding over the raucous session declared that: "this is not a standard or normal prorogation," adding that it "represents an act of executive fiat".

As Monday's meeting wound down with a second vote barring the government from calling early elections, Mr Bercow dramatically announced his departure "by October 31st at the latest" - which coincides with the current Brexit exit date.

The Boris Johnson government had re-tabled a motion for an early election having lost a previous vote.

It also lost another vote preventing it from taking the UK out of the EU by October 31st without an agreed deal.

Tuesday's ruling by the Scottish appeal court against the government raises further issues.

As the Queen ultimately gives the permission under imperial prerogative and acting on the advice of the prime minister, questions are now being raised as to whether Her Majesty was not just incorrectly advised by the prime minister, but might have been willfully misled.

The basis for the prorogation as stated by Mr Johnson, was to facilitate the traditional annual Queen's Speech outlining the government's programme for the next parliamentary year.

The ruling by the Scottish appeals court was expected to be referred to the UK's own Supreme Court.

It's understood that that appeal could come as early as next Tuesday.

In the interim, there are calls for the parliament (House of Commons) to reconvene.

Much of the debate surrounding this matter ever since it was first mooted by Prime Minister Johnson, was that it was a precursor to elections.

The prime minister himself had challenged the opposition parties in the parliament to early general elections.

But, Brexit and the process surrounding it have always been at the forefront of heated political exchanges.

The opposition claimed that the prime minister was simply using the election as a ploy to set an election date that would best suit his agenda.

And the twists don't end there.

The previous Withdrawal Deal agreed by erstwhile prime minister Theresa May is now being resuscitated - or, at least segments of it - on the basis that the Johnson government has so far not stated, or is refusing opposition demands to outline its alternatives to that 'deal'.

Mr Johnson who has been adamantly stating that he will take the UK out of the EU on October 31st - 'do or die' / 'deal or no deal' - has recently appeared to be softening at least his tone with seeking to arrive at a new deal with the EU.

The self-assertive boisterousness seems to be waning ever so slightly.

Senior EU officials have contradicted his assertions that 'negotiations' are progressing, stating that there have been discussions, not negotiations.

The EU position was reinforced during a meeting on Monday between Mr Johnson and the Irish Republic prime



▶ Prime Minister Boris Johnson



▶ The Speaker of the House, John Bercow

minister (taoiseach), Leo Varadkar, concerning the border that separates British Northern Ireland from the independent Irish Republic.

That border is critical to the Brexit issue. The much-referred 'backstop' is a central element of the Withdrawal Agreement reached by ex-prime minister Theresa May and the EU.

The Irish leader insisted that no alternative proposals have been formally presented by his current British counterpart.

Mr Johnson had broadly commented about consideration being given to an open border for agricultural produce under the heading of all-Ireland food standards zone.

However, that idea does not appear to appeal to the Northern Ireland Democratic Unionist Party (DUP), which has a 'confidence and supply pact' with the Conservative government that it had agreed with Mrs May and which continues under Mr Johnson.

They rushed over to London on Tuesday for urgent talks.

The outcome of that was not clear up to press time for the Caymanian Times, but the DUP is known to be wary about any development which could mean that Northern Ireland is treated differently from the rest of the UK.

There are fears that the return of a hard border, no matter how selective, between Northern Ireland and the Irish Republic, could jeopardise the Good Fri-

day Agreement which ended the period of violence known as "The Troubles".

In further Brexit fall-outs over the past few days; intense pressure is being mounted against Prime Minister Johnson for sidelining 22 members of his own Conservative party for defying him in crucial parliamentary votes which the government lost.

The Johnson administration is now further of a minority government.

There have also been more defections from both the Conservative and Labour Party - mainly to the Liberal Democrats although one Labour member has joined the Conservative government to lead a drive against anti-Semitism.

The Labour Party continues to be riven by allegations of antisemitism within its ranks putting pressure on the leadership of Jeremy Corbyn.

And, just on Wednesday this week, Tom Watson, Labour's deputy leader defied party leader Jeremy Corbyn, declaring that the party should first "unequivocally back Remain" in a fresh Brexit referendum before holding general elections.

Mr Corbyn thinks otherwise.

The Labour Party leader is known to have been hesitant in stating a firm personal and party position on Brexit as he has been one of the EU's biggest critics.

The countdown to Brexit on October 31st continues.

So too does navigating the ever-popping-up potholes on the way there. 🌐

## Hurricane Dorian Triggers Massive Insurance Payout for The Bahamas

The Bahamas will get almost US\$11 million from the region's catastrophe risk insurance fund following the passage of Hurricane Dorian that caused widespread devastation in the northern part of the 700-island archipelago.

CCRIF says the government will receive \$10,936,103.

The Bahamas has three tropical cyclone policies with CCRIF, each one covering a section or zone of the archipelago - North West, South East and Central. It is the tropical cyclone policy for the North West Zone - which includes the Abaco Islands and Grand Bahama - that was triggered. Dorian made landfall in the north of the archipelago - the Abaco Islands on September 1 and battered Grand Bahama for two days.

CCRIF's payouts are made within 14 days of an event, but in this case CCRIF made an advance payment today of 50 per cent of the payout to allow the Government to begin to address its most pressing needs - with the remaining 50 per cent to be paid within the 14-day window for all CCRIF payouts.

CCRIF CEO Isaac Anthony contacted the Government of The Bahamas to inform of the payout and to express the

Facility's own commiseration for the many lives lost and to pledge support to the Government as it seeks to recover and rebuild not just infrastructure but also lives.

In acknowledging the destruction and damage wrought on the northern islands of The Bahamas, he expressed some relief that Dorian spared most of the other islands.

This additional support that could be provided by CCRIF to the Government of The Bahamas will come from the Facility's corporate social responsibility or technical assistance (TA) programme.

Over the years, CCRIF has provided resources from its TA Programme to governments to support specific projects after a natural disaster. In fact, The Bahamas was the recipient in 2012 of a TA grant of US\$85,000 following the passage of Hurricane Sandy for the construction of a new sea wall at Sandypoint Beach. Similar sized grants have been provided over the years, to Jamaica (US\$100,000 for the rehabilitation of the Muirton Boys Home following Hurricane Sandy in 2012) and Dominica (US\$100,000 for the construction of new fencing at the

Douglas-Charles Airport, which was damaged by Tropical Storm Erika in 2016) among others. The CCRIF Board and Management will decide on possible TA support to The Bahamas in collaboration with the Government in the coming weeks.

"Member governments are appreciative of this rapid infusion of quick liquidity through CCRIF payouts from its parametric insurance policies, which they are able to use to address immediate priorities and to support the most vulnerable in their population," Anthony said.

"CCRIF, through the parametric insurance products that it provides, is an example of a disaster risk financing tool that is most applicable for high impact low frequency events; and the instrument is designed to allow member governments to reduce their budget volatility and to provide some amount of financial resources for emergency relief such as restoring critical infrastructure and providing assistance to the affected population, thereby assisting to reduce post-disaster resource deficits."

CCRIF said the rapid payouts are possible because the insurance policies that



CCRIF sells are parametric as opposed to indemnity insurance otherwise referred to as traditional insurance. Parametric insurance products are insurance contracts that make payments based on the intensity of an event (for example, hurricane wind speed, earthquake intensity, volume of rainfall) and the amount of loss calculated in a pre-agreed model caused by these events. Therefore, payouts can be made very quickly after a hazard event, making CCRIF's parametric insurance different from traditional/indemnity insurance that require an on-the-ground assessment of individual losses after an event before a payment can be made - which can take months for a claim to be settled. 🌐

## President Trump Taking Tough Stance Against Evacuees from Hurricane-Hit Bahamas, Saying He's Keeping "Bad" People out of the US

Hurricane or not, Bahamians impacted by Hurricane Dorian will not be given any special treatment to enter the United States because, as President Donald Trump says, there are "bad people" there - like gang members and drug dealers - that he has to ensure don't get in his country.

He made his government's position clear while speaking to reporters outside the White House yesterday, a week after the Category 5 Hurricane Dorian devastated the Bahamian islands of Abaco and Grand Bahama, and left at least 50 people dead so far, with the death toll increasing daily.

Almost 5,000 residents have been evacuated from the hurricane-hit islands to New Providence, where more than 70 per cent of the Bahamian population lives. Some Bahamians have been trying to get into the US, and a few days ago, several of them were ordered off

a cruise vessel heading to Florida, because they did not have US visas.

"Everyone needs total, proper documentation because, look, The Bahamas has some tremendous problems with people going to The Bahamas [who] weren't supposed to be there," Trump said yesterday. "I don't want to allow people who weren't supposed to be in The Bahamas to come into the United States, including some very bad people and some very bad gang members and some very, very bad drug dealers, so we are going to be very, very strong on that."

"Large sections, believe it or not, of The Bahamas were not hit, and what we're doing is bringing the people to those sections of The Bahamas that have not been hit. We've done a lot of the USAID, we've done a lot of work with our Coast Guard, with our FEMA [Federal Emergency Management Agency] people who have been phe-

nomenal...so, we'll see what happens," he added.

However, following the incident with Bahamians being ordered off the ship that was headed to Florida, the US Customs and Border Protection (CBP) said nearly 1,500 evacuees who had already arrived at the Port of Palm Beach, Florida, were processed "without incident".

Subsequently, Acting Commissioner of the CBP, Mark Morgan said the US would allow Bahamians, whose "life is in jeopardy", entry to the United States "whether you have travel documents or not".

"We will accept anyone on humanitarian reasons that needs to come here. We will process them expeditiously," he said, adding that evacuees who are "deemed to be inadmissible" such as criminals or individuals who were denied entry to the US previously, would not be allowed entry. "We're going to process them like we normally would."



Meantime, the National Emergency Management Agency (NEMA) in The Bahamas said yesterday that there have been no new arrangements made between The Bahamas and any other jurisdiction to facilitate relaxed entry of Bahamians.

Spokesperson Carl Smith said Hurricane Dorian survivors seeking to travel to the US or Canada from the impacted islands would need to have all the usual and standard documentation to gain entry. 🌐

GLOBAL NEWS BRIEFS

## Canada's cannabis tourism not high

Canada introduced the legalisation of cannabis almost a year ago, but it has yet tourism bureaus are not seeing an influx of cannabis tourists.

Tourism events use controlled substances such as alcohol to entice people to attend wine cycling tours or craft brewery events, but when it comes to cannabis tourism the same push is virtually non-existent.

"I think we need to get on board or people are going to take their interests elsewhere," said Jesslin Deschamps, manager of Windsor River Cruise. "I think we're missing out on a huge market right now because certain people have biases against it."

To capitalise on the growing cannabis industry, Mr Deschamps is holding the first Cannabis Cruise this month along the Detroit River between Windsor, Ontario and Michigan, which just legalized marijuana at the end of last year. No pot will be sold, and guests will be required to bring their own marijuana.

When it comes to marketing cannabis, federal rules should be more like alcohol and less like tobacco, said Rick Moscone, co-chair of the Canadian Mar-



► Canada's legalisation of cannabis has problems

keting Association's working group on cannabis.

"The wine connoisseur in some ways is not different than the cannabis connoisseur," said Moscone. "People do come to Ontario to check out wine country. One would hope that over time maybe we can develop the same reputation when it comes to cannabis."

Even though some are taking cannabis tourism into their own hands, tourism agencies aren't doing much in the budding industry because they have concerns about strict laws around marketing cannabis, promoting pot to other jurisdictions, especially internationally and respecting visitors' beliefs and culture. 🌐

## Philippines hit by African swine fever

The Philippines has registered its first cases of African swine fever, becoming the latest country hit by the disease that has killed pigs from Slovakia to China, pushing up pork prices worldwide.

The virus is not harmful to humans but causes haemorrhagic fever in pigs that almost always ends in death. There is no antidote or vaccine and the only known method to prevent the disease from spreading is a mass cull of affected livestock.

Over the last year African swine fever has spread rapidly in Asia. The first official outbreak was in China in August 2018, but it has since spread to Vietnam, Laos, Myanmar, Cambodia, Mongolia and North Korea.

The Philippine outbreak began with the identification of infected pigs in two towns near the Philippine capital, Manila, and authorities have culled more than 7,000 pigs within a one-kilometre radius, said the agriculture minister, William Dar.

He said the country was not facing an epidemic and urged Filipinos to continue eating pork, which is a critical



► Filipino pigs are being culled

market and accounts for 60 percent of meat consumption in the Philippines.

It is the world's eighth biggest pork producer by volume and its swine industry is estimated at \$4.2bn, according to the agriculture department.

Mr Dar said 14 of 20 samples sent to a UK laboratory tested positive for African swine fever, but it would take a week to confirm how virulent the strain is.

Authorities suspect the swine fever cases stemmed from backyard hog raisers who feed pigs swill, leftover food scraps from hotels and restaurants.

The ministry added the virus could also be traced to smuggled frozen meat and returning overseas Filipino workers who brought back infected meat products. 🌐

## Former First Lady jailed for 58 years

A court in Honduras has sentenced former First Lady Rosa Elena Bonilla to 58 years in prison.

Mrs Bonilla, 52, was found guilty of misappropriating \$779,000 from international donations and public funds during the four years her husband Porfirio Lobo was in power.

Prosecutors said she had used the money to buy jewellery and to pay for medical bills and her children's tuition. Her lawyer said Mrs Bonilla was innocent and would appeal.

Mrs Bonilla was arrested in February 2018 following an investigation

into the disappearance of money from public funds, including a budget designed to provide shoes for poor Honduran children.

Her personal assistant, Saúl Escobar, was also sentenced to 48 years in jail for fraud. Neither Mrs Bonilla nor her husband were at court for the sentencing.

It is not the first time a member of the Lobo family has been sentenced. Porfirio Lobo's oldest son, Fabio, was sentenced to 24 years in prison in 2017 after pleading guilty to charges of conspiring to import cocaine to the US. 🌐



► Rosa Elena Bonilla will appeal her sentence

## Cuban remittances curbed by US

The Cuban government condemned the new measures announced last week by the United States, which further strengthen the embargo imposed on the island by limiting family remittances and financial transactions through third countries.

Cuban Foreign Minister Bruno Rodríguez rejected "vigorously" the new sanctions, which he considered an "opportunistic attempt to divide the Cubans" and accused the United States of "lying brazenly" to hold Cuba responsible for "their failure to force the overthrow of the Bolivarian government" of Venezuela.

"They will not break the will of the Cubans and the universal rejection against the blockade will grow," the foreign minister said on Twitter.

Hours earlier, the US Office of Foreign Assets Control announced that the amount Cubans residing in the North American country can send to their relatives on the island will be limited to \$1,000 per quarter.

The financial control agency under the Department of the Treasury also indicated that as of Oct. 9, remittances to close relatives of Cuban blacklisted officials and members of the Communist Party of Cuba will be illegal.



► Cubans are being squeezed again by the US

After the reestablishment of full diplomatic relations between Cuba and the US, ending five decades of hostility initiated in full Cold War, President Barack Obama (2009-2017) lifted the limits on remittances.

Another prohibition announced on Friday by OFAC affects so-called "U-turn" transactions, which will prevent banking institutions subject to US jurisdiction to process certain transfers of funds to Cuba even if they originate and end up outside the United States.

The United States believes that the new sanctions will serve to "financially isolate the Cuban regime," which is responsible for the "oppression" of its own people and "support for other dictatorships throughout the region, such as the illegitimate regime of (Venezuelan President Nicolás) Maduro." 🌐

## Venezuela accused of killings by UN chief

Venezuela appears to be continuing extrajudicial killings, according to the United Nations human rights chief who said the Special Action Forces presumed to be responsible had received support from the highest levels of government.

Michelle Bachelet told the UN Human Rights Council that alongside possible executions, her office had documented cases of torture of soldiers and others arbitrarily held and urged the government of President Nicolas Maduro to punish perpetrators.

Ms Bachelet, who issued a report in July detailing witness accounts of death squads run by the FAES, said non-governmental organisation Monitor de Victimias (Victims' Monitor) had found 57 new presumed executions by FAES members in Caracas that month. The government called her earlier report a "selective and openly partial vision" that ignored official information and relied on biased witnesses.

She has also expressed concern about US sanctions aimed at pressuring Mr Ma-



► Michelle Bachelet is appalled by Venezuela

duro to step down. On Monday she said they were among factors fuelling a mass exodus from the country, which is reeling from hyperinflation and a collapsing economy. Ms Bachelet said even though the sanctions envisaged exceptions for humanitarian assistance, over-caution by the financial sector, lower public revenues and a decrease in oil production were having a serious impact.

"All of this is contributing to the worsening of the humanitarian situation and the exodus of Venezuelans from the country," noting that 4.3 million refugees and migrants had already fled the turmoil, most since 2015. 🌐

## Disney will roll in the UK

The UK film industry, which has lost some of its lustre in recent years, will soon get a massive boost as Disney will be making more blockbusters at Pinewood Studios in Buckinghamshire after signing a deal to take over most of the complex for at least a decade. Pinewood Studios are about 20 miles west of London.

The film and TV giant behind the Star Wars, Marvel and Avatar movies will lease 20 stages plus other facilities. Pinewood is famously the home of James Bond, not a Disney franchise - throwing 007's future at the site into question.

The deal comes two months after Netflix announced it had taken a long-term lease at Pinewood's Shepperton Studios.

Disney is the biggest force in the film world, taking almost four times as much at the global box office as its nearest rivals in the first half of 2019.

Recently, it has shot films like Star Wars: The Rise of Skywalker, Maleficent: Mistress of Evil and Mary Poppins Returns at Pinewood. From next year, it will have near-exclusive use of the UK's most famous studio complex. In fact, it will have the whole site ex-



► Pinewood will soon host Disney in the UK

cept three TV studios and an underwater stage.

Disney hasn't commented on the deal. But with studio space at a premium, this gives them the security of a long-term dedicated UK base capable of handling their biggest films.

"They've been making great films with us for many years and the fact they want to shoot so many more here is testimony not only to the quality of the teams and infrastructure at Pinewood, but also to the British film industry as a whole," said Pinewood Group chairman Paul Golding.

The deal also squeezes Disney's competitors out - non-Disney films to have been shot there in recent years include Rocketman, Jurassic World: Fallen Kingdom, Mary Queen of Scots and On Chesil Beach. But existing studio bookings with other film companies will be honoured. 🌐

# Williams running out of time

When Serena Williams turned pro 22 years ago, she claimed that she wanted to go down as the greatest female tennis player in history. Twenty-three Grand Slam wins later, she is regarded by many as the best-ever, but it looks as if Williams will not beat the ultimate record of 24 Grand Slams held by Margaret Court.

In the past two years, Williams has come tantalizing close to equalling Australian Court's record but failed in four finals, the latest last weekend in losing to Bianca Andreescu in the US Open final.

For Williams to reach the 2018 Wimbledon final, just 10 months after her traumatic experience in labour, was nothing short of miraculous. And for the American to do the same at last year's US Open, with very few matches in between, was another phenomenal feat.

Angelique Kerber and Naomi Osaka played extremely well to win those fi-

nals, Simona Halep was exceptional in this year's Wimbledon final, and the poise, belief and skill of Andreescu at Flushing Meadows on Saturday was equally impressive.

A growing group of players now believe they have what it takes to beat Williams in a final now that the ageing process is affecting her.

Williams, 37, may think she has the beating of them, but it does not appear that way, and she did not play nearly as well in the final as she had done in earlier rounds.

Her movement, so impressive in the semi-finals against Elina Svitolina, was much more laboured. And her serve was diminished and overall game poorer.

Her serve recovered, briefly, as she won four games in a row to level the second set to thunderous encouragement from the Arthur Ashe Stadium crowd.

Andreescu, 19, put her fingers in her ears to block out the noise but then, at 5-5 and with the Canadian only too



► Serena Williams is desperate to win 24 Grand Slams



► Bianca Andreescu was just too good for Williams

aware a championship point had come and gone, the confident and clinical Williams disappeared.

Her serve and her groundstrokes became edgy and tentative, as Andreescu regained the composure which would earn her a richly deserved first Grand Slam title. Williams admonished herself in the post-match press conference.

The 2013 Wimbledon champion Marion Bartoli, a close friend of Williams, thinks the American puts extra pressure on herself, and cannot rid that from her mind when she steps on to court.

"She just feels she has to win this one, and it has to be that one that she's going to get to 24, and then to 25 Grand Slam titles," Bartoli said.

Williams' next opportunity to draw level with Court's record will come at the Australian Open in Melbourne in January. With so many younger players

improving and inspired every time they face the legend, the odds of more Grand Slam success lengthens inexorably.

She has not played any tournaments after the US Open for five years. In 2014, when she last played and won the WTA Finals, she went on to win the Australian Open, the French Open and Wimbledon the following year.

After two decades on tour - and with a two-year-old child to consider - another spell away from home does not appeal.

Williams, of course, has absolutely nothing to prove. To most, she is already considered the greatest of all time in the women's game. But she so desperately wants to equal, and then surpass, Court's tally.

Further opportunities may well arise, but it is now entirely reasonable to ask whether, rather than when, she will do it. 🌐

## Jackson defies critics with stunning opener

Baltimore Ravens quarterback Lamar Jackson couldn't help taking a jab at some of his naysayers following a dominant performance in the regular-season opener.

"Not bad for a running back," he quipped after the Ravens 59-10 dismantling of the Miami Dolphins.

Jackson had 324 passing yards with five touchdowns, both career-highs, against Miami. He confidently controlled the huddle and seamlessly threw over the Dolphins' defence when they tried to stack the box.

That performance brought the odds for Jackson to win the National Football League Most Valuable Player Award down from 50-1 to 18-1.

Jackson has been scrutinized, criticized and sometimes dismissed as an NFL quarterback because of his propensity to run with the football as a rookie. Some critics said the Ravens simply can't win with that style of offense.

Last season, Jackson initially proved his critics wrong after taking over as the starter and leading the Ravens to victories in six of their final seven games. He led all NFL quarterbacks with 695 yards rushing while helping the Ravens snap a three-year playoff drought.



► Lamar Jackson is already an MVP candidate

The Ravens coaches are determined to protect the long-term health of their prized quarterback. So, they want Jackson to make more plays with his arm than his feet this season. Jackson practiced diligently with his passing skills throughout the summer.

The results were clear as soon as the team convened for training camp. Jackson had a much tighter spiral with his passes and was much more accurate when he threw the ball downfield.

"He's worked really hard," Ravens coach John Harbaugh said. "I think he's only going to continue to improve because he wants to work at it. He's definitely better. He was a rookie last year. He didn't practice much throughout the course of the year. So he's had a chance to be with the No. 1 offense on a daily basis and he did a great job with it." 🌐

## Pollard is new short-form skipper

Kieron Pollard has been appointed West Indies' new one-day international and T20 captain. Jason Holder remains the West Indies Test captain.

It's a surprising move because Pollard has not played a one-day international since October 2016. Cricket West Indies president Ricky Skerritt insists that Pollard is the "right man" to take over.

"Holder is a very important force and is still going to be our red-ball captain," said Skerritt. "Holder will now compete for a place in Pollard's team and use this as an opportunity to become a better cricketer. Pollard is the right man at the right time to take our white-ball teams forward. What impressed me the most about Pollard was his keenness and commitment to give back to the game."

Pollard takes over the ODI role from Holder who has captained the side since 2015. West Indies finished in ninth place in the group stage of this year's ICC Men's Cricket World Cup, winning just two of their nine games in the competition. Only Afghanistan finished below them in the table.

The new skipper has enormous experience to draw upon in his new role. Since his ODI debut in the 2007 Cricket



► Kieron Pollard was out of favour for a while

World Cup, the 32-year-old Trinidadian has played in 101 ODI games. In recent years, it is in the shortest format of the game that Pollard has built up a wealth of experience. No cricketer has played more than his 451 T20 matches across the world and he was part of West Indies' T20 World Cup winning campaign in 2012.

Pollard said: "I'm truly honoured to be appointed captain of the West Indies and I would like to thank Cricket West Indies' Board of Directors for placing their faith and confidence in me. I can't wait to work with the coaching staff and players as we start building towards future World Cups and give the fans more reasons to get behind the team."

His first stint as captain will be in three T20Is and three ODIs against Afghanistan in India in November. 🌐

## Jordan gives \$1m to Bahamas relief

Michael Jordan is pledging \$1 million to organisations assisting with Hurricane Dorian relief efforts in the Bahamas. The Hornets owner and six-time NBA champion is a billionaire with a vast annual income from various sources. It is nevertheless a wonderful gesture by Jordan, considered the greatest basketball player ever.

Jordan said that he's "devastated" at the destruction in the Bahamas, adding "my heart goes out to everyone who is suffering and to those who have lost loved ones."

The 56-year-old legend, who owns property and frequently visits the Bahamas, says as the recovery and relief efforts continue, he will be tracking the situation closely and working to identify non-profit agencies where the funds will have the most impact.

He added that "the Bahamian people are strong and resilient, and I hope that my donation will be of help as they work to recover from this catastrophic storm." 🌐



► Michael Jordan is helping victims in Bahamas

**CROSSWORD**

By THOMAS JOSEPH

- ACROSS**
- 37 Half of hex-fixtures
  - 6 Tool handles
  - 11 Wading bird
  - 12 Big name in TV talk
  - 13 On that spot
  - 14 Feed the fire
  - 15 Chestnut D.C. baseballer
  - 18 Last letter
  - 19 PC key
  - 20 Includes in a message
  - 21 Long, long time
  - 22 Like some cuisine
  - 24 Beattie and Blyth
  - 25 Tuneful
  - 27 Sullen look
  - 29 Lessen
  - 32 Crunch targets
  - 33 Hosp. workers
  - 34 Scandal subject
  - 35 Set fire to
  - 36 Home of the Trojans
- DOWN**
- 1 Sofa's cousin
  - 2 Horrified
  - 3 Tangy condiment
  - 4 Poetic "always"
  - 5 Lettering aid
  - 6 Party VIPs
  - 7 Gifted
  - 8 Ice cream alternative
  - 9 Hire
  - 10 Glosses
  - 17 Agree-ments
  - 23 Hoop attach-ment
  - 24 Help out
  - 26 Fall
  - 27 Regal digs
  - 28 Luke's mentor
  - 30 Red shade
  - 31 Banishes
  - 33 Toned down
  - 39 "— had it!"
  - 41 Me, to Michel

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

Yesterday's answer

- 6 Party
- 7 Gifted
- 8 Ice cream alternative
- 9 Hire
- 10 Glosses
- 17 Agree-ments
- 23 Hoop attach-ment
- 24 Help out
- 26 Fall
- 27 Regal digs
- 28 Luke's mentor
- 30 Red shade
- 31 Banishes
- 33 Toned down
- 39 "— had it!"
- 41 Me, to Michel

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			
44						45			

10-12

**SUDOKU**

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

**Conceptis Sudoku**

By Dave Green

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

Difficulty Level ★

9/03

Answer to previous puzzle

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

Difficulty Level ★★★★★

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Word Search

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

- Accede
- Accent
- Accept
- Access
- Accident
- Acclaim
- Accord
- Account
- Baccarat
- Buccaneer
- Capriccio
- Coccyx
- Eccentric
- Gnocchi
- Hiccup
- Moccasin
- Occident
- Occult
- Peccary
- Raccoon
- Soccer
- Success
- Tobacco

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

YOU CAN'T EVER ASK A WOMAN HER AGE, CURTIS, IF YOU WANT TO KEEP THE PEACE...

NOR CAN YOU ASK HER SHOE SIZE, NOR WAIST, IF SHE'S WEARING A WEAVE OR FALSE EYELASHES, OR WHO ARE HER FACEBOOK FRIENDS...

WELL, GEEZ, WHAT CAN I ASK THAT WON'T GET ME SMACKED UPSIDE THE HEAD ?!

"WHICH RESTAURANT WOULD YOU LIKE TO GO TO TONIGHT?"

**THE AMAZING SPIDER MAN**

By Stan Lee

THE ROOFTOP'S COMING UP FAST!

WE CAN'T STOP THIS CHOPPER FROM CRASHING—BUT WE DON'T HAVE TO GO DOWN IN FLAMES WITH IT!

A PARACHUTE MADE OUT OF YOUR WEBBING?

HADN'T TRIED THIS IN A WHILE, BUT I GUESS IT'S LIKE RIDING A BICYCLE...!

GOOD THING I MANAGED TO UN-JAM MY WEB-SHOOTER!

**JUDGE PARKER**

By Woody Wilson & Mike Manley

I CAN'T LEAVE WITHOUT CHARLOTTE AGAIN, MOM! I CAN'T! THIS IS MY LAST CHANCE!

I KNOW I'M ASKING THE WORLD OF YOU, MY DARLING. I KNOW MORE THAN ANYONE THE PAIN OF BEING AWAY FROM A CHILD. BUT HERE WE ARE TOGETHER AGAIN.

30 YEARS LATER!

WE'LL MAKE SURE IT WON'T BE ANYWHERE NEAR THAT LONG WITH CHARLOTTE.

AGENT GOT CHATTY, SO HAD TO END LINE OF COMMUNICATION.



# Caymanian Times



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