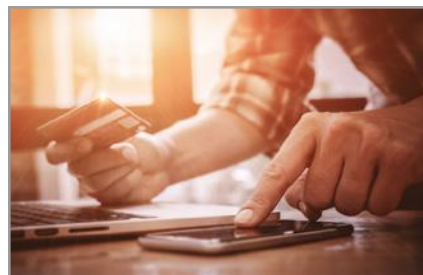


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INSIDE THIS ISSUE

COMMUNITY NOTICES — A2

Keep up to date on the Cruise Port Referendum signature verification

Visit Elections.ky for regular progress updates

# of Elector Signatures Submitted for Verification	# of Verification Forms Received	# of Signatures Remaining to be Verified	# of Verification Forms Remaining to be Received	% of the Required 5,250 Signatures Received	Start & Time of Last Update of Verified Count
5,563	4,235	1,428	1,057	80.0%	Aug 6th, 1pm

* 5,250 submitted Aug 12th - 1,199 submitted Aug 13th - 28 submitted August 16th
* Completion required 80% of the 5,250 signatures necessary to verify

ELECTIONS OFFICE
CAYMAN ISLANDS

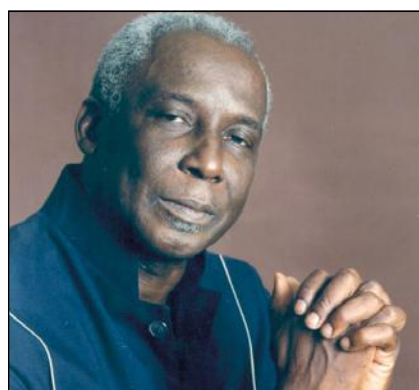
Elections Office Update: 80% of Signatures verified

SPOTLIGHT ON TOURISM — A5



How to Integrate Wellness Tourism Trends into Your Hospitality Business

ITS ALL ABOUT EDUCATION — A6



Emancipate Yourself - Remembering Rex Nettleford

POLICE NEWS — A8



Traffic Advisory for Miss Cayman Universe Motorcade

GLOBAL NEWS BRIEFS — B2



Honduran president Juan Orlando Hernandez denies drug involvement

Revitalizing our Capital

The George Town Revitalization Initiative Team in conjunction with the Cayman Music and Entertainment Association kicked-off the highly touted Saturday Night Live on the Waterfront in the George Town on Saturday, 3rd August.

At a recent public meeting regarding the Government's initiative to reinvent the Islands' Capital, officials cited entertainment, along with proper lighting and food/cuisine being essential factors in getting George Town functioning as a thoroughfare where peo-

ple can gather to socialize, whilst being entertained. This is similar to the high streets of Europe, where street performances, night life and food are 'par for the course'.

... Continued story on page A3



Maples Group donates vehicle to the Pines

The Maples Group has donated a multi-purpose vehicle to the Pines Retirement Home (PRH) to support the organisation to conduct its day-to-day operations more efficiently.

The new vehicle will assist with routine deliveries, collection of food supplies and household donations that are needed to care for the PRH residents on a daily basis. The vehicle will also aid in transporting medical equipment to and from the home and the transportation of residents to and from medical appointments.

Andre Ebanks, Deputy Chief Officer, Ministry of Community Affairs at the Cayman Island Government was instrumental in bringing this sponsorship to fruition, working closely with the Maples Group to identify local community projects and also with The Pines Retirement Home to identify funding and support requirements.

"We are pleased to continue to support the Pines Retirement Home and hope that the new vehicle will en-

... Continued story on page A11



► Andre Ebanks, Deputy Chief Officer, Ministry of Community Affairs, Lynda Mitchell, Manager of The Pines Retirement Home and Paul Lumsden, Managing Partner of the Maples Group's

Premier and MOA attend Jamaica Agriculture Show



► The Premier connects with the Prime Minister of Jamaica, Hon. Andrew Holness, prior to the opening ceremony of the "Prime Minister's Day"

The Minister of Education, Youth, Sports, Agriculture and Lands, Hon. Juliana O'Connor-Connolly, JP, in the company and support of the Premier Hon. Alden McLaughlin, MBE, JP are on an official visit in Clarendon, Jamaica to attend the 67th Denbigh Agricultural, Industrial and Food Show (Denbigh). The three-day show is the largest of its

... Continued story on page A10

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SMITH RD.

1:00 PM - 7:00 PM
BATABANO PLAZA
WEST BAY

COMMUNITY NOTICES

Petition Verification Process

Verification staff from the Elections Office continue to make solid progress, having received 4,255 signatures verification forms to date. This represents 80.4% of the number of registered electors that are required to satisfy Section 70 (2) of the Cayman Islands Constitution in relation to peoples-initiated referendum.

During this process, the proportion of persons being able to remove their names from the list of verified petitioners has been widely debated, as has the validity of doing so. Some public discussion is also ongoing about the appropriateness of additional signatures being collected and submitted while verification is in progress.

The total number of persons who have declined to be verified stands at 89, and 2 persons have requested for their previously verified signatures to be "un-verified". The percentage of persons declining to be verified is 2.1% of all verified signatures re-

ceived to date, while the proportion of persons seeking to "un-verify" their signatures, represents 0.05% of all verifications, and is not statistically material at the stage.

In an effort to be fair and reasonable, the Elections Office will continue to receive and record the wishes of persons who want to be "un-verified", while the CPR is able to continue to collect and submit additional petition signatures.

For the avoidance of doubt, the Elections Office will continue to maintain a record of all originally submitted petition signatures and will make an indication of which signatures have been verified and which have chosen to do otherwise.

The Elections Office wishes to thank the public for their support and to encourage persons who have signed the petition to continue to be courteous with the Elections Office verification staff as they work to complete the remaining verifications. 🌐

Keep up to date on the Cruise Port Referendum signature verification

Visit Elections.ky for regular progress updates

# 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
5,663	4,235	1,428	1,057	80.0%	Aug 6th, 1pm

*5,438 submitted June 12th + 199 submitted July 11th + 26 submitted August 5th

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



This weekend: Miss Cayman Universe motorcade

The ever-popular motorcade event, traditionally held on the weekend before the pageant, will take place this Saturday, 10 August starting from the Royal Watler Cruise Terminal in George Town from 8:00am.

The scheduled route is as follows:

- Royal Watler Cruise Terminal to Cayman Turtle Centre via West Bay Road
- Cayman Turtle Centre to Constitution Hall via West Bay Road
- Constitution Hall to The White House via Crewe Road
- Lunch at The White House
- White House to Eastern Star Bar & Fish via Shamrock Road
- Eastern Star Bar & Fish to Royal Watler Cruise Terminal via South Sound

The committee extends sincere gratitude to the motorcade sponsors – The White House, CICO-AVIS rental car, Cayman Turtle Centre – and cor-



porate sponsors, Ministry of Tourism, Hurley's Media, Cayman Airways and Radio Cayman. Special thanks to the Royal Cayman Islands Police Service.

The pageant will take place at the Ritz Carlton Resort on Saturday, 17 August. Tickets are on sale at Sand Angels in Camana Bay and Funky Tangs in George Town – limited seating is available. 🌐

COMMUNITY NOTICES

Customers may experience delays in service at WORC as Staff Training continues

Workforce Opportunities and Residency Cayman (WORC) wants to thank the public for their patience and reminds customers they may expect service delays as the front counter staff continues to be trained on the new system coming soon. As seating inside the

gallery is sometimes at capacity, WORC has provided extra shaded seating on the outside. Customers are also reminded that WORC opens from 7:30am and offers extended closing hours every Wednesday until 7pm. WORC apologises for any inconvenience caused. 🌐

Customers may experience delays in service at WORC as staff training continues.

THANK YOU FOR YOUR PATIENCE.

Customers may experience delays in counter services at WORC. As seating inside the gallery is sometimes at capacity, WORC has provided extra shaded seating on the outside.

Customers are also reminded that WORC opens from 7:30am and offers extended closing hours every Wednesday until 7pm. We apologise for any inconvenience caused.

TAB Calls for Heritage Vendors in Brac

Food and craft vendors interested in participating in the upcoming Cayman Brac Heritage Day can reserve stalls starting Monday 2nd September 2019.



The Cayman Brac Heritage Day will be held on Saturday 2nd November at the Heritage House in North East Bay (10am – 3pm) and will be the first official Heritage Day of the 2019 Pirates Week Festivities.

The event aims to showcase demonstrations of traditional arts and crafts and offer games, traditional food and juices, as well as a venue to highlight local talent.

Vendors willing to host traditional or carnival games are encouraged to register. Registration is FREE.

All food vendors must present a valid DEH Food Handling Certificate with completed application forms.

Space is limited, please register early. Deadline to apply is Friday 18th October.

For more information contact the Pirates Week office at 949-5078 or info@piratesweekfestival.com

Download the vendor application form online at <https://www.piratesweekfestival.com/cayman-brac-heritage-day> or pick up application forms from the Cayman Brac Heritage House. 🌐

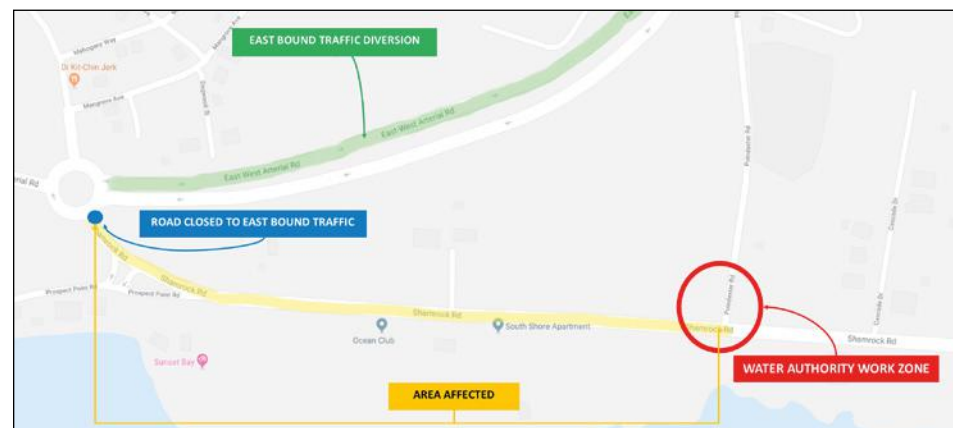
Planned Works – Partial Closure of Shamrock Road

Water Authority – Cayman wishes to advise its valued customers and the motoring public that the eastbound lane of Shamrock Road, between the Tomlinson Roundabout and Poindexter Road, will be closed on **Sunday 11 August, from 6:00 am to 2:00 pm** to facilitate planned works.

Motorist travelling east will be diverted to the East-West Arterial, with access to Shamrock Road via Chime Street/Spotts Newlands Road or Hirst Road.

Residents who live within the affected area will have local access to the road. Traffic signs will be posted in the general vicinity, and all motorist are asked to drive with caution to ensure their safety, as well as that of the Water Authority staff.

The Water Authority appreciates the patience and understanding of its customers and the public as it undertakes these works, and apologizes for any inconvenience this may cause. 🌐



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► CMEA President Jean Eric Smith and Musician Stuart Wilson at Saturday Night Live in George Town



Music and Cuisine take center stage: 'Saturday Night Live' comes to GT

... Continued story from page A1

Saturday's event featured food stalls, seating and entertainment by some of the Islands most well known musicians, including Mitch Ebanks (Jah Mitch), Dexter Boddan and Stuart Wilson.

With music in the air and food on the barbie, the scene was one of celebration and a positive omen for Cayman's Capital City.

"We want it to be a family atmosphere and not a big production or to 'giggish'. It's about showcasing our talent, food and scenery and appreciating everything equally," noted George Town Manager Collin Lumsden.

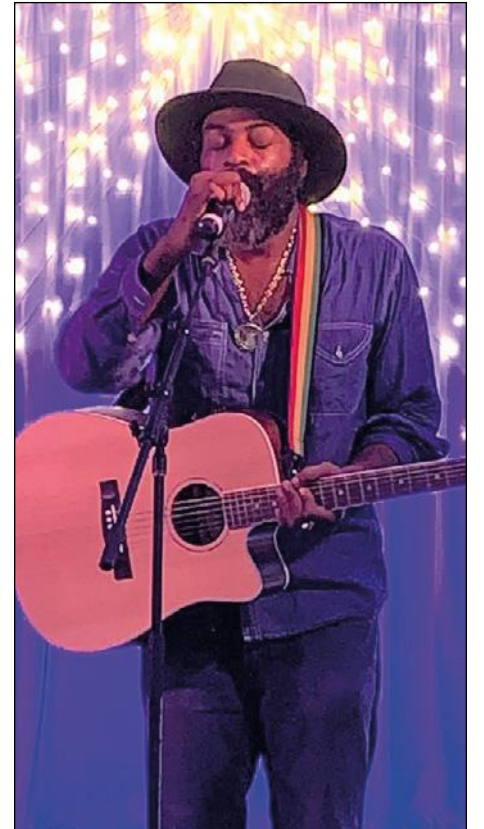
As part of the larger plans to jump-start activities, officials say that food festivals and proper transport or connectivity and access or walkability in George Town would be supplemented with street furniture and tree planting.

Artists took the stage to the stage to give the audience renditions of original music and popular songs and children danced the night away, with activities winding down at around 10.30pm.



Cayman Music and Entertainment Association President Jean-Eric Smith said he was extremely pleased with the first Saturday Night Live event and thanked the GT Revitalization for their cooperation and interest in the arts.

The CMEA was instrumental in trying to get the ball rolling early in this regard and had been already doing an event on Harbor Drive, known as 'Harbour Nights'.



► Stuart Wilson performs at Saturday Night Live

... Continued story on page A4



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MINISTRY OF DISTRICT ADMINISTRATION, TOURISM & TRANSPORT
CAYMAN ISLANDS GOVERNMENT



Music and Cuisine take center stage: 'Saturday Night Live' comes to GT



... Continued story from page A3

"Those shows were a great segue to what is now happening," noted officials from the CMEA, who at the time worked on the popular Harbor Nights event, which featured bands like Notch and Local Motion 345 in addition to Big Mountain and other international acts.

The next step for the development of George Town is funding and mobilization, there is also ongoing planning and public consultation, with citizens being engaged at a series of public meetings to avail them of the facts as they relate to the project.

Building codes are being changed to accommodate new plans and infrastructure, as well and diversification of housing and business are major targets for the GT Revitalization Initiative.

"We definitely want to see more of this and create a vibrant night life as a backdrop to all of our other efforts," noted Mr. Lumsden.

The George Town Revitalization Initiative started in 2015. Government Officials tasked with redesigning George Town include George Manager Colin Lumsden Deputy Chief Officer in the Ministry of Commerce, Planning and Infrastructure Tristan Hydes and Transportation Planner with the National Roads Authority Marion Pandohie.



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*The quoted sale fares are based on roundtrip economy class purchase for travel from Grand Cayman. The following additional government and airport taxes and fees apply: up to CI\$110.72 roundtrip for travel to New York, Miami, and Tampa; up to CI\$159.58 roundtrip for travel to Kingston and Montego Bay; and up to CI\$97.62 for travel to La Ceiba, and Havana. Government and airport taxes and fees are subject to change without notice. No minimum or maximum stay is required. All tickets must be purchased within one day of booking or by August 10, 2019, whichever is earlier. These sale fares are valid for travel from September 6, 2019 through November 7, 2019. The Miami and Tampa sale fares are not available for travel from October 21-27, 2019. All segments must be confirmed. Seats are limited for these sale fares and may not be available on every flight at the time of booking. The following change fees apply: CI\$126 plus any fare difference for travel from Grand Cayman to any US gateway; CI\$63 plus any fare difference for travel from Grand Cayman to all other international gateways. Fares are non-refundable and non-transferable. In case of no show, ticket has no value. For connecting flights to/from the Sister Islands, an additional through-fare of up to CI\$65.94 roundtrip will apply, with no overnight on Grand Cayman.

For details and to book call 345-949-2311, contact a local travel agent, or visit caymanairways.com





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How to Integrate Wellness Tourism Trends into Your Hospitality Business

Wellness Tourism is on the rise. The wellness tourism sector is a USD\$639.4 billion industry, with an average annual growth rate of 6.5 percent. Wellness tourists are also said to be willing to spend 130% more than non-wellness focused tourists. With these statistics it's not any wonder why wellness has become more than a buzzword in the hospitality and tourism industry.

WHAT IS WELLNESS TOURISM

Wellness tourism is often a sector synonymous with destinations offering yoga and spa retreats or detox packages – today, with the rising trend of travelers looking to escape the stresses of life and improve their well-being the sector is far more extensive. And, all guest-facing businesses in our destination have an opportunity to be a part of this wellness getaway.

Wellness isn't a one-size-fits all concept. It can mean different things to different people. People might think wellness is just fitness, but we need to think holistically about what wellness means and what guests equate to wellness.

As a guideline, wellness could comprise of these four pillars: eating well,



resting easy, keeping active, and accomplishing more. For example, a great sleep experience can be attributed to a more than comfortable mattress and mood lighting to help the guest get into sleep mode. Efficient customer service and minimal lines may contribute to the guest's feeling of accomplishing more. Shorter lines equate to more time on the beach!

HOW TO INTEGRATE WELLNESS

Brand standards and budgets might dictate what hospitality businesses can offer in terms of wellness options. But for those seeking a few simple ways to integrate and capitalize on the trend, here are a few ways you may do so:

It all begins with a mindset and gaining support across all stakeholders. Taking the first step towards a well-being integration can be easier than you think. Recently, an international hotel chain introduced a "Moment of Mindfulness" at the beginning of meetings for the team, pointing to the fact that wellness shouldn't just be focused on the guests. Encouraging employees to participate in endurance events such as Fun Runs, 5ks, Half, and full marathons is also a great way to encourage wellness but reimbursing them for their completion of the event is even better! Getting employees on board with wellness can lead to greater engagement and, thereby, better guest satisfaction.

Businesses should evaluate the entire guest journey from the arrival to the departure of the business, and you will be

surprised by all the opportunities available to positively impact the well-being on the guests, from the environment, to the food offered, to how hotel guest rooms are designed – or even guest rituals. Offering a bowl of fresh fruit in the business's lobby is a cost-effective way to start. Additionally, allowing guests access to water coolers can help to turn an eye toward wellness. Maybe offer a branded reusable water bottle for guests to fill up. When they leave the business, that water bottle acts as a marketing tool for the brand. Businesses can also consider adding live plants to public spaces to assist with oxygenation. Offer guests information about local outdoor activities – it is good to know your environment and area so that you can advise of nearby walking routes and vista destinations to promote. Thinking about local attractions and advertising your proximity to them can be a key marketing tool; if you promote another company, they might promote yours. Hosting educational or spiritual classes for wellness tourists is a great way to fulfil their expectation of opportunities for physical and mental self-improvement. Painting and craft classes are a perfect way to boost relaxation and promote culture and learning as well.

Businesses who offer food and beverage services should consider foregoing the traditional "set meals" and consider developing a creative and complete all-day offering for guests who are eating outside of traditional mealtimes – like when fasting. Focus on "Locavore" – or to look local. Not only does it strengthen

the surrounding economy, but it also encourages guests to discover new items, which creates a stronger connection with the area and the business. Be flexible. Another effective way to be mindful of well-being is to simply get rid of stuff and organize your workspace.

Lighting is another quick way to ensure guests are staying well. Look at the public spaces within your businesses, add efficient quality lighting for a clean bright space – or ambient lighting when necessary.

To most, a smell isn't just a fragrance – it's a memory. Consider the scents of your work environment. Whether in an office – or if you drive a taxi, consider using fragrances that leave guests with a relaxing and lasting memory of coconuts, the sea, or a fresh mango. It's truly the little things.

As guests look to improve themselves, they are inadvertently improving the tourism economy and profiting hotels and businesses. This trend is expected to continue, so by following simple advancements to help your business capitalize on the wellness movement – businesses can fully benefit and create their own professional wellness.

Brooke Meyer is the managing partner of Caymera International, a Grand Cayman-based hospitality and tourism consulting and advisory firm. She has an unwavering commitment to mastering the dynamics of the hospitality industry – and sharing that wisdom with her peers, clients, and stakeholders. Visit Caymera at caymeragroup.com or email info@caymeragroup.com.



► Brooke Meyer is the managing partner of Caymera International



DCI NOTICE

ATTENTION REAL ESTATE AGENTS & DEALERS
IN PRECIOUS METALS/STONES

THE DEADLINE FOR REGISTERING AS A DESIGNATED NON-FINANCIAL BUSINESS AND PROFESSION (DNFBP), UNDER SECTION 55F OF THE ANTI-MONEY LAUNDERING REGULATIONS (2018 REVISION), HAS PASSED.

ENFORCEMENT NOTICES ARE NOW BEING ISSUED.

Under Section 55S of the Anti-Money Laundering Regulations (Amendment) (No. 2) Regulations, 2019, you may be liable for an administrative fine of \$50,000 (sole trader) and \$100,000 (company).

In addition, a criminal conviction for breach of the Regulations may lead to a fine of \$500,000 plus two years' imprisonment.

For assistance please contact enforcement@dc.gov.ky or **244-3168**.

DCI would like to thank the majority of DNFBPs who have already registered.

Cayman Airways explains delays

In the past four and a half months since the grounding of its two Boeing 737 Max 8 aircraft, Cayman Airways has operated its international flight schedule with only three jet aircraft. While necessary adjustments were made to the airline's flight schedule to operate with a reduced fleet, it has left the airline with little redundancy in the event of an aircraft being out of service.

Last week, a single technical problem on one jet aircraft resulted in that aircraft only being able to provide limited service between Wednesday and Saturday. Unfortunately, despite best efforts, Cayman Airways was unable to secure a substitute jet aircraft, and, being short one plane, passengers and crew on certain flights experienced extended delays. These passengers were assisted by Cayman Airways' airport and call center teams, who worked tirelessly to accommodate each person. The technical problem on that aircraft was resolved on Saturday, and it returned to full service that evening.



On Monday, a separate technical issue with another jet aircraft again resulted in extended delays on certain flights. The issue with that aircraft was resolved by Tuesday evening.

In addition to airport announcements, affected passengers would have received email updates via the airline's third-party messaging platform, TripCase. Once an email address is provided at the time of booking, Cayman Airways passengers automatically receive

their initial reservation confirmation via TripCase, as well as pre-trip reminders and notifications of any gate changes, flight delays, schedule changes, and such. Cayman Airways is in the process of extending this communications tool to SMS messaging for passengers, specifically for notifications about delays.

Passengers affected by extended delays this past week who may still have questions or concerns, are encouraged to contact the airline directly by email-

ing customer@caimairways.net.

"Cayman Airways would like to sincerely apologize to those passengers affected by the unanticipated delays, and we thank them for their patience and understanding," said Cayman Airways President and CEO, Fabian Whorms. "Every day, we transport up to two thousand international passengers, and the grounding of our two new 737 Max 8 aircraft has complicated our ability to do that consistently to the high service standard that we are known for. We are grateful for all customer feedback received, and are diligently working on improving the customer experience during such irregular operations. Thankfully, even with a reduced fleet, extended delays are rare, as our operational teams in Flight Operations, Ground Operations and Maintenance, work hard on ensuring safe, enjoyable, and reliable service for the many who travel to and from our islands with us." 🌐

Emancipate Yourself - Remembering Rex Nettleford

'Can the world without anguish accept itself as part this, part that, part the other but totally human without one part of it trying to dominate the other? The idea of the Caribbean person being part-African, part-European, part-Asian, part-Native American but totally Caribbean is still a mystery to many in the North Atlantic which has been

spoiled by the very hegemonic control it has had over empires and far-away real estate for half a millennium - and with the indulgences of a trade in slaves, slavery and colonialism acting in tandem.' Nettleford- Speech to the United Nations, March 26, 2007- on the occasion of the 200th Anniversary of the Trans-Atlantic Slave Trade.



'For all of us who tenant the Americas are the creatures of that awesome process of 'becoming' consequent on the historic encounters between diverse cultures from both sides of the Atlantic in circumstances that,

for all their negative manifestations, have forged tolerance out of hate and suspicion, unity within diversity, and peace out of conflict and hostility. The ongoing struggle by those who seek recognition and status in human terms demands from all with the gift of knowledge and insight, the commitment of self in the continuing development of humankind. For stronger than war, which dehumanizes, humiliates and destroys, is indeed the love of life.' Nettleford.

The power to create and innovate remains the greatest guarantee of respect and recognition. Nettleford.

The first of August was celebrated as Emancipation Day in many former British colonies. Emancipation day is also celebrated in some areas of the

United States though on different dates.

For the more historically conscious Caribbean person it is time of reflection.

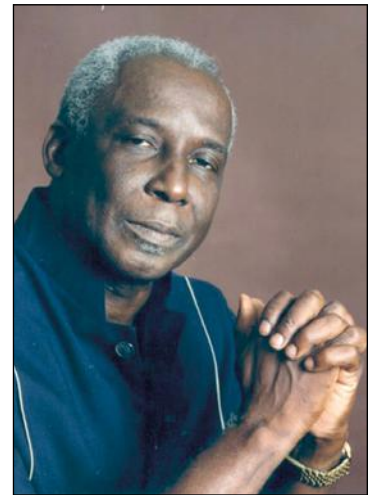
Certain historical moments require us to look back in order to look forward, to understand the past in order to shape the future more consciously. And no one knew this more and sought to impress on us all the need to understand historical continuities in order to create a more just and democratic society than Professor Rex Nettleford.

The Anglophone Caribbean was merely a small piece of what was later referred to as the 'New World' but was initially tenanted by indigenous peoples dating back to the times of Ancient Egypt in many instances. Later, it became a significant part of the Spanish Empire and an even more important part of the British Empire in the Europeanization project which began in 1492 and culminated with its most consequential event, the some 'four centuries of obscenities perpetrated in the pursuit of material gain, fueled by greed and the lust for power, and often under the guise of carrying out a civilizing mission said to be divinely ordained and even earlier sanctified by Papal edict' to quote Nettleford in his speech to the UN on the 200th anniversary of the ending of the slave trade.

It is difficult to find a person who understood the effects of past obscenities on the Caribbean psyche, the general consequences of the historic encounters between diverse cultures from both sides of the Atlantic, the struggle of Caribbean peoples for intellectual and cultural independence and identity and who has done more about it than Professor Rex Nettleford. The past and the present are always intertwined, the past interfacing with the present in both good and bad ways.

Nettleford, born in February 1933 was educated in British schools in Jamaica, pursued a history degree at the University College of the West Indies (London University) before moving on to postgraduate studies in politics as a Rhodes Scholar. He returned to his country where he launched a public intellectual and artistic career whose effects reverberated throughout the Caribbean and its diasporas' communities. He died in February 2011 of a massive heart attack while in New York in order to participate in a United Nations meeting about the state of global racial discrimination.

Nettleford was a man of big ideas and one who was always rooted in the Caribbean expe-



rience and indigenous epistemologies. Because of this, he was able to use his cultural and scholarly achievements to make nonsense of those who harbor the belief that indigenous creative works of art are not the equal of western masterpieces.

His work as a dancer, choreographer and the arts generally were used to promote awareness of self, of social change and to celebrate the African presence in the shaping of the Caribbean ethos.

He always insisted that the 'creative imagination lies beyond the reach of the vilest oppressor.'

Nettleford used the theatre as a tool of empowerment of the cultural expressions of the ordinary people of the Caribbean. He found meaning in the movement, vocabulary and aesthetics of the Afro-Caribbean syncretic religious expression. This explains why the Dance Company he formed, the National Dance Theatre Company of Jamaica, has such worldwide acclaim.

His brilliance was known universally. Oxford University honored him on the Rhodes Centenary in 2003 as one of the four Rhodes Scholars worldwide to be so honored.

The loss, some eight years ago, of this colossal Caribbean cultural icon, genius of a dancer appropriately described as incandescent eagle, orator, critic, intellectual, academic leader, unapologetic regionalist, consultant to Caribbean governments and to numerous international agencies including the World Bank and OAS is no reason for us to forget his stalwart contributions and his lasting, unending legacy.

'Man, you have seen a great tree put to the flame

How it roars up red as blood above the land

And nothing will stop the red and fiery tree

Until the red flames eat the tree-heart out

And then it dies, the good fire dies

But no dying can put the glory out.' Ian McDonald 🌐

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Customer Notice Interest Rate Decrease

Cayman National Bank advises that its CI\$ and US\$ Prime Rates will decrease from 5.50% to 5.25% effective 15th August 2019.

All products linked to CI\$ and US\$ Prime Rates will be adjusted on this date.



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CAYMAN ISLANDS GOVERNMENT

Cayman Islands to Host Over 200 International Women at Shipping Conference

The Cayman Islands chapter of the Women's International Shipping & Trading Association (WISTA International) will be hosting the 2019 WISTA International AGM & Conference from 29 October to 1 November. This is the first time that Cayman is hosting the event which will bring over 200 maritime experts from 30-plus countries to discuss global shipping market trends and share information and ideas about important issues such as sustainable oceans, IMO 2020 and beyond and clean and green technologies. The theme for the conference is "Founded Upon the Seas", a nod to Cayman's great seafaring and ship building heritage and the Cayman Islands' motto, He Hath Founded It Upon The Seas, which can be found on the coat of arms.

WISTA Cayman Islands President, Sherice Arman, said that it is only fitting that Cayman has been given the opportunity to stage the event as the country's profile in the industry continues to increase globally.

"WISTA Cayman Islands is thrilled to have the opportunity to host WISTA International's AGM and Conference. Our islands boast a strong seafaring tradition. For generations, Caymanians were known as first-class ship builders and master mariners with many employed as captains, navigators and crew for the world's largest shipping companies.

Fast forward to today where our maritime industry is still flourishing, and the Cayman Islands Shipping Registry continues to lead the industry in several key areas of the sector.

The Cayman flag is rated as one of the highest quality flags in the world and the Registry is often recognised by international regulatory bodies for its technical excellence, and its leadership in regulatory and advisory services. We are looking forward to this opportunity to network with our peers, engage with global decision makers, share our experiences and ideas and seek out new business synergies that will not only benefit Cayman's maritime industry but also empower women in the maritime community around the world."

Premier Hon. Alden McLaughlin said "Women in the Cayman Islands have a long history with the maritime industry. In fact, as far back as the early 1900's the Hydes sisters from West Bay and the Merren sisters from George Town were registered vessel owners. When the Maritime Authority of the Cayman Islands (MACI) was established in 2006 its first Chairman of the Board was Ms. Sharon Roulstone. Today, it is women who hold the majority of mid-management and above roles in our Maritime Authority and at a recent vessel registration training workshop hosted by MACI, 69% of the attendees were female, representing



► WISTA Cayman Islands President, Sherice Arman

a variety of local maritime sector services providers and government agencies. I'm delighted that WISTA International has chosen the Cayman Islands as the location for their AGM and conference and I trust the attendees will enjoy our warm hospitality and the beauty of our islands."

Topics that will be addressed during the various workshops and technical seminars include Business Negotiation

in a Global World; Empowering Women in the Maritime Community - Diversity and Gender Bias; Technology; Autonomous Ships and Cyber Security and Environmental Challenges; IMO 2020 And Beyond; Greenhouse Gases; and Maritime Pollution.

For more information about the 2019 WISTA International AGM & Conference visit www.wistainternational2019.com or email Sherice.Arman@maples.com.

POLICE NEWS

Traffic Advisory for Miss Cayman Universe Motorcade

The Miss Cayman Universe Motorcade will be taking place on Saturday, 10 August, beginning at 8:00AM at the Royal Watler Cruise Terminal.

The procession will leave at 8:30AM and travel to West Bay, making a stop at the Cayman Turtle Centre, then return south for a stop in central George Town in the vicinity of the Public Library Legislative Assembly building. They will

then travel towards Bodden Town, stopping at the White House, before heading towards East End and stopping at the East End Heritage Field. The procession will then return to the Royal Watler Cruise terminal by 4:00PM.

Motorists are advised to exercise caution on Saturday, and to expect slight delays if travelling behind the motorcade.



Man Arrested for Drug-related Offences in Bodden Town

Just after 2:20PM on Monday, 5 August, two officers on patrol in the Bodden Town District had cause to stop and speak with a man walking in the area of Caskwell Drive in Bodden Town. The man was behaving suspiciously when speaking with the officers and so the officer requested a search of his person.

During the search, the officers found a small bottle containing small rocks resembling crack cocaine along with a portion of cash. The 50-year-old man of George Town was subsequently arrested on suspicion of possession of



controlled drug with intent to supply and a host of other drug related offenses. The cash found on the man was also seized by the officers as proceeds of crime.

The man is currently in Police custody as the investigation continues.

Motor Vehicle Collision on Shamrock Road

Just before 1:50PM on Tuesday 6 August, police and other emergency personnel were dispatched to Shamrock Road, at the junction of Bueno Vista, where it was reported that a collision had taken place involving 2 vehicles and several persons received injuries.

Police, EMS and Fire officers attended the location and assisted with the incident. Shamrock Road was temporarily closed on both side to facilitate investigation and the clearing of

debris from the roadway. East bound traffic was diverted through Spotts Newlands Road and west bound traffic through Hirst Road.

Seven persons were transported to the hospital by EMS and are currently undergoing treatment. Both vehicles involved received extensive damage.

The roadway has now been cleared. The RCIPS thanks the public for their cooperation.

The matter is being investigated by the police.

Update: Motorbike Rider Dies after Collision on Watercourse Road

Police have identified the man who passed away in the vehicle collision that occurred on Sunday 4 August to be, 57-Year-Old Virgil Bush of West Bay.

The RCIPS offers its condolences to the family and friends of the deceased.

Investigators are appealing to anyone who was in the area on the day of the incident and may have seen what took place to come forward and speak to the police.

Just after 6pm on Sunday, 4 August, police and other emergency services were dispatched to a report of a motor vehicle collision in West Bay involving a dirt bike.

The rider lost control of the dirt bike when traveling northeast on Water-

course Road in the vicinity of Ruby Lane. He fell into the opposite lane and was struck by an oncoming vehicle.

The rider was responsive at the scene, and was transported to the hospital for treatment. Just before 2AM this morning, 5 August, he succumbed to his injuries.

Anyone with information is encouraged to contact the George Town Police Station at 949-4222 or the Traffic Department at 649-6254. Tips can also be submitted anonymously directly to police on website <https://www.rcips.ky/submit-a-tip> or externally through Crime Stoppers at 800-8477 or online <http://www.crimestoppers.ky/home/>.



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COMMUNITY EVENTS

Culture Reading Challenge

9 - 15 August - Keep your kids reading for summer! The Cayman Brac Heritage House and Cayman Brac Public Library Culture Reading Challenge continues until 15th. Call 948 - 0563 for more information.

Summer Story Time

9 - 31 August - The Cayman Islands Public Library in Bodden Town is hosting Summer Story time with Uncle Vic every Saturday from July 20th through August 31st at 1030am. For more information, call 947 - 0966 or email boddentown@caymanlibraries.com.

Alvin McLaughlin Collection Exhibition at the National Museum.

9 August - 30 November - Visit the Cayman Islands National Museum to view the collection of East End resident Alvin McLaughlin. Mr. McLaughlin's collection is used to showcase the individuality, culture and heritage of the East End district. The museum is



opened from Monday to Saturday and schools can book tours. There is free entry to residents every Saturday. For more information call 949 - 8368 or email info@museum.ky

Art at the Strand

10 August - This Saturday and every Saturday, from 3pm to sunset, the Visual Arts Society local ART market at The Strand features artists displaying arts, crafts, paintings, prints, hand-crafted jewellery & ceramics for sale in front of the Lodge/Eco-Den who offer 2-4-1 drinks, healthy pub food and homemade treats, smoothies, and speciality coffees / teas. For more information or to become a displaying artist, email info@visualartcayman.com

Movie Night in Cayman Brac

10 August - The Stake Bay Baptist Church invites all to its free Family Movie Night on Saturday 10 August at the Aston Rutty Centre. The feature film is "Breakthrough" and begins at 6:30pm.

Memory Café

10 August - All persons with early to moderate stage dementia or any other form of forgetfulness are invited to the next Memory Cafe on Saturday 10th August at 10am to 1pm at the Church of Christ,

Church Hall on 24 Batabano Road, West Bay. There will be music, storytelling and crafts. Lunch will be provided. Please call 936-1655 for more info.

EnviroWalk

11 August - The first Annual EnviroWalk Environmental 5K Walk / Run is put on by the Miss World Cayman Islands (MWCI) organization and its aim is to bring awareness to the environment and to encourage participants to make environmentally friendly lifestyle choices. The route is Savehavens and begins at 7:00am. Please bring your water bottle, hats, sunscreen and comfortable walking shoes! The cost is CI\$25 Adults and CI\$12 Youth Entry for those 12 and Under. Well behaved and on-leash dogs are welcomed.

Soldier Crab Sundays - Crab Racing

11 August - Participate in the Caymanian tradition of Soldier Crab Racing on Sunday 11 August at the Royal Palms Beach Club, West Bay Road. This is a fun way to help the NCVO in its goal to raise \$1.6 million dollars by October. Participation donation in \$10 for adults and \$5 for children. Visit ncvo.org.ky for more information.

Learn to Code for free!

12 - 16 August - Code Cayman is launching Youth Code 2019, its first one-of-a-kind computer programming course that will inspire Cayman's next generation to break

into the technology by learning to code. The program is free to all students between the ages of 12 - 17 years old but space is limited to 20 participants to ensure one on one tutoring. To register, contact info@codecayman.com, visit www.codecayman.com or call 233 - 0445.

Free HIV Screenings

13 August - The Public Health Department has extended its hours for free HIV screenings. The free testing is now available from 9.00 a.m. to 1.00 p.m. every Tuesday at the Cayman Islands Red Cross on Huldah Avenue, George Town. Call 949 - 6785 for more information.

Community Chess

13 August - Join the Cayman Chess Club at The West Indies Wine Company, Camana Bay for a complimentary chess class and open challenges weekly. Anyone can learn play and enjoy chess; even complete beginners. Start time is 5:00pm. Call 640 - 4000 for more information.

Summer Fun Family Day at the National Gallery

17 August - Join the NGCI Education Department for its free family fun art activities based on the exhibition Tropical Visions. Art activities will be available for children of all ages and self-guided activity booklets can be collected at reception for families to use as they explore. Admission is free and open to all ages. Call 945

- 8111 or email info@nationalgallery.org.ky for more information.

Seniors Tour and Tea Party at the National Museum

23 August - The National Gallery and EY welcome Seniors for a morning of art and conversation. The special event will begin with a tour of the new exhibition 'Tropical Visions: Landscape Painting from the National Collection' with a chance to share stories and memories inspired by the artwork. This will be followed by tea service with refreshments and pastries in the Gallery gardens. Admission to the event is free thanks to the generous sponsorship of EY Cayman, please RSVP by calling (345) 945-8111 or emailing receptionvolunteer@nationalgallery.org.ky by 19 August. Transportation assistance can be arranged if requested.

Young Men at Risk Workshop 5

28 August - The Alex Panton Foundation (APF) in conjunction with the Community Affairs Ministry invites everyone to a presentation on Young Men at Risk on Wednesday, 28th August at the North Side Civic Centre. The workshop will explore - How emotional distress is communicated in young men; Challenging and risk taking behaviours displayed by young men; Warning signs to watch for and Help-seeking. Email info@alexpantonfoundation.ky for more information. 📍

The POWER of Habit

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

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

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

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

What are your habits?

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

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

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

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

Here's how to adopt a habit:

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

Here are some healthy habit ideas:

- Do not eat after 7pm each night.
- Bring your lunch to work instead of eating fast food.
- Exercise 4 times a week after work for 45 minutes each time.
- Only eat fruits and veggies as your afternoon snack.
- Get up early and exercise for an hour each morning.
- Workout with me 3 times a week.

2) Write your new habit down on paper. Also include your 3 main motivators for developing this new habit, the obstacles you'll face, and your strategies for overcoming these obstacles.

Here's an example:

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

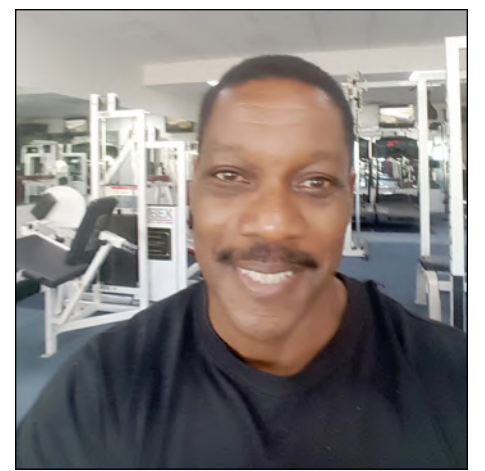
- My 3 main motivators are 1) to feel confident in my bathing suit, 2) to have more energy, and 3) to fit into my skinny jeans.

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

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

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

4) Keep track of your progress. You could keep a detailed journal or simply



▶ Ernest-Ebanks

make a check mark on each calendar day that you successfully exercise your new habit.

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

I'd love for my fitness program to become your new healthy habit! Call Ernest at Body Shapers Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com now to reserve your spot. 📍

BONE BROTH

Bone broth is the talk of the town these days. It's an extremely healthy and nutritious food that carries an abundance of health benefits. Bone broth contains minerals in the form your body can absorb easily. These include calcium, magnesium, sulphur and others. The University of Nebraska Medical Center, conducted a research to find out what's in chicken soup (broth) that makes it so great. They found that the amino acids produced when making the stock reduced inflammation in the respiratory system and improved digestion. So here are some reasons to consume bone broth regularly.



taining its youthful look, texture and appearance. Collagen's integrity is accredited with helping reduce the visible signs of wrinkles, decreasing puffiness and fighting other aging issues.

ENHANCES IMMUNE FUNCTION - It's gut supporting benefits is one of bone broth's amazing properties. It is one of the most beneficial food to restore gut health, and therefore, supports immune function and healthy inflammation response. Collagen/gelatin and the amino acids proline, glutamine and arginine help seal openings in the gut lining to maintain its integrity. Bone broth also improves sleep, boosts energy during the day and improves mood.

DETOXIFIES - Daily we are exposed to any number of toxins. Bone broth stock contains potassium and glycine which support both the cellular and liver detoxifying processes." Bone broth also increases intake of essential minerals which act like chelators to remove toxins by stopping heavy metals from attaching to mineral receptor sites."(Stanford University's Medicine Preventative Research Center).

So, start getting in on Bone Broth you will have no regrets. 📍



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► Minister O'Connor-Connolly attends the official opening ceremony and show demonstration by major event sponsor HiPro. (Left to right) Dr. Fenton Ferguson, Opposition Spokesperson on Agriculture, Jamaica; Mr. Lenworth Fulton – President, JAS/Chairman, Denbigh Show Committee Hon. Audley Shaw, CD, MP – Minister of Industry, Commerce, Agriculture & Fisheries, Jamaica; Hon. Juliana O'Connor-Connolly and HiPro company executives



► Staff of the Department of Agriculture and Ministry of Agriculture along with members of the Cayman Islands Agriculture Society pose with their tour guide at the Abbey Garden Farm

Premier and Minister of Agriculture attend Jamaica Agriculture Show

... Continued story from page A1

kind in the English-speaking Caribbean. Produced by the Jamaica Agricultural Society (JAS), Denbigh celebrates achievements in Jamaican agriculture and its related sectors and provides curated platforms of knowledge sharing. It is an important item of the Ministry of Agriculture's annual agenda.

"Jamaica has one of the most diversified and strongest agriculture sectors in the Caribbean particularly with respect to livestock," said the Premier, Mr. McLaughlin. "This visit gives us an opportunity to observe first-hand and learn from Jamaica's technical expertise in agriculture. I also look forward to con-

tinuing the conversation with the Prime Minister during his visit a few weeks ago with regard to increasing trade between our two countries. This is important as we continue to not only expand our own locally grown agriculture products, but also seek other sources to help diversify Cayman's access to food supplies."

While in Jamaica, in addition to attending Denbigh, the Premier and Minister will meet with the Most Honourable Prime Minister Andrew Holness and other Jamaica Government ministers on a variety of topics including trade and border security.

Speaker of the House, the Honourable McKeeva Bush, along with staff and official representatives from the Ministry

of Agriculture (MEYSAL), Ministry of International Trade (MIT), and Ministry of Commerce (MC), Department of Agriculture (DoA), the Cayman Islands Agriculture Society (CIAS), are with the Premier and Minister. The visiting delegation will have a full agenda including looking at Jamaican farming systems such as plant hydroponics and livestock farming, and how their agriculture practice and farming activities meet international environmental and food safety standards.

"It is important to note that our agriculture sector is perpetually evolving. We must continue to be active and intentional in our strategies towards implementing agricultural best practices

and understanding how it plays a crucial role in the life of our economic system. Directly exposing our very own subject-area experts to the various systems and programmes, whether strategic, traditional or technological in nature, allows for us to make tangible advancements, ultimately towards making the lives of our people better. The CIAS can model the dynamic signature activations to further enhance our own local agricultural shows and DoA staff can gain first-hand experiences of systems that can be scaled for our topography and of course, climatic challenges. We must plan for a better tomorrow, today," commented Minister O'Connor-Connolly. 🌱



► Speaker of the House, Hon. McKeeva Bush and Minister O'Connor Connolly along with Cayman officials were special guests of the Prime Minister's opening ceremony



► Speaker of the House, Hon. McKeeva Bush with Cayman officials were special guests of the Prime Minister's opening ceremony

Stronger Stakeholder Relationships a Focus on CFATF Progress

Working relationships between local public and private sector agencies combatting money laundering and terrorist financing are growing stronger, thanks to ongoing work by National Coordinator for the Anti-Money Laundering Steering Group (AMLSSG) Elisabeth Lees.

Appointed to co-ordinate the Cayman Islands response to recent recommendations by the Caribbean Financial Action Task Force (CFATF) to improve the local AML/CFT regime, Ms Lees has spent the last few months working, along with the Anti-Money Laundering Unit to coordinate the actions taken by the public sector to implement the recommendations in the report and to facilitate outreach to the private sector.

In a report published in March 2019, the CFATF, the regional body set up to evaluate a country's measures to combat money laundering, terrorism financing and proliferation financing, said the country needs to improve the local AML/CFT regime in several areas, including increasing its understanding of the risks in the jurisdiction and ensuring all entities that conduct relevant financial business implement robust AML/CFT measures. The Cayman Islands has until February 2020 to demonstrate to the global standard setter, the Financial Action Task Force, that it has made positive and tangible progress in implementing the recommendations of the report. Failure to do so could result in the FATF imposing a remediation plan on the Cayman Islands,

and the jurisdiction being placed on the compliance document.

Successful implementation of the CFATF recommendations, explains Premier, Hon. Alden McLaughlin, requires continuous stakeholder engagement by the local public sector and industry.

Commenting on Ms Lees' appointment and expertise and years of commitment to the fight against money laundering/financing of terrorism, the Premier noted: "The Cayman Islands has always worked hard to stay abreast of global regulatory measures. With this role and others around the public service that focus on increased coordination and improved communication within our local financial and commercial sectors as part of this process, we are taking positive steps towards implementing the report's recommendations".

At a recent meeting of relevant public and private sector organisations, the Premier specifically reiterated the need for all agencies to work together on behalf of the country to successfully implement the CFATF recommendations and improve the Cayman Islands AML/CFT framework as a matter of national priority.

All public sector bodies involved in the CFATF response have begun making amendments to their processes and procedures to meet the February 2020 deadline, to ensure enhanced coordination and cooperation in relation to the jurisdictions' AML / CFT regime. Self-Regulatory Bodies are also includ-



► National Coordinator for the Anti-Money Laundering Steering Group Elisabeth Lees (centre, right) listens to the Premier, the Hon. Alden McLaughlin (second left, at table) during a Cabinet subcommittee meeting in May 2019 regarding the Cayman Islands's CFATF (Caribbean Financial Action Task Force) response. Also pictured are (from left) Finance and Economic Development Minister, the Hon. Roy McTaggart; Financial Reporting Authority Director, Robert Berry; Financial Services Minister, the Hon. Tara Rivers; Attorney General, the Hon. Samuel Bulgoin, QC; Acting Solicitor General, Reshma Sharma; CFATF Deputy Executive Director, Carlos Acosta; Commerce Ministry's Chief Officer, Alan Jones; Portfolio of the Civil Service's Chief Officer, Gloria Mc-Field Nixon; Financial Services Ministry's Chief Officer, Dax Basdeo; Cayman Islands Monetary Authority (CIMA) Managing Director, Cindy Scotland; and CIMA's Senior Legal Counsel, Legal Division, Angelina Partridge.

ed in the coordination efforts and discussions with private stakeholders have included meetings with groups like the Cayman Islands Compliance Association.

The National Coordinator is one of over 100 positions with roles to play in the AML/CFT fight that have been created with funding allocated over the next few years. These positions were distributed between agencies such as the Royal Cayman Islands Police Service, Customs and Border Control, the Financial Reporting Authority and the Cayman Islands Monetary Authority among others.

A new working group that concentrates on fighting proliferation financing, or the financing of weapons of mass destruction, has also been established. The working group seeks to better understand and mitigate proliferation finance risk in the Cayman Islands. Members include representatives from the ODPP, CIMA, the Financial Reporting Authority, the Shipping Registry and the Department of Commerce and Invest-

... Continued story on page A11

Higher temperatures boost CUC profits

Cayman's electricity provider CUC announced last week that its profits for the second quarter of 2019 were up on the same period last year partially due to an increase in temperature for the islands during May and June of this year. This resulted in more people using their A/C, one of the biggest users of electricity in the home and also commercially.

Accumulating an operating income of \$8.2 million for the second quarter of 2019, CUC saw its operating income rise a half a million dollars in the three months ending 30th June over the same three-month period last year. The increase, they said, was mainly due to higher electricity sales revenues which was partially offset by higher depreciation expenses.

Net earnings for the second quarter totaled \$7.9 million, an increase of \$0.9 million from \$7.0 million for the second quarter of 2018, and sales increased to a total of 173.0 million kWh, an increase of 13.3 million kWh in comparison to 159.7 million kilowatt hours for the second quarter of 2018. CUC said this increase was driven by an increase in

the average residential and commercial kWh consumption for the second quarter of this year when compared to the same period last year.

The average monthly temperature for April, May and June this year was 84 degrees Fahrenheit as compared to an average monthly temperature of 83 degrees for those months in 2018. Warmer temperatures increased air conditioning load which positively impacted the Company's sales, they said.

CUC also gained more customers during the second quarter of 2019 at 30,100, when compared to 2018. This figure is an increase of 723 customers, or 2 per cent, compared to 29,377 customers as at 30 June, 2018.

They also stated that the system experienced a new peak this year, when, on 17 June, demand reached a height of 113.3 megawatts. Prior years' peak demand was 105.6 MW in 2017 and 103.6 MW in 2018.

President and CEO, Mr. Richard Hew, said: "Electricity sales have been robust over the first half of the year, driven by growth in customer numbers, a strong economy and above normal temper-



atures, particularly in May and June. The Company continues to invest in the infrastructure necessary to meet the growing customer demand and to serve reliably. Refurbishments to the Rum Point and Bodden Town substations have been completed and the new Seven Mile Beach substation construc-

tion is progressing well towards completion later this year. Construction of the new Prospect substation has also commenced. The Company continues to focus its attention on improving the level of service it offers to its customer by investing in infrastructure, technology and its people." 🌐

Maples Group Supports Pines Retirement Home with Vehicle Donation

... Continued story from page A1

hance the overall care of the residents. Their continued efforts to provide critical care and services to our senior community members is very important to us," said Paul Lumsden, Managing Partner of the Maples Group's legal services division in the Cayman Islands.

"We are so blessed to have an organisation such as Maples Group who supports our mission for the care of Older Persons in the Cayman Islands. We have a

long-standing partnership with them and our board of directors, residents and staff are most grateful for the donation of this new vehicle and for their continued support" said Lynda Mitchell, Manager of The Pines Retirement Home.

The Maples Group and members of staff have been devoted supporters of the Pines Retirement Home for many years. Support has included providing funding for The PRH new building, volunteering with the organisation of the yearly Thanksgiving Day luncheon, decorating

the home during the Christmas holiday period and serving as board members of the Pines Retirement Home.

Established in 1983, the Pines Retirement Home is a 48-bed (space) non-profit full-time residential accommodation that provides nursing care for older persons within the Cayman Islands community. Their services include residential, respite, day and assisted living care for older persons who suffer from a variety of chronic conditions associated with ageing. Currently, 39 residents reside at the Pines Retirement Home. 🌐

Notch and Band at Havana Club

One of Cayman's premier musical offerings is making the rounds on the Islands live circuit again after a two year hiatus.

Notch and Local Motion 345 are synonymous with live entertainment in the



► Vashti

Cayman Islands and many are familiar with them from major events such as the Jazz Festival, several appearances of the Marley family in Grand Cayman and a slew of International and regional gigs.

This Saturday night the band will be at the Havana Club on the West Bay Road for an exclusive performance before the band makes its way to Trinidad and Tobago to represent the Cayman Islands at CARIFESTA.

Local Motion 345 has also revamped the band's lineup; adding Soca Monarch Vashti to the frontline for the series of upcoming shows.

A full return to form and an exceeding of previous benchmarks is in order, as band leader and frontman Notch explains.

"Myself and the band are eager to get back out on the road and are looking forward to entertaining patrons near and far in our trademark style of energy, encapsulated in a positive vibration. Havana club will be ground zero for the series of shows that are about to commence and we look forward to giving the audience what they have come to expect from us and more."

Notch added that he was pleased to be back out on the road after the release of

his most recent single, "Black My Story" that has received massive airplay and earned the artist much critical praise and recognition in the Caribbean Region, with the song now creeping into international territory, after Notch's traveling to London earlier this year on a promotional tour for the song.

With regard to Vashti joining the ensemble, Notch noted that the combination makes for an even more electric and exciting show.

"Vashti is a stalwart in our local industry and is growing overseas. She has been releasing and promoting original music and her fanbase is diverse. We want to support that. People are well aware of her talent and what she can do and our Soca Monarch should have every chance to be exhibited."

Vashti on the vocal frontline is only one part of a one-two punch that has been added to the band's makeup, as George Jones of Barbados' Square One will be strengthening up the keyboard backline, meaning this musical train is quite ready and prepared to take patrons on a musical journey.



► Notch and Local Motion 345

Along with original music, Soca and Reggae standards and popular music will be 'on tap'.

It's now less than two weeks before the band will embark on their tour of Trinidad for CARIFESTA on Aug 15th to Aug 25th.

The performance at Havana Club this Saturday is essentially a 'one-off' treat and the band will not be performing at the venue on a weekly basis.

If folks remember Wednesday nights at Djs Cantina and miss the positive vibrations permeating the atmosphere, be sure not to miss LocalMotion345 in full effect this Saturday night at the Havana Club in the Caribbean Plaza on Seven Mile Rd.

Showtime starts at 9 pm and goes till midnight...

\$10 cover at the gate after 10pm 🌐

Stronger Stakeholder Relationships a Focus on CFATF Progress

... Continued story from page A10

ment as well as the Anti-Money Laundering Unit.

In addition to building local partnerships, Ms Lees notes that the Cayman Islands has continued to work closely with the CFATF. On 22 and 23 May, Cayman hosted the CFATF's Deputy Executive Director, Carlos Acosta, who met with each agency to discuss progress, answered queries and made suggestions. Later that month, a delegation from the Cayman Islands, headed by the Attorney General, attended the CFATF Plenary, ensuring active participation and providing another opportunity to liaise closely with the Secretariat. The Cayman Islands was also represented at the Financial Action Task Force (FATF) Plenary in February and June.

Ms Lees took up the National Coordinator role earlier this year, following several years as Senior Crown Counsel, in the Office of the Director of Public Prosecutions (ODPP). In this position she was responsible for incoming and outgoing international requests for assistance, specialising in CFATF matters. Furthermore, Justine Plenkiewicz has

taken up her appointment as Deputy National Coordinator, with responsibility for coordinating the work of supervisory agencies.

Progress that Cayman has made to date towards addressing the recommendations in the CFATF report also includes:

- The Hon. Premier chairs a newly created Cabinet Subcommittee, which is to ensure sustained commitment to AML/CFT/PF at the highest levels of Government. In addition to the Hon. Premier and Hon. Attorney General, members are the Ministers of Financial Services, Finance, and Commerce; and the Deputy Governor. The Committee meets on a monthly basis, to assess the progress being made by the relevant agencies.

- The Legal Associations (Miscellaneous Amendments) Law came into effect on 19 February 2019, to recognise the Cayman Islands Legal Practitioners Association (CILPA) as the self-regulatory body for the supervision of lawyers. CILPA has delegated supervisory functions to CARA (Cayman Attorneys Regulatory Authority), which has begun to build its regulatory oversight framework, which

will include the registration of law firms for AML purposes.

- In April 2019 the Legislative Assembly approved supplementary appropriations directly related to AML/CFT/PF, for different agencies to acquire the necessary human and IT resources, to address the recommended actions identified in the report.

- On 11 and 12 June, Mr James Hines, QC, held an anti-money laundering seminar for investigators, prosecutors and other relevant agencies. Mr Hines QC spent over two months in the jurisdiction assisting with the interim International Money Laundering and Terrorist Financing Investigative Unit of the RCIPS pending the recruitment of a dedicated Crown Counsel I (Financial Crime) to assist in the development of financial crime investigations into prosecutions. Mr Hines previously served as both prosecution and defence counsel in cases involving the UK's Serious Fraud Office; Financial Conduct Authority, and Competition and Markets Authority.

- During the week of 1 July, work was begun by various working groups on updating risk assessments to ensure that








the jurisdiction examines and understands its risks and takes appropriate measures. This is being co-ordinated by the AMLU. Assistance is being provided by Financial Transparency Advisors and consultants who have been contracted by the Ministry of Financial Services.

- The Office of the Director of Public Prosecutions (ODPP) organised training for relevant agencies on terrorist financing investigations and prosecutions, led by an investigator with experience in the field and is a dedicated terrorist financing prosecutor from the Crown Prosecution Service in the UK.

- From 22-25 July, the Financial Reporting Authority (FRA) brought together Government departments, authorities, industry bodies and an expert from the UK Treasury for a series of public- and private-sector meetings on targeted financial sanctions.

Individuals with questions or who require specific information about the CFATF response should email their supervisor or AMLU@gov.ky. Updates on progress towards full implementation of the action plan will be issued through local media outlets and posted on the AMLU website. 🌐

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
88°/84°F	87°/83°F	88°/84°F	88°/84°F	87°/84°F	86°/84°F	87°/84°F
Partial sunshine, a shower	Partly sunny, a shower	Partly sunny; delightful	Partly sunny, a brief shower	Partly sunny	A couple of showers	Partly sunny, a shower



► Lions Club of Grand Cayman members and Ms. Teen contestants who hosted an afternoon full of fun at the Pines Annual Birthday Party

Lions Host Pines Birthday Party

Over the last three decades the Lions Club of Grand Cayman has hosted an annual birthday party for Residents of the Pines and this year was no different.

On Saturday August 3rd, Lions Club members along with the 2019 Miss Teen Cayman Islands contestants hosted the annual party which has become a mainstay on the social calendar at the retirement home.

Together they celebrated birthdays while sharing stories, laughter and smiles.

Residents also enjoyed some singing, prayers and fellowship, all coupled together with some good Ole Cayman cooking!



► Taking a break after serving meals, cake and refreshments

Having the diverse age groups all uniting for this great cause is a proud example of this year's Lions President's Cordella Chollette's theme: Proud Past, New Voices, Exciting Future!!

The Club is grateful to all who continue to support and contribute to the Lions Club of Grand Cayman as they continue to support our community.

About Lions

The Lions Club of Grand Cayman Meet each 1st and 3rd Thursday of the month at the Lions Community Center. Anyone interested in attending can reach out to a Lion for an invitation to attend. 🌐



► Lions lead along in Favorite Songs of the Pines Residents

MOMENTS OF INSPIRATION



WATCH HOW HE WORKS - 2nd Corinthians 10:5

How does God provide for us? ONE DAY AT A TIME. Recall the Israelites in the wilderness. Each day God fed them faithfully by sending manna. Some wanted to make sure they had enough for other days, revealing their lack of trust in God. They gathered more than stipulated. God wanted them to have enough for one day so the extras rotted. When you worry over the future or things you can do nothing about, it's like trying to store up manna for to-

morrow. God wants us to give tomorrow's concerns to Him because they are too big for us. You will receive only enough Grace for today, so stay in the moment.

We are prone to worry about stuff. We get caught in the, "what ifs?"

What if I get hurt, get sick, can't find a helpmate, can't hear from God?

Instead of imagining the worst case scenario, why not relax and let GOD BE GOD IN YOUR LIFE. 🌐

OBITUARIES

Churchill's


Funeral Home

We have been asked to announce the passing of Mrs. Gertrude Gooding, who passed away on Wednesday, July 31, 2019. A Thanksgiving Service will be held at Church of God Universal, Walkers Rd on Sunday, August 18, 2019 at 2:30 p.m. Viewing: 1:30 – 2:15 p.m. Interment at: Prospect Cemetery.



Condolences can be registered at churchillsfuneralhome.com



CONTACT US

To Register your Team please e-mail GThacker@sunsetfcayman.com (Only 16 Teams will be allowed to enter so it will be on a first come first served basis.)

Entry Fee: Cl\$325 Per Team
Trophy and \$250 cash prize for Winners of The Sunset Cup. Non-cash prizes for Winners of The Sunset Plate.

Deadline for Payment is August 23rd.
Online at Bank of Butterfield – Sunset Football Club, Account 02201033892
Thank You.



SATURDAY 7TH SEPTEMBER 2019 @ CAMANA BAY SPORTS COMPLEX FROM 9.30AM UNTIL 6PM.

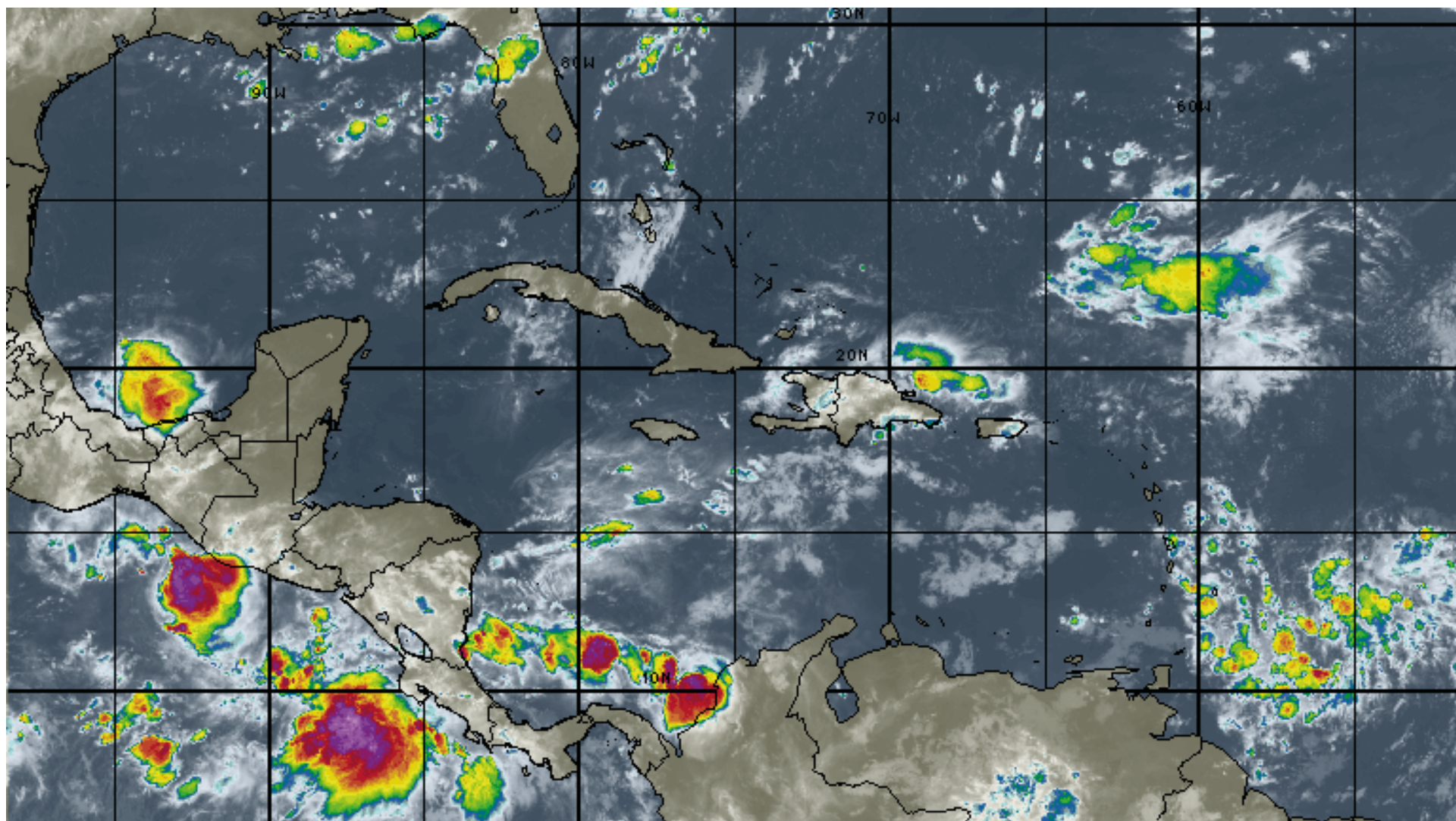
Each Squad will consist of 10 players participating in 3 group games and then either the Sunset Cup or the Sunset Plate Knockout Competitions (depending on group position)



TROPICAL UPDATE

Atlantic Tropical Cyclones and Disturbances

*For the North Atlantic... Caribbean Sea and the Gulf of Mexico:
Tropical cyclone formation is not expected during the next 48 hours. [NOAA]*



Suggested Hurricane Supply List

To prepare for the unknown, each home should have a 72-hour Disaster Survival Kit. You will need to pack some essential items to help you and your family survive, whether you stay at home or leave it during a disaster.

Ensure at least three days (72 hours) supply for each person. Do not forget pets where applicable! The following is a minimum suggested list of Survival Kit supplies:

Drinking Water:

- One gallon per person/per day in unbreakable containers, Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Don't forget to add additional water for mixing formula if you have children and for your pets. Rotate the drinking water each year.

- Food preparation and sanitation require another two quarts (minimum) per person daily.

- Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food and is not as vulnerable to temperature changes as unsealed water

- **Tip:** Purchase water this year and use it for drinking next year. This allows for rotation on an annual basis and keeps the water fresh. **Yes water can go bad!**

Water for sanitation use:

- Store extra containers of water to be used for flushing toilets, cleaning, and bathing.

- Purchase water purification tablets (Halazone) to be used if you still have running water but are told to boil water before using it. This allows you to fill the bathtub and other containers without purchasing expensive drinking water.

- **Tip:** Keep plastic containers (milk jugs and other containers) and fill them with water when a storm threatens. You can put these items in the freezer to keep food cold longer in the event that the electricity goes out.

Non-perishable Food:

- Maintain at least 3-7 days of food for each member of the family.

- Small, preferably single serving cans (should not require cooking or refrigeration). Dried fruit, peanut butter and jelly, coffee, tea, soft drinks and pet foods.

- Ready-to-eat canned meats, fruits and vegetables.

- Canned juices, milk, soup (if powdered, store extra water).

- Staples – sugar, salt, pepper in water proof containers.

- High energy foods like crackers, granola bars, trail mix.

- Raw vegetables that do not need refrigeration.

- Fresh bread.

- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, **instant coffee, tea bags.**

- Sterno for cooking.

- Vitamins

- Food for infants

- Paper cups, plates, and plastic utensils

- Non-electric can opener

- Aluminum foil

- Plastic storage containers

- Lots of ice (you can freeze your water supply)

- Pedialyte (to restore hydration if needed)

- **Tip:** Purchase only items that you like to eat and would eat even without a storm. Rotate these items by using them Dec-May each year and purchasing new items Jan-May. This allows you to reduce the cost of buying items for a hurricane kit at one time and keeps the items fresh. **Yes even canned goods have a shelf life!**

Baby Needs:

- Special foods (enough for several days)
- Formula (enough for several days)
- Extra diapers
- Medicines (get a copy of prescription)
- Blankets
- Diaper Rash Ointment
- Baby Wipes
- Powder
- Bottles
- Pacifier
- Favorite toy/blanket
- Medicine dropper
- Diaper-rash ointment

Sanitation

- Toilet paper, towelettes, soap, baby wipes, liquid hand sanitizer
- Liquid detergent
- Feminine supplies
- Personal hygiene items (toothpaste, deodorant, shampoo etc.)
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Household chlorine bleach, disinfectant
- Plenty of absorbent towels

First Aid Kit

- Assemble a first aid kit for your home and one for each car.
- Adhesive bandages various sizes – Sterile gauze pads (various sizes)
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Non-latex gloves – Adhesive tape – Anti-bacterial ointment – Antiseptic spray
- Cold packs (non refrigerated type) – Scissors – Tweezers – Rubbing alcohol
- CPR breathing barrier, such as a face shield – Thermometer, Safety pins.

Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever, Benadryl, peroxide
- Anti-diarrhea medication, Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Prescription Drugs

- Heart and high blood pressure medication
- Insulin (enough for a 30 day supply)
- Hearing Aid and extra batteries
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- **Tip:** If your insurance will allow, get a 90 day supply of prescriptions and have at least a 30 day supply on hand. n't wait until a couple of days before a storm to go to the pyou may not get your prescription refilled; the lines arevery quickly.



Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Towels
- Rain gear
- Blankets or sleeping bags
- Pillows
- Hat and gloves
- Sunglasses
- Tent
- Lawn chairs

Entertainment

- Games
- Books
- Cards
- Extra batteries for gamesColoring books, crayons.

Miscellaneous

- Wind-up or battery-operated clock
- Paper, pencil
- Needles, thread
- Camping utensils
- Map of the area (for locating shelters) and returning to the area.
- Cash or traveler's checks
- **Tip:** Have enough cash to sustain you through a 2 week period. Without electricity, most businesses (if open) will not accept credit cards and may not accept traveler's checks.
- Emergency preparedness manual
- Citronella candles

Not evacuating and staying home?

- Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 2 weeks.

- Turn refrigerator to coldest setting and keep closed.

- Turn off propane tanks.

- Unplug small appliances.

- Fill bathtub and other containers with water for cleaning and flushing. Additional water is stored for drinking.

- Cover all windows and other openings with hardened protections. If you do not have manufactured shutters, cut plywood and secure to protect the windows.

- Close all interior doors and brace outer doors.

- Select an interior room to use as a safe room.

- Plan as though you were evacuating and have enough cash on hand to sustain usage of gas, food, and other supplies in the days following the storm.

- If you have a generator, ensure you have enough gas on hand to sustain usage for several days.

- Ensure you have sufficient medications in case you are confined to your home for several days. Post-storm there may not be any electricity and pharmacies will probably closed even with a minor storm.

- Plan to cook on a camp stove or grill in the days immediately after the storm passes. ☺

GLOBAL NEWS BRIEFS

Canada won't sell its cheap drugs to US

Canada's main pharmaceutical lobby group has urged the government not to wait for drug shortages before responding to US plans to import Canadian drugs.

The talking points were prepared last month by Innovative Medicines Canada for its staff and member companies, before the Trump administration announced last week that it would allow US

states and other groups to start pilot programs importing cheap drugs from Canada to lower drug costs.

The IMC proposed the Canadian government ban all drug exports "unless otherwise permitted by regulation."

"Wholesalers should not be permitted to export drugs in bulk from Canada, and there should be strict and significant penalties for exporting drugs where their export is prohibited by law," a document stated. It warned that "reliance on reactive measures after shortages occur may pose a risk to Canadian patients."

That document, prepared in May, came before a July 31 statement from



► Canada's prescribed drugs are cheaper than America's

the Trump administration that it will set up a system to allow Americans to legally import lower-cost prescription drugs from Canada, overturning long-standing US policy. The cost of prescription drugs has been a controversial issue this year in the US, including the price of insulin, which some Americans buy in Canada, travelling in caravans to get the drug to control diabetes. The IMG suggested it is eager to derail the Trump administration's plan.

IMC's members include major drug companies based in the United States and abroad, and large-scale shipments of cheap drugs from Canada could lower their profits. 🌐

Duterte gives rebel fighters luxury trips

The Philippines has sent scores of former communist rebels on an all-expenses paid foreign shopping trip, to end one of Asia's longest-running insurgencies.

President Rodrigo Duterte flew 88 mostly female ex-rebels from the New People's Army on a four-day visit to Hong Kong last week, delivering on a pledge he made to former guerillas in 2018.

Mr Duterte has urged the communists to lay down their arms with promises of housing, financial and employment assistance, as well as trips abroad.

The novel tactic came almost two years after Manila shelved formal talks with NPA gunmen, saying the Maoists had no interest in making peace.

Photos shared by the military showed the former rebels, all but four of them women, smiling and posing in front of the wealthy Chinese city's skyscrapers and holding plastic bags of souvenirs.

They also visited Hong Kong's historical sites and shopping centres,



► New People's Army members before they were disbanded

using their "substantial amount of allowance" for their purchases, regional military spokesman Lieutenant-Colonel Ezra Balagtey said.

"It's part of the therapy for them to have a different perspective in life," Mr Balagtey added.

At the same time as pampering the ex-rebels, Mr Duterte has ordered the military to "destroy" the Maoist rebellion that has killed up to 40,000 people.

The 4,000-member NPA is one of the deadliest armed groups in the Southeast Asian nation and it finds a fertile ground for recruitment among the rural poor. 🌐

Cuba keeps tourism focus

Cuba is bravely continuing to develop its tourism industry, despite the obstacles imposed by the US economic, financial and commercial blockade.

Cuban President Miguel Diaz-Canel said that Cuban tourism intends by 2030 to have 252 new hotels, with 68 enlargement projects and 90 to increase the category.

About 54 camping sites, 32 nautical centres and marinas as a result of restoration and enlargement projects, naval workshops, and an International Diving Centre, are also on the list of priorities.

Plans also include 13 real estate development projects associated with

golf courses (with 15,000 real estate units), 42 recreation and adventure projects and more than 100 logistic projects, mainly improvements in capabilities and technological equipment.

Tourism Minister Manuel Marro said that the construction of over 2,000 hotel rooms were completed this year, totalling 72,900 rooms in June.

Mr Diaz-Canel stressed that tourism, in addition to being an important contributor to the economy, is also a bridge. With each tourist who visits us, the clauses of the imperial blockade are broken, he added. 🌐



► Cuban tourism is struggling but resilient

Hernandez denies drug involvement

Honduran president Juan Orlando Hernandez has denied reports from a US court filing linking him to drug trafficking, and has instead accused criminals of seeking revenge against him.

"The drug traffickers are looking for revenge against the only president who's done what he's needed to do," he said on Saturday, detailing his efforts to curb illegal drug sales in the country where drug gangs have prominent strongholds.

Mr Hernandez specifically opposed a report from US-based Spanish language broadcaster Univision, in which he said he was described as implicated in a campaign finance conspiracy.

Univision had detailed a 44-page document related to the upcoming drug trafficking trial in New York of Mr Hernandez's brother, Juan Antonio "Tony" Hernandez, which contained testimony from someone who appeared to be a former official.



► Honduran president Juan Orlando Hernandez denies drug involvement

"These are false accusations made by a drug trafficker," Mr Hernandez said, while acknowledging that such a document had been put before a US judge.

The Honduran president, a conservative lawyer who came to power in 2014, has reined in murders with a tough policy against drug cartels and street gangs that has been supported by the US and criticised by human rights groups. 🌐

Venezuela's slump is worst in history

Venezuela's crisis has been marked by corruption, hyperinflation, one of the world's highest homicide rates, food and medicine shortages and the largest exodus "in the recent history of Latin America," according to the UN Refugee Agency.

Its chances to recover may start with President Nicolas Maduro stepping down or being forcibly removed — either by the opposition or through foreign military intervention. But that would just be the first step to get the ruined economy on the road to recovery. A major course of economic shock therapy will be required.

Venezuela's hyperinflation rate increased from 9 million percent to 10 million percent since 2018, according to the International Monetary Fund, though it is expected to decline to back below 1 million percent due to recent moves by the country's central bank.

But the economic situation remains dire. The IMF says the cumulative decline of the Venezuelan economy since 2013 will reach 65 percent this year — for 2019 the annual decline forecast has



► Venezuela's currency is almost worthless

increased from 25 percent to 35 percent. The five-year contraction is one of the worst in the world in the last 50 years and one of the few that was not caused by armed conflicts or natural disasters, the IMF stated.

Analysts believe that in order to regain control over Venezuela's monetary system and zero out hyperinflation, drastic decisions will need to be taken.

"Venezuelans who have been suffering all of this time are going to be faced with a very dramatic, very draconian policy aimed at bringing their monetary system under control," said Dr Eduardo Gamarra, professor of politics and international relations at Florida International University. 🌐

UK ministers facing more abuse

Ministers of Parliament in the UK are worried about the threats and abuse they face, including being sent pictures of decapitated bodies, being surreptitiously filmed and having dog mess smeared on their door.

SNP MP Dr Lisa Cameron said she had put in place extra security so her children could play safely in her garden. Conservative Scott Mann said someone threatened to nail bomb his office.

The Commons Deputy Speaker said some MPs had told him they would not run for office again because of safety fears.

The BBC carried out a survey of MPs in writing and by phone between May and July this year. Out of a total of 650, the number of respondents was 172. Of those, 139 said either they or their staff had faced abuse in the past year.

More than 60 percent of those who replied said they had been in contact with the police about threats in the last 12 months.

Separate analysis carried out by academics at the University of Sheffield



► MP David Lammy's steadfastness inspires racists

looked at levels of abuse directed at MPs on Twitter.

Labour MP David Lammy, who is black, has received the most abuse of any MP on Twitter so far this year. On average, male MPs attract significantly more abuse than female ones. Conservative MPs, on average, attract significantly more abuse than Labour ones. Sexist abuse is the most prevalent, as compared with homophobia or racism.

Mr Lammy said: "I will not compromise what I say in public life and let the bullies win. But it saddens me greatly that this is a growing stain on our national democracy. It needs to be challenged and it needs to be dealt with." 🌐

City look set for hat-trick

Manchester City manager Pep Guardiola is being disingenuous when he says that there are "many contenders" for the Premier League title, including rivals Manchester United.

City go into the 2019-20 season as favourites to win the league for the third straight year, and they edged Liverpool on penalties in the Community Shield on Sunday.

While Guardiola and Jurgen Klopp led their teams clear of the pack last season, Manchester United, Tottenham and Arsenal in particular have strengthened heading into the new campaign.

Guardiola talked up European champions Liverpool, but said the usual 'Big Six' were in contention - highlighting United's signing of England centre-back Harry Maguire from Leicester City.

"I think United with Maguire and the other players they bought, Arsenal as

well, Chelsea and Tottenham, they won all of their pre-season so I think there will be many, many contenders this time," he said.

"But I think Liverpool... we were so happy when we realised which team we were going to face for the first match of the season, they are the champions of Europe, that's why I gave a lot of credit to our victory today.

"The way we played, particularly in the first half, and the way we defended, but they are a top-class team. The difference can be one point ahead, one penalty ahead, that is the difference, it's minor."

Manchester City begin their league campaign at West Ham on Saturday, with the Hammers among the teams expected to impress this year after their purchase of players such as Sebastien Haller and Pablo Fornals.

Then City face an early test against one title rival as Tottenham are the first team to travel to the Etihad.

Games with Bournemouth and Brighton round off August, with City also due to find out their opponents for the Champions League group stage on August 29.

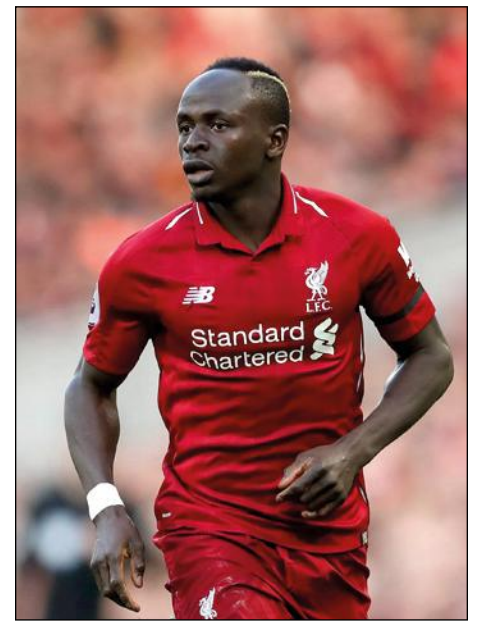
Klopp has hit out at the fixture demands on his players with the Reds preparing to enter as many as seven competitions over the course of the next 10 months, labelling it "not acceptable".

Many of the Reds squad haven't even had a full summer break. Liverpool's Champions League triumph meant their 2018/19 campaign wasn't over until 1 June, two weeks after some of their domestic rivals. A significant number of players then reported for international duty.

Some played in Euro 2020 qualifiers, some were involved in the UEFA Nations League finals, others have been at the Copa America and Africa Cup of Nations. Klopp focused on Sadio Mane in particular, who he says had a 13-month season and has only just started training again.

Liverpool, like City, are victims of their own success - as are many of Europe's top teams. At the end of the new season, Euro 2020 will be another obligation for many players. It is the price of success. But Liverpool will be playing in the UEFA Super Cup in Istanbul between their second and third Premier League fixtures, making August an incredibly busy month.

As the season progresses there will be an EFL Cup obligation, Champions League action, FA Cup and, in December, a week away in Qatar for the FIFA Club World Cup. That will mean other games must be re-arranged and played later, congesting the fixture list even more.



► Sadio Mane had a 13-month season

Klopp said: "The pressure is everywhere. We need to calm this down. We need proper breaks, then you will get world class performances. Then you can enjoy these boys in the long-term and it will be easier for the younger ones to come through."

At least one player will not be moaning about fatigue: Maguire who has established himself as one of the leading central defenders in the Premier League and a regular for England over the past couple of seasons after flourishing with Leicester.

Upon sealing his move to Old Trafford, Maguire was quick to pay tribute to his former employers for whom he represented for two seasons following a \$18m move from Hull City in 2017.

He wrote on Twitter: "Massive thank you to @lfc for your brilliant support and amazing memories. We've been through many highs and some real lows, but we stuck together. I wish you all the best in the future and I'm sure with a great owner you will keep rising as a club. #TheBoss #ThankYou." 🙌



► Harry Maguire may strengthen Manchester United

Manuel proves black girls can swim

Black people are considered poor swimmers because they have heavier bone densities than white folks, but an American woman is turning that notion on its head.

Simone Manuel impressed in the pool at the FINA World Championship in Gwangju, South Korea, last week. Not only did she successfully defend her title as world champion in the 100-metres freestyle, but she also managed to set a new American record when she did it swimming in Lane 1, to finish the race in 52.04 seconds. In doing so, she also became the second woman to win back-to-back world championship titles in the event. The first woman, Kornelia Ender, accomplished the feat in 1975.

In 2016, Manuel made headlines when she became the first African-American woman to win an individual Olympic gold medal in swimming.

Following her historic win she became more vocal about her desire to help lower the high drowning rate within the black community through



► Simone Manuel is aiming for more Olympic glory

her work with the USA Swimming Foundation.

To honour this commitment, Manuel was able to work with the foundation and Akron Area YMCA to make sure all students at Lebron James' Promise School received swimming lessons this summer.

Manuel became the first African-American woman to win an individual Olympic gold medal at the 2016 Summer Olympics in Rio de Janeiro.

Manuel, 22, left Rio with two gold medals for her performances in the 100m freestyle and 4 x 100m medley. 🙌

Pelicans rely on rookie Williamson

The former Duke basketball superstar sensation Zion Williamson will be in the spotlight with the New Orleans Pelicans this season as the schedule has started to leak.

Playing at Duke, even though it is college level, games are prime-time on the biggest stage.

Williamson took the college basketball world by storm, became the No. 1 pick in the NBA Draft, and signed a record rookie contract with Jordan Brand, the NBA primetime stage beckons.

Williamson and the Pelicans are expected to open the season against the reigning NBA Champions Toronto Raptors. However, the Raptors will obviously be without Finals MVP Kawhi Leonard, who signed with the Los Angeles Clippers in free agency.

The Clippers will open the season on the same night against the Los Angeles Lakers.

The NBA is expected to open its season on Oct. 22, but times and networks have not been announced yet.

Zion and the Pelicans will also get to take the court on perhaps the NBA's biggest day in the regular season, Christmas Day.

On December 25, New Orleans will be in Denver taking on the Nuggets. The Los Angeles Lakers will be making the



► Zion Williamson was the No.1 Draft pick

trip to New Orleans to face the Pelicans on Nov. 27 as it'll be Anthony Davis' first game back in the Bayou along with Williamson's first time taking the floor against LeBron James.

Williamson will try and shoulder the load for a Pelicans team that has high expectations coming into the season with its young core of players. Time will tell if New Orleans is ready to compete in a loaded Western Conference. 🙌

Felix backs women rights in sports

Female athletes from across all sports are drawing inspiration from one another as they fight for equal treatment, says Olympic sprint champion Allyson Felix.

Felix said the brave steps taken by US gymnasts, who spoke out against a serial sexual abuser, and the US women's soccer team, who have sued their federation for equal pay, have helped give athletes like herself the courage to speak up.

"We're feeling the power of the collective," the 32-year-old said. "When women speak out and speak their truth, change happens. It also encourages others to come forward."

"I know I've been inspired by the women's soccer team and others and that has given me the courage to come forward, which is something that is totally out of the norm for me."

"It's working and it's a really special time in women's sports."

The six-times Olympic gold medallist, who gave birth to a daughter through emergency caesarean section in November, made headlines in May when she



► Allyson Felix is campaigning for women's rights

said long-time sponsor Nike wanted to pay her 70 percent less after having her first child.

The sportswear company also refused to guarantee that she would not be financially penalised if she was not at her best in the months around the birth, she

wrote in The New York Times, echoing the experience of other Nike-sponsored women athletes.

Nike has since said it would end financial penalties for pregnant athletes.

This week Felix announced that she had signed the first sponsorship deal

with women's sports apparel company Athleta, where she will take part in initiatives to empower women and girls and have a hand in product design.

Felix, who is aiming to compete at next summer's Olympics in Tokyo, said she hopes to transform the athlete sponsorship model with the Gap-owned Athleta and pave the way for sponsored athletes down the road.

"What's happening with this partnership is what I want my legacy to be," she said. "I would love to have a little bit of influence on what sponsorship looks like, doing things differently, seeing athletes holistically and seeing them embraced through motherhood."

"I would love the next generation to not feel pressure to choose between career and family. Those things are very important to me."

"I hope to walk away from the sport after making some difference in those areas. That would make me extremely proud." 🙌

Caymanian Times



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Caymanian Times

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CROSSWORD

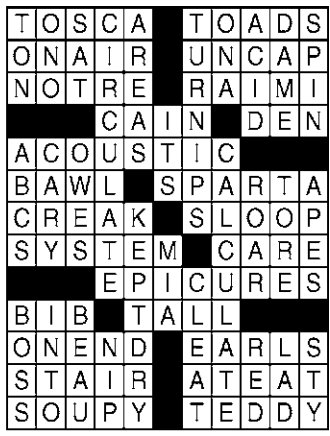
By THOMAS JOSEPH

ACROSS

- 1 Optimally
- 7 Baby bull
- 11 Entertain at bedtime
- 12 Tibet setting
- 13 Clothing feature with a flap
- 15 Build
- 16 Indiana city
- 18 Marching band instrument
- 21 Night spots
- 22 Tahini base
- 24 Termination
- 25 Barracks bed
- 26 Utter
- 27 Roosevelt's successor
- 29 Get up
- 30 Heroic story
- 31 Cello's kin
- 32 Poultry buy
- 34 Lunar landing aid
- 40 "Horton Hears —"
- 41 "Becket" actor
- 42 Freshman, usually
- 43 Hook-billed bird

DOWN

- 1 Ellipse bit
- 2 Hot drink
- 3 Saloon
- 4 Yard tools
- 5 Building unit
- 6 Hit the bottle
- 7 Prickly plant
- 8 Inquire
- 9 Tell tales
- 10 Dietary concern
- 14 Big singing group
- 16 Movie category
- 17 Make sense
- 19 Starting point
- 20 Stock-pile
- 21 Wager
- 22 Bart, to Homer
- 23 Iris's place
- 25 Chocolate source
- 28 Millionth of a meter
- 29 Ill will
- 31 Diner seating choice
- 33 Debate group
- 34 Mob pariah
- 35 Lamb's mom
- 36 English article
- 37 Colorful carp
- 38 Moose cousin
- 39 Golfer's need



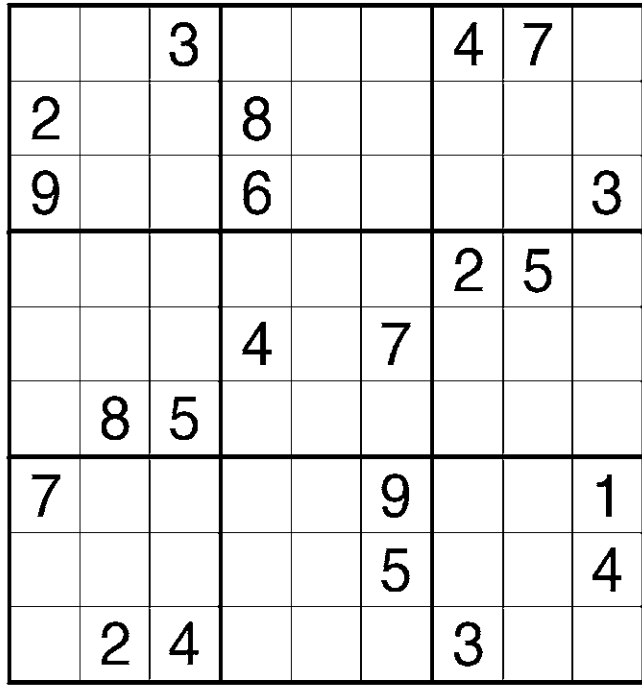
Yesterday's answer

SUDOKU

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

Conceptis Sudoku

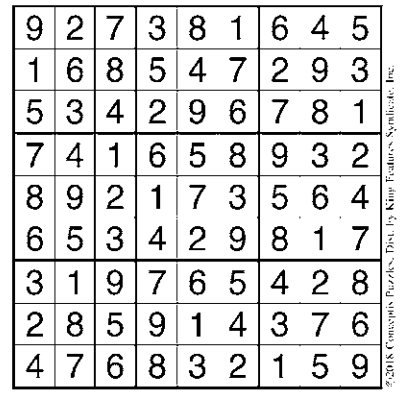
By Dave Green



Difficulty Level ★★★★★

8/19

Answer to previous puzzle



Difficulty Level ★★★★★

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Word Search



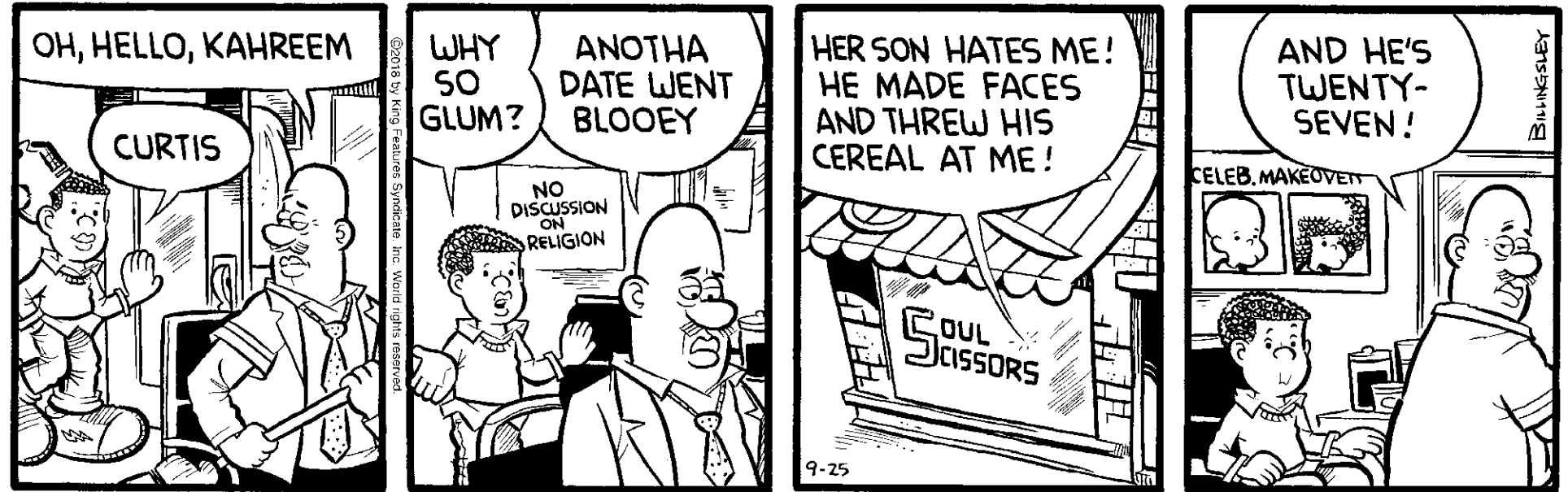
- Affix
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- Hoax
- Syntax
- Calyx
- Latex
- Telex
- Cashbox
- Lynx
- Xerox
- Climax
- Matrix
- CruX
- Minx



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

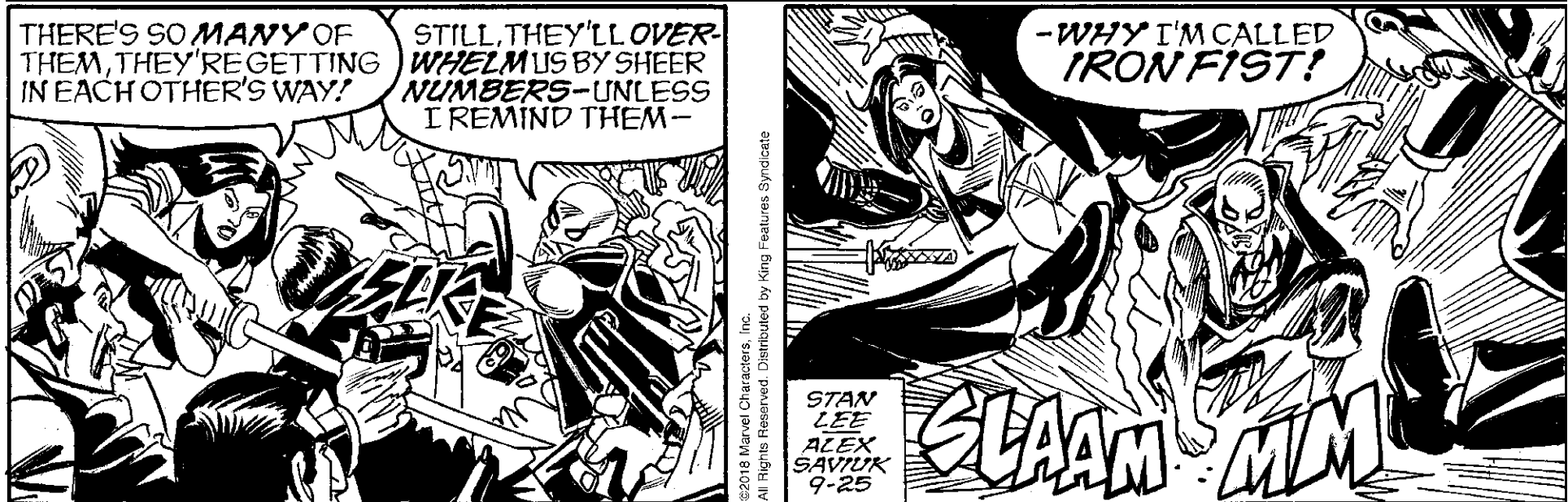
CURTIS

By Ray Billingsley



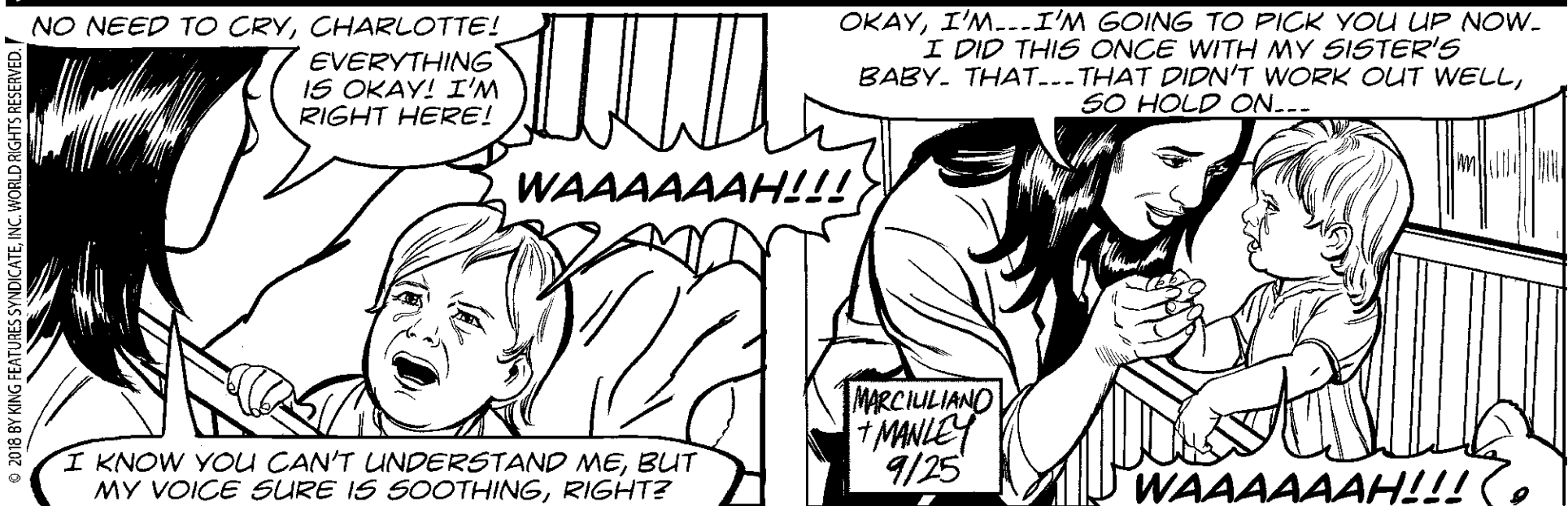
THE AMAZING SPIDER MAN

By Stan Lee



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