Caymanian Issue No 406



Friday, July 26, 2019

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to reach 25%

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Public Beach Upgrade Trees Untouched



Jerome crowned

IT'S

Improve Your Hospitality Business's TripAdvisor Popularity Ranking

HEALTHCARE — A8



Free hepatitis screenings to be offered for World Hepatitis Day

.....

WORLD WATCH — B1



Premier congratulate The Right Honourable Boris Johnson

Cayman's new Cycling Champion

By Christopher Tobutt

Jerome Ameline is the new Cayman Islands Cycling Champion in the Open category, after completing the grueling 58 miles, which represented three laps of a road-race circuit from Frank Sound Road, to East End, around the Queens Highway and back in less than two anda-half hours – 2 hours, 25 minutes, and 37.5 seconds, to be exact, on Sunday 21 July. He was several minutes ahead of fellow competitors Cebert Wood, at 2:31:53 and Steve Evans at 2:28:40. "I'm feeling good, I've been training all year long. I've just been on a trip in Colorado, so I train in altitude and I feel very fit," Mr. Ameline said.

The race is organised by the Cayman Islands Cycling Association, in ac-

cordance with UCI rules and regulations. UCI stands for Union of Cyclists International, and is the world's governing body for cycling events, over-



► Jerome Ameline is Cayman's new Cycling Champion, after winning in the Open category

seeing big international races like the Tour de France.

... Continued story on page A7

BORIS!!



▶ New British prime minister Boris Johnson

By Michael Jarvis **UK Correspondent**

A stacked in-tray awaits new British prime minister Boris Johnson, and while Brexit no doubt constitutes a large part of it, there are numerous other issues pending - and potential crises impending.

On Tuesday when he was installed as new leader of the ruling Conservative Party (swearing-in as prime minister was due the following day), Mr Johnson,

... Continued story on page B1



1:00 PM - 7:00 PM **SPINNAKER SQUARE** SHAMROCK RD.



1:00 PM - 7:00 PM **PASADORA PLACE** SMITH RD.

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

EDITORIAL | COMMUNITY NOTICES

PAGE A2

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Editorial

When is Emancipation Day?

This holiday marks the end of slavery in the British Empire. It is a public holiday in several Caribbean countries and though the holiday commemorates events that took place on 1 August 1834, it may be celebrated in different days in these countries.

History of the holiday

The British like other colonial powers had allowed the widespread practice of slavery to take place during the time of expansion to the new world. In 1772, the ruling in the case of the case of Somerset v Stewart determined that slavery was unsupported by the common law in England and Wales. While the ruling was not clear on the situation in other parts of the Empire, this case was seen as a key turning point in the change towards emancipation.

Slavery was finally abolished throughout the British Empire by the Slavery Abolition Act 1833, which came into effect on 1 August 1834. The territories controlled at that time by the East India Company, Ceylon (modern-day Sri Lanka) and St. Helen's were excluded. Slavery was not abolished in these regions until 1843.

Caribbean Islands Commemorate Emancipation Day with their own unique flavor and activities.

The collective cry of 'Freedom' echoed throughout the Caribbean in 1833. This auspicious day continues to be commemorated annually around the islands ,each with its unique flavor and activities. Emancipation day has a complex history but there are some commonalities with Caribbean Emancipation Day celebrations. Although the slavery Abolition Act of 1833 officially marked the abolition of slavery throughout the British Empire, it was not fully enforced until August 1st 1834. Slaves below the age of six were free. The older slaves, however, were assigned a re-engineered form of slavery labeled as 'apprenticeship.' Slavery has definitely left an indelible mark on Africans throughout the diaspora. Despite its painful origins, Africans around the world have found ways to honor the sacrifices of the ancestors through various celebratory activities. Check out our Top Five list of Emancipation celebrations around the Caribbean.

ANTIGUA & BARBUDA:



Antigua and Barbuda have continued to observe the end of slavery since 1834. It may or may not be a coincidence that the islands annual celebrations also occur around the same time every year. On the first Monday of August, Antigua holds a J'ouvert celebration which is a huge street party that takes place in the wee hours of the morning.

BARBADOS:



Emancipation festivities run for a few months on the island of Barbados. It begins in April commemorating the Bussa rebellion. One of the major slave rebellions that took place in 1816. Many subsequent activities build on this initial commemoration including Crop Over festival, which includes May, June and the first week of August. Africa Day is celebrated on May 25 and the Day of National Significance, which commemorates the Labor Rebellion of 1937, is celebrated on July 26. Emancipation Day celebrations take place on August 1 and then there are festivities celebrating Marcus Garvey's on August 17. The activities end with the International Day for the Remembrance of the Slave Trade and its Abolition, August 23.



Slave Memorial in Martinique

BAHAMAS:



Fox Hill Village in Nassau is the home to the majority of Emancipation celebrations in the Bahamas. This celebration dubbed as the 'Bay Fest' starts on the first of August and continues for several days. The Hatchet Bay Festival brings together local residents and descendants of the settlement and visitors of the village on Elethura Island. The festival showcases various cultural activities including a Junkanoo rush-out, cultural/ fashion shows, live band performances, Bahamian crafts and food and drinks.

JAMAICA:



Group of People Waving the Flag of Jamaica

In Jamaica Emancipation Day is part of a week-long cultural celebration, during which Jamaicans also commemorate Jamaican Independence Day on August 6, 1962. Both August 1 and August 6 are public holidays. Traditionally people would keep at vigil on July 31 and at midnight ring church bells and play drums in parks and public squares to re-enact the first moments of freedom for enslaved Africans. On Emancipation Day there is a reenactment of the reading of the Emancipation Declaration in town centers especially Spanish Town which was the seat of the Jamaican government when the Emancipation Act was passed in 1838.

TRINIDAD AND TOBAGO:



On 1 August 1985, Trinidad and Tobago became the first country in the world to declare a national holiday to commemorate the abolition of slavery. It replaced Columbus Discovery Day, which commemorated the arrival of Christopher Columbus at Moruga on 31 July 1498, as a national public holiday. The commemoration begins the night before with an all-night vigil and includes church services, street processions past historic landmarks and addresses from dignitaries including an address from the President of Trinidad and Tobago.



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COMMUNITY NOTICES

Needs Assessment Unit: Closures

The Needs Assessment Unit (NAU) wishes to advise the public that its offices in Grand Cayman and Cayman Brac will close on **Thursday**. **25 July 2019** from 3pm, for a staff meeting.

Normal office hours will resume on **Friday, 26 July 2019**.

The NAU apologises for any inconvenience the closures may cause.

Elections Office - Update on Current Verification Process 23July

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
5,637	3,207	2,430	2,085	60.6%	July 22nd,
	e 12th + 199 submitted quired 25% of the 21,11		= 5,292		9pm
	ECTIONS OFFI				1

4.

LOCAL NEWS

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CAYMANIAN TIMES





Public Beach Upgrade | Trees Untouched *Development aimed at enhancing Seven Mile Beach*

By Christopher Tobutt

Dart, in collaboration with the Cayman Government, has begun work on the final phase of the Seven Mile Beach Enhancement Project. Big diggers and rollers could be seen going back and forth, all along the area from the Seven Mile Beach cabanas and along the side of Calico Jacks, and areas were sealed off from public access by tall sections of temporary removable fencing. Workmen in bright yellow hardhats were busy working on new walls and paving, and what appeared to be a large new cabana was being completed.

The project, which costs three million dollars altogether, is aimed at enhancing the recreational areas of Seven Mile Beach. The project was included in the Third Amendment to the National Roads Authority Agreement between the Government and Dart. Earlier this year, Dart completed the surrender of its leasehold interests in the parcels of land to the east of Seven Mile Public Beach to the Government.

This phase of the project focusses on upgrades to the existing parking areas, including the addition of designated food vendor parking spots. Temporary parking will be made available on the empty lot to the east of the existing parking lot. With the completion of the third phase, private vehicles will no longer be able to drive directly on to the beach. This decision was made to ensure the safety of all beach users going forward and prevent future instances of reckless driving near the 'soccer pitch' area and the cabanas, according to Government sources. Several new pathways for easier walking access will be made around the children's playground, and there will also be improvements to the volleyball courts as well as the construction of a new vendor area and also a restroom block. "The redevelopment of the Seven Mile Beach Park will better facilitate public use of the beach for recreational purposes as intended," said Public Lands Commission Chief Inspector Winsome Prendergast. "All approved vendors will, where practical, be relocated and restricted to the purpose-built



Vendor Village designated area or the car park, to the benefit of beach goers," she added.

Altogether there will be 16 new stalls for vendors, designed in the "Cayman Cottage Style," in keeping with a sense of local culture and heritage. The provision for licensed vendors is part of a move to make sure that beach vendors, which have concerned some sectors, will be better regulated and moved off the beach itself. The plan also includes extensive landscaping, and the removal of invasive species that are not native to the Cayman Islands, and replacement with 13 native plant species including: mahogany, sea grape, plop nut, sea lavender and bay candlewood. The new southern pathway is still open, but the special 'Mobi-mat,' which is wide strip of tough material designed to give wheelchair-users access to the beach, has been temporarily relocated, to ensure continued beach access for persons with disabilities. Throughout the project, the public is still able to access and book the beach cabanas, and although access to the big children's playground is still possible, it has been limited because of the works, so that if people want to take their children there they will have to take care that they have a safe path of access. 📀

Notice Tree Trimming in the Eastern Districts



Bodden Town • Frank Sound • East End



When and Where: During July and August, CUC will be conducting aggressive tree trimming in Bodden Town, Frank Sound and East End.

Why: Due to excessive growth, the trees and vegetation along Shamrock Road, Bodden Town Road and Sea View Road have become an imminent safety hazard to power lines and must be trimmed back immediately.

CUC is obligated to and has a legal right in accordance with the *Electricity Law* 2008, *Rev. Section 22 (1)* to trim or remove trees for the purpose of maintaining sufficient clearance from the overhead power lines at all times. CUC is responsible for providing safe and reliable electrical service to Grand Cayman. To satisfy this responsibility, it is necessary to ensure that trees and other vegetation do not obstruct or interfere with power lines or constitute an unacceptable source of danger.

Who: CUC utilises two subcontractors, Utility Maintenance & Construction (UMC) and Power Services Cayman Ltd. (PSCL), to perform the necessary tree trimming. These contractors use qualified linemen who are certified arborists utilising professional tree pruning techniques to ensure safe and effective tree trimming and to promote the healthy regrowth of trees.

CUC asks for your cooperation during the upcoming weeks. Please exercise caution and due diligence when driving in these districts and be on the look out for the bright orange "Utility Work Ahead" signage as there will be temporary lane blockages and traffic management in place.

For further information, please contact our **Customer Service Team** at **949-5200** or via e-mail at **service@cuc.ky**.



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

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LOCAL NEWS

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2019 CAYMAN ISLANDS NATIONAL ROBOTICS TEAM ANNOUNCED

In October 2019, 11 students will make the journey of a lifetime to compete in the FIRST Global Challenge as the Cayman Islands National Robotics Team.

Caylem Hill and Jack McGregor (Cayman International School), Pierce Serrant (Cayman Islands Further Education Centre), Xaria Deosaran and Adrian Phillips-Hernáez (Cayman Prep and High School), Craig Maitland and Edmund Pileta (Clifton Hunter High School), Oscar Martinez (Grace Christian Academy), Samuel White (John Gray High School), and Kieran Finch and Nilakni Jayasekera (St. Ignatius Catholic School) will travel to Dubai, UAE, to compete in the international robotics tournament from 24 to 27 October.

The students qualified for nomination to the National Team following their participation in the "Rover Ruckus" FIRST Technical Challenge held in May at the Camana Bay Arts & Recreation Centre. Following the local competition, teachers and teammates were encouraged to nominate students who best exemplified excellence in technical ability, critical thinking, communication, collaboration, and task organisation for consideration.

Dart Senior Manager Education Programmes Glenda McTaggart says the nominated students went through a rigorous selection process.

"Nominees were evaluated for their commitment to their school's robotics programme and the level of teamwork, collaboration, sportsmanship and leadership demonstrated during their participation in the "Rover Ruckus" tournament," she says, explaining that the shortlisted nominees were then interviewed by a panel consisting of two science teachers and two sponsor representatives.

"The students chosen to represent Cayman internationally are passionate about STEM and they convinced the selection committee that they will make the most of this opportunity to work as team to build an amazing robot and represent their country on the world's stage," McTaggart says.

Alongside McTaggart, technical mentors supporting the team as they build their robot and compete in Dubai include: Von Ryan Abrantes (St. Ignatius Catholic School), Allison Smith (Cayman Prep and High School) and Namitha Abraham (Caribbean Utilities Company).

FIRST Things First

FIRST robotics programming was officially introduced to the Cayman Islands earlier this year through a partnership with Aureum Re, Caribbean Utilities Company (CUC), Digicel, and Health City Cayman.

Dart Chief Executive Officer Mark Van-Develde says the five companies share a common goal in ensuring the next generation is prepared to fill the jobs of the future.

"The mission of Minds Inspired is to provide our young people with unique STEM learning experiences that prepare them for the careers of the future and the challenges of tomorrow. This partnership leverages our combined financial resources and diverse areas of expertise to create learning and innovation opportunities for middle and high school students" he says, adding that Dart's focus on STEM is rooted in the Dart family's belief that these subjects are fundamental building blocks for success in school and life.

Each of the sponsoring companies is associated with one of the STEM subjects: Health City Cayman Islands represents science, Digicel represents technology, CUC represents engineering, and Aureum Re represents mathematics.

"As Cayman's economy continues to evolve, the local demand for STEM jobs - and to be more specific for jobs which use robotics and artificial intelligence will continue to increase," VanDevelde says. "Our organisations share a common goal in ensuring our young people are prepared to fill those roles."

Let the Games Begin

Considered the Olympics of robotics, the FIRST Global Challenge is themed around the 14 Grand Challenges of Engineering identified by the National





First Robotics 2019 Team. From left, Namitha Abraham (technical mentor, Caribbean Utilities Company), Von Ryan Abrantes (technical mentor, St. Ignatius Catholic School), Oscar Martinez (Grace Christian Academy), Adrian Phillips-Hernaez (student mentor, Cayman Prep and High School), Craig Maitland (Clifton Hunter High School), Nilakni Jayasekera (St. Ignatius Catholic School), Edmund Pileta (Clifton Hunter High School), Xaria Deosaran (Cayman Prep and High School), Caylem Hill (Cayman International School), Allison Smith (technical mentor, Cayman Prep and High School), and Glenda McTaggart (Dart Senior Manager Education Programmes). Missing from photo: Kieran Finch (St. Ignatius Catholic School), Pierce Serrant (Cayman Islands Further Education Centre), Jack McGregor (Cayman International School) and Samuel White (John Gray High School)

Academy of Engineering and empowers young people to use STEM to solve global problems like access to clean water and sustainable energy resources.

McTaggart says this year's theme -"Ocean Opportunities" - is particularly relevant to the Cayman team.

"This year's game brings attention to the global challenge of ocean pollution," she explains. "The robot the team designs will need to be able to remove 30 micro pollutants and 50 macro pollutants, represented by small and large foam balls, from the playing field."

The team will score points by transferring the pollutants to two types of processing areas located in the ocean—the processing barge and the reduction processing hub. The teams score points by depositing pollutants on the three levels - recover, recycle, reuse - each representing different degrees of processing.

In keeping with the collaborative spirit of FIRST, while each team is responsible for keeping its own shoreline clear of pollutants, they must join forces to protect the ocean. Just as in the FIRST Technical Challenge, the Cayman team will have the opportunity to work as part of alliances with teams representing more than 175 nations.

"FIRST is guided by the philosophies of 'Gracious Professionalism' and 'Coopertition' which teach students that fierce competition and mutual gain are not separate notions, and that teams can and should help each other even as they compete,' McTaggart says. "FIRST is more than robots, it's about transforming lives through STEM."

Want to stay updated on the team's progress? Follow Minds Inspired on Facebook at www.facebook.com/MindsInspiredCayman. 😚



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BUSINESS | SPOTLIGHT ON TOURISM

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HSM Welcomes Four Summer Interns

68 Fort Street, Grand Cayman (Tuesday, 23 July 2019): The HSM Group has once again opened its doors for their summer internship programme and has welcomed four students from the Cayman Islands Further Education Centre (CIFEC).

CAYMANIAN TIMES

Paula Brown, Amelia Lamie, Xylina Ritch and Yanina Montero have joined HSM's team. As a full-service law firm in the Cayman Islands, HSM is able to offer them a wide-range of experiences including Corporate Services, Debt Collection, Immigration and Finance.

This internship comes off the heels of a 10-month work experience stint with the CIFEC programme, where these students along with 12 others came to work at HSM twice a week during school hours. HSM's summer internship will allow them to hone in on the skills they have learned thus far and make meaningful contributions as regular members of the team.

"Their ambition and willingness to learn inspires us," shares HSM Managing Partner, Huw Moses OBE. "Our team looks forward to this experience each year and we are proud to be able to help mold Cayman's next generation of leaders."

HSM is an avid supporter of the CIFEC programme and will be participating at CIFEC's annual career fair in September. At this time, they plan to take on at least 10 students who are looking for a dynamic experience in the legal field. HSM has supported the CIFEC programme since they opened their doors in 2012 and employs six CIFEC graduates fulltime. 💎



Paula Brown, Amelia Lamie, Huw Moses (HSM Managing Partner), Xylina Ritch and Yanina Montero

CUC Continues to Guide Young Interns to the Path of Success

(CUC) is hosting 18 students as part of its annual vocational and internship programme.

The high school and college students are being exposed to working in a professional environment while exploring a variety of career options that CUC has to offer. Some of the students have been assigned to the corporate setting in areas such as Human Resources and Corporate Communications and others are working in hard hats and boots on the engineering side in the Company's Power Plant. This year, the programme which extends through July and August has nine university students and nine vocational (high school) students.

Enyer Rivers, a university student at South Wales, is currently working in the Human Resources Department. Mr. Rivers finds much pleasure in working at CUC and says that he would definitely recommend the summer internship to his friends. He is confident that if he returns home next summer, CUC will be his top choice for a possible summer internship again.

Recent high school graduate, Jayden Downey says, "Ever since I've been here

Caribbean Utilities Company, Ltd. at CUC, I know for sure that I'm leaning towards a career in electrical engineering." The internship programme at CUC has given Mr. Downey clarity as to what areas of study he will pursue at university.

> Pierce Serrant, high school graduate and prior CUC intern from the Cayman Islands Further Education School says, "I'm having a lot of fun working in the Information Technology here at CUC. I've made a lot of connections here and the people are lovely." Mr. Serrant is learning the importance of networking by mingling with staff from his prior experience to making new connections as a summer intern.

> As part of CUC's corporate responsibility it endeavors to teach young people the importance of giving back to the community. Each year, the students are invited to partake in various community service outings especially the annual event with the Sunrise Adult Training Centre.

> "Lunch and Learn" sessions are held weekly to allow the students to build basic professional and interpersonal skills as well as to promote teamwork and cohesiveness amongst coworkers. CUC firmly believes that investing in today's



▶ Some of the summer interns

talent, is to develop a brighter future for the country.

The Company's vision, "Empowering Cayman to be a Global Leader" provides a stepping stone for the young people of the Cayman Islands to become the future leaders and global ambassadors

who will represent the islands in various capacities. CUC takes pride in ensuring countless opportunities for young people to dive head first into the world of work as a means of gaining valuable experience, which will benefit them in the future. 📀

Improve Your Hospitality Business's TripAdvisor Popularity Ranking

Increase revenue and secure return business with the right online reputation management strategy.

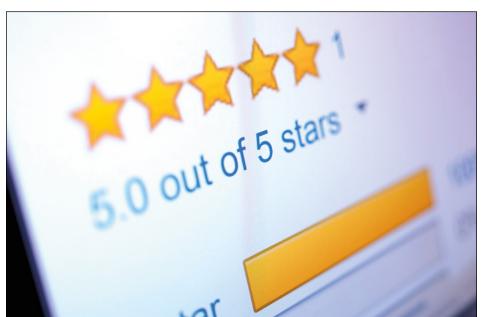
Online reviews are public and highly persuasive in purchasing decisions when travelers are planning trips and booking hotels. With the increase of online spaces populated by user-generated content, word of mouth has increasingly become digitized, and guest reviews that are shared with popular online communities such as TripAdvisor, Yelp, and Facebook often overshadow the recommendations that are passed on in-person.

With this growing trend, it's vital for businesses, large and small - to have an online reputation management strategy. A good place to start is understanding your business's TripAdvisor Popularity Ranking, or in other words - why is your business listing ranked 10 of 25 and how do you improve your listing's ranking? Especially, since a one-bubble increase in a rating can result in as much as a 9% increase in revenue, according to a Harvard Business School study. A higher Popularity Ranking results in more exposure, customers, and overall conversions.



TripAdvisor's Popularity Ranking algorithm looks at three main factors to decide if your business's listing should be ranked higher or lower than the competition: Review quality, review quantity, and review recency.

Review quality: When calculating a business listing's rank the algorithm will look at its quality, which is determined by the page's overall bubble rating. That rating is affected by each customer's review, specifically, the rating provided by the customer in their feedback. Your business should strive for more reviews with four or five ratings. Getting



customers to give you high ratings on TripAdvisor all comes down to providing an excellent customer experience and service.

An excellent experience starts with the TripAdvisor listing. Afterall, in most cases, it will be the customer's first impression of your business. Make sure all the information on the page is correct and current. Provide as much information as possible.

Listing presentation is also important to the experience. Make sure the images your business showcases on the listing page are high quality and accurately shows the service or products provided.

When customers do arrive at the business location give them service and an experience that exceeds their expectations. More customers are shifting to writing positive reviews so give them an experience that is nothing short of excellent. They will write about it!

You should also respond to the negative and positive TripAdvisor reviews that come in within 24 hours. According to a Cornell study, responding to reviews, particularly negative reviews, is positively related to the consumer's view of a business, as measured by increases in rating scores.

Furthermore, consumers say that seeing management respond to online reviews makes them believe that the business cares more about them. Write genuine responses, avoid using the same canned response over and over. Keep it professional, concise and sincere.

Review Quantity: The TripAdvisor ranking algorithm uses each review to get an accurate representation of the "current experience." Each listing needs to have a minimum number of reviews (which isn't specified) for the algorithm to compare the experience at the business against local competitors. Encourage guests to write reviews. There are



Brooke Meyer is the managing partner of Caymera International

several free resources available through TripAdvisor – from an email reminder (if you have email addresses) to flyers and cards your business can distribute.

Review Recency: The final piece of the TripAdvisor algorithm puzzle relates to when a review was published. TripAdvisor values a fresh, more recent review compared to a review that was posted six months ago as they are more indicative of the current experience at the business.

And, lastly - Familiarize yourself with the platform's review guidelines. TripAdvisor, as well as other review sites, has a list of content guidelines that all reviews must meet. Be sure to have a look at the list of stipulations as well as, understand when you may be able to remove a post.

Brooke Meyer is the managing partner of Caymera International, a Grand Cayman-based hospitality and tourism consulting and advisory firm. For assistance with your business's online reputation management strategy, contact Brooke on 936-3671 or by email info@ caymeragroup.com. 📀

COMMUNITY CALENDAR | HEALTHY LIVING

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Friday, July 26, 2019 | Issue No 406

COMMUNITY EVENTS

July

Convention of Jehovah's Witnesses

26 – 28 July – You are invited to "Love Never Fails" – the Convention of Jehovah's Witnesses 2019 at the Kingdom Hall of Jehovah's Witnesses, 12 Keturah Street. There will be talks and interviews, multi- media presentations including a feature film – The Story of Josiah. Sessions begin 9:20 am daily. Admission is free. Go to www.jw.org for more information.

Summer Story Time

27 July - 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.

Children's Fun Day

27 July – Take your kids to the free Children's Fun day at the Savannah Playing Field on Pedro Castle Rd this Saturday. Activities start at 2pm and include bouncy castles, face painting, a magic show and a drum circle. The emergency responder vehi

cles will also be on display. Finger food will be provided.

Community Policing Department: Watler's Rd./Helen Dr. Community Clinic

28 July – The Community Policing Department invites residents of Walter's Rd./Helen Dr. to attend a community clinic on Sunday 28 July from 12 noon to 3pm.. You will have the opportunity to meet your beat officer, hear the plans for the community; tell what you would like done and air your concerns.

Soldier Sundays - Crab Racing

28 July – Participate in the Caymanian tradition of Soldier Crab Racing on Sunday 28 July 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.

National Trust Kids' Summer Camp

29 July – The National Trust's summer camp will teach kids about Cayman's natural and historic heritage and how they can save it! This camp – for children ages 7 – 12 years old - runs for 2 weeks from July 29 to August 9. The cost is \$250 for Trust members and \$300 for non – members per week. This includes lunch, snacks and daily field trips. Contact 749 – 1121 or email cchilds@ nationaltrust.org.ky.

Suicide Bereavement Support

29 July – The Alex Panton Foundation (APF) in conjunction with the Bethesda Counselling Centre, announces the launching of the bereavement support group

for those who have lost loved ones to suicide. The group will meet this Monday July 29th from 6.15pm to 7.15pm at the Bethesda Counselling Centre, Unit 4, 68 Mary Street, George Town. The group is FREE to attend. The mission of the group is to provide private and confidential grief support in a safe place, where people who have lost loved ones to suicide can share their experiences as they move through the healing process. The group also aims to provide participants with the necessary tools to understand the grieving process and help them through it. Call 923 – 6488 or email info@alexpantonfoundation.ky.

Free HIV Screenings

30 July – 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

30 July – 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.

August CIMA is hosting College Bound students

2 August – The Cayman Islands Monetary Authority is hosting a student mixer on Friday, 2 August at the Marriott Beach Resort from 3:00 pm to 5:00 pm. This interactive platform will give college bound students (ages 16 – 25) a chance to meet potential employers, learn about the importance of the financial services industry and how it contributes to the standard of living in the Cayman Islands. The event will include refreshments, prizes and giveaways. For more information or to RSVP, visit cima.ky or call 949 – 7089. Register by July 26th.

Cayman Brac Summer Football Camp

2 - 5 August – The Sports Department of Cayman Brac is hosting a summer football camp from Friday 2 to Monday 5 August from 8am to 12 noon for children ages 7 – 16 years old. For more information, call 948 – 8382.

Culture Reading Challenge

2 - 15 August – Keep your kids reading for summer! The Cayman Brac Heritage House and Cayman Brac Public Library Culture Reading Challenge is taking place August 2nd through the 15th. Call 948 - 0563 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.



Cayman Chess Club at West Indies Wine Company

It's Summer! Beat the Heat with these Summer Workout Tips

These are the first days of summer, and you are probably discovering that your body reacts to the heat and humidity differently than it does to cooler, drier conditions.

But don't let the heat cause you to lose your momentum. You can keep working hard in the summer, you just have to adjust your approach a little. Keep the following summertime fitness tips in mind as you continue getting stronger and healthier.

1. Cool down first! You can improve

your system. This is the last thing you want when exercising in the summer heat. Save your caffeine intake for several hours before or after your workout, rather than near the time you will be exercising.

4. Stay hydrated! Drinking plenty of water before, during and after your workout will reduce the heat stress on your body.

5. Choose your clothing carefully. Now more than ever it is important to wear clothing that will move sweat away from your body and help it evaporate it quickly. A cotton t-shirt may be fine in the winter, but you will be much cooler in a fabric designed for exercise. **7. Wear white or light colored clothing.** Lighter colors reflect the heat better than darker, more intense colors.

8. Take breaks. Your body can only handle so much extreme heat. When the thermometer climbs, you may find that you need more frequent breaks to keep performing at your best. Be sure to take them. Listening to your body and caring for it is not a sign of weakness: it's smart.

9. Monitor your heart. The heat places greater stress on your heart. Keep tabs on your heart rate as you work out in the heat. If it spikes quickly or stays too high, give it a rest.



CAYMANIAN TIMES

your performance in the heat by lowering your body temperature before heading outside. Taking a cold shower or simply putting ice cold cloths on the back of your neck can help you to better tolerate the heat.

2. Find some shade. You may need to move your workout to a different area in order to be in the shade. If you are a runner or biker, change your route to a shady area.

3. Avoid caffeine. Because caffeine acts as a diuretic, it forces water out of

6. Change your workout time. If you are used to exercising during lunch or in the afternoon, you may need to adjust your schedule for the summer months. Early mornings and late evenings are the best times for outdoor exercise. On blistering, hot days, even the shade will not bring much relief.

10. Hit the gym. You may find that it is best to simply move your workout indoors for the summer. If you would prefer not to put your body under summer stress, work out in a gym. You will have the added benefit of personal attention and group accountability. It's a great time to work on form, increase intensity, and plan out a new and exciting workout routine. Beat the heat by



Ernest Ebanks

mixing things up this summer-try a gym workout.

For more workout tips for the summertime call Ernest at Body Shapers Fitness 325-8696, or email bodyshaperscayman@gmail.com.

Now located at Caymanian Village, two doors from down Island Taste Patties. (?)

COCONUT BUTTER

With healthy eating on the increase there's a great awareness for healthier fat substitutes. Coconut butter is one of them. It's made from the meat of the coconut also called, "copra." It's distinct from coconut oil. This butter is an ingredient in a variety of dishes, as well as, skin care products. This butter should not be refrigerated, and keeps in storage for 2-3 years. Here are some health benefits to derive from adding this delicious butter to your meals.

Easy to Digest - Due to its composition of medium triglycerides it does not need the action of bile to assist digestion. It's absorbed easily through the wall of the intestine and is directly transported to the liver. Once it gets to the liver, it is used immediately as a fuel.

Antifungal, antibacterial and antiviral - About 50% of the fats in coconut butter are lauric acid. It's also known to destroy pathogenic bacteria such as Helicobacter Pylori and Listeria monocytogenes. Weight Loss - This is a big issue these days. The body prefers to burn medium chain triglycerides instead of storing them. In other words the body treats coconut butter like carbohydrates, BUT THERE'S NO INVOLVEMENT OF INSULIN HERE. Great news. As a result it is an excellent choice for those in the weight loss arena. Coconut butter is also well known for its ability to raise HDL levels in the body and contains fewer calories than vegetable oils.

Prevents heart disease - It has been found that populations that consume large amounts of coconut and coconut- based products have lower rates of heart disease. This is especially true for nations such as India and Sri Lanka, according to The Coconut Research Center.

Health - conscious individuals should consider giving this butter and associated coconut products a try. You will surely go, "coconuts." (?)







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The beginning of the race, which took the riders to East End and then back to Frank Sound Road

► (L-r) just before the race began, Alan Harcombe, Laura Hicks and Stefan Baraud got ready

Jerome crowned Cayman's new Cycling Champion

... Continued story from page A1

Just before the race began, Ken Gokool, one of the race officials, explained why it is so significant: "This is the Caymanian Championships Road Race. Every country in every year is supposed to have a Championships event," he said. "Whoever wins this becomes Champion in the Cayman Islands. From this race, there would be selections on a national team, so that if there is ever a team to go abroad, they would probably use this as a qualifying race. At the moment I am volunteering my time to coach and promote Cayman cycling. We are trying to get as many people involved in the sport as possible; whether you are five years old or whether you are 75 years old. We are trying to see the sport grow. I am hoping that one of our goals will be to have an international event here, where we can attract foreign cyclists to come in."

There were only 13 people taking part, spread between four different categories. There were five in the Open category, who had to complete the full three laps of the course, and then the Masters (older cyclists), Women, and Juniors (younger cyclists). had to compete two laps only. The small numbers meant that Laura Hicks, the only woman competitor, had a cate-



▶ Nathaniel Forbes, 16, chases Laurent Weber, 61, over the line

gory all to herself, as did 16 Year Old Nathaniel Forbes. Still, everyone gave it everything they had. "It was good," Ms Hicks said, after she finished with a time of 1:45:42. "Obviously I was the only female rider in the pack so that, by default basically, I won. But the aim was to try to hold onto the boys for at least the first lap. I think I held on for about a lap and a half."

Coming over the line first in the Masters category was Edward Harper, with a time of 1:43: 43 for the two laps. Next came Laurent Weber, who, at 61 years old, was just a split second ahead of 16year old Nathaniel Forbes in the Juniors' Category, with a time of 1:43:44. It was great to see two cyclists, separated agewise by 45 years, finish almost exactly at the same time. Nathaniel is clearly a rising star of the cycling world, and is going to show Cayman and the rest of the world what he can do in years to come. The world what he can be can be come.

POLICE NEWS

Police Helicopter Conducts Two Medical Evacuations in One Day

On Saturday, 20 July, the RCIPS Air Operations Unit conducted two medical evacuations from Cayman Brac to Grand Cayman using the police helicopter.

Early on Saturday morning, the helicopter and crew deployed to medically evacuate a woman who was suffering possible heart failure and had been transported from Little Cayman to Cayman Brac by boat. The request had initially been made late Friday night, but the helicopter was unable to deploy due to inclement weather. Her condition had stabilized overnight, but she still required attention from cardiac specialists. The situation was reviewed early Saturday morning and the decision made to conduct the evacuation, which was completed by 8:15AM when



she was transferred to EMS staff.

Later that day, a request was received for a medical evacuation of a man who had been involved in



a single-vehicle collision on Cayman Brac, where he lost control of his motorcycle and left the roadway, and was suffering serious but non-life-threatening injuries. Because the earlier crew had been further deployed during the day on police tasks, a second helicopter crew was called in and deployed. They completed the evacuation by 6:15PM. The man remains in hospital in serious but stable condition.

4 Arrested for Cocaine Offenses Following Proactive Operation in West Bay

Shortly after 4:30PM on Friday afternoon, 19 July, officers conducted a proactive operation under the Misuse of Drugs Law at an address off Town Hall Road in West Bay, in response to community concerns about the selling of drugs at the location. Persons at the location were searched and drug paraphernalia was found in the possession of one of the men there. A vehicle at the location belonging to the same man was also searched, and a small quantity of suspected cocaine was recovered.

Four persons: two women ages 58 and 64, and two men ages 41 and 48, all of West Bay, were subsequently arrested. The 41-year-old was arrested on suspicion of consumption of a controlled drug, possession of cocaine with intent to supply and possession of drug paraphernalia. The others were arrested on suspicion of consumption of a controlled drug and being concerned in the possession of cocaine with intent to supply.

They have been bailed as investigations continue. 📀

Statement on Joint RCIPS - CBC Investigation into Money Laundering and Smuggling

In May of this year the Royal Cayman Islands Police Service (RCIPS) and Cayman Islands Customs and Border Control (CBC) commenced a joint investigation into suspected money laundering and the smuggling of doré gold by international organized crime networks through the Cayman Islands and other jurisdictions to Europe.

The circumstances are that the Royal Cayman Islands Police Service and Cayman Islands Customs and Border Control detected suspicious activities and movements by a private aircraft in May, and intercepted the plane while it was at Owen Roberts International Airport. Four Venezuelan nationals were arrested and the plane was seized and impounded. When searched, a large quantity of cash was found secreted away inside the plane. All four of the foreign nationals have now been charged with the criminal offences of Engaging in Smuggling, and two have been additionally charged with Money Laundering. All four of the men charged stand remanded before the Magistrate's Court of the Cayman Islands awaiting trial.

The investigation established that two consignments of doré gold had transited the Cayman Islands en route to the United Kingdom. The Royal Cayman Islands Police Service and Cayman Islands Customs and Border Control requested the assistance of the UK National Crime Agency to intercept the shipments. Both shipments were subsequently confiscated by UK authorities and have now been formally seized by court order under the UK Proceeds of Crime Act.

The joint Royal Cayman Islands Police Service and Cayman Islands Customs and Border Control investigation is ongoing and has now established links with international law enforcement in the US and Panama as well as the UK. This multi-jurisdictional investigation is expected to be complex and lengthy.

"The disruption of criminal asset flows and international money laundering activity is a powerful way to fight organized crime networks," said Derek Byrne, Commissioner of Police, "and we are committed to preventing



such asset flows through the jurisdiction of the Cayman Islands. Close and mutual cooperation with international law enforcement as demonstrated in this case is absolutely essential to the reach and effectiveness of our collective efforts."

ALL ABOUT EDUCATION | HEALTHCARE

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Volunteerism: The Moral Element

Handy and Wadsworth in their paper, 'Defining who is a Volunteer', say that volunteers are commonly considered as "unpaid help provided in an organized manner to parties to whom the worker has no obligations."

Volunteers generally work within a formal program with an overarching mission that subdivides into goals, plans, job positions, and tasks. The intended beneficiaries of a volunteer's efforts should be strangers, not friends or relatives.

The literature on the subject says that volunteerism refers to a wide range of activities, including traditional forms of mutual aid and self-help, formal service delivery and other forms of civic participation, undertaken of free will for the general public good and where monetary reward is not the principal motivating factor (Halski-Leventhal, 2011). At least four different types of volunteer activity can be identified within this conceptual framework: mutual aid or self-help; service to others; participation or civic engagement; and advocacy or campaigning.

Professor Don Robotham, in his 1998 Grace Kennedy Foundation Lecture,' Vision and Volunteerism, Reviving Volunteerism in Jamaica', argues that volunteerism can be defined as any action or course of action, usually of a social or civic nature. This course of action is prompted primarily by altruistic motives, from which the actor does not obtain wages, salary or profit and in which the beneficiaries are people who are not normally the volunteer's direct responsibility.

Robotham in his definition also gives recognition to the critical importance of the moral element in volunteerism. The moral element must be the heart of volunteerism.

He insists that volunteerism is an expression of the degree of moral and civic unity of a society. It is a measure of its state of spiritual integrity. 'Total strangers' in a society take steps to assist others in that society without seeking reward because they have a sense of common feeling and duty to each other. They do not, in fact, regard others as 'total strangers'. They recognize that they have moral claims on one another. That is what a real society is like, savs Robotham.

The literature on volunteerism says that it involves much more than working without pay and that it is where people make choices to do so things to help society that go beyond their basic obligations. Volunteerism strengthens civic engagement; safeguards social inclusion, deepens solidarity and solidifies ownership of development results. Volunteerism has a ripple effect in that it inspires others and advances the transformations required for any positive change to take root in communities.

The United Nations highlights four key areas in which volunteering has been transformational: These are in the areas of peacebuilding, environmental sustainability, social inclusion and basic services.

In peacebuilding, volunteerism, says the UN, is known to help regenerate certain fractured or absent dynamics that are crucial to reconciliation and reconstruction. In the area of environmental sustainability, volunteerism has been key in mobilizing communities globally to address environmental degradation.

In speaking to social inclusion and volunteerism, The United Nations says that 'the values inherent in volunteerism opens up diverse pathways for marginalized groups to overcome social exclusion, while enabling them to become drivers of development action'.

In terms of basic services and volunteerism, The United Nations also explains that 'Volunteer action, when well facilitated, can be a particularly effective mechanism to foster support and complement the state provision of essential services across a number of sectors.' The sectors, it continues, include the provision of basic services such as clean water and sanitation, health care and primary and secondary education. These are key ingredients of human development and wellbeing.



Dr. Livingston Smith is the Vice President and Provost of UCCI

One does not have to look far to see the positive effects of voluntarism. It provides an opportunity for concerned members of the community to identify needs and offer their time and skills to implement change. I use this column to celebrate the hundreds of volunteers in the Cayman Islands in whatever area and capacity. 😚

Free hepatitis screenings to be offered for World Hepatitis Day

The Health Services Authority (HSA) and Cayman Islands Red Cross will mark World Hepatitis Day, which takes place annually on 28 July, by offering free health screenings for hepatitis while building greater public awareness on the elimination of mother to child transmission of hepatitis B and the importance of the hepatitis B vaccine.

Together, the organisations will offer free hepatitis screening on Tuesday, 30 July from 9am -1pm at the Red Cross Administration Offices, Cayman Corporate Centre on Hospital Road.

"Many infected persons are unaware of their condition, as a result, awareness and availability of testing and treatment is the most important gap to be addressed," said HIV and STI Programme Coordinator. Laura Elniski. "World Hepatitis Day is an opportunity to increase efforts on hepatitis, encourage actions and engagement by individuals and organisations and highlight the need for a greater response. The hepatitis test is quick, easy and confidential; a small sample of blood and results are available within a couple of days."

Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus that can lead to chronic infection and puts people at high risk of death from cirrhosis and liver cancer. Along with hepatitis C, hepatitis B is the second major killer infectious disease after tuberculosis, and nine times more people are infected with the disease than HIV. It is most commonly spread from mother to child at birth or through horizontal transmission, especially from an infected child to an uninfected child during the first five years of life.

Testing for hepatitis and the hepatitis B vaccine are offered at all HSA facilities (Cayman Islands Hospital, Faith Hospital in Cayman Brac and the district health centres) to persons of all ages. The vaccine is 98-100% effective in preventing new infections and is automatically offered to children 15 months and younger, who are already in the immunization programme. Treatment options are available for persons who are tested and found positive.

The best way to protect against hepatitis B is by getting the hepatitis B vaccine. Doctors recommend that all children get the vaccine.

• At birth - 1st dose in hospital within 24 hours

• 6 weeks - 2nd dose (along with BCG and 1st dose Rotavirus vaccine)

• 9 months - 3rd dose

Why should my child get the hepatitis B vaccine?

The vaccine prevents your child cents and adults with recent hepatitis from developing liver disease and cancer from hepatitis B. It also protects other people from the disease because children with hepatitis B usually do not have symptoms, but they may pass the disease to others without anyone knowing they were infected.

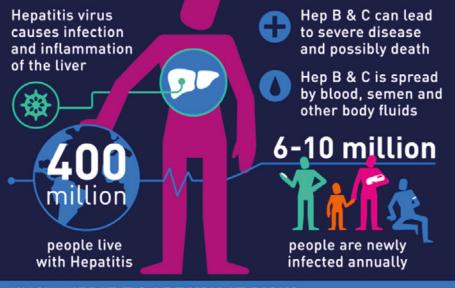
For further questions, please call HIV and STI Programme Coordinator, Laura Elniski, 244-2507 or laura.elniski@hsa. ky. 🟈



B infection can cause: Loss of appetite, fever, tiredness, pain in muscles, joints and stomach, nausea, diarrhea, vomiting, dark urine, yellow skin and eyes. These symptoms usually appear 3 or 4 months after a person gets the virus.



WHAT IS HEPATITIS ?



KNOW HEPATITIS ARE YOU AT RISK?

Everyone could be at risk of hepatitis - risks include:



Is the hepatitis B vaccine safe?

The hepatitis B vaccine is very safe, and it is effective at preventing hepatitis B. Vaccines, like any medicine, can have side effects, but serious side effects caused by the hepatitis B vaccine are extremely rare.

What are the side effects?

Most people who get the hepatitis B vaccine will have no side effects at all. When side effects do occur, they are often very mild, such as a low fever (less than 101 degrees) or a sore arm from the shot. The baby will also need to complete the full hepatitis B vaccination series for best protection (series of three).

A vaccine against hepatitis B has been available since 1982. The vaccine is 98-100% effective in preventing infection and the development of chronic disease and liver cancer due to hepatitis B.

Hepatitis B vaccine dose at birth

All babies should get the first shot of hepatitis B vaccine in the first 24 hours after birth. This shot acts as a safety net, reducing the risk of getting the disease from moms or family members who may not know they are infected with hepatitis B. When a mom has hepatitis B, there is an additional medicine that is given to infants in the first 12 hours of their life. This medication that can help to protect the baby against hepatitis B, is called the hepatitis B immune globulin (HBIG). HBIG gives a baby's body a "boost" or extra help to fight the virus as soon as he/she is born.

What are the symptoms of hepatitis B?

Infants and young children usually show no symptoms. 7 out of 10 adoles-

Who should not get this vaccine?

- Children who are allergic to yeast
- Children who were allergic to a

previous dose of hepatitis B vaccine • If the child has acute fever, then

the vaccination should be postponed A doctor's advice is needed if the

child has any other allergies or is allergic to other vaccines.

What if I did not have my child immunized as a newborn?

Children 15 months and younger, who are already in the immunization programme will automatically be offered the vaccine. Children older than 15 months can have the immunization at the parents request.

ADDITONAL INFORMATION

The hepatitis B vaccine, apart from protecting one's health, is a requirement for entry into some overseas colleges and universities. A child who has completed the series of three injections does not need to be immunized again.

FOR MORE **INFORMATION**, PLEASE CONTACT YOUR DOCTOR OR ANY OF THE HEALTH SERVIC-**ES AUTHORITY DISTRICT HEALTH** CENTRES.

George Town Health Centre 244 2648

West Bay Health Centre . . 949 3439 Bodden Town Health Centre ... 947 2299

East End Health Centre . . 947 7440 North Side Health Centre 947 9525 Faith Hospital, Cayman Brac ... 948 2242

MEDIA CONTACT:

Laura Elniski, HIV and STI Programme Coordinator

laura.elniski@hsa.ky or 244-2507 https://www.hsa.ky/2019/?post_ type=public_health

GAS PRICES | WORLD WATCH

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Gas Price

Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	4.51	-	4.5
NorthSide	Jack's Esso (Jack's 11)	4.6	4.96	4.44
Bodden Town	Lorna's Rubis	4.53	4.92	4.55
Bodden Town	Mostyns Esso	4.56	4.92	4.41
Savannah	Savannah Rubis	4.56	4.92	4.5
Red Bay	Barcam	4.45	4.9	4.46
Red Bay	On The Run (Brown's Red Bay)	4.5	4.9	4.46
George Town	Peanuts Rubis	4.56	4.92	4.55
George Town	Jose's Escape	4.56	4.92	4.55
George Town	Esso Tigermart (H&B 11 Shedden Road)	4.55	4.95	4.48
George Town	Eastern Avenue Rubis	4.56	4.92	4.5
George Town	Walkers Rd. Rubis	4.56	4.92	4.5
George Town	On The Run (Mike's Walkers Rd.)	4.55	4.95	4.46
George Town	On The Run (Brown's Industrial Park)*	4.5	4.9	4.5
George Town	On The Run (Mike's 7 Mile)	4.55	4.95	4.46
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	4.55	4.95	4.48
West Bay Rd.	AA 7 Mile Rubis	4.56	4.92	4.28
West Bay	Hell Esso	4.55	4.95	4.39
West Bay	Esso 4 Way Stop (Four Winds)	4.61	4.78	4.31
George Town	Scotts Landing (Valvtect Bacadere	_	4.95	4.55
Cayman Brac	West End	_	5.04	4.87
Cayman Brac	Tib Mart	_	5.04	_
Little Cayman	Village Square		5.97	6.02

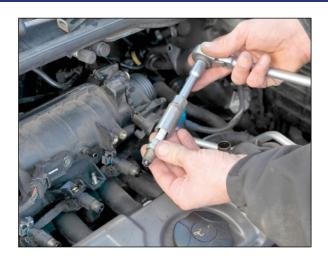
Lowest Prices	Grand Cayman	4.45	4.78	4.28
Highest Prices	Grand Cayman	4.61	5.97	6.02

George Town	Refuel
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Fuel expense reduction



Vehicle Replacement – Consider replacing your vehicle with a fuel efficient model



Tune Up – Service your vehicle every 6 months. The engine will perform better and fuel consumption will be improved.



4.7

4.24

4.45

Gas Price – Purchase gas at the lowest available price.

Flashback: June 2017. Too close to call

By Mike L Jarvis London UK

Political leaders are scouring the UK today preaching to the converted and yet-to-be-persuaded, reinforcing and clarifying policies, and reassuring any doubtful party faithful (there are an unusually large number of them it seems this election), as a short but intense campaign winds down and the clock ticks inexorably towards the opening of the polls on Thursday.

This final political push to persuade and 'hoover-up' any floating and uncertain votes, underlines the knife's edge on which this election is now poised.

At this late stage and penultimate day of the UK election campaign, there doesn't appear be to any indicator suggesting a clear path to victory by either of the two main parties.

That it could result in a coalition involving several of the smaller parties is not as far-fetched as it might have sounded up to a few weeks ago, and that's despite all and sundry affirming (or at least appearing to affirm) that such for them is out of the question.

Reality could dictate otherwise. Politics does make strange bedfellows. Although uncommon in the UK, it still happened as recently as 2010(Conservatives and Liberal Democrats) and it could very well happen again.

Security has understandably surged to the fore of the campaign in the wake of the horrific terrorist attacks. Other pressing remain although they have been overshadowed by the security concerns and whose are the safest hands for the UK in critical this period.

Although it might have been pushed into the background - this after all was supposed to be 'the Brexit election' - going forward, everything hinges on the UK getting unhinged from the EU: the economy, defence and security, health and social care, education, housing, the

... Continued story on page B1

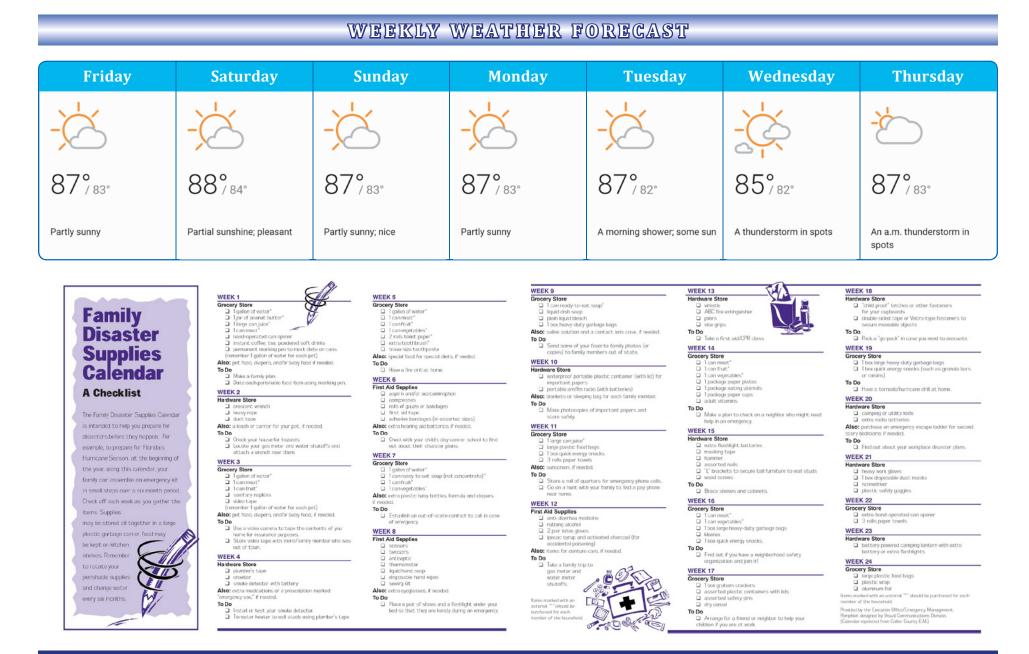


▶ Former British prime minister Theresa May

WEATHER | HURRICANE CHECKLIST | INSPIRATIONAL | OBITUARIES

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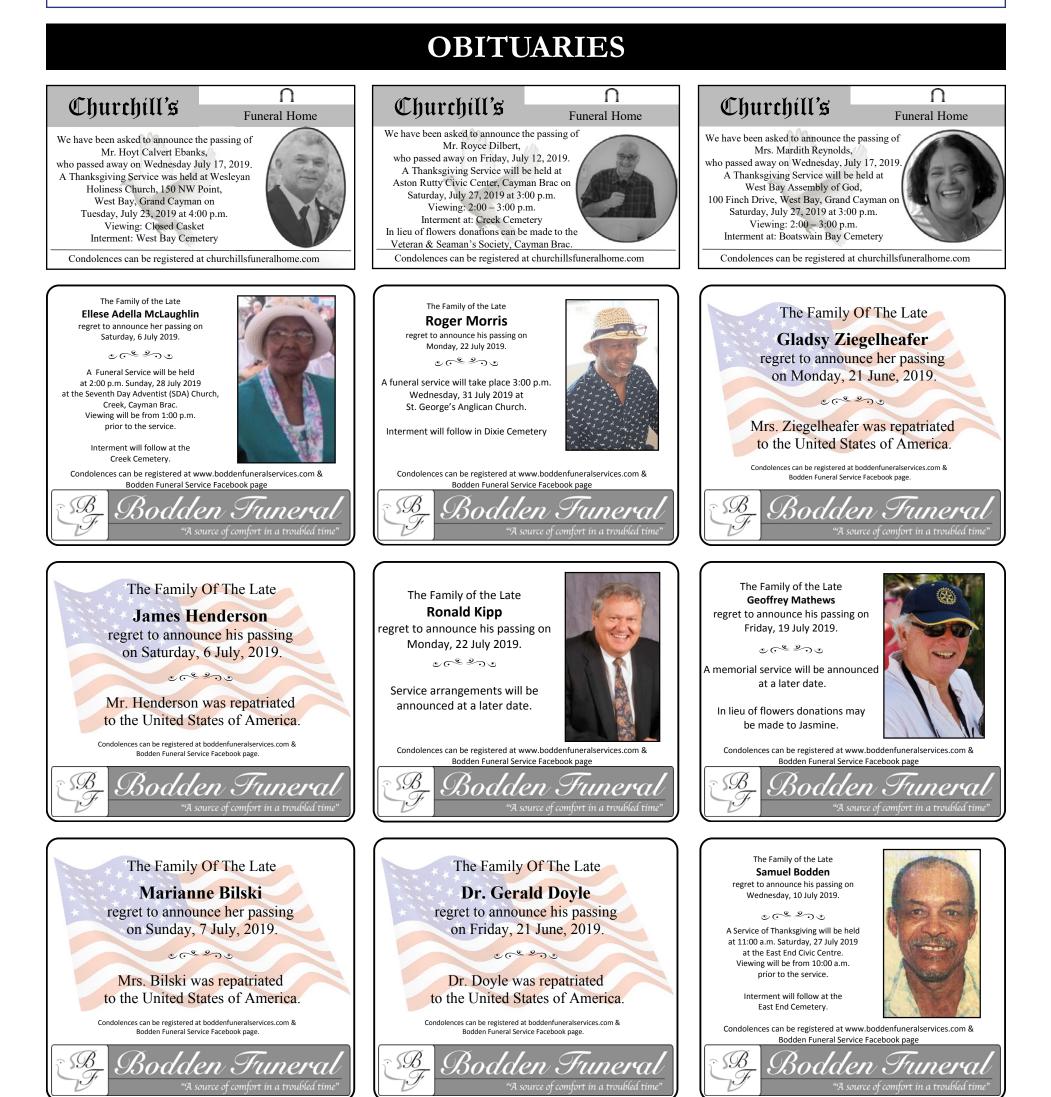


MOMENTS OF INSPIRATION

WHY JESUS CAME?

Life is a journey with a definite beginning and end. If you are wise you should what Enoch did for 300 years - HE WALKED WITH GOD. Can imagine how well you would know God after spending all this time with Him. To be sure, there's nothing boring about walking with God. In Psalm 116: 11 the Psalmist declares, " You have made known to me the path of life, you will fill me with joy in your presence." God made you for Himself, and only when you discover His purpose for your life will you find the peace and joy you desire. If you were to take a fish out of the ocean and place it on the beach, you'd see its scales dry up as it gasps for breath. Is that fish happy? No matter what you covered it with, there'll be no happiness to the fish. Only one thing will make it happy- putting back into the water. It wasn't made for the beach so it can't be happy.

That's why Jesus came. To restore our fellowship with God. We don't belong to the devil. He's our enemy. But Jesus came, "so that you may have the full measure of my joy within." John 17:13 (?)



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IT'S BORIS!!

... Continued story from page A1

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in his typically confident Johnsonian rhetoric declared:

"Dude! We are going to energise the country."

It was a wordplay on his campaign theme: D (deliver Brexit), Unite (the country), D (defeat the Labour Party of Jeremy Corbyn).

But that abbreviation spells 'dud' to which Mr Johnson in his victory speech added a convenient 'e' (for energise) resulting in the acronym 'dude'.

The question is though; will be the country be energised or will it be enervated.

Becoming British prime minister is the fulfillment of a lifelong ambition of the American born Alexander Boris de Pfeffel Johnson, called Al by his fellow-students at Oxford University.

A man of irrepressible confidence wrapped in an outgoing persona, Mr Johnson excels at 'talking the talk'.

'Walking the walk' in terms of delivering on key campaign promises and policy declarations, especially as mayor of London and more recently as foreign secretary, has proven to be far more challenging.

BREXIT

The new prime minister has an array of challenges awaiting him;- Brexit is only one of them but it could be the most defining.

Mr Johnson has already committed to pushing it through even without a deal with the European Union - the notorious no-deal Brexit option - which many believe is fraught with uncertainties.

That of itself creates the certainty of negatively impacting all the affected parties; the UK, the EU and especially both sides of Ireland.

The border between British Northern Ireland and the independent EU member, the Irish Republic, is a potential flashpoint where none of the parties wish to see a rekindling of the violent sectarian upheavals of the period known as The Troubles.

It is feared that a 'no-deal Brexit' being threatened by Mr Johnson could spell big trouble.

Trouble also looms with Iran, and Mr Johnson will inherit the aggressive the sabre-rattling which has already begun.

Iran has nudged - well, forced - its way onto the UK's political priorities and Prime Minister Johnson finds himself in the thick of it.

A looming crisis in the Strait of Hormuz, a vital maritime superhighway for the global oil industry- and global economies - has ramped up tensions between the UK and Iran.

The recent seizing of an Iran-registered oil tanker by the UK under international treaty has seen an expected retaliation by Iran. That has caused a diplomatic crisis which the new prime minister will now have to navigate his way around - or out of - as a priority.

One day before the change of leadership, Mr Johnson's contender for the post of the UK's top political job, Foreign Secretary Jeremy Hunt, condemned the action by Iran as an act of state piracy.

Mr Johnson has been relatively quiet on the issue.

How Prime Minister Johnson takes this forward is left to be seen especially as it pertains to any alignment of UK and US policy towards Iran.

Those policies have been poles apart under the government of former prime minister Theresa May in which Mr Johnson's leadership challenger Jeremy Hunt was foreign secretary.

Mr Hunt had taken over the role after Mr Johnson resigned over disagreement with Mrs May about Brexit.

A still-unresolved issue from Mr Johnson's spell at the helm of the Foreign Office is the jailing by Iran of a British-Iranian citizen whom Mr Johnson, then as Foreign Secretary, had said was training Iranians in journalism.



New British prime minister Boris Johnson

That was later found to be incorrect but proved the basis for her continuing incarceration in Tehran.

MEANWHILE, BREXIT...

The omnipresent issue of Brexit continues to dominate the UK headlines, politics and business environment.

The very future of the country pivots on it.

Prime Minister Johnson has controversially said he will pull the UK out of the European Union on October 31st- the much talked about no-deal Brexit - unless the UK and the EU reach agreement on a renegotiated Withdrawal Agreement.

However, while the EU has been adamant in its position, in recent days there have been indications of reluctant flexibility on its part although it insists that some key points of disagreement are not up for renegotiation.

During his leadership campaign, Mr Johnson had also threatened to suspend the UK parliament to force through his 'no-deal Brexit'.

Already, that has seen a flurry of parliamentary manoeuvres to prevent it from happening with some MPs, constitutional experts and political analysts questioning its constitutionality, with others, including leading business figures, worrying about the economic implications.

But opinions remain divided with supporters of Mr Johnson claiming his

plan upholds democracy and clears the way for the UK to forge ahead economically, unfettered by EU constraints.

The issue is so divisive that already several Conservative government cabinet ministers have quit or announced their intentions to do so - although it was unlikely that outspoken opponents of Mr Johnson would have been invited to join his government anyway.

At the same time, several Conservative MPs are reported to be considering withdrawing their support from a Boris Johnson government with a suggestion that some might even be contemplating throwing in their lot with the resurgent Liberal Democrats.

For its part, the LibDems on Monday elected a new leader - and first female leader, Jo Swinson.

Her first pledge? "I will do whatever it takes to stop Brexit."

Prime Minister Johnson's in-tray is filled to overflowing; from Iran to Brexit and a bewildering array of other national and international priority items.

A challenging ride awaits him - and his biggest challenge could very well come from within his own party.

Whether Mr Johnson succeeds in imbuing his boundless optimism and energy to, as he put it, "Dude, we are going to energise the country" is left to be seen.

One thing that's certain though; British politics will certainly be 'energised' over the coming months. (*)

Statement regarding Boris Johnson as next UK Prime Minister

By Premier Hon. Alden McLaughlin, MBE, JP, MLA

I and the people of the Cayman Islands congratulate The Right Honourable Boris Johnson on his election as Leader of the Conservative Party and on becoming the next Prime Minister of the United Kingdom. I look forward to the Joint Ministerial Council Conference in London in November this year when we will have the opportunity to meet with members of Mr. Johnson's government to discuss matters of common interest between the UK and the Cayman Islands and the way forward as we embark on yet another historical change in world politics. Mr. Johnson will take over from The Right Honourable Theresa May as Prime Minister. We wish him well as he navigates the issue of Brexit.



I had the pleasure of first meeting Mr. Johnson in October 2017 at the Conservative Party Conference in Manchester. He has long been a friend to the Cayman Islands joining us most recently last year as we celebrated the 60th anniversary of our Coat of Arms at a ceremony in London.

We appreciate the work Ms May did to support us during her term and look forward to working with Mr. Johnson and the new government. 😚

Boris Johnson, Secretary of State for Foreign and Commonwealth Affairs and Premier McLaughlin in Manchester in October 2017

Flashback: June 2017. Too close to call

... Continued story from page A9

issue of Scottish independence, international relations, foreign aid...everything.

Within the past several weeks, the once thought unassailable 24-point lead in the polls that Prime Minister Theresa May's Conservatives held over their nearest rivals, Opposition Leader Jeremy Corbyn's Labour Party, has plummeted to single digits.

Some reputable polling organisations have it to within two points although in some other polls the gap is wider.

The recent horrific terrorist attacks in London, especially one in London just this past Saturday, have factored into the polls and political discourse in a significant way which could ultimately determine the outcome of the election, or at least have a major influence on the result.

Up to a few weeks ago, the election was the Conservatives to lose, if only given its advantage of being the party in power.

That they could now very well lose it or at least substantially lose their majority, is not quite far-fetched thinking.

It was the election that was not going to be, then was.

In the aftermath of assuming the reigns of power in the fractious fall-out within the Conservative party after the Brexit vote - which itself came just one year after a comfortable victory at the 2015 election - Mrs May had affirmed that she was not going to call a snap election. Then she did.

Her rationale? She wanted a clear mandate to lead the UK in the very difficult Brexit talks ahead with the EU. Remember 'Brexit means Brexit' and 'No deal is better than a bad deal'?

But politically, she was also clearly capitalising on the disarray within the Labour Party under Jeremy Corbyn.

Notwithstanding its far-reaching implications for the British economy and relations with the EU, Brexit on which the election was called, has been very much on the backburner during this election campaign.

It's been overshadowed by a plethora of other issues and self-inflicted strategy miscalculations by the major parties, especially the Conservatives and Labour.

Firstly, Mrs May and the Conservatives scored an own goal by stirring up considerable ire and resentment among their core voter base with their dementia-tax/social care payments debacle. That policy proposal almost derailed the launch of their manifesto and certainly pushed their campaign onto the wrong track.

Mr Corbyn's Labour Party didn't fare much better; undergoing heavy weather for lofty promises in their manifesto which their election opposites, the media and the public questioned the lack of clarity on how those were going to be paid for.

Labour struggled with its policy figures, but so did other parties' candidates who seemed not able to recall vital manifesto pledges and policy details, or even or add-up what their policies would cost.

The Liberal Democrats have been trailing in the polls, as have UKIP (the United Kingdom Independence Party). UKIP's sole claim to fame (albeit a noteworthy and verifiable claim) is that they, under former multiple-occasions-leader Nigel Farage, will go down in history as the party which triggered Brexit.



Opposition Leader Jeremy Corbyn and Former British prime minister Theresa May (Photo by Daily Express UK)

The Green Party, which promotes a wel strong environment agenda (it has one seat in the parliament, UKIP has none), wel brings up the rear. A

Now, with security firmly on the front-burner, the pendulum seemed to be nudging again in Mrs May's favour.

On the other hand, despite his previous equivocation on critical matters regarding defence and national security, Mr Corbyn is now being more direct and forthcoming on how a Labour government would handle these matters.

In fact, his new-found assertiveness overall seems to have gone up by leaps and bounds. It's as if he has undergone a personality and strategy make-over... or this late push is in direct relation to the closing margins of the voter surveys and policy shifts by the Conservatives over handling security which some fear go too far and threaten personal rights and liberties. For the Conservatives, this could very well be Theresa May's Margaret Thatcher-moment or Mr Corbyn could very well be 'the comeback kid'.

An unusually high number of party members are admitting that at this late stage that they are undecided.

Some others are openly stating that they are ditching party loyalty to vote to ensure that the person they feel is the best person to lead the country in this historically critical period is elected.

Similarly, a large percentage of firsttime voters are stating that they too will be voting for the best leader rather than signing up with any party.

The silent majority indeed may very well have the final say.

And I am not ruling out at least the environment for a coalition.

It's that's close.

The next 48 hours waiting for the results are going be extraordinarily nail-biting.

GLOBAL NEWS BRIEFS

PAGE B2

GLOBAL NEWS BRIEFS

EU chiefs warn Johnson

The European Union dismissed Boris Johnson's Brexit plan within moments of his appointment as Conservative leader and new British Prime Minister, in the latest sign that the bloc has no plans to make concessions.

In an intervention timed to coincide with Mr Johnson's election announcement, Frans Tim-

mermans, the European Commission's first vice president, told reporters in Brussels on Tuesday that the EU would not renegotiate the deal reached with Theresa May.

Another EU commissioner, Vytenis Andriukaitis, also warned that politicians like Mr Johnson were undermining democracy with "cheap promises, simplified visions, blatantly evident incorrect statements".

Mr Timmermans said: "He [Boris Johnson] took a long time deciding whether he was for or against Brexit and now his position is clear.

"I think the position of the EU is also clear, the United Kingdom reached an agreement with the European Union and the European Union will stick with that agreement. We will hear what the



Boris Johnson faces a tough EU exit

new prime minister has to say when he comes to Brussels."

The bloc has said since last year it would not re-open talks on the withdrawal agreement struck by Ms May, which was rejected by MPs three times.

Mr Johnson has said he would try to use the withholding of payments owed to the EU as leverage to force it back to the negotiating table.

Mr Timmermans had previously suggested that Mr Johnson might not be sincere in his support for leaving the European Union and could be "playing games".

Asked about the comments, he said: "I would just suggest that you look at what he's been writing over the years. 夺

Canada approves more wood builds

Canada is planning to build many more wooden structures, including skyscrapers, despite objections from conservationists and authorities fearing fire disasters.

Nevertheless, British Columbia has doubled height limits allowed for timber towers – and countries around the world are following suit.

British Columbia is no stranger to wooden giants. Along its western coast, Douglas fir and Sitka spruce trees topping 60 metres in height have in some cases weathered nearly a millennium of storms.

Now a growing chorus of architects, foresters and engineers want the province's biggest city to grow another cluster of timber skyscrapers.

Already, Vancouver's 18-storey Brock Commons tower stands as a testament to the vast possibilities of wood. Once the world's tallest timber building, it was built cheaper, faster and with less environmental impact than a comparable steel and concrete structure would have been - offsetting an estimated 2,432 metric tonnes of carbon.

Now the provincial government has changed its building codes, effectively doubling the height limit for woodframe buildings to 12 storeys. The Canadian government is expected to match BC's codes nationwide.



Canada is the world's leader in vast timber structures

Vancouver is now pushing even those limits by unveiling plans for the Canada Earth Tower, an ambitious 40-storey tower that would be the world's tallest wooden building. The design includes around 200 homes, with an outdoor garden for every three floors as well as premium office space and retail.

Despite decades of fierce protest, forestry companies still clear-cut critical forest ecosystems, home to hundredyear-old giants. Coveted for its strength and richly textured aesthetic appeal, boards of old-growth wood sourced from the primordial forests command top dollar on the open market.

Despite popular misconceptions of wood as fire-prone and unstable, it can be a robust and innovative building material. 🟈

Honduras death rate is alarming

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Honduras is gripped in an alarming cycle of homicides, mainly because of gang violence.

A total of 1,873 people were killed in Honduras in the first half of 2019, 32 more than homicides during the same period in 2018, revealed the Secretariat of Security.

June, with 339; and the regions with the criminals, unemployment and undergreatest increase in deaths are Cortes, Intibuca, Atlantida, La Paz and Olancho.



The most violent months were April, hands, corruption and impunity that with 377 homicides; May, with 353; and favours, for the most part, white-collar

Editor critical of Duterte on trial

A libel trial against the editor of Rappler, a Philippine news site critical of the regime of President Rodrigo Duterte, has begun in a case widely seen as an attempt by the government to intimidate journalists and curtail press freedom.

Maria Ressa was arrested and held overnight in February on charges of cyber libel for a story published by

Rappler in 2012, before being released has also been one of the most critical of "preposterous and baseless".



Maria Ressa feels she is unfairly by President Duterte

on bail. She described the charges as Mr Duterte's administration since he took power in 2016. It has scrutinised

According to Jair Meza, spokesman for the Secretariat of Security, many murders are done by gangs or maras.

However, Honduras continues to have one of the highest murder rates in the world and is currently facing a spiral of violence whose causes, according to several analysts, are multiple and complex and the authors of the crimes go beyond these groups.

The main causes are the growing inequality of income and opportunities. the concentration of wealth in very few

employment.

The solution, he said, does not consist in increasing state repression if it is not accompanied by actions that tend to benefit communities with preventive measures, ranging from the creation of microenterprises to the opening of recreational centres.

In recent weeks, given the increase in social discontent expressed in mass demonstrations, the repression in Honduras by the military and police forces against protestors has been internationally criticised for the number of people affected, particularly young people.

In a statement on Tuesday, the first day of the trial, Ms Ressa said: "This case of cyber libel stretches the rule of law until it breaks. How this is decided will have an impact on all Filipinos who post on Facebook - and of course, the quality of journalism in the digital age in the Philippines."

It was the eleventh time in 18 months that Ms Ressa had been hit with criminal charges relating to Rappler, in what is seen as a targeted, government-led witch-hunt.

Rappler, which is one of the most influential news sites in the Philippines, his government over the brutal war on drugs, which officially has taken more than 5,300 lives, though human rights groups allege the true figure is more than double that.

In response, Mr Duterte has repeatedly described Rappler's journalism as "fake news" and his government has hit Rappler and Ms Ressa with a multitude of criminal charges, ranging from being illegally foreign-owned, to tax evasion and failing to file tax returns, all of which she says are "trumped up" and an attempt to attack and intimidate critical journalists. 😚

Venezuela mass black out again

Venezuela has been hit by another massive power cut with the capital, Caracas, among the areas affected.

Power was slowly being restored after the blackout reportedly hit 16 of the country's 23 states as well as Caracas.

Information Minister Jorge Rodríguez claimed the power cut was caused by an "electromagnetic attack" without providing evidence. In March, the coun-

try was hit by a series of blackouts, including one that affected all states and lasted a week.

Sporadic blackouts are common in crisis-hit Venezuela, where decades of underinvestment have damaged the country's power grid. The blackout, which started at 16:45 local time on Monday, caused a massive gridlock in Caracas as traffic lights lost power. Sidewalks were crowded with pedestrians after the city's metro stopped running.

Power was restored in the capital and some other parts of the country in the early hours of Tuesday local time, state-owned power company Corpolec said.



► Venezuela is experiencing another major black out

But workplaces and schools were due to remain closed as the government urged people to stay home.

"These blackouts are catastrophic," 51-year-old janitor Bernardina Guerra, who lives in Caracas. "I live in the eastern part of the city and there the lights go out every day. Each day things are worse."

Venezuela depends on its vast hydroelectric infrastructure, rather than its oil reserves, for its domestic electricity supply.

Mr Rodríguez said the alleged attack "sought to affect the hydroelectric generation system of Guyana", the southern state where the important Guri dam plant is located. 💎

Cuba in fuel and power crisis

Cuban authorities sought to reassure jittery citizens this week that recent power outages and a fuel shortage were due to temporary problems that were being fixed rather than a broader decline in the economy under heavier US sanctions.

The Communist-run island is battling a cash crunch brought on by a decline in aid from leftist ally Venezuela and lower exports, as well as a tightening of the decades-old US trade embargo, including attempts to block Venezuelan oil shipments.

Sporadic shortages of basic goods are common in the cash-strapped, centrally-planned economy, but have picked up over the past year, with items like flour, chicken and milk becoming scarce for weeks and sometimes months.

Vehicle owners have struggled to locate gas stations in Havana stocked with the upper grades of gasoline in the past few weeks, and when they do, they have been forced to queue for hours to fill up. In a country where many gas-guzzling American cars from the Fifties are still used, that makes the problem even worse.

Tomás Pérez Álvarez, the head of sales at state-owned oil company Cuba-Pe-



Cuba's gas stations have little or no fuel

troleo, confirmed on a news broadcast on state television that there had been a deficit in fuel distribution, which he said would be fixed by next week.

He said there has been a 10 percent increase in consumption because there are now more vehicles on the road. The government has imported hundreds of microbuses over the past year to improve public transport.

Cubans have also been complaining on social media of a string of power outages, this time outside the capital, raising for some the spectre of a return to the long blackouts of the economic crisis following the fall of benefactor the Soviet Union. 📀

INTERNATIONAL SPORTS

CAYMANIAN TIMES

Friday, July 26, 2019 | Issue No 406 PAGE B3

Recalls for veteran Windies pair

Veterans Sunil Narine and Kieron Pollard will return to the West Indies squad for the first two Twenty20 Internationals against India, while wicket-keeper batsman Anthony Bramble gets a maiden call-up.

All-rounder Andre Russell, whose World Cup was cut short by a knee injury, has been included in the 14-member squad subject to fitness, Cricket West Indies.

Narine, 31, last played for the West Indies in 2017. Although he had been informed by the new selection panel that he was in contention for a spot in the ICC Men's Cricket World Cup 2019 squad, a finger injury ruled him out before the squad was announced. In the years he missed out on national selection, the mystery spinner has been a regular in T20 leagues around the world, with his pinch-hitting as useful as his bowling.

In 2012, the Kolkata Knight Riders of the Indian Premier League bought the relatively unknown Trinidadian for US\$700,000 and he proved that to be a shrewd purchase.



Sunil Narine last played for the West Indies in 2017

In a career that began back in 2009, Narine has so far snared 370 wickets in T20 wickets while playing in leagues worldwide. His latest trophy was won with the Trinbago Knight Riders in the Caribbean Premier League two years ago.

During his debut season with KKR, Narine was the Man of the Tournament as his mystery spin bowling became one of the key architects of their first Indian Premier League title. That year Narine, helped propel the West Indies to the first of their two T20 World Cup titles.

He was just getting started. In 2014, KKR with Narine now the bedrock of their bowling arsenal, went on to win their second IPL title.

However, it was in the Caribbean Premier League that Narine delivered one of the best-ever bowling performances in T20 history.

In the inaugural match between the Guyana Amazon Warriors and the Antigua Hawksbills in Grenada, Narine bowled 21 dot balls in his quota of 24 to return the astonishing figures of four overs, one maiden, three runs, no wickets.

They were the third best-ever figures in T20 history behind Zulfiqar Babar, the Pakistan left-arm spinner, who holds the record for the most economical complete spell in T20 cricket, 2 for 3 against the Quetta Bears in 2012.

Shoaib Malik is second with 1 for 3 bowling for the Barbados Tridents against the Antigua Hawksbills in CPL 2013.

Narine credits his ability to remain composed as one of the key factors behind his success. "Composure is an individual thing. How you react to certain things, makes it better for you," he said. "I can try to be humble and what I do is to be as hum-



Kieron Pollard is a hard-hitting batsman

ble and quiet as possible, not show any expression to the batsman, so that they don't read you and judge whether you are tense, or you are anxious."

Pollard, 32, featured in the tour of India in 2018, making his first national appearance in a year. He didn't make the cut for the World Cup but remains firmly in the Caribbean team's T20 plans.

Chris Gayle has opted out of the series while he plays a T20 league in Canada, leaving the opportunity for John Campbell, also a left-hand opener, to take his place in the Carlos Brathwaite-led squad.

Khary Pierre, the left-arm spinner, who featured in the 'A' series against the visiting Indians gets a chance to add to his three T20Is, while Bramble, 28, has been rewarded for domestic performances. He also led West Indies B to the final of the Global T20 tournament in Canada.

India announced their squads ahead of their tour of the West Indies. "We figured that though Nicholas Pooran will be the first-choice wicket-keeper, we needed to have someone to deputise in case something unexpected happens and Bramble is the perfect choice," said Robert Haynes, interim chairman of the CWI selection panel. "He is young and has a lot of ambition, and we saw his character come out in the way he batted whenever Guyana Jaguars were in problems in the West Indies Championship and Super50 Cup, so we know he is capable of getting the job done."

Haynes described the squad as "an excellent balance of experience and youth", chosen with one eye on next year's ICC T20 World Cup, where West Indies hope to defend their title.

The first two T20Is of the India series will be on August 3 and 4 at Lauderhill, Florida. The final match will be on August 6 in Guyana.

Squad: Carlos Brathwaite (capt), Anthony Bramble (wk), John Campbell, Sheldon Cottrell, Shimron Hetmyer, Evin Lewis, Sunil Narine, Keemo Paul, Khary Pierre, Kieron Pollard, Nicholas Pooran (wk), Rovman Powell, Andre Russell, Oshane Thomas. 🚱

Holloway takes on veteran Edgar

UFC featherweight champion, Max Holloway, hopes to add to his list of 145lb victims when he takes on long time contender and former UFC lightweight champion, Frankie Edgar at UFC 240.

Holloway, 27, looked sensational in his last fight at featherweight, beating the brakes off Brian Ortega in a dominant performance.

However, he's got a serious chal-

legend to his résumé, or will Edgar once again show why he's the still one of the best in the sport? The bout is at Rogers Place in Edmonton, Canada on Saturday.

There are plenty of other tasty matchups on the card, including the return of former UFC women's 145lb champion, Cris Cyborg, who takes on impressive prospect Felicia Spencer. Welterweight knockout artist, Geoff Neal, faces the heavy-handed Niko Price, and there's an interesting bout between talented lightweights Olivier Aubin-Mercier and Arman Tsarukyan.

Harden: I had no beef with Paul

Following Chris Paul's trade to the Oklahoma City Thunder, James Harden is clearing the air about any supposed bad blood between himself and his departing teammate.

Towards the end of the last season, rumours swirled that Paul and Harden



lenge ahead of him in Edgar, 37, who bounced back off a loss to Ortega with an impressive decision win over Cub Swanson. Can Holloway add another



Max Holloway is the dominant UFC featherweight

had reached a point where they could no longer play together. Consensus was that Harden and Paul were at each other's throats. Harden is now saying that all of that was just talk. While the 2018 MVP admitted that they would argue, he said that it was nothing more than two competitive people pushing each other.

Harden said: "Obviously as teammates, as competitors, we argued on the court. The negative media stuff, it wasn't true. Me and Chris had constant communication."

Harden claims he is looking forward to playing with newcomer Russell Westbrook. "I'm excited," he said. "It's a new chapter, but I know he's excited. He's been in Oklahoma City for 11 years so it's a new chapter for him. We welcome him with open arms. It's going to work."

Harden was so confident about how Westbrook would fit, when asked about

 James Harden welcomes Westbrook's arrival

adjustments he or Westbrook would need to make he said: "None. None. None. We played with each other in the NBA and the (2012) Olympics and all that."

Pogba eyes Real – if Bale moves on

Real Madrid's pursuit of Manchester United's France midfielder Paul Pogba, 26, is likely to depend on Wales forward Gareth Bale, 30, leaving the Spanish club.

Bale, who earns around \$600,000 a week at the Bernabeu, where he has a contract until 2022, wants wages on a par with the world's top players to leave Real Madrid. Bale will collect a minimum \$22m welcome bonus if he joins the Chinese Super League.

Tottenham are set to spend heavily again this week to complete the signings of Real Betis and Argentina midfielder Giovani lo Celso, 23, plus Fulham's England Under-21 defender Ryan Sessegnon, 19.

Fulham wanted over \$40m for Sessegnon but Spurs are confident of agreeing a deal worth closer to \$25m for a player with just one year left on his contract at Craven Cottage.

Manchester City have denied Bayern Munich's claims that the clubs are in talks over the \$100m transfer of Germany winger Leroy Sane, 23, to the Bundesliga side. Toby Alderweireld expects to stay at Tottenham, despite Roma being linked with the 30-year-old Belgium defender, who has a clause in his contract that he must be sold if a club meets a \$25m buyout fee by Thursday.

Former Chelsea manager Maurizio Sarri wants to bring Tottenham defender Danny Rose, 29, to Juventus. Atletico Madrid are likely to focus their attention on Real Madrid's Colombia playmaker James Rodriguez, 28, rather than Tottenham's Denmark midfielder Christian Eriksen, 27.

Barcelona are set to open talks with Lionel Messi, 32, to extend the Argentina forward's contract for a further four years.

Antoine Griezmann, 28, says a move to Manchester United was "a possibility" at one stage, while Barcelona's new signing has reiterated his desire to play alongside France team-mate and Arsenal forward Alexandre Lacazette, 28, at club level.

England defender Harry Maguire, 26, is no closer to a Leicester exit despite continued speculation about a move to Manchester United.



Paul Pogba may move to Real Madrid

Juventus are willing to sell Argentina forward Paulo Dybala, 25, to Manchester United this summer, provided their demands of around \$80m are met. Chelsea's 24-year-old defender Kurt Zouma, who spent last season on loan at Everton, says he needs to be playing first-team football to maintain his hopes of playing for France at Euro 2020. (?)

PUZZLES | COMICS

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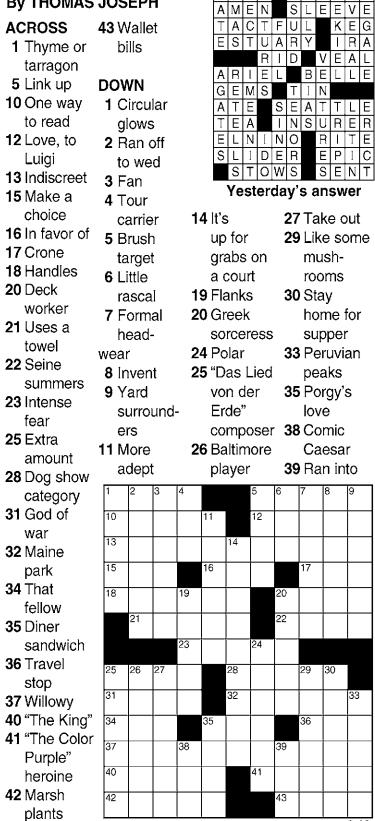
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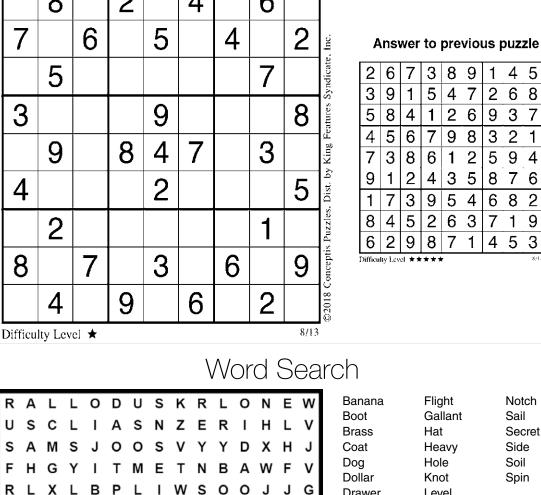
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CROSSWORD **By THOMAS JOSEPH**



SUDOKL Conceptis SudoKu By Dave Green 8 2 6 4 2 5 6 4 7 7 5 3 8 9 9 7 3 8 4 2 5 4

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



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Dressing

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

CURTIS By Ray Billingsley MR. WILKINS, I'D LIKE "THE CRAWLING EYE" THAT IS THE TRUE BUT IT'S GOT A FRONT TO DISCUSS YOUR ISN'T A BOOK AND BACK COVER, DEFINITION OF A BILINGSLEY BOOK REPORT ! BOOK BEING A Pages with words AND SENTENCES, AND BOOK ! I BOUGHT IT FOR THREE BUCKS, GENTLY USED, 9 FROM AMAZON PRI \sim Vé



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CAYMANIAN TIMES



WOMEN OF PURPOSE . RODRICK BROWN . LAVERN WELCOME JJZ DANCE MINISTRY . ZAMAR . CLIVE BENNETT . DC PRAISE SISTER OPAL . MAICHAIL MARYMARK . FAMOUS COUSINS ACKy FOLK SINGERS . LIGHT OF THE WORLD DANCE MINISTRY MC: BASILLIA BARNABY-CUFF









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