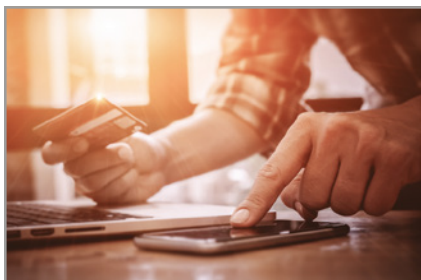


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New Director for the Department of Community Rehabilitation

Governor tours George Town Constituents



► Mr. Brindley shows H.E. the Governor artefacts from his family's history alongside Councillor Barbara Conolly and Hon. Roy McTaggart

NICE employment for Summer

The Government's second-ever National Community Enhancement (NiCE) Summer Project takes place on Monday, 8 - Friday, 19 July 2019.

The initiative will provide up to two weeks of environmental beautification work across Grand Cayman for unemployed Caymanians and spouses of Caymanians, aged 18 years and older. As well as providing temporary paid work, the NiCE project offers a chance for persons entering the job market to

learn new skills whilst allowing persons re-entering the workforce, the opportunity to gain additional experience.

Registration and orientation for next month's project, led by the Ministry of Commerce, Planning and Infrastructure, will be at the Lions Centre from 9 a.m. - 12 noon on Tuesday, 2 July.

The project will cover repairs and maintenance, gardening, tidying up

... Continued story on page A4



► Registration and orientation for the National Community Enhancement (NiCE) Summer Project takes place on Tuesday, 2 July 2019 at the Lions Centre (Photo by Elphina Jones, GIS)

Lord Ahmad and Mounts Bay to Visit Cayman this Week



UK Minister of State, Lord Ahmad of Wimbledon will visit the Cayman Islands this week to take part in the Trade Summit which has been organised by the Cayman Islands Government and FCO and will include senior delegations from across the OTs.

... Continued story on page A11

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WEST BAY

EDITORIAL

The importance of celebrating our Coat of Arms

By Lindsey Turnbull

An important symbol of the Cayman Islands and the people who live here, the Coat of Arms celebrated 60 years since first being established on 14 May and a gathering of government officials were in the UK on that special day to commemorate this important symbol's diamond jubilee.

Alfonso Wright is the Executive Chairman of the Celebrate Cayman team tasked with ensuring that everybody (whether in the Cayman Islands or in the UK) is able to appreciate the importance of the Coat of Arms and was in the UK, along with Premier Alden McLaughlin, Governor Anwar Choudhury and other government officials, to celebrate the day.

Mr Wright said in addition to participating in celebrations held at the Foreign and Commonwealth Office organised by the Cayman Islands government's London office, he had used his time in the UK to research archives to find out more about the history of the Coat of Arms, which was ordered by the Queen Elizabeth on 14 May 1958.

Understanding identity

He felt that now was a good time to properly show the UK what the Coat of Arms stood for, in terms of understanding Cayman's identity.

"We are more than just a financial district of a tourist destination," he explained. "We are a country with a lot of heart and soul and we are proud of our heritage and the things we have accomplished over the years."

In order to reinforce an understanding of Caymanian heritage, Mr Wright said that the London office had brought up a display that had been in the National Museum that would take viewers back in time to 1958 when the Coat of Arms was first established.

Back home, Mr Wright said that the Celebrate Cayman team would be leading a year-long celebration, during which time they would be visiting all of Grand Cayman's districts and



also the sister islands of Cayman Brac and Little Cayman to help engage and educate everyone about the importance of the Coat of Arms, which went on to become Cayman's first national symbol.

The anniversary day was marked locally with the draping of the Government Admin building on Elgin Avenue followed by other government buildings across all three islands. The dressing features the Coat of Arms as well as the Celebrate Cayman logo.

"When the year is over I don't think there will be anyone who would have lived or visited the Cayman Islands who would have not heard something about the Coat of Arms and what it means to its people," Mr Wright confirmed.

Celebrations in Cayman will officially begin on Monday 28 May. The launch event, which is open to the public, will take place on the Glass House green and will feature local food and musical performances.

To learn more about the Celebrate Cayman festivities and subscribe to the mailing list, visit the dedicated website www.celebratecayman.ky and follow on social media. The public is also encouraged to join in the celebrations by sharing their own photos on social media using the hashtag #CelebrateCayman.

COMMUNITY NOTICES

Road Closure Notice for Juicy Concert Event, Saturday, 29 June

In order to facilitate the Juicy concert event (organized by Pirates Week Administration) on Saturday, 29 June, Cardinal Avenue in central George Town will be closed between Albert Pantan Street and Harbour Drive from 12:00PM on Saturday the 29th until 3:00AM the following morning, Sunday the 30th.



Recent Outages Explained- An Update

Work on the upgrades to the Bodden Town substation is near completion. That means that customers east of Prospect, excluding North Side, who, within the past month experienced above normal levels of outages, will see an improvement in the reliability of service.

The Bodden Town substation is currently being refurbished and it is anticipated that the substation will be fully back in service by the end of this month. While the substation is out of service, customers who would normally be supplied from the Bodden Town substation are being supplied from the Frank Sound or Prospect substations and are therefore exposed to a greater risk of outages.

CUC has been going through a very active period of substation upgrades. These upgrades will increase capacity and reliability to customers in the affected districts, but in the interim, the necessary configuration to facilitate these upgrades reduces system redundancy and increases the vulnerability to outages.

CUC has begun the construction of a new Prospect Substation with completion expected in 2020. CUC is able to complete the construction with minimal exposure to outages, as the existing substation will remain in service throughout the construction period.



► Work being carried out to upgrade the Bodden Town substation

The Frank Sound substation will be upgraded in 2021.

CUC has already completed upgrades to the South Sound, North Sound Road, and Rum Point Substations in October 2018, March 2019 and April 2019 respectively.

Following this major programme of upgrades and refurbishments to the eastern substations, CUC will be able to meet foreseeable load growth with increased reliability for its customers. As the Cayman Islands continue to grow and our population increases, CUC continues to invest in our country and our people, consistently striving to achieve our vision of empowering Cayman to be a global leader.

TALK ON THE STREET

Talk On The Street: Wait on Petition Verification?

With the recent presentation of a petition to hold a referendum on the cruise port, it appears that the government is going ahead with business as normal. Our reporter wanted to check the public's pulse on this issue. The specific question posed was, "Should the government wait until the petition is verified before continuing to work on the cruise port project?" Below are the responses of 15 individuals.

Frank, Caymanian, 35:

"I think that the government needs to do the right thing and pause all the work on the port until we all know whether there will be a referendum or not."

Lisa, Caymanian, 48:

"I am kind of torn. I think the government has a responsibility to continue, but also if this petition has enough signatures, there will be a referendum and the work that the government may be for nothing."

Kevin Caymanian, 28:

"I don't think that the signatures are going to be verified for a long time, so the government can't just sit around and do nothing for all that time."

Freddie, Caymanian, 35:

"This government doesn't have time to stand around and wait while a bunch of fake signatures are checked. It needs to take care of business and start the port."

Lionel, Caymanian, 56:

"The things is this, there is going to be a referendum, so everything the government does now is just going to make them look worse and worse."

Nigel, Caymanian, 48:

"The government needs to continue. Otherwise, anybody in the future will be



able to halt a project simply by handing in a petition that has a bunch of false signatures. These have to be verified."

Tina, Caymanian, 29:

"The government is acting like they want to get this port deal signed before there can be a verification. They need to wait."

Barbara, Caymanian, 43:

"We need the port. I say that we should wait, but then fine the CPR people when the petition falls short, for wasting the government's time."

Miguel, Caymanian, 62:

"The government needs to just wait."

Cathy, Caymanian, 22:

"They need to wait. That is all I have to say."

Clint, Caymanian, 35:

"The government is scared. That is why they are not waiting."

Harry, Caymanian, 50:

"When everything is verified, there will not be enough signatures. The gov-

ernment is going to find some way to disqualify enough signatures."

Kelsey, Caymanian, 53:

"They should wait."

Nick, Caymanian, 29:

"The government should not wait."

Glenda, Caymanian, 44:

"This government wants to get this port deal signed before there can be a referendum so that it will influence voters to vote for the port deal. They should wait, though."

INTERNATIONAL ALL-STAR FOOTBALL MATCH

PREMIER LEAGUE LEGENDS
 Shaka Hislop (Trinidad & Tobago)
 Theodore Whitmore (Jamaica)
 Walter Boyd (Jamaica)
 Onadi Lowe (Jamaica)
 Ian Goodison (Jamaica)
 Sean Davis (England)

CAYMAN ISLANDS NATIONAL TEAM GREATS
 Lee Ramoon
 Antonio Smith
 Gillie Seymour
 Richard Hew
 Pepe Peralto

and others from around the world as they come together in a spirit of partnership and unity to celebrate the 60th anniversary of the Cayman Islands' first written constitution.

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CELEBRATE CAYMAN

Constitution Weekend

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SATURDAY, 29 JUNE

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National Community Enhancement Summer Project 2019

... Continued story from page A1

parks and cemeteries, beach clean-ups, clearing beach access, garbage collection; as well as cleaning roadside verges and general bush clearance.

"While the Government is encouraged that at 2.8% unemployment is now at its lowest in more than a decade, we are still keen to help those who are experiencing difficulties finding full-time work," said Minister of Commerce, Planning and Infrastructure, Hon. Joey Hew.

"This Summer's NiCE Project has been brought forward to assist in addressing the issue of sargassum on the beaches and coastline of Grand Cayman. A similar project will be conducted on the Sister Islands by the Ministry of District Administration," he concluded.

NiCE applicants will need to bring a completed application form and supporting documentation to prove immigration status on registration day.

Rigorous vetting will take place to ensure that only those who are eligible are

accepted onto the programme. Those accepted onto the programme will be required to attend work daily from 7 a.m. to 3 p.m. Monday through Friday.

Contracted workers will be paid \$10 per hour; foremen will receive \$12 per hour.

Application forms can be picked up at all District Libraries in Grand Cayman, as well as from District MLA Offices, the Needs Assessment Unit, Workforce Opportunities Residency Cayman (WORC) formerly known as the National Workforce Development Agency and from the Government Administration Building's reception.

Government agencies working together to organise this summer's project are the Public Works Department (PWD), the National Roads Authority (NRA), the Department of Environmental Health (DEH) and (WORC).

The Government intends to undertake another NiCE project in November 2019 to provide temporary seasonal employment in the run up to the holiday season. 🌐



▶ Registration and orientation for the National Community Enhancement (NiCE) Summer Project takes place on Tuesday, 2 July 2019 at the Lions Centre (Photo by Elphina Jones, GIS)

Cayman Fertility Clinic officially opens at East End

By Lindsey Turnbull

Although it has already begun helping couples in Cayman to achieve their dream of becoming parents, Cayman Fertility Clinic officially opened for business this week at its Heron Place location situated by the Health City hospital complex at East End.

The clinic's Medical Director, Dr Joseph Davis, is a US board certified Reproductive Endocrinologist. He explained that the services they could offer couples here in Cayman were all-encompassing and that a positive patient experience was at the core of what they do.

"We are a full-service fertility clinic, treating all aspects of male and female infertility, including IVF treatment and thereby meeting the needs of people on island who traditionally had to seek such services overseas," he advised.

Getting pregnant via IVF has been an onerous task for women on island up until now, with frequent visits to their fertility clinic overseas required in the space of a few weeks a necessary part of the procedure. With a full-service provider on island, patients now can undergo the procedure without the expense of travel costs and without the inconvenience of missing work.

Dr Davis brings with him a wealth of experience and knowledge, having been the Medical Director at the prestigious Reproductive Medical Associates in New York, SoHo. Local business partner Mark Scotland joined forces with Barbados Fertility Clinic (BFC) to bring the Cayman practice here and they have been working hard since late last year to get Cayman Fertility Clinic up and running. Dr Davis said the clinic employed best practices from his former practice as well as the standards of the JCI accredited BFC.

"The key to successful IVF is employing the right technology which greatly enhances not only the success rate but also reduces the chances of multiple births that have been associated with IVF in the past," Dr David explained. "Preimplantation Genetic Testing is a new approach that we use to ensure that only the strongest embryos are used in the IVF process, which increases the chances of the pregnancy running to full term. Using this technology means a success rate of around 75 per cent per embryo."

Barbados Fertility Clinic serves that country and the wider south Caribbean. Dr Davis said he envisaged that



▶ The clinic's Medical Director, Dr Joseph Davis, is a US board certified Reproductive Endocrinologist

the Cayman clinic would not only serve local patients but also the northern Caribbean and the United States as well. Their lab director is currently splitting their time between the two jurisdictions, but it is anticipated that as the business grows, a full-time lab director will be employed in each location.

"While we expect a strong client base locally, we anticipate that our clinic will attract patients from overseas as well, which will be a boost to Cayman as

a healthcare destination and to the island in general," Dr Davis said.

Dr Davis concluded: "In New York we focused on delivering a high-quality patient experience and that is what we bring to our patients here. I want our patients to understand that we are on a journey together and that they are part of the decision-making process at every step of the way. Transparency and education are at the cornerstone of what we do." 🌐

Cayman Finance pleased to have FBI acknowledge Cayman's "immense value" in combatting financial crime

A senior official from the United States Federal Bureau of Investigation (FBI) has commented on the positive role that jurisdictions like the Cayman Islands play in combatting financial crime.

Appearing before the US Senate Banking, Housing, and Urban Affairs Committee in May 2019, FBI Acting Deputy Assistant Director (Criminal Investigative Division), Steven M. D'Antuono, spoke about the "immense value" of beneficial ownership information shared by United Kingdom Overseas Territories and Crown Dependencies, including the Cayman Islands, that law enforcement has continually praised in their investigations.

Mr D'Antuono noted that bilateral agreements with the UK and its Crown Dependencies and Overseas Territories related to the sharing of beneficial ownership information went into effect in July 2017.

"Under the terms of these agreements, UK law enforcement has access to company beneficial ownership information in support of investigations. This infor-

mation must be made available within 24 hours of a request. Our colleagues at the UK's National Crime Agency have continually noted the immense value of such information in their investigations," he said.

"These frameworks can provide valuable insight into the critical aspects of a successful system for maintaining, accessing, and sharing accurate beneficial ownership information."

Mr D'Antuono gave credit to countries like the Cayman Islands that have robust anti-money laundering and counter terrorism financing regulations for their requirements of documentation [and verification] of beneficial owners for "legal persons". As this information is available to regulators and law enforcement, it allows them to more vigorously be able to identify and mitigate illegal actors and protect financial systems.

Cayman Finance Chief Executive Officer, Jude Scott, welcomed the acknowledgement from the US official about the important role the Cayman Islands play in preventing financial crime.

"Our world class verified ownership regime has been in place for over 15 years. We are pleased to see our international partners continue to recognise our leadership in this area as a transparent jurisdiction that adheres to the highest international standards," said Mr Scott.

The information Cayman requires to be collected is available to the authorities making proper requests to Cayman Islands authorities through existing information sharing channels between the Cayman Islands government and the UK as well as other countries.

"What distinguishes the Cayman Islands regime apart from most others around the world is that the information in our system is collected and verified by licensed Cayman Islands corporate service providers under existing anti-money laundering and know-your-customer laws," said Mr Scott.

"Those same licensed corporate service providers are responsible for submission of beneficial ownership registry information to the Cayman Islands



▶ Cayman Finance Chief Executive Officer, Jude Scott

Government, and that information forms part of the Cayman Islands' current enhanced information exchange arrangements with the UK and shared with other countries, including the US," he added. 🌐

COMMUNITY EVENTS

June

2019-2020 Government School Registration Closes

28 June - The registration for students enrolling in, or transferring to, Government schools for the 2019/2020 school year will close this Friday 28th June. For more information, call The Department of Education Services at 945 - 1199.

Imaginarium - the 2019 annual Walkers Art Club student exhibition

28 June - 4 July - The National Gallery and Walkers present this free student exhibition that showcases the work of students from ages 5 - 17 who participate in their weekly after - school Walkers Arts Club. The National Gallery is opened from 10:00am to 5:00pm. For more information about the Walkers Art Clubs please contact the National Gallery at (345) 945 8111 or email education@nationalgallery.org.ky.

Children's Story time

29 June - Children's StoryTime is back at the George Town Public Library for children ages 0 to 5 years old starting at 10:30 am. No registration is required and a parent /guardian must be present at all times. No drop-offs are allowed. Reading is done by the Pink Ladies Volunteer Corps. For more information, call the library at 949 - 5159.

KIDFEST 2019!

29 June - Bring the kids out to Pedro's Castle on Saturday 29 June for the KIDFEST Family Fun Day from 2 - 6pm. This afternoon of fun and activities is in remembrance of baby Nolan Evans and all proceeds will go to the Hart for Hearts and Cayman Heart Fund organizations. Activities include face painting, bouncy castle and other lounge games. Foods and drinks will be on sale. Admission is free for kids 13 and \$25 for 14 years and older. Call 936 - 1717 or email ailianevans@hotmail.co.uk for more information.

First Assembly of God International Day

29 June - First Assembly of God will be hosting their annual International Day on Saturday, June 29th beginning at 3pm on the church grounds located on 195 Old Crewe Rd. George Town. All are invited to attend and admission is free.

EnviroWalk

30 June - Miss World Cayman Islands presents the first Annual EnviroWalk Environmental 5K Walk / Run to bring awareness to the environment and to encourage participants to make environmentally friendly lifestyle choices. Registration is \$25 for adults and \$12 for those 12 years and under. The route is Safehaven. Participants will not be timed and well

- behaved and on-leash dogs are allowed. For more information, go to www.caymanactive.com.

Talent Xposition of the Arts

30 June - The New Self Help Community Foundation presents the 18th annual Talent Xposition of the Arts at the Harquail Theatre starting at 6pm. This year's show features award winning Gold Medalists Stella Maris Junior Dancers of Jamaica, Rita Estevanovich, UCCI Performing Arts, and Ericka Rocket McBean as well as rising stars Reyah Stewart, Althea Miller, Zariah Anglin and many more. The audience will also be treated to a guest appearance by reigning Miss Cayman Islands Universe: Caitlin Tyson; Miss World Cayman: Kelsie Woodman-Bodden; and Miss Teen Cayman Islands: Latencia Bush. The show promises for an evening of diverse acts depicting some of Cayman's finest local talents, with items such as musical solos, creative dancing, drama, poetry and singing. Tickets are available at Funky Tangs and Winners Circle Sports. \$10. prepaid or \$15. at the gate. Part of the proceeds will be donated to the Francis Bodden Children's Home. For more information you can contact 927-7273.

July Public Holiday

1 July - The first Monday in July is Constitution Day in the Cayman Islands. This holiday commemorates the adoption of the first constitution of the islands in 1959.

Most businesses will be closed but supermarkets and pharmacies will be opened.

Bodden Town Constitution Celebration

1 July - THE BODDEN TOWN HERITAGE committee invites you to open house at THE HERITAGE SITE, Gun Square Rd. Bodden Town in celebration of the 60th Anniversary of our first written Constitution on July 1st. 2019 from 1pm to 6pm. Tour the historical homes- Nurse Josie's Senior Centre, Heritage House and the Old Cayman Kitchen! Relax in the beautiful parkland! Bring your family, friends and visitors! Learn about US! See and hear our history! Free Admission! Lots of parking! Watch for street signs!

YMCA Summer Camps

2 July - Registration is now open for YMCA Summer Camps which will run from 2 July to 23 August. There are many camp options available so go to www.ymcayman.ky for information, call 926 - 9622 or email info@ymcayman.ky

Free HIV Screenings

2 July - The Public Health Department has extended its hours for free HIV screenings every Tuesday from 9:00am to 1:00pm at the Cayman Islands Red Cross. Call 949 - 6785 for more information.

Free Tours for Summer Camp Groups

2 - 23 July - Calling all Summer Camp Organizers! Free student

tours led by Gallery educators are available all summer. Enjoy fun and interactive tours of the Permanent Collection of Caymanian art or the colourful temporary exhibition - Tropical Visions - Landscape Painting from the National Collection. Tours are available Monday - Friday, 9:00AM - 3:00PM and must be booked in advance. Email info@nationalgallery.org.ky or call 945 - 8111 for more information.

Young Men at Risk

3 July - The Ministry of Community Affairs and the Alex Panton Foundation invites all to this presentation on Wednesday 3 July from 6:30pm to 8pm at the East End Civic Centre. The topics that will be explored in this workshop include - How emotional distress is communicated in young men; Challenging and risk taking behaviours displayed by young men; Warning signs to watch for and Help-seeking. Contact edu@alexpantonfoundation.ky with any questions.

2019 RF Group RAN Men's and Women's Rugby Sevens Tournament

6 - 7 July - This international tournament takes place at the Truman Bodden Complex and serves as a qualification event for the Games of the XXXII Olympiad Tokyo 2020. Call 525 - 6743 or visit the website www.caymanrugby.com for more information.

Strength Training is CRITICAL for Staying Strong, Slim & Sexy Over the Summer

Whether your passion is running, roll-erblading, swimming, playing a game of tennis with a friend, or hitting the water for some canoeing, you still cannot neglect the strength training element of your workout routine.

No form of outdoor cardio exercise is going to be able to replace the unique benefits of strength training, so it's something that you must make sure you maintain throughout the year.

Those who take the summer off from the weights entirely will be at risk for a number of negative consequences, and restarting back will be that much harder... maintaining your strength training is a necessity.

Here's why:

Strength Training and Muscle Mass

The very first reason to keep up your strength training sessions a few times a week is to ensure you aren't losing muscle tissue.

As we age, **muscle mass loss is inevitable without regular strength training workouts.** Muscle tissue is not easy tissue to gain back. This is especially true for women who naturally have low amounts of testosterone compared to a men. Protecting the muscle you have already worked so hard to build is one of the most important considerations of any well-rounded fitness program.

Why is having more muscle so important?

If you begin losing muscle mass, your strength will decrease, meaning everyday activities—including those outdoor activities you want to take part in—will become harder and harder.

Plus, muscle plays a major role in fat burning...

While exercise does burn calories, you only work out a few hours per week. To

increase fat burning, you need to increase your metabolism, specifically your Resting Metabolic Rate. Those who have a higher degree of muscle mass burn more calories even when they're at rest. As a person ages, metabolism naturally slows down, leading to gradual weight gain. Muscle is a great way to counterbalance the body's natural slowdown, and the earlier a person starts, the easier it will be to maintain that muscle over time.

Many people complain that the reason they're gaining weight into the 40s and 50s is due to a slow metabolism, but really, that slow metabolism is happening (partly) because they are losing muscle. The muscle gains you achieve with a proper strength training program can help reverse this process and actually INCREASE metabolism!

Strength Training and Bone Health

As a person grows older, bone loss is inevitable, especially for women after menopause. This can lead to bones breaking more easily, feelings of fatigue and weakness, and reduced tolerance to physical activity. Weight-bearing exercises strengthen bones, helping minimize natural bone loss and reducing the risk of injury.

While other outdoor activities may be weight bearing in nature and still help with bone strength and formation, no other exercise is more weight bearing than strength training.

Since you'll be supporting more weight than just your body weight, you can really take your bone health to the next level. One study published in the journal of *Medicine and Science in Sports And Exercise* illustrated that strength training is superior in terms of combating osteoporosis compared to aerobic activity only.

This can prevent stress fractures or bone breaks down the road, both of

which could become very serious if you are into your 60s and 70s.

Strength Training And Disease Prevention

Strength training has been shown to provide a number of health benefits, including a reduced risk of cardiovascular disease and diabetes. By continuing your strength training year round, you'll continue to reap the rewards of the hard work year round.

A Tufts University study even found that participants in a strength training program were able to see a marked reduction in arthritis pain. In fact, the study found that the end result was better than that received from medications.

Strength training can also improve a person's mental health, reducing depression and improving sleep quality.

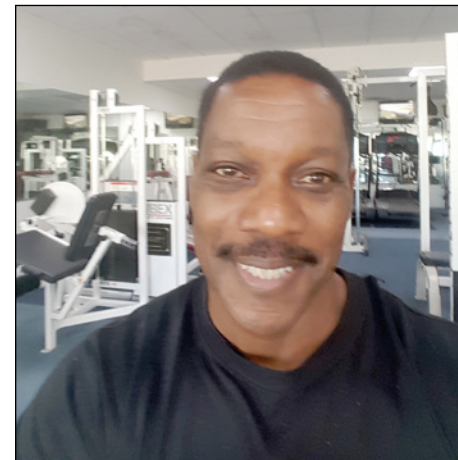
Strength Training and Insulin Sensitivity

Finally, the last nice thing about strength training that you must note is its impact on insulin sensitivity.

Your insulin sensitivity level is one of the key factors determining your risk of diabetes and metabolic syndrome, a condition that's starting to impact more and more females.

A regular strength training workout routine will help to keep your tissue cells more responsive to insulin, so should you consume carbohydrates in your diet, your body will be able to better utilize those carbohydrates, directing them towards the muscle cells rather than the body fat cells, as was noted in a study published in the *Medicine and Science in Sports and Exercise* journal.

This helps keep you leaner as well since you'll have a reduced rate of converting those carbohydrates into body fat stores.



▶ Ernest Ebanks

It appears the primary reason for this is due to the increased lean muscle tissue development, which then increases the insulin sensitivity level.

Final Thoughts

So as you can hopefully see, now is NOT the time to forgo strength training. Strength training is the single most effective form of exercise for guaranteeing good health into the future and keeping you leading an active lifestyle for years to come.

All it takes is 2-3 sessions per week to see all these benefits, which leaves plenty of time to get outside and do all the other summertime activities that you want to do.

By making the commitment to stay consistent with your strength training workout throughout the year, you'll also prevent having to go through the process of getting back into, which can prove to be quite frustrating if quite a significant amount of strength has been lost.

Call Ernest at Body Shapers Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com, get started on a strenght training program that's best for you.

TRY, "NEAT"

Known as, "Non-exercise Thermogenic Activity," this form of exercising has powerful results. NEAT is the amount of energy expended by the body by any activity excluding deliberate exercising, sleeping or eating. This may include walking, typing, gardening or any other form of chores. Thermogenesis is the process by which the body produces heat. NEAT allows one to burn more calories while at work or doing daily activities. So, how can this help me?

INCREASES METABOLISM - Any form of physical activity performed by the muscles requires energy. For this the body increases the production of energy through various chemical processes like digesting food and breaking down nutrients. This increased metabolism prevents fat storage and thereby help in weight loss as needed.

REGULATES FAT DISTRIBUTION AND PROMOTES FAT LOSS - NEAT utilizes the fats in the body for the production of energy. This energy is produced as a result of fat metabolism and not that of carbohydrate metabolism. NEAT was also found to reduce waist circumference and abdominal fats thereby regulating the fat distribution and determining body shape.

PREVENTS WEIGHT GAIN - By increasing energy expenditure, NEAT can prevent fat gain. In a study conducted in 16 non-obese persons, it was found that NEAT, compromising of daily activities, posture maintenance, and fidgeting, led to two-thirds in the energy expenditure. Performing more NEAT, helps in staying lean and smart.

Here are the top 10 NEAT activities that you can perform daily:



Walking, household chores, fidgeting, gardening, using the stairs instead of the escalator, playing games, working while standing, cycling, pursuing hobbies, and grocery shopping. These may seem so simple but you will be amazed at the awesome results you will experience.



► Father Suresh opened in prayer, pictured with Mr. Jeremy Rice



► Mr. Anthony Partridge



► Hon. Roy McTaggart



► Most Rev. Arturo Cepeda

St. Ignatius breaks ground for new multipurpose hall

By Christopher Tobutt

The groundbreaking for a brand new multipurpose hall took place at St Ignatius Catholic School on Friday 21 June. The two-storey facility will provide the school with 23,000 square feet of extra space, and it will feature a large basketball court, which can be used for other activities such as netball, volleyball, badminton, discos and gymnastics. The building will also add ten classrooms, one of which will be utilized for drama classes. Other features include new changing rooms, a concession stand, PE and security offices, and separate bathrooms for adults, staff and children.

It was a very special occasion, as everyone took their places on the school field near to the school's entrance, where the new building is going to be situated. Over one side were all the people who had helped to make the dream start to come true, and over the other side



► Students



► Artists' impression of the new hall

was a sea of blue uniforms, as all the students who are going to benefit from the lovely new hall came to see. In the middle were a dozen shovels, ready for the moment when the ground would be broken on the project, and the dream of the new hall would be one step nearer to coming true.

Father Suresh Rajaian opened in prayer, and then Mr. Anthony Partridge, Chair of School Advisory Board, said: "The multipurpose sports hall represents so many opportunities here at St. Ignatius, not only just in sports, but also in music, drama, the arts and much needed overall space. The new hall will also be available for parish events and play a vital role in the wider community as a potentially life-saving hurricane shelter. I'm sure everybody wishes that the hall was already finished, and we were today cutting the ribbon."

I would like to thank our donors; your generosity is so much appreciated by our school and all of our children that are here today.

I would like to pay particular tribute to Father Suresh who relocates back to the Archdiocese of Detroit at the end of the month, and has really been the driving force behind the sports hall project becoming a reality.

Hon. Roy McTaggart, Minister of Finance said: "While the multipurpose sports hall will be an improvement on facilities for physical education and extra-curricular sports, it will also help to put in place new spaces for art, drama, dance and computer science. It will also serve as an additional science lab, media center. Sixth form study area and common room as well as provide space for afterschool care.

"It is designed to be friendly to the environment, by minimizing air conditioning usage, by employing the use of solar energy, and recycled water, all factors that I and the Government applaud."

The site was blessed by the Most Rev. Arturo Cepeda, Auxiliary Bishop of the Archdiocese of Detroit, who sprinkled Holy Water on the ground, before all the officials, school representatives, V.I.Ps and school children took their places with the shovels, to break ground. 🌐



► Lots of people took part in the ground-breaking, including Hon. Roy McTaggart, Anthony Partridge, Most Rev. Bishop Arturo Cepeda, MLA Barbara Conolly, Designated School Head, Mrs Emily Alexander, Secondary Head, Mr. Peter Embleton, Primary Head Mr. James Hickey, Parish Representative, Mr. Gerry Kirkconnell and Building Committee Representative Mr. Michael Meghoo, as well as some of the students who will use the lovely new hall when it is finished

Governor visits John Gray High School Emergency Shelter

The Governor visited John Gray High School to tour the new state-of-the-art gymnasium, which acts as the George Town emergency shelter and to attend the end of year assembly for John Gray students on Monday, 24 June 2019.

During the animated assembly Mr. Roper was treated to performances by the school band and spoke to the children about "growth mindset" something which the school encourage in the children. Mr. Roper also had the opportunity to congratulate Mrs. Kelly on her retirement after 35 years' service to the school.

Principal Jonathan Clark talked through the plans for the new school development and showed Mr. Roper the construction that has already begun. The new premises will also increase the George Town shelter capacity.

This year, the John Gray and Clifton Hunter emergency shelters offer pet

shelter facilities for the first time. People can bring their dogs and cats along in an emergency to be housed in a separate area to the main shelter.

Mr Roper said "I was really pleased to tie in the visit to the John Gray emergency shelter with attendance at the school assembly. There was a fantastic atmosphere about the place - helped I'm sure with the end of term excitement. I was really impressed by the Principal's vision for the school.

"The school band put on a fantastic show and I was even persuaded to do an impromptu steel pan performance. As a shelter and a facility for the students the John Gray gymnasium is really impressive. I was also pleased to hear that John Gray and Clifton Hunter will also host pet shelters for the first time this season. It's really important that we reduce the risk of people staying at home with pets when they really should be in a shelter for safety." 🌐



► The Governor joins Head Principal Jonathan Clark during John Gray High School's end of year assembly on Monday, 24 June 2019



► The Governor tours hurricane shelter facilities John Gray High School



► Principal Jonathan Clark shows the Governor construction work that has already begun on the new school development



COME! CELEBRATE OUR CONSTITUTION DAY WITH US!

THE BODDEN TOWN HERITAGE COMMITTEE INVITES YOU TO OPEN HOUSE

In celebration of the 60th Anniversary of our first written Constitution

AT THE HERITAGE SITE, GUN SQUARE RD. BODDEN TOWN

July 1st, 2019 from 1pm to 6pm



Tour the historical homes- Nurse Josie's Senior Centre, Heritage House and the Old Cayman Kitchen! Relax in the beautiful parkland!

Bring your family, friends and visitors!

Learn about US! See and hear our history!

Free Admission! Lots of parking! Watch for street signs!



THE NEW SELF-HELP COMMUNITY FOUNDATION

PRESENTS

STELLA MARIS Junior Dancers

★ TALENT



position OF THE Arts

POETRY, DANCE, EXHIBITION, CREATIVE TEACHINGS

SPECIAL APPEARANCES BY AWARD WINNING GOLD MEDALIST STELLA MARIS JUNIOR DANCERS JAMAICA

Miss Cayman Islands Universe, Actress, Model: Caitlin Tyson
Miss World Cayman: Kelsie Woodman-Bodden,
Miss Teen Cayman Islands: Latecia Bush
Emcees: Andre Harris and Anika Conolly

PERFORMANCES:

Caitlin Tyson, Althea Miller, Centre Pointe Dance Studio, Tiffany Conolly, Rita Estevanovich, UCCI Performing Arts, Trifina, Denys Carbo, Ericka Rockett Mcbean, Dream Chasers Cayman, Dance Unlimited, John Gray High School Performing Arts, Liana DaCosta, Zariah Anglin and Tatyana

RISING STARS:

Rising Star Dancers, Cayman Music School, Reyah Stewart, Amber McLaughlin, George Town Primary School Performing Arts, Daniella Shibli, Vitoria Buttrum, Cayman Academy Performing Arts, Edna M. Moyle Primary School Quadrille Dancers, Poetry Slam Finalist Shante Ramoon

SPONSORS:



WHEN:
SUN JUNE 30 2019

WHERE:
HARQUAIL THEATRE

GATES OPEN 5:30PM
SHOW STARTS 6:30PM

PREPAID \$10 GATE \$15

TICKETS
FUNKY TANGS
WINNERS CIRCLE
SPORTS

PART PROCEEDS FROM THIS EVENT TO BENEFIT THE FRANCIS BODDEN CHILDREN'S HOME.

Wage survey report highlights best and worst paid jobs

The Economics and Statistics Office has just released their Occupational Wage Survey 2017 Report and it may come as no surprise that the best paid people in the Cayman Islands are for managing directors and those work in accounting, law and dentistry, while the lowest paid are musicians, cleaners and labourers.

The report showed that the average monthly total compensation in the Cayman Islands was \$4,550, with men receiving higher than the average monthly total compensation, at \$4,707, compared with women who received less, at \$4,396. However, when the median salary was examined (i.e. the middle value in the list of salaries), this figure was found to be considerably lower, at \$3,667. This is lower than the average monthly compensation, meaning the majority of employees (64.6 per cent) earned less than the average salary. When averaged out, it was found that Caymanian employees earned \$4,696 per month, slightly more than non-Caymanian employees, who were earning \$4,379 per month.

The highest paid salaries overall were in the professional, scientific and technical sectors (mainly legal and accounting), where people earned on average \$7,231 per month, while those in finance and insurance earned \$6,555 per month. Employees working for households earned the lowest on average, at \$1,058 per month, and those in agriculture, forestry and fishing earned \$1,736 per month.

While somewhat out-of-date now, the report is extensive, representing some 19,215 employees and was conducted across all types of businesses from October 2017 to February 2018, and among a sample of households with employees from November 2017 to April 2018.

Best paid jobs for Caymanians

The highest paid jobs for Caymanians mirrored the best paid jobs overall, with Caymanians earning an average of C\$70,764 per year in the professional, scientific and technical sector (legal and accounting), and C\$66,492 per year in the financial and insurance sector. Caymanians working in the utilities sector were earning on average C\$57,312 per year and the real estate industry was also well paid, at on average C\$54,468 per year. Human health and social work also were well-paid areas for Caymanians, at C\$54,204 a year.

The report also showed other areas where non-Caymanians were earning considerable salaries. Non-Caymanian were earning the most in the financial and insurance sectors, at C\$86,820 per year, followed by professional, scientific and technical jobs (legal and accounting) earning on average C\$86,268 per year, and human health and social work jobs at C\$56,028. One sector that does not appear in the Caymanian best paid jobs, but does in the non-Caymanian sector is jobs in the information and communication sector, with non-Caymanians earning C\$53,856 on average per year.

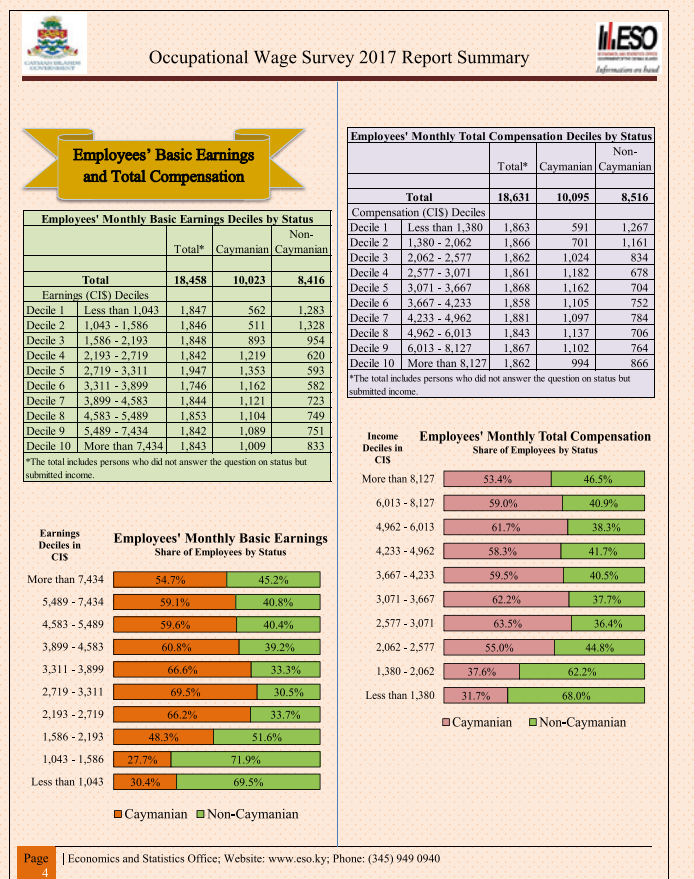
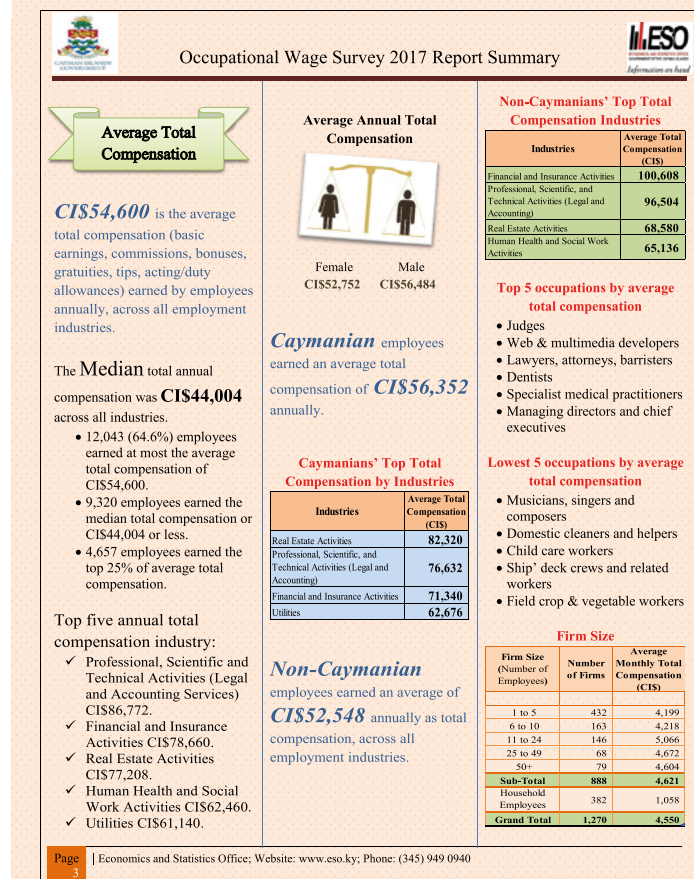
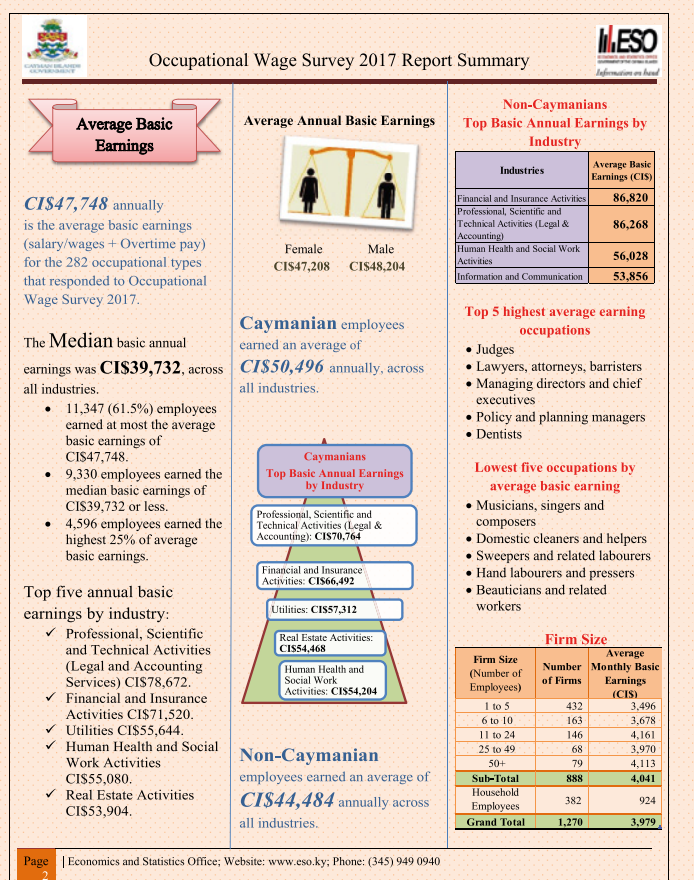
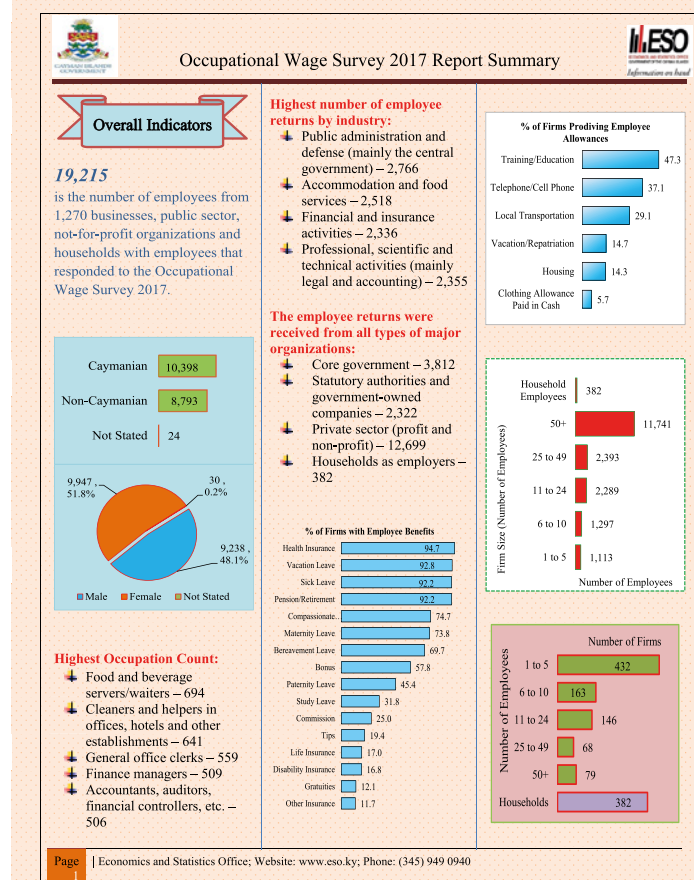
Most of the jobs surveyed were food and beverage servers/waiters (694), followed by cleaners and helpers in offices, hotels and other establishments, (641), general office clerks (559), finance managers (509), and then accountants, auditors, financial controllers (506).

Finance Minister, Roy McTaggart, said the report was designed to an interna-

tionally comparable standard, and brought together, for the first time, information about the local labour market that would help inform government policy and future legislation.

“The Ministry of Finance is committed to working with employers, employees, human resources professionals and other stakeholders, across all sectors, to ensure that we all have access to the information that we need to make decisions that will ensure the Cayman Islands remains a competitive labour market, that attracts and retains the best talent from around the world,” Mr McTaggart said.

More information on the Cayman Islands’ Occupational Wage Survey 2017 Report may be obtained from www.eso.ky.



POLICE NEWS

28-Year-Old-Man of West Bay Charged with Wounding

Just before 5:15PM on Thursday 20 June, police responded to the hospital where it was reported that a man has been seriously assaulted by another man using a machete.

The incident was said to have taken place on Eastern Avenue in the vicinity of the Godfrey Nixon Way junction, George Town. It was reported that an altercation developed between two men at the location, which escalated and weapons were drawn resulting in one man being wounded.

The injured man was treated for serious but non-life-threatening injuries and later released.

A 28-Year-Old-Man of West Bay was arrested in relation to this incident and has since been charged with:

- Wounding
- Carrying and Offensive Weapon (2 Counts)
- Causing Harassment Alarm and Distress
- Common Assault

The man was expected to appear in court today, 24 June.

Gray Honda Civic Stolen from George Town

Just after 5:30AM on Monday morning, 24 June, police were dispatched to a residence on Cornwood Drive where it was reported that a vehicle had been stolen from that location.

The vehicle, a 1998 gray Honda Civic, registration number 123-501, was described as having filler on the top and a crack on the left side of the bumper, two black rearview mirrors and a broken front passenger side door handle. (A similar picture is attached.)

Reg. #: 123-501
Year: 1998
Make: Honda
Model: Civic
Colour: Gray

The vehicle was last seen yesterday evening, 23 June, around 7PM outside a residence on Cornwood Drive, George Town.

Police are encouraging anyone with information regarding the whereabouts of

this vehicle to call the George Town Police Station at 949-4222.

Anonymous tips can be provided directly to the RCIPS via our Confidential Tip Line at 949-7777, or via our website. Tips can also be submitted anonymously via the Miami-based call centre of Crime Stoppers at 800-8477(TIPS), or online.



Cayman Marathon Gives Back To Community and Helps Participants Reach Goals

Participants in last year's Intertrust Cayman Islands Marathon raised over USD9,000 online for several local charities, and organisers hope that more people will use the event – scheduled for Sunday, 8 December this year – to bring awareness and support to the many non-profit and charity organisations in the community. The lion's share of funds raised was for Jasmine (formerly Cayman HospiceCare), which received almost USD5500. Cayman Islands Red Cross also received almost USD1500 in online donations thanks to local runner Oddy Grullon who 'ran for red' and a little over USD1000 was raised for ALS Canada by Cayman resident Kristina Wight. Other organisations for whom money was raised include the Cancer Society, Feed Our Future, Special Needs Foundation and Youth Anti-Crime Trust.

"Increasingly we are seeing more participants looking to run or walk for a purpose beyond their own personal enjoyment or improvement of their health," said Rhonda Kelly, Co-Race Director for the Marathon. "Committing to run/walk to raise funds for a charity is a great motivator; knowing that someone else's life can be positively impacted by your efforts gives you another reason to put in the hours of training and sacrifice necessary to get across that finish line."

Ms. Kelly said participants can create a fundraising page when they register online for the full marathon, half marathon or four-person relay, set their goal, and then send out a link to family, friends and supporters which will allow them to donate from anywhere in the world.

One 2019 participant – Patrice Donalds-Morgan – will be running with a purpose in December as she tackles her first full marathon (26.2 miles) and aims to raise \$10,000 for the Estella Scott-Roberts Foundation (ESRF).

Perhaps best known in the community as a dancer who has represented the Cayman Islands on both local and international stages, Donalds-Morgan, 46, also competed in various track and field events when she was younger (100m,

200m, long jump, triple jump, 400m, 800m and cross-country). However, in her teen years she had to make the decision to focus on dance once she realised the training for both disciplines was incompatible, evidenced by the amount of injuries she was sustaining. Since then she has participated in some of the 5K running events that take place on the island and in the Cayman Islands Half Marathon (2012, 2015) and Four-Person Relay (2016). Now she says she is ready to take on the longer distance.

"I participated in my second half marathon and the team event to raise funds for the Estella Scott-Roberts Foundation because of my own experience of being in an abusive relationship. Completing the race and raising funds served the dual purpose of proving that I could do it and helping someone else at the same time. I was a few years into my healing journey and dealing with deep-seated confidence issues so I needed to know that I could accomplish something, anything," said Donalds-Morgan.

"Now that I have done 6 miles and 13.1 miles, I need to challenge myself again. Plus, I am in a better place now; I am much stronger, more healed and less fearful of being in the public eye again. For a while, I had difficulty being in large crowds and spent about two years staying away from most social situations. Highlighting my own journey will inspire others at whatever point they are in their healing process. I needed to see that when I was in the early stages, and I just could not get anyone to give me a straight answer, so I am becoming the reference manual I needed back then. I hope it helps someone, even if it is just one!"

In 2016 Donalds-Morgan set a \$5000 fundraising goal for the ESRF but did not achieve it. This year she said she wants the push to be bigger and better which is why she started in January and set such an ambitious goal.

"I will not fail this time! I needed a larger goal to push me and the more money I raise, the more there is to share with the community."



► Patrice (r) with running buddy Maria Leonce at the Irish Jog 5K this year



► Patrice at the Guardians Alive 5K

Donations have been slow in coming which Donalds-Morgan attributes to people thinking it's too early to commit but she hopes that they will see that she means business and will cross the finish line even if she has to crawl over it.

The money that is raised will help the ESRF with its plans to take the next stage of its advocacy to another level, explained Donalds-Morgan. The organisation will add to what she raises and disseminate the monies to several key Non-Governmental Organisations (NGOs) that are helping the community with programmes which directly impact women and families.

With just about 24 weeks to go before race day, Donalds-Morgan says her training so far has consisted of "amazing highs and soul crushing lows" as she battles pain from previous injuries but she just gives herself the rest and rehabilitation that she needs and gets back out on the road. Her advice to anyone who is thinking about running a full or half marathon and/or using the race to fundraise is to start early.

"Start training and fundraising very early and get a team of supporters, encouragers and training partners together. I have the Daylight Warriors team from the 2016 4-person relay as my champions, and new ones who encourage me at every event I participate in. It makes a huge difference when you are in pain and very tempted to just stop, quit, give up," she stated. "Celebrate all the wins, no matter how small. I did some of the races while in severe pain, and I took it easy, but I made it to the end! That sense of accomplishment is amazing and can be a source of encouragement for you for weeks, months even."

To donate to the Beyond The Race fundraiser contact Patrice on 324-7651 or pdonalds@gmail.com.

The 2019 Intertrust Cayman Islands Marathon, Half Marathon, 4-Person Relay and Kids Fun Run takes place on Sunday, 8 December. Online registration is open at www.caymanislandsmarathon.com. For more information email info@CaymanIslandsMarathon.com, call 345.623.8825 or visit www.caymanislandsmarathon.com.

Governor Meets George Town Constituents

H.E. Governor Martyn Roper, OBE, was escorted around George Town North, South, East and West by the constituencies' MLAs on a visit full of the unique history and character of the Cayman Islands.

In between stops at the constituency offices, Mr. Roper met with Caymanians who call the wider George Town area home.

In George Town West, Councillor David Wight, JP, brought Mr. Roper to the Godfreys' home, where he was taught to dance by Mr. Godfrey, before being presented with freshly-baked cake and swanky.

At Mr. Brainard Watler's home, His Excellency was shown artefacts from the Watler family's long history in the Cayman Islands, including historical navigation equipment and a play written and presented to the Queen.

The Governor went on to meet Ms Viola Brown and then did a television interview about the trip with Councillor Wight.

En route to the George Town North constituencies, accompanied by Hon. Joey Hew, the Governor's party stopped in on Christmas McGowan, before they met Peggy and Esmie Bodden in the shade of their garden.

The last stop before lunch was to call upon Ms Alvernie Watson in Rock Hole. Ms. Watson was dressed in a fabulous hat and greeted all four MLAs and the Governor enthusiastically. She also took some time to show the Governor how to dance, while regaling him with stories of her eleven children and countless grandchildren.

After lunch, the Governor was brought to George Town South by Councillor Barbara Conolly, JP. The first stop on the tour was noted

local seaman and historian Captain Paul Hurlston, a living embodiment of the days when Caymanian men spent decades at sea earning the hard currency that kept the country afloat.

Next door to Captain Paul, Mr Roper visited the first Clerk of the Legislative Assembly, National Hero Sybil McLaughlin, where he learnt more about her career in the Cayman Islands public sector and the Commonwealth.

He then called in at Mind's Eye, where he toured Miss Lassie's House, the lifelong home of the late visionary intuitive artist, and watched a video about her life.

The Governor and accompanying MLAs ended their time in the constituency singing songs with Mrs Elisabeth Hurlston, soon to be 105, one of the oldest residents in the Cayman Islands.

Hon. Roy McTaggart then led the party to George Town East, where Ms Carol Jackson and His Excellency exchanged pleasantries about their families and strolled around her garden, viewing breadkind and ground provision. They also talked about the medicinal properties of her herbs with her mother Ms Madonna Williams.

Ms Toy Ryan of Ryan's Retreat welcomed H.E. and his party into her home. As well as chatting with Ms Ryan and her daughter Karen about Ms Toy's formative days as a childminder, they spoke about Ms Ryan's granddaughter who is currently studying construction management overseas.

The tour ended at the Progressives' Headquarters where H.E. met members of the Party. The visit took place on Friday, 21 June 2019.



► Ms Toy and Karen Ryan with H.E. the Governor and MLAs



► Ms Alvernie Watson shows Hon. Joey Hew and H.E. the Governor how to dance!



► His Excellency the Governor Martyn Roper 4-L at Mind's Eye, the lifelong home of the late artist Gladwyn "Miss Lassie" Bush. MLA's David Wight (3-L), Barbara Conolly (5-L) and Roy McTaggart (R) and others joined the Governor for a tour of the property which is run by the Cayman National Cultural Foundation. As part of the experience in addition to watching a film in which the artist narrates her life, the tour group received a narrated tour of the restored home, the walls of which are filled with Miss Lassie's art, and enjoyed some tamarind juice

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, says 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 trans-

formations 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 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. 🌐

New Director for DCR

The Ministry of Financial Services and Home Affairs is pleased to announce the appointment of Ms. Lisa Malice as the Director for the Department of Community Rehabilitation (DCR).

Ms. Malice, a Caymanian, is the former Deputy Director of DCR, and has served as Acting Director since September 2017.

The mission of DCR is to provide community based supervision and rehabilitative services to adult offenders, primarily upon the instruction of the Courts and Conditional Release Board.

While studying at the University of South Florida to earn a bachelor's in social work and a minor in sociology, Ms. Malice said it was an internship opportunity with a local jail that sparked her passion to work with offenders.

"I wanted to better understand offending behaviour, why people make some of the choices that they make and be a part of helping them make positive changes in their lives," she explained.

Immediately upon finishing her degree, Ms. Malice was presented with the opportunity to work with DCR.

"DCR has further cemented my passion to be an agent of change in the lives of vulnerable individuals, and has provided me with the opportunity to truly make a difference in my community," she said.

Ms. Malice began her quest to reduce re-offending and contribute to the public safety of the Cayman Islands almost 15 years ago.

"When I joined DCR in 2004, we had not long become our own unit within Government, having been separated from the Department of Children and Family Services to focus on the delivery of services for adult offenders," she said. "At that time we were a small team of Probation Officers and Community Service Coordinators, and within a few years the unit became a department and has since grown significantly to a team of almost 50 staff members."

Throughout her time with DCR, Ms. Malice has helped establish a roadmap for the development of prison and community-based rehabilitation programmes that aim not only to reduce recidivism, but also support the social reintegration of prisoners into the community.



► Ms. Lisa Malice announced as the new Director for the Department of Community Rehabilitation (DCR) (Photos by Jamie Hicks, GJS)

She credits the advancement of the department to the passion and determination of its former director, who now serves as the Chief Officer for the Ministry of Community Affairs.

"The rapid growth of the department must be credited to Ms. Teresa Echenique, and her vision for DCR to play a critical role in public safety by providing effective

services to offenders that help them live a productive and crime free lifestyle. Oftentimes the work of probation officers within the criminal justice system is taken for granted or misunderstood, but her leadership paved the way for DCR to be recognised for the primary role that it plays in offender management and public safety."

Ms. Malice said she will continue to drive that message forward as the department's new director.

"I am fortunate to have had the opportunity to work under Ms. Echenique who believed in succession planning and talent development. The existing management team at DCR is truly an intentional product of this, and I am committed to the continuation and further strengthening of what is clearly a strong and successful strategy."

Ms. Malice said in the role which DCR plays, it is never easy to establish and sustain constructive, purposeful relationships with clients; at the same time it is an unique opportunity to add value to people's lives.

"The Department of Community Rehabilitation consists of an entire staff of unsung heroes," she explained. "The work that the team is doing with adult offenders is intensive and invaluable. Each person within the organisation is passionate about our mission and purpose and we share the common belief that we can be instruments of change in the lives of offenders, victims, families, and our community."

In closing she added: "I am extremely humbled to be appointed as the Director of DCR. Our team has some of the most professional, talented, committed and passionate individuals in the Civil Service, and I am extremely blessed to be their leader. I look forward to working with our key stakeholders with the continued support of the Chief Officer Dr. Basdeo and his team in the Ministry of Financial Services and Home Affairs."

In commenting on the appointment, Chief Officer for Financial Services and Home Affairs, Dr. Dax Basdeo, said: "Ms. Malice's passion and dedication is an inspiration, and supported by a team of like-minded individuals. The department is well-poised to pursue its mission to influence positive behavioural change in adult offenders, and the Ministry will continue to support Ms. Malice and her staff as they deliver on its critical mandate for the country." 🌐



► Ministry's Chief Officer Dr. Basdeo with DCR's Director Ms. Lisa Malice

OFFSHORE COMPANY INSOLVENCY PETITIONS IN DECLINE THROUGH 2018 AND 2019

Cayman breaks trend with increase in filings, with numbers steady or falling in other jurisdictions, Appleby reports

The total number of winding up petition filings in offshore jurisdictions dropped by more than a third in 2018 when compared to the previous year, with early signs indicating that 2019 will continue this trend, according to a report from leading offshore law firm Appleby.

The firm's report, Offshore Corporate Insolvency & Restructuring: Annual Review & Current Trends, examines company petition filings and any resulting court orders in Bermuda, the British Virgin Islands, Cayman Islands, Guernsey, the Isle of Man and Mauritius.

"Last year saw a significant drop in the number of insolvency petitions filed in offshore jurisdictions and 2019 appears to be continuing this easing of filings, despite widespread anticipation of global slow-down during the period," said Tony Heaver-Wren, Partner and Co-Head of Insolvency & Restructuring in Appleby's Cayman office.



In 2018, Bermuda, Isle of Man and Guernsey all showed steady levels of activity in line with previous years, while Mauritius and BVI filings returned to previous years' levels after experiencing a bump in activity in 2017. Cayman

bucked the global trend as petitions rose 50% in 2018, partly as a result of a group of seven companies being liquidated after becoming embroiled in real estate investment fraud in the U.S.

The report examined notices published across four categories: compulsory winding up filings, conversion of voluntary liquidation to court supervised liquidation, schemes of arrangement and capital reduction.

A total of 193 compulsory winding-up petitions were submitted to offshore courts in 2018, down 35% from the previous year, with 105 winding up orders made. Across the offshore region, the average conversion rate of petitions to orders was 62%, with the remainder either failing or being resolved.

The report found that through June 1 of this year, 62 compulsory winding up filings have been recorded across the surveyed jurisdictions, with 26 winding up orders made so far.

Lord Ahmad to Visit Cayman this Week

... Continued story from page A1

The Minister will also attend a Joint Ministerial Council meeting on BREXIT and will hold bilateral talks with the Jamaican Prime Minister who will be in Cayman for celebrations to mark the 60th anniversary of the Cayman Islands constitution.

The three-day visit will include meetings with Cabinet and the Leader of the Opposition as well as a visit to Cayman Brac.

Royal Fleet Auxiliary Ship Mounts Bay will also be in port and the Minister will be on Seven Mile Beach to witness an exercise to land disaster relief equipment from the ship.

He will also review joint air operations between the Royal Navy helicopter and Cayman's new RCIPS helicopter, which was partly UK-funded under a Memorandum Of Understanding signed by Lord Ahmad and Premier Alden McLaughlin. A visit to the Joint Marine Unit is also planned.

Governor Martyn Roper welcomed the visit: "Coming so soon after the visit by Their Royal Highnesses the Prince of Wales and Duchess of Cornwall, I am delighted that Lord Ahmad will make his second visit to the Cayman Islands.

"This week will be very busy with visits from a number of OT Premiers and First Ministers, Trade Representatives,



The Prime Minister of Jamaica and the RFA Mounts Bay.

"The Trade Summit will explore areas where the UK and the Overseas Territories can work more closely together to

develop export and inward investment opportunities. Senior Representatives from the Department of International Trade and its business delivery partners in the USA and China will be present.

"It is also great that Lord Ahmad will be here to celebrate the 60th Anniversary of the Constitution and discuss cooperation on disaster management".



For a complete update of Local News, Notices and Events, log on to

www.caymaniantimes.ky

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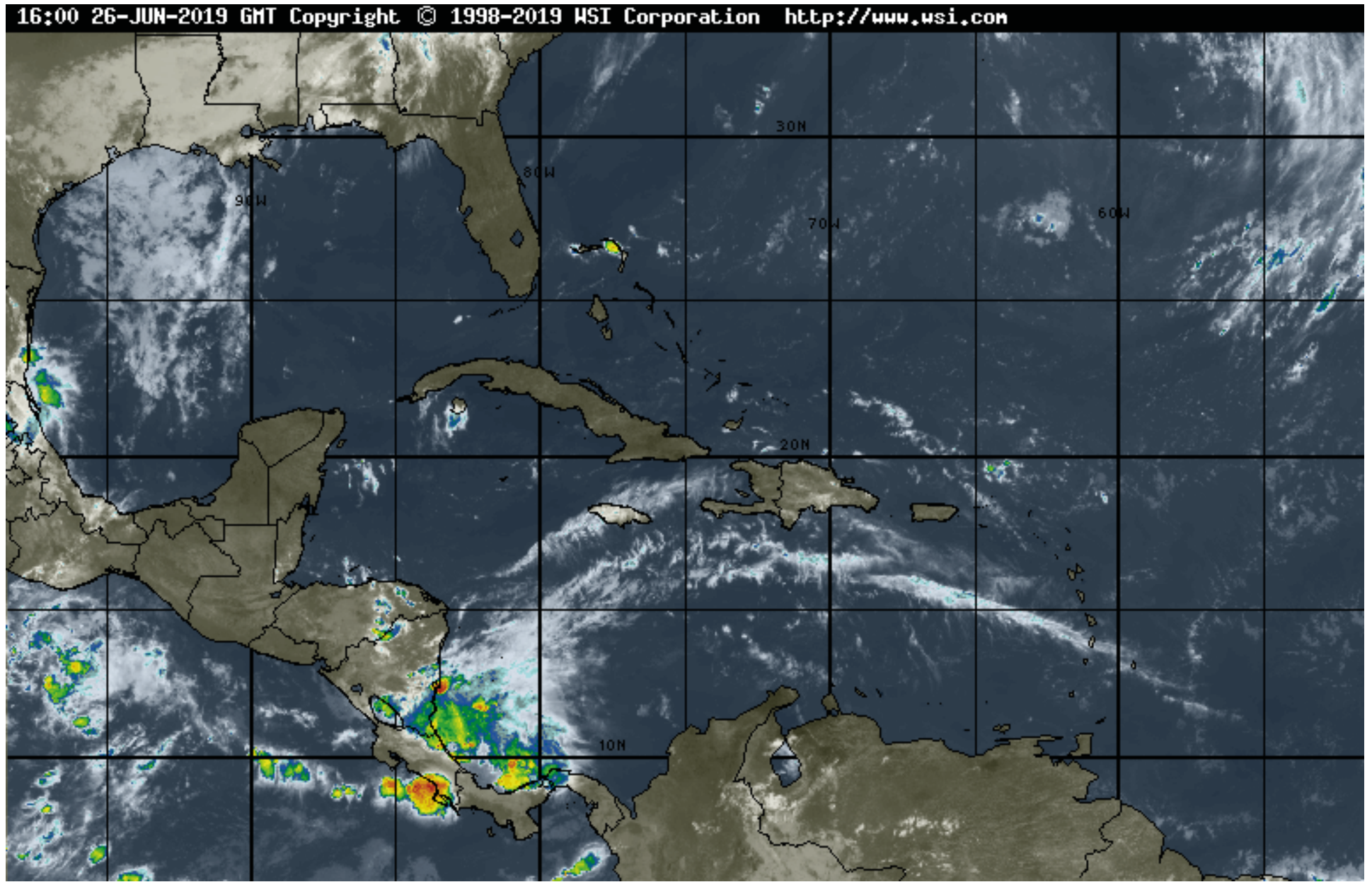
WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
86°/81°F	86°/82°F	86°/82°F	86°/81°F	86°/84°F	85°/83°F	85°/83°F
Periods of sun, a few showers	Clouds and sun; pleasant	Partial sunshine	Sunshine and some clouds	Mostly sunny	Sunshine	A t-storm around in the a.m.

TROPICAL UPDATE

Atlantic Tropical Cyclones and Disturbances

Tropical Cyclone activity is not expected during the next 48 hours. NOAA Jun 26



MOMENTS OF INSPIRATION

BEWARE OF IDOLATRY - MATTHEW 4:10

Idolatry is rampant today more than ever. Pluralism and synchronism have become common place- the order of the day. We used to be monotheistic, but that has given way to modernism and atheism.

For many, Jesus is just another God with put in our collection of deities. We have introduced to our daily lives other idols, other objects of worship. The one who created all things and you have now been thrown on the back burner. Our new Gods are: Wealth, Sports, Status, Pleasure, Television, Social Media, Kids and grand kids and Church. The cell phone is now the 21st century, "NEBUCHAD-NEZZAR."

In this new year take stock of your life. Who is going to receive the sum total of your daily adoration? Determine in your heart to make the true and living God the most important person in your daily routine. See what a great difference life will have.

GOD - THE BEST CHOICE - JOSHUA 24:21

Life, you will agree is filled with daily choices. What sport to play, what school to attend, whether to get married or not, change my job or not, when to retire. These are all normal choices. Some of these are easy while others are difficult. On the basis of God's mercy towards them, Joshua asked the Israelites to serve God. It was not an encouragement

to choose idols, but rather to choose the right God. As a true leader he announced his commitment to follow this God- the True and Living God. Then, he encouraged the people to do the same.

Christians must learn that we cannot be the people God wants us to be in our own strength. A choice has to be made by each generation, deciding between this world and eternity, between this God and anything that would try to take His place. This year choose God and see the transformation life will have.

WAKING WITH CHRIST - COLOSSIANS 2:6

Thousands of years ago, the Japanese introduced the Bonsai Tree to the world. It's measured in inches not feet. This miniature tree is not allowed to

reach its full potential. Instead, it grows in a stunted, miniature form. It's stunted because as a sapling, the owner pulls it out of the dirt, and ties off its main tap roots and some of its feeder roots making its growth permanently stunted.


Paul tells his readers to believe and walk in the truth of God's revelation. He told them to put down deep roots into God's word. By doing this, they will know how to reject falsehood.

Satan tries to cut off our tap roots to God. He tries to limit our receiving what God gives for spiritual growth. Satan desires to prevent us from growing, maturing and deepening our roots in the things of God. THIS YEAR DEAL HIM A DECISIVE BLOW THAT YOU WILL BE ANCHORED IN JESUS. 🌐

OBITUARIES

Churchill's Funeral Home


We have been asked to announce the passing of Mrs. Delida Seymour, who passed away on Monday, June 17, 2019. A Thanksgiving Service will be held at Craddock Ebanks Civic Center, North Side, Grand Cayman on Sunday, June 30, 2019 at 3:00 p.m. Viewing: 2:00 - 3:00 p.m. Interment at: North Side Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home


We have been asked to announce the passing of Mr. Bernie Eugene Manderson, who passed away on Tuesday, June 11, 2019. A Thanksgiving Service will be held at Church of God Chapel, Bodden Town on Saturday, June 29, 2019 at 2:00 p.m. Viewing: Closed Casket Interment at: Prospect Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mr. William Ainsley McLaughlin, better known as "Ingey", who passed away on Sunday, June 23, 2019. A Thanksgiving Service will be held at William Allen McLaughlin Civic Center, East End, Grand Cayman on Sunday, June 30, 2019 at 3:00 p.m. Viewing: 1:30 - 2:45 p.m. Interment at: East End Cemetery




Condolences can be registered at churchillsfuneralhome.com

It is with deepest sorrow that we inform you of the death of our beloved **Claus Drebenstedt**

He left for heaven from Faith Hospital on Cayman Brac, June 22nd. He and his lovely wife Tania, created a beautiful life on the islands for more than 40 years in both South Sound and the lower bluff in Cayman Brac.

A mass will be dedicated to Claus on Sunday, June 30th, 11 am, at the Stella Maris Catholic Church. A celebration of life will be held at Crossroads Baptist Church on Sunday, July 14th in the late afternoon (time TBA).



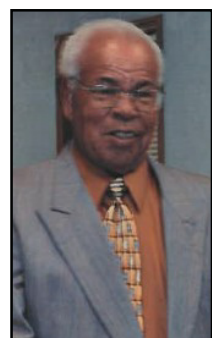
Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page

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

The Family of the Late **Esmond Brown** regret to announce his passing on Tuesday, 18 June 2019.

A Service of Thanksgiving will be held at 3:00 p.m. Sunday, 30 June 2019 at the Aston Rutty Centre, Cayman Brac. Viewing will be held from 2:00 p.m. prior to the service.

Interment will follow at the Watering Place Cemetery.



Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page

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

We regret to announce the passing of **Gladys Ziegelhefer** Who departed this life on Monday, 24 June 2019.

Mrs. Ziegelhefer was repatriated to the United States of America.



Condolences can be registered at boddenfuneralservices.com & Bodden Funeral Service Facebook page.

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

Caribbean Countries Ensure Insurance Coverage for 2019 Hurricane Season

Caribbean members of the Caribbean Catastrophe Risk Insurance Facility Segregated Portfolio Company (CCRIF SPC) have completed the selection of their insurance portfolio for 2019/20, with nine governments increasing their level of coverage for at least one of their policies and one country purchasing cover for an additional peril – tropical cyclone – it did not have last year.

That's according to CCRIF, the world's first multi-country risk pool offering parametric insurance products for hurricanes, earthquakes and excess rainfall in the Caribbean and Central America.

"As the 2019 Atlantic Hurricane Season begins, CCRIF members can be assured that they are covered for another year – against tropical cyclones as well as excess rainfall events, which occur throughout the year and earthquakes, which may occur at any time," it said, adding that it has provided its members with two policy features – the Aggregate Deductible Cover (ADC) and Reinstatement of Sum Insured Cover (RSIC) – at no cost for 2019/20.

These two features for tropical cyclone and earthquake policies were first offered in 2017. The ADC can provide a minimum payment for events that are objectively not sufficient to trigger a CCRIF policy because the modelled loss is below the attachment point (or deductible). The RSIC provides access to coverage during a policy year even after the maximum coverage limit is reached. This prevents the situation where the insurance cover is exhausted early in

the policy year thus leaving a country exposed until the policy renewal date of June 1 the following year.

CCRIF's tropical cyclone and earthquake policies for 2019/20 are based on a new risk model called SPHERA (System for Probabilistic Hazard Evaluation and Risk Assessment), which replaces the MPRES model, which had been the basis for these policies since 2011. SPHERA is a new state-of-the-art model, based on the latest scientific findings and the most updated hazard datasets. The new model features new, up-to-date ground motion, wind and storm surge models; a larger and more detailed stochastic catalogue of events; a more detailed exposure database, including infrastructure and facilities; and new, updated vulnerability functions.

Similarly, the current excess rainfall policies are based on the XSR 2.5 model, an upgrade of the XSR 2.1 model used in 2018. The XSR 2.5 model includes new features that reduce basis risk and improve its results. Enhancements to the model include greater consideration and weight given to short intense events; inclusion of soil saturation in the loss estimates; and incorporation of assimilated observed data into the meteorological model.

"CCRIF is pleased that some member governments have increased their coverage. Increasing the level of coverage is a key component of CCRIF's scaling-up strategy, which also includes increasing membership in both the Caribbean and Central America, as well as offering new



► Caribbean countries are taking no chances this hurricane season and have purchased insurance ahead of this year's Atlantic hurricane season

parametric products as a means of helping governments reduce post-disaster resource deficits and budget volatility as well as closing the protection gap," CCRIF said. "Much of this scaling-up strategy is being rolled-out – for example, CCRIF membership now stands at 21 (19 in the Caribbean and 2 in Central America). Also, the Facility is offering new parametric products for drought and fisheries/aquaculture to select countries in 2019/20 and is in the process of developing products for agriculture and public utilities."

CCRIF's scaling-up strategy was launched in early 2018, shortly after the

2017 devastating hurricane season and involved both a technical and financial review of the Facility and incorporated the strategic inputs of stakeholders – its member governments, regional organizations, and development partners.

The US National Oceanic and Atmospheric Administration (NOAA) has predicted a "near-normal" hurricane season this year, which means that there is a likelihood of 9-15 named storms, of which 4-8 could become hurricanes, including 2-4 major hurricanes (category 3, 4 or 5) occurring in the Atlantic this year – any of which could have major impacts in the region. 🌪️

Death By Drowning: Italian Authorities Say No Foul Play Suspected in Case of Bahamians Pulled From River

Autopsies on two Bahamian men whose bodies were pulled from a river in Turin, Italy earlier this month have concluded that they died from accidental drowning.

But the father of 28-year-old psychology Ph.D. student Blair John – who had met up in the Italian city with his college friend Alrae Ramsey, a Bahamian Foreign Service Officer who was the other man found in the Po River – does not accept his son drowned.

According to Italian news outlets, preliminary results determined the deaths were accidental and no foul play had been uncovered. Additional details in the report indicate that both men had alcohol in their system before somehow falling into the river but the toxicology report indicated that their alcohol levels were not high enough for them to have been drunk.

Investigators suggest that it's possible one of the men slipped or jumped into the water and the other went to save him and they both drowned.

But John's mother Cathleen Rahming told local media after his body was found on June 5, a day after Ramsey's, that he was fit and a strong swimmer. Now the autopsy has been released, his father, Randolph John is adamant his son could not have drowned.

He told the Bahamas Tribune that if the men did drown, it meant they were "incapacitated" before being tossed in the river. He also rejected the idea that his son or Ramsey did drugs.

"If I was born three times again I wouldn't accept that. If it was in fact a drowning then it means that they

were incapacitated prior to being thrown in the river. That's what it would mean," he said.

"I know my son and I know his friend. They probably might drink a little bit of alcohol but these are civilized persons with their heads screwed on right. Do you reach that point in your life at that age, if you're not focused?"

John, a St Augustine's College graduate of Class of 2009 who was near completion of his Ph.D. in Psychology at Saint Mary's University in Halifax, Nova Scotia, Canada, had travelled to Turin to present an academic paper at a psychology conference.

Ramsey was employed with his country's Ministry of Foreign Affairs from December 2013, and was formerly posted at the Bahamas Embassy in Port-au-Prince, Haiti as third Secretary/Vice-consul in 2016-2017. Last year, he was granted an In-Service Award to pursue a one-year Postgraduate Diploma programme at the Diplomatic Academy of Vienna in Austria for the September 2018 to June 2019 period. But sometime last week, he went to Turin.



► Bahamians Alrae Ramsey (left) and Blair Rashad Randy John

The men both attended the same high school, Saint Augustine's College in New Providence.

Their bodies are to be returned to The Bahamas for burial. The Ministry of Foreign Affairs said it was working assiduously with funeral homes in Turin and Nassau to have the bodies repatriated to The Bahamas as quickly as possible, so that they can be turned over to their families. 🌊

Digital Cayman Announced

Non-Profit Organisation Sets Out to Strengthen Cayman's Digital Sector

A new digital sector industry body called Digital Cayman was introduced by Hon. Moses Kirkconnell the Deputy Premier of the Cayman Islands at the Cayman Islands Digital Economy Conference (CYDEC) Thursday, 20 June 2019. The non-profit organisation has been established to support the growth and development of the Cayman Islands' digital economy.

"The digital economy is growing rapidly, and the digital revolution is well and truly underway on a global scale," said Chris Wall, Digital Cayman executive board member, owner of Walzzy Creative SEZC, and co-founder of Grappzie, a UK based digital first market place for personalised creativity. "As an industry led, not-for-profit organisation, Digital Cayman aims to cultivate Cayman's dynamic and innovative digital ecosystem to ensure that the Cayman Islands adopts and adapts to this ever-changing environment."

Following a meeting with government representatives and industry professionals held during the 2018 CYDEC conference, it was proposed that an industry body be established to represent the industry and support the Cayman Islands Government with relevant policy and legislation development. "We're on a mission to strengthen Cayman's digital sector by advocating for positive

policy changes that will encourage the growth of the digital sector while adhering to appropriate standards for risk and reputational management purposes," explained Paul Byles, Digital Cayman executive board member, founder of the CYDEC conference, and director at FTS.

Hon. Tara Rivers the Minister of Financial Services and Home Affairs remarked at the CYDEC event, "We look forward to engaging with Digital Cayman as we explore new regulatory needs and legislation to ensure that the Cayman Islands remains at the forefront of innovation and compliant with International standards."

John Edge, Digital Cayman committee member and Connection Science Fellow at MIT said that the growing number of opportunities for the Cayman Islands is significant. "Digital Cayman is a much-needed industry group which will coordinate and champion opportunities to make certain that the Cayman Islands plays a meaningful global role in the data economy through its proven trust and fiduciary services."

Digital Cayman is currently being facilitated by a steering committee of 15 technology professionals and industry leaders and is supported by Cayman's technology-focused special econom-



► Chris Wall, Digital Cayman executive board member, announces new digital sector organisation at the 2019 CYDEC conference

ic zone Cayman Tech City by Cayman Enterprise City (CEC). During the announcement members of the public were invited to register their interest by visiting www.digitalcayman.com and by

following Digital Cayman's social media platforms @DigitalCayman.

For more information visit www.digitalcayman.com or email mail@digitalcayman.com. 🌐

GLOBAL NEWS BRIEFS

Sleepy woman left in plane

A Canadian woman left for hours on an empty plane when she fell asleep has attracted media attention worldwide.

Tiffani O'Brien said she woke up on an empty Air Canada plane, in the dark and "freezing cold," after a short flight from Quebec City to Toronto's Pearson International Airport.

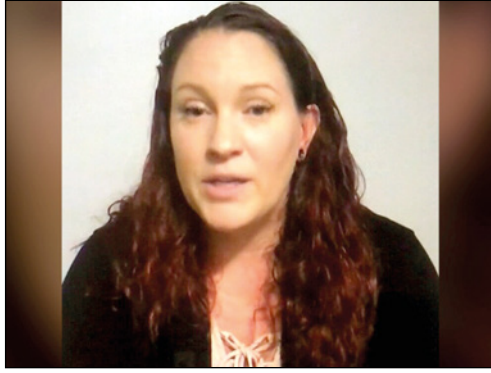
"It's just a sheer sense of helplessness when you feel like you're locked on this aircraft," Ms O'Brien said.

Ms O'Brien "got super comfy reading my book" and fell asleep "probably less than halfway" into the 90-minute flight, she said in a Facebook post, shared with Air Canada by a friend on her behalf.

"I wake up around midnight (few hours after flight landed) freezing cold still strapped in my seat in complete darkness (I'm talking pitch black)," she said in the Facebook post, adding it was "terrifying."

She sent a text to a friend about her predicament. "I just woke up alone in plane," said one text Ms O'Brien showed CTV. "Omg."

Her friend texted back that she called the airport's customer service to let them know about Ms O'Brien



► Tiffani O'Brien suffers "recurring night terrors" now

who said her phone died after she communicated with her friend, and she was able to find a flashlight in the cockpit. She managed to get the door of the plane open and was rescued by a ground crew.

The incident happened June 9 and caught the media's attention after the Facebook post 10 days later. Ms O'Brien said in the Facebook post that she has recurring night terrors and is "waking up anxious and afraid I'm alone locked up someplace dark."

A spokesman for Air Canada said: "We are still reviewing this matter, so I have no additional details to share, but we have followed up with the customer and remain in contact with her." 🌐

Hondurans call for president to go

Thousands of Hondurans continue to take to the streets, calling for President Juan Orlando Hernandez to step down. They are tired of his authoritarian tendencies, austerity measures, and widespread corruption.

The crisis began with two decrees issued by President Hernandez in April, giving the Honduran education and health ministers free reign to implement austerity measures. Since then, the country has been in turmoil, with a wave of protests putting the president under growing pressure. Analysts doubt the country will stabilize anytime soon and many countries have issued travel warnings.

For weeks, teachers and doctors have expressed their dissent at the government's planned cuts in the education and health care sectors.

Educators and health care workers say the controversial presidential decrees amount to permission to drasti-



► President Juan Orlando Hernandez is unpopular in Honduras

cally cut expenditures, privatize their respective industries and fire individuals for holding certain political views. Soon after taking to streets, they were joined by disgruntled farmers, and taxi and truck drivers. And most recently, the Honduran police joined the protests, too, demanding the state provide uniforms, pay for petrol and grant them holidays - things they are officially entitled. 🌐

Philippines to be first for 5G

The Philippines is the first country in Southeast Asia offering 5G to its citizens. 5G is said to be the next revolution in wireless connectivity for smart devices. It's faster and has close to no delay when it comes to sending and receiving data.

Countries in Southeast Asia like Malaysia and Singapore have been vocal with their 5G plans. However, Malaysia plans to roll out the network in 2021 or 2022, while Singapore is on track to offer 5G to its citizens in 2020.

The Philippines' local internet provider Globe has beaten them to it and announced that it will make 5G available to its citizens from next month.

The coverage will be limited to selected areas with a focus on residential areas. The reason behind the swift deployment is due to the country lacking a good network infrastructure.

Philippines has an average internet speed of 20Mbps, placing them at 107 in the world internet ranking.

In addition to that, placing down fibre wires will require permits from the gov-



► Capturing Pope Francis will become easier for Filipinos

ernment which could take up years to complete.

The 5G plans will come with 2TB of quota and will be offered in speeds of 20Mbps, 50Mbps, and 100Mbps which will cost the equivalent of US\$37, \$49 and \$57 respectively a month.

The Philippines 5G network leverages off Huawei equipment, one of the leaders in the 5G market. The country is also in a joint venture with SingTel - one of the largest telecoms in Singapore - to bring the network to the country. 🌐

Cuban dissidents under pressure

Cuba's state security is pressuring dissidents to go into exile in its attempt to weaken opposition on the communist-run island, according to a new report by a non-governmental human rights organization.

The Madrid-based Cuban Prisoners Defenders released a 259-page report that named 35 activists, independent journalists and artists whom authorities had forced to leave the country over the past two years, telling them never to return.

State security threatened them with prison or physical assault if they did not leave and harassed their families, the NGO, which has links to Cuba's largest opposition group, the Patriotic Union of Cuba (Unpacu), said.

Cuba's government, which did not reply to a request for comment, accuses dissidents of being mercenaries paid by its long-time cold war foe, the United States, to undermine it and



► Cuban dissidents remain defiant

typically dismisses such charges as attempts to tarnish its reputation.

Cuban Prisoners Defenders NGO, which formed late last year, said more than a third of the 26 activists who responded to its online survey said they were escorted to the airport by state security and forced into exile.

Some were given boarding passes, typically for flights to Guyana, where Cubans can get a tourist visa on arrival, and money for their first month, it said. 🌐

Venezuela arrests top military

Six members of Venezuela's military and police have been arrested, activists say, weeks after a failed uprising against President Nicolás Maduro.

They include an Air Force brigadier general and former police officers. The government has not yet commented.

Some of the arrests took place as UN human rights chief Michelle Bachelet finished a visit to the country. She called on Mr Maduro to release people arrested for peacefully protesting.

President Maduro has intensified a crackdown on the opposition since a failed military uprising led by opposition leader Juan Guaidó on 30 April.

More than 700 people have been detained in Venezuela for political reasons, including 100 members of the military, according to local rights group Penal Forum.

Air Force Brig Gen Miguel Sisco Mora was arrested on Friday in a parking lot in the city of Guatire, some 40km (25 miles) east of the capital Caracas, his daughter said on Twitter.



► Michelle Bachelet recently visited Venezuela

Navy Corvette Capt Rafael Costa was arrested in nearby Guarenas also on Friday, according to his wife, while retired Air Force Col Francisco Torres was arrested by members of the Sebin intelligence agency in his home in Caracas, his daughter said.

The others arrested included retired Air Force Col Miguel Castillo Cedeño, and José Valladares and Miguel Angel Ibarreto, former high-ranking officials at the forensic police agency (CICPC), Penal Forum said. 🌐

Brown fears for UK politics

The former Labour Prime Minister of the United Kingdom, Gordon Brown, has said the unity of the UK has never been at greater risk, faced by the "hijacking of patriotism" by Boris Johnson and Nigel Farage and, what Mr Brown said was a shift by the Scottish National party towards a more extreme nationalism.

Warning against a no-deal Brexit, Mr Brown said the Conservative party had turned what would be an act of economic self-harm into a test of patriotism.

He also became the latest high-profile political figure to advocate the use of citizens' assemblies to overcome the deadlock and confusion around Brexit, calling for the labour movement to take a lead on this if government and other parties failed to do so.

Speaking at an event organised by the anti-racism group Hope Not Hate and the Fabian Society, Mr Brown said: "The country is about to choose the next prime minister but missing so far from the Conservative leadership contest is a serious debate on the biggest existential question of all - the unity of the United Kingdom and the future of the union - and how to prevent an even more damaging descent into divisive nationalisms."

Mr Brown warned: "I believe the union is today more at risk than at any time in 300 years - and more in danger



► The former Labour Prime Minister of the United Kingdom, Gordon Brown

than when we had to fight for it in 2014 during a bitter Scottish referendum."

"In jeopardy are both the unity and integrity of the United Kingdom and the shared values - tolerance, respect for diversity, being outward looking - that underpin what, for all its ups and downs, has been the most successful example of multinational co-operation anywhere in the world." 🌐

USA must face hosts France

The Women's World Cup in France is reaching its final stages and the most anticipated match of the tournament will be played on Friday.

United States midfielder Megan Rapinoe said their quarter-final against hosts France could be "wild and crazy".

Rapinoe scored two penalties in Monday's 2-1 victory over Spain, as the holders set up the tie in Paris.

The two sides were the pre-tournament favourites, and both topped their groups, with a semi-final against England or Norway awaiting the winners.

"This is the game everyone had circled," said Rapinoe. "This is incredible for the women's game. You have two heavy-hitters meeting. I hope it's wild

and crazy. I hope the fans are crazy, there is tons of media around it and it is just a big spectacle."

The USA are top of the world rankings and their only defeat since 2017 came against France in January.

Their Britain-born head coach Jill Ellis, who was in charge when they won the World Cup in 2015, added: "It's going to be an amazing game. I'm sure a lot of people would want it later in the tournament."

"It's probably going to be crazy with a lot of intensity, but that's as it should be because I truly think this is the world game for women, so what a showcase piece."

France are bidding to win their first major tournament, while the USA are

attempting to lift a record fourth Women's World Cup.

Despite the two teams being the favourites from the outset, neither has appeared invincible so far in the knockout stages.

The day after France needed extra time to overcome Brazil in their last-16 tie, the defending champions were thoroughly tested by Spain in Reims.

Against Spain, Ellis' team conceded a goal for the first time at these finals, and occasionally appeared sloppy at the back, in a game some bookmakers had them down as 1-10 odds-on favourites to win.

Former USA goalkeeper Hope Solo said there were many things to question about her former side's display and said:

"When you have that much attacking prowess, to not get a goal in normal play is concerning."

"People don't bow down to the United States like they used to. They don't come in and put everyone on edge like they used to."



► Megan Rapinoe hit both goals for the USA against Spain



► The France team are hosts and tournament favourites

"Many teams have proved they can beat the USA. If you want to beat the USA, you have to press the backline."

"That's where they are truly vulnerable. It's the decision-making, it's the quality of passing - and I think there are nerves back there." 🌐

Federer ready for 21st slam

Roger Federer is way past the prime years of a champion tennis player, but he just keeps going. The 37-year-old Swiss got his Wimbledon preparations off to the perfect start by claiming a record-extending 10th title at the Halle grass-court event.

The Swiss 20-time Grand Slam champion beat Belgium's David Goffin 7-6 (7-2) 6-1 to win a 102nd career title.

Federer, chasing a ninth Wimbledon title next month, was made to work

in earlier rounds but dominated the final.

"It's unbelievable. I never thought when I first played here that I would win 10 titles," he said.

It is the first time Federer has reached double figures at one tournament, with eight at the Dubai Open and Wimbledon and nine at his home event in Basel.

Federer is world ranked No.3 behind No.1 Novak Djokovic and Rafael Nadal who is No.2. 🌐



► Roger Federer, 37, is even surprising himself

Hamilton wants end to 'boring' races

Lewis Hamilton insists drivers should not be blamed for "boring" Formula 1 races and warned "serious changes" are needed to the sport's plans to overhaul its rules in 2021.

Speaking after he continued Mercedes' streak of winning every race so far this year in a procession French Grand Prix, Hamilton urged the media "don't point the fingers at the drivers because we don't write the rules."

"We have nothing to do with the money and all that kind of stuff. You should put the pressure on the people at the head who should be doing their job. I think they are trying to but for many, many years they have made bad decisions."

Hamilton and Nico Hulkenberg attended a meeting of Formula 1 Management, the FIA and the team last week to discuss the state of plans to extensively revise the rules in 2021 and introduce new cars which can race together more closely.

"I had nothing to gain by being there but if there's anything I can help," Hamilton said. "They've been making all these decisions and never once had a driver's input in that room. So if that can be the decisive point that can help the fans to get better racing then I would be proud to be a part of that."

"Do I have confidence that it's going to shift massively?" he added. "I have faith that it's going to get better. I really hope so."



► Lewis Hamilton's Mercedes team is dominating again

The world champion said he was encouraged from the willingness shown to bring drivers into the decision-making process but warned the sport's plans for 2021 need a drastic rethink.

"It was encouraging that they allow us to be there, and they're really welcoming. I hope they will continue to have us there, a couple of us drivers each time."

"I think they've extended their decision on making the rules. I think they need to because they are nowhere near where it should be, in my opinion. They've got to make some serious changes to the decision they have already made of how 2021 should be."

"What I'm encouraged by is that Ross [Brawn, Formula 1 sporting director] and his team are working on for the first time a real aero package that hopefully will have an impact on following (other cars), for example." 🌐

Jones expects another routine fight

UFC light heavyweight champion Jon "Bones" Jones says he's "ready to go" for his next title defence at UFC 239 next weekend and wants to fight again before the end of the year.

Jones is one of the most polarising figures in all combat sports - seen by many as the best to ever step in the octagon, the last few years of his career have been plagued with failed drug tests, substance abuse problems, and a hit-and-run incident in 2015 where he fled the scene after an accident with two other vehicles.

After reclaiming the title last December, he successfully defended it in March against American Anthony Smith and is widely expected to do so again against Brazil's Thiago Santos on July 6.

Keen to keep making up for the time lost during his suspensions, Jones is hoping to get through this bout unscathed and fight again in December.

"The fights have been great - as long as I'm not injured and the team's ready to put me back to work, I'll be fighting very frequently," he said.

The Smith fight was Jones at his dominant best - but he nearly lost via disqualification after an illegal knee in the fourth round. His opponent could have declined to continue, and the fight would have been over. However, sportingly Smith got back up, and Jones was deducted two points.

Jones claimed a unanimous victory, winning all five rounds on all three judges' cards - but added he feared the worst at that moment. Against Santos, the 31-year-old New Yorker faces a bruiser who has won eight of his last nine fights, all but one via a stoppage.

"I expect him to come swinging for the fences," Jones said. When asked what his next opponent will do that separates



► Jon Jones is the most controversial figure in UFC

him from the rest, Jones gave a withering response.

"Honestly, I'm going to say nothing. I don't think he brings anything differ-

ent," he said. "I've fought a lot of guys with knockout power, a lot of black belts in jiu jitsu - and I've stood the test of time." 🌐

CROSSWORD

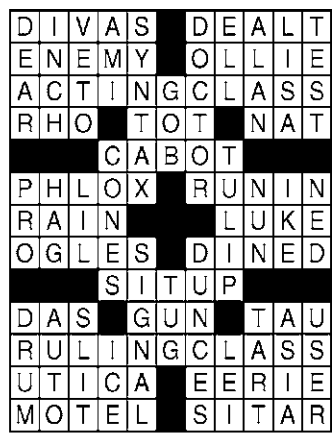
By THOMAS JOSEPH

ACROSS

- 1 Comes up
- 7 Swindle
- 11 Irritate
- 12 Matador's foe
- 13 Snake-haired Gorgon
- 14 Fond of
- 15 Excuse from punishment
- 17 Pillage
- 20 Enjoy one's triumph
- 23 Sense of self
- 24 Sicilian city
- 26 Fellows
- 27 Flamenco cheer
- 28 — culpa
- 29 Diamond part
- 31 Cut off
- 32 Brief job
- 33 Throws in
- 34 Outcome
- 37 Long swim trunks
- 39 Scorching
- 43 Brewpub choices
- 44 For each
- 45 Broad
- 46 Forward fall

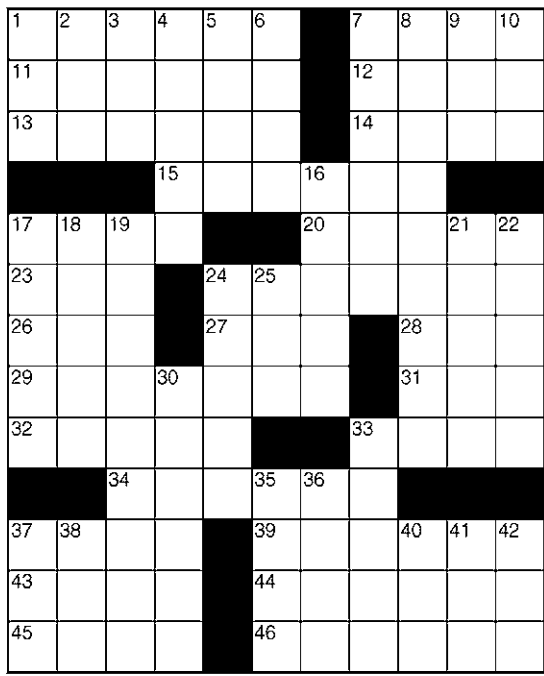
DOWN

- 1 Radius' place
- 2 "Norma —"
- 3 Neither Dem. nor Rep.
- 4 Lurk in the shadows
- 5 Different
- 6 Place at the table
- 7 Suppress
- 8 Followed convention
- 9 Museum stuff
- 10 Cow call
- 16 Gawked at
- 17 Convoy trucks
- 18 Hollywood deal maker
- 19 Verified
- 21 Make better
- 22 Marsh croakers
- 24 Verse writers
- 25 Maximum amount
- 30 Existing
- 31 Parts of hearts
- 35 Nevada neighbor
- 36 Easy gait
- 37 Mouth mover
- 38 Boxing great
- 40 Bright hue
- 41 Top a torte
- 42 Essen article



Yesterday's answer

- 18 Hollywood deal maker
- 19 Verified
- 21 Make better
- 22 Marsh croakers
- 24 Verse writers
- 25 Maximum amount
- 30 Existing
- 31 Parts of hearts
- 35 Nevada neighbor
- 36 Easy gait
- 37 Mouth mover
- 38 Boxing great
- 40 Bright hue
- 41 Top a torte
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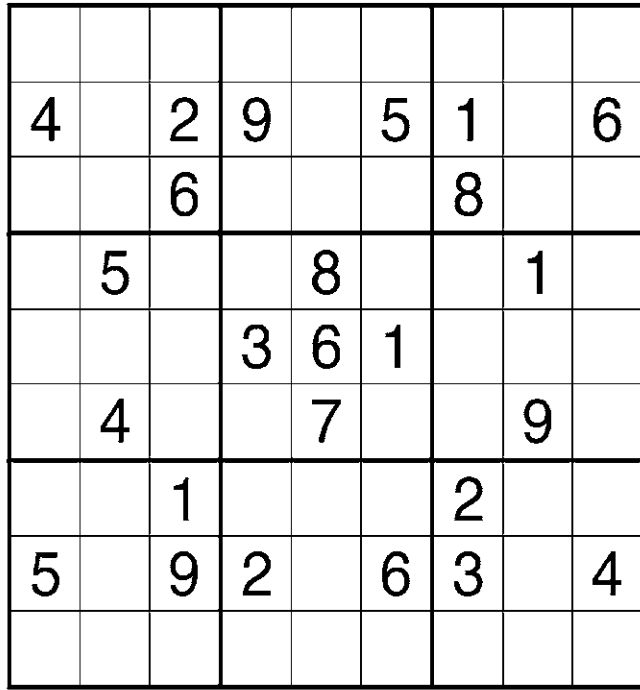
9-5

SUDOKU

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

Conceptis Sudoku

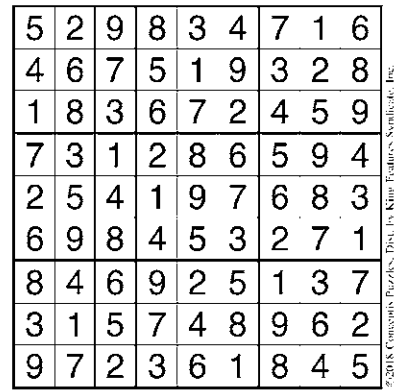
By Dave Green



Difficulty Level ★★★

8/02

Answer to previous puzzle



Difficulty Level ★★★

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Word Search



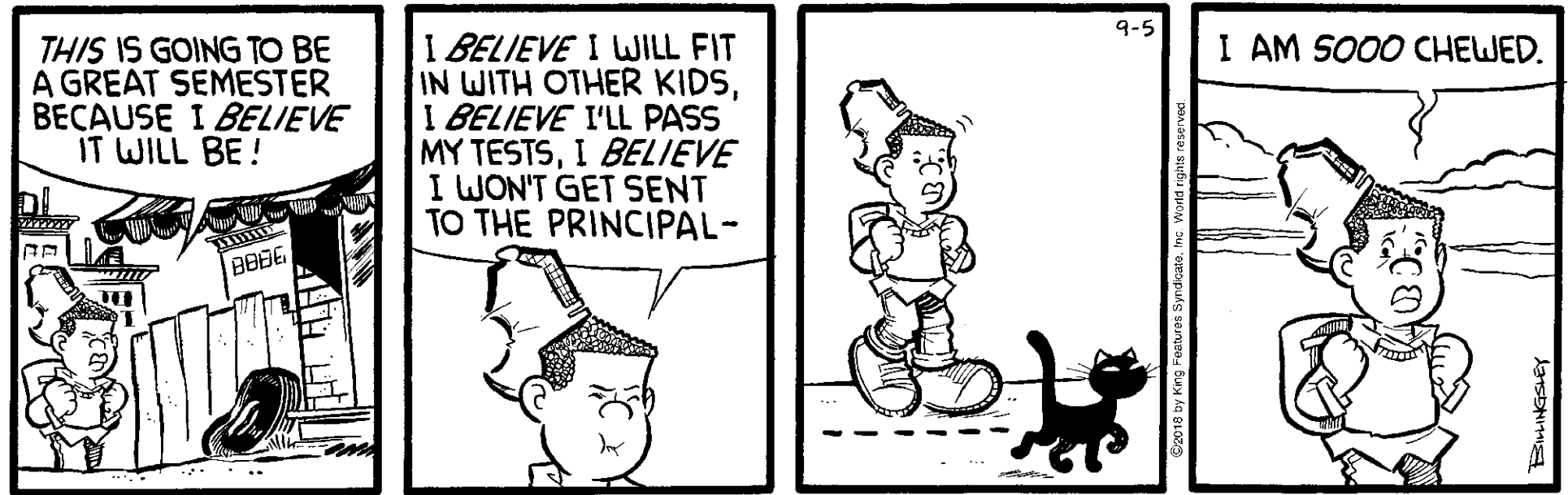
Find the listed words in the diagram. They run in all directions — forward, back, up, down and diagonally.

- Action
- Duel
- Row
- Argument
- Encounter
- Scrap
- Battle
- Feud
- Scuffle
- Bout
- Fight
- Skirmish
- Clash
- Fracas
- Struggle
- Conflict
- Fray
- Tussle
- Contest
- Joust
- War
- Dispute
- Melee



CURTIS

By Ray Billingsley



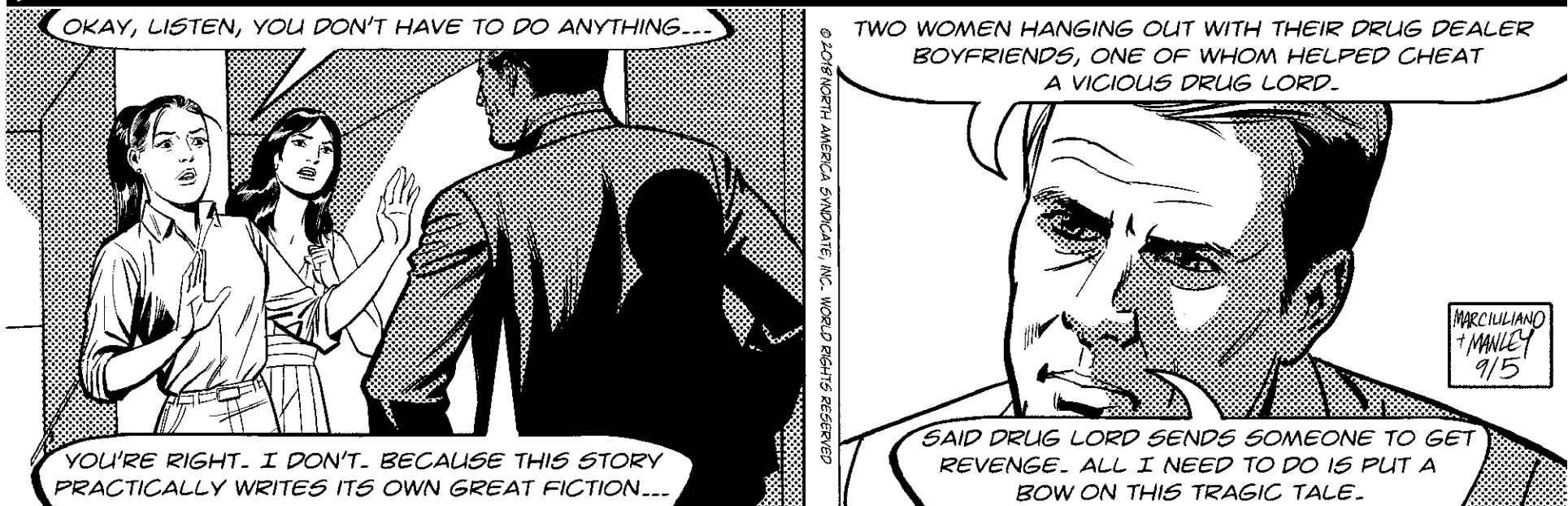
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



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