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Cayman went crazy for coconuts

By Lindsey Turnbull

Celebrating the humble coconut - a one-time vital source of food for the Cayman Islands - Coco Fest took place last Saturday at the lovely Pedro St James setting in Savannah. The event has now become a regular must-visit event in Cayman's calendar as it's always a fun few hours out for all the family. Coco Fest did not disappoint this year, with plenty of homages to the coconut wherever you turned.

This year organisers extended the hours from midday all the way through to 6pm, so even more people could enjoy the fun. Beginning in 2016, Coco Fest has attracted an increasing number of visitors as people no doubt see it as a lovely way to get together with friends and family, enjoy some delicious food and cocktails, entertain the kids with old-fashioned coconut-themed games including the ever-popular coconut shy and coconut bowling, and maybe even have a little dance to some cool vibes from local bands Little Magic, Back Beat Band and Pan n' Riddim steel band as well.

There is also always a great selection of coconut-themed goodies to



► Ice cold coconut water was appreciated

buy, including beauty products and coconut-based edible goods from Pam Champoux's Coux range, and some delicious sweets and cakes at the La Clet Home Product stall, run by Lazarus Morales and his family.

... Continued story on page 6

Police: Business as usual for KABOO

Despite the fact that KAABOO is going to be the biggest event in the History of the Cayman Islands, with around ten thousand people a day, the RCIPS was adamant that, as far as possible, it was still going to be 'business as usual.'

... Continued story on page 4



► Acting Inspector Roje Williams

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EDITORIAL

Love is still in the Air

It's that time of year when close friends and partners exchange gifts and greetings. These gifts may vary in size and cost, and for sure we all saw the common sight in George Town as the well-dressed valentine couriers deliver flowers, chocolates and teddy bears to the many office locations.

An investment in your relationship is a good investment and I encourage our readers to give tokens of their love. The true joy is in giving and even



though true love grows on a daily basis, demonstrating this love on Valentines day may bring many rewards.

We wish you a Happy Valentines Day! 🌍

The story of Valentine's Day

Saint Valentine's Day, also known as **Valentine's Day** or the **Feast of Saint Valentine**, is observed on February 14 each year. It is celebrated in many countries around the world, although it remains a working day in most of them.

St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Several martyrdom stories were invented for the various Valentines that belonged to February 14, and added to later martyrologies. A popular hagiographical account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell. Today, Saint Valentine's Day is an official feast day in the An-

glican Communion, as well as in the Lutheran Church. The Eastern Orthodox Church also celebrates Saint Valentine's Day, albeit on July 6 and July 30, the former date in honor of the Roman presbyter Saint Valentine, and the latter date in honor of Hieromartyr Valentine, the Bishop of Interamna (modern Terni). In Brazil, the *Dia de São Valentim* is recognized on June 12.

The day was first associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. [Source: Wikipedia] 🌍

COMMUNITY NOTICES

CUC Watercourse Road Scheduled Outage

CUC advises customers on Watercourse Road in West Bay that they will experience interruptions to their electrical service on Wednesday, February 6 between 9:30 a.m. and 4:00 p.m.

Areas affected include all customers on Watercourse Road between the junction of Hell Road and the junction of Boatswain Bay Road including Nettie Rivers Lane, Bowman Close, Hillandale Close, Cadbury Link, Windstart Drive, Bristol Close, Fruit Land Way, Ruby Lane, Alexandra Close and Knolls Close

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



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

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

Governor Roper Speaks at Prayer Breakfast

Honourable Premier, Honourable Speaker, Ministers, distinguished guests, ladies and gentlemen

First let me thank the Honourable Speaker for inviting me to this parliamentary prayer breakfast.

Could I thank everyone for the wishes and congratulations I have received since confirming publicly that my appointment as Governor is permanent. My wife Lissie and I are thrilled to be here for the next 4 years.

It is an enormous privilege and honour to serve you as your Governor. I will do my utmost to enhance our security and prosperity. I will fight your corner as I did 2 weeks ago in New York at financial services events.

My first impressions of the Cayman Islands are highly favourable. Everyone on these Islands can stand tall and be proud of what has been achieved in recent years.

Let me pay tribute to the Honourable Speaker for his contribution to supporting our parliamentary democracy. I pay tribute also to the honourable Premier and his Ministers for their strong sense of duty and responsibility and an excellent record of achievement.

I pay tribute too to the Leader of the opposition and his colleagues for the important work they do. Their support to the Premier in London in December during constitutional talks and a unified Cayman Islands position sent a strong signal and helped make progress possible.

Let me thank the civil service, law enforcement agencies, emergency services and out judiciary for the vital and essential work that they do.

I also acknowledge the presence today of so many church leaders and the outstanding contribution they make to the fabric of our communities.

Mr Speaker, if we step back and survey the international environment, it is more challenging than at any time I can recall. Populism and nationalism are on



the march. Internationalism is in decline. The US is sharply divided and its politics toxic. As its power and influence internationally decline, Russia plays the role of spoiler. China is seeking to undermine the international order established in 1945. And Brexit is testing the UK's democracy. Overall, governments everywhere find it harder to govern, in the full glare of 24 hour news and social media.

Yet after 3 months here what I see is peace, stability and prosperity. Yes our politics and democracy are lively, noisy and vibrant. But from what I have seen so far, I would say our democracy is in very good health. And in many areas a good example to others regionally and further afield.

But that needs nurturing. We must protect good governance and the rule of law. We must cherish the democracy that allows us to live in freedom. And as Her Majesty The Queen so wisely said in her Christmas message, treating other people with respect, even when differences are deeply held, is something we must hold on to.

So Mr Speaker, I firmly believe that the Cayman Islands are in great shape and ready to confront the challenges that 2019 will throw at us. I will be by your side in that endeavour.

God bless all the people of these wonderful Islands. 🌍

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West Bay wins Hope for Today Foundation Community Challenge

After a very entertaining game, the final score for the challenge was WB 4 vs GT 1, but the real winners are the 9 residents who call the Halfway House their home.

The Hope for Today Foundation Halfway House - Community Challenge on behalf of the Foundation would like to extend a Big Thank You to all the Legend Footballers from GT and WB for coming out and entertaining their fans.

As they unite to put a dent in crime and to fight the negative stigma surrounding substance abuse in the community, they are all very aware that Cayman is home to many who struggle with this deadly disease and will continue to focus their mission in support of these individuals.

They would like to send special thanks to all of their sponsors for making this event a tremendous success and were able to hand out 200 plates of food to members of the community.

Sponsors for the event included Marcus Cumber, McAlpine, Island Taste, C3 Pure Fibre, JUNK, Frank Hall Homes, Mango Tree, Lobster Pot, Clean Gas, Coldwell Bankers (CI Realty), Calypso



Grill, William McKeeva Bush and Capt. Eugene Ebanks and Caymanian Times.


Thanks to all supporters and spectators of this event.

Mr. Brent Hydes organizer of the event & manager of the Halfway House

has now issued a challenge to Brent Mclean and Graham Rankine of East End to get their guys together for the East End and West Bay match which will be held on May 21 Discovery Day at Ed Bush Stadium.

The community is asked to support this upcoming worthy cause. 🌍





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You feel good when you look good!!!

Police issue 'business as usual,' message for KAABOO

... Continued story from page 1

But there is still plenty that is going to be different, especially in regard to traffic flow alterations. Acting Inspector Roje Williams, who is coordinating policing aspects of the event, along with Superintendent Robert Graham made sure the media got out some important messages in advance of the event. There is a webpage, and downloadable apps surrounding the event.

There are going to be a 'significant' number of extra police officers, including some plain clothes officers, Superintendent Graham said so that the weekend's police operations would be 'above and beyond normal.' But ordinary non-festival police duties would continue, and Superintendent Graham stressed that he wanted to reassure the public about this. The extra contingent would include resources from the Marine Unit, and deployment of the police helicopter, which will keep a watch all along Seven Mile Beach, but will still be available for normal duties too.

There had been meetings with all stakeholders involving public order and

crowd control planning, and a number of emergency protocols were put in place, he said. "This is the biggest event in the Cayman Islands since I've been here," Superintendent Graham said. "That does not mean that the law will be ignored. If somebody smokes drugs, they will be dealt with."

"There are going to be approximately 10,000 people attending on Friday and Saturday. We are looking for a level of patience and understanding from the community."

Inspector Roje Williams spoke at length about the preparations that had been made to ensure that traffic flows at all times. For northbound traffic, on both the West Bay Road and the Esterley Tibbetts Highway, there will be signs telling drivers what to do, well in advance of the event.

The following road closures and traffic diversion will be in place along West Bay Road and the Esterley Tibbetts Highway will be in place from 12:00PM on Thursday 14 February to 6:00 AM Sunday 17 February. "Road users travelling on West Bay Road and the Esterley Tibbetts Highway are advised to pay

attention to all road signs and to follow all traffic directions given by police officers," a notice said.

There will be a checkpoint in place on West Bay Road at Lime Tree Bay Avenue, and only local traffic and KAABOO vehicles (authorized taxis and shuttles) will be permitted to travel northbound on West Bay Road past Lime Tree Bay Avenue. Northbound traffic travelling to West Bay is recommended to turn onto the Esterley Tibbetts Highway as early as possible for a smoother traffic flow. Northbound traffic travelling toward West Bay via the Esterley Tibbetts Highway should remain in the right lane.

Immediately north of the Public Beach roundabout there are three northbound lanes. Traffic will be forced to merge just before Raleigh Quay, where the leftmost land turns off onto Raleigh Quay. Traffic in the centre lane will be forced to merge into the rightmost lane, and continuing traffic in the leftmost lane will merge into the centre lane. After that merge-point, northbound traffic will no longer be permitted to switch lanes, and traffic in the right lane continuing over the bridge must continue towards West Bay



► Superintendent Robert Graham

or turn right at the Yacht Club roundabout. Traffic in the right lane will not be permitted to turn left at the roundabout onto West Bay Road.

Southbound traffic travelling from West Bay and entering the Yacht Club Roundabout from West Bay Road will not be permitted to loop the roundabout and return to West Bay; and traffic exiting the Public Beach parking area onto West Bay Road will only be permitted to turn right.

There will be no parking for KAABOO guests on the site. KAABOO guests will have to park off-site and walk to one of the main entrances on site, or take available public transportation at one of three pickup points. 🌐

POLICE NEWS

RCIPS & DOA Visit Neighbourhoods Affected by Roaming Dogs

Last week, RCIPS Community Police Officers, along with Department of Agriculture Staff, visited local neighbourhoods to spread information and advice about responsible dog ownership.

The visits kicked off on Monday on Boltins Avenue in West Bay and continued Wednesday on John McLean Drive and Java Lane in East End, neighbourhoods that have had a number of reports about ferocious dogs and dogs dangerously out of control.

The officers visited homes and spoke to residents about their concerns and experiences, while also distributing copies of the Responsible Dog Ownership pamphlet that was created jointly by the RCIPS and DOA.

"As community police officers, we have been working with the DOA to help address the concerns of those who have to deal with aggressive dogs in their neighbourhoods, as well as the dog owners who allow those dogs to roam free," said Sergeant Leslie Laing-Hall, who oversees the West Bay community policing sector. "We realized there are a lot of misconceptions about the responsibilities people have as dog owners, and

that public education was really needed in this area, so we worked on this pamphlet together."

However, the walkthroughs were not just about education, but also enforcement. Four dogs were seized by DOA officers during the walkthroughs. Two were seized on Monday's walkthrough, at a home on Boltins Avenue, after finding that the dogs were not being secured in a proper manner.

"We had actually given this particular dog owner a warning beforehand, and when we returned to the area this week, we found that the dogs were still being allowed to freely roam," said Erik Bodden of the DOA. "Roaming dogs are dangerous because, even the nicest dog at home can take on a different demeanor in a pack. Pet dogs must be licensed and on a leash in public, that's the law. Education is important, but enforcement is just as important in changing the habits of dog owners."

Two other dogs were seized in East End on Wednesday, after they were seen on the road running freely and even chasing children who were riding bicycles in the community. A warning note

was left for the home owners, who were not present at the time, to notify them about the seizure and give instructions on how to go about retrieving them.

"It is important to us as community officers to let the people of the East End District know that their concerns are being taken seriously and that we are doing the best that we can to ensure the safety of all members of the community, especially children," said PC Lazarus Moraes, a community officer in East End. "Part of our duty as community officers is to assist the East End people with making connections with agencies such as the DOA, in order to help the community address a wide array of issues, not just those related to crime."

Members of the public welcomed the presence of the police and DOA officers.



► RCIPS Community Officers and DOA Officers in East End

"We've had a few run-ins with dogs near our house," said Brenda Martinez, a West Bay resident, "so it was great to see police and the DOA out in our neighbourhood addressing this issue."

"I am pleased that we were so well received by the East End community," added Mr. Bodden, "The owners that we spoke to were very receptive of the information that we provided and at the end of the evening we were able to license 9 dogs in the community that had not been licensed."

The RCIPS and DOA were also joined on Monday in West Bay by a Community Development Officer from the Department of Children and Family Services, who spoke to the residents about the benefits of setting up neighbourhood watches.

The RCIPS and DOA plan to continue the walkthroughs in other neighbourhoods later this month. 🌐



► The RCIPS and DOA spoke to members of the affected communities



► Two dogs were seized on Boltins Avenue



► RCIPDS and DOA, along with a Community Development Officer from DCFS

RCIPS Statement on Local Blog Coverage of FCU Arrest

The RCIPS notes the coverage on the Cayman Marl Road website regarding an arrest made by the RCIPS Financial Crimes Unit on 7th February. This coverage contains the name and photograph of an accused party, which negatively impacts on the presumption of inno-

cence of this individual and could endanger the fairness of the court process. It also contains comments about a police officer which are untrue. The arrest in question was lawful and executed in a professional manner, in alignment with police policy and procedures.

The practice of naming suspects, victims or other parties, and posting their photographs, disregards the impacts that such coverage has not only on the fairness of the court process, but on the lives of those whose identities are used as a kind of currency for reader-

ship. Despite best efforts to address this damaging practice with this blog site, the practice continues. The RCIPS maintains that such coverage is a threat to the judicial process and the health and welfare of those involved in the judicial process. 🌐

Canadian High Commissioner Visits

High Commissioner of Canada stationed in Jamaica, Her Excellency Laurie Peters paid courtesy calls on top Government officials during her two day



► Canadian High Commissioner Laurie Peters pays a courtesy call on Deputy Premier Hon. Moses Kirkconnell and Attorney General, Hon. Samuel Bulgin on Wednesday

visit over Wednesday 6 and Thursday 7 February.

On her first official stop in the Cayman Islands, the High Commissioner met and chatted with Deputy Premier Hon. Moses Kirkconnell and Attorney General Hon. Samuel Bulgin on Wednesday. On Thursday, she met His Excellency the Governor Martyn Roper, Ministers Hon. Tara Rivers and Hon. Joseph Hew; Ministry of Education, Youth, Sports, Agriculture and Lands' Acting Deputy Chief Officer Mrs. Lyneth Monteith.

She also briefly chatted with the Premier, Hon. Alden McLaughlin prior to departing the Government Administration Building.

Her Excellency was accompanied by Senior Trade Commissioner Richard York on visits with Ministers on Thursday.

Additionally, at a reception organised by the High Commission, she met with Canadians on island, Ms Peters said. 🌐



► High Commissioner Laurie Peters briefly met and chatted with Premier, Hon. Alden McLaughlin during an impromptu meeting before she departed GAB



► Canadian High Commissioner Laurie Peters makes a presentation to His Excellency the Governor Martyn Roper (Photos by Bina Mani, GIS)



► Minister for Financial Services and Home Affairs, Hon. Tara Rivers receives a courtesy call from High Commissioner of Canada Laurie Peters and Senior Trade Commissioner Richard York



► Visiting Canadian High Commissioner Laurie Peters meets Minister for Commerce, Planning and Investment Hon. Joseph Hew



► Visiting Canadian High Commissioner and Senior Trade Commissioner met with Education Ministry Acting Deputy Chief Officer Lyneth Monteith

Speakers Announced for 2nd Annual Youth Mental Symposium

An impressive line-up of speakers will take to the stage at the 2nd annual Youth Mental Health Symposium taking place in the Grand Cayman Marriott Beach Resort on Saturday February 23rd.

The speakers will come together to discuss a shared vision for Cayman's children and young adults dealing with mental health issues, under the theme 'Addressing Our Past, Supporting Our Future.'

Dr Erica Lam, Clinical and Education committee lead at the Alex Panton Foundation, will be announcing results from the 2018 'Cayman Islands Student Drug Use' survey, which also focused on mental health issues as part of a collaboration between the foundation and the National Drug Council on their 2018 biennial survey.

The 'Addressing our Past' presentation will share the first nationally representative data on mental health issues experienced by children and young adults here in Cayman.

Speaking on the recent results, Dr Erica Lam, said;

'We need to look at the past and current state of mental health issues in the Cayman Islands in order to work together to develop appropriate solutions for the future. For the first time we will be able to get a clear picture of what we are facing and what we need to do to make a significant difference.'



► Jane Panton Presents at the Alex Panton Foundation Youth Symposium

The survey results will also form important discussion points for the 'Addressing our Future' speaker panel which will be joined by mental health experts who will outline and discuss services needed to support the future of mental health in Cayman.

Moderated by Lizzette Yearwood, Clinical and Education committee member of the Alex Panton Foundation, panellists include; Dr Gerardo Ocho, professor from St. Matthew's University, Paulinda Mendoza-Wil-

liams, Director of the Department of Children and Family Services, Shannon Seymour, Owner/Psychologist of the Wellness Centre, Natalie Baldwin, LMSW, coordinator at the Taya Lounge and Terry Delaney, Private Practice Counsellor.

Other speakers on the day include Kevin Ashworth, Police Inspector, of RCIPS Family Support Unit who will be addressing 'Delinquency and Mental Health' and Dr Colleen Brown, psychologist from On Course Cayman, who will

address 'Childhood Trauma and Mental Health'.

Dr Marc Lockhart, Chairman of the Mental Commission will conclude the day with a presentation on 'Child and Adolescent Urgent Medical Health Services' and outline how the Mental Health Commission is supporting the youth of Cayman.

Speaking on the symposium, Jane Panton, Chairperson of the Alex Panton Foundation, said:

"In order to make a significant difference in our small community we need all stakeholders to come together. The symposium is a great opportunity to make a positive difference to the local community and we are delighted with the support from everyone involved who have helped make the symposium happen."

The symposium will take place on February 23 at the Grand Cayman Marriott Beach Resort 9:00am - 3:00pm.

For more details and to register for the 2nd annual Youth Mental Health Symposium head over to alexpantonfoundation.ky.

The symposium is made possible thanks to speakers and volunteers as well as sponsors Ironshore Pharmaceuticals and Development; Cayman Prep and High School; the Ministry of Community Affairs; Tower and Hurley's Media. 🌐



► Deputy Governor Franz Manderson tries some iguana empanadas from Thomas Tennant and Kimani Davis



► Kids enjoyed the coconut shy

Cayman went crazy for coconuts

... Continued story from page 1

The event also champions a good cause every year and this year the charity to benefit from proceeds was Meals on Wheels. Sarita Singh and Moises Sevilla from Seven Fathoms were making up some popular cocktails, the proceeds of which would go to this worthy charity that helps the elderly in the community get a hot and nourishing meal. Cayman Spirits Company and Grace Coconut Water (distributed by Jacques Scott Ltd) partnered to create two cocktails – a Cocohito and a coconut mudslide, both of which went down very well with the crowd.

Another highlight was Chef Thomas Tennant and Chef Kimani Davis' iguana rundown empanadas. Initially a little hesitant to try this new Caymanian delicacy, Deputy Governor Franz Manderson and his family were soon tucking into this treat.

The event helps to create a sometimes-forgotten sense of community and family togetherness that is demonstrated by the range of people who come to enjoy Coco Fest, from all walks of life and all backgrounds. Event organisers said that Coco Fest was also about remembering a time when the coconut industry was prominent in Cayman with artisan demonstrations, cultural demonstrations and a locally produced



► Fiona McFarlane from Fishy Business

documentary that explains the benefits and uses of coconut and how it was a main part of the Cayman diet. The award-winning film, *The Bright Spot*, was screened in the Pedro St. James theatre throughout the day. Produced and narrated by nutritionist Tamer Soliman and directed by local filmmaker Rob Tyler, the film takes viewers on a journey as they discover why coconut oil had



► VAS artist Lisa Ebanks

once lost its place in many Caymanian homes and inspires people to return to the healthy use of the traditional coconut oil.

As well as soaking up all the great fun, food, culture and history, visitors were also able to enjoy some really lovely works of art for purchase, as the Visual Arts Society held a great arts and crafts corner at their HQ in the grounds of the Great House. Fiona

Macfarlane had some exquisite painted glasses for sale at her Fishy Business stand, Olivia Sutton showcased her lovely hand-made jewellery created using sea glass of all different hues, and Plamka Evtimov had some of her colourful ArtySilk products on display, to name but a few.

For a mere \$5 entry fee (\$1 going to Meals on Wheels) this was a great way to spend a Saturday afternoon. 🌴



► Lazarus Morales and family



► Sarita Singh and Moises Sevilla from Seven Fathoms

CAYMAN ISLANDS CRISIS CENTRE OPENS REGISTRATIONS FOR ANNUAL A WALK IN HER SHOES

The Cayman Islands Crisis Centre (CICC) is pleased to announce that registrations for the 4th Annual 'A Walk In Her Shoes' is now open. The event will take place from 5:00pm on 8 March at Camana Bay and is in celebration of International Women's Day, aiming to raise funds and awareness to support the Crisis Centre's mission to end domestic violence in the Cayman Islands.

Ania Milanowska, Executive Director of the Crisis Centre, says that 'A Walk In Her Shoes' is Cayman's version of the internationally acclaimed 'Walk A Mile In Her Shoes', an International Men's March held annually in the United States to raise awareness of gender violence.

"As any woman can tell you, walking in high heels is not the easiest task. This event brings together men throughout the community to take a stand and raise awareness about gender relations and violence against women," she says. "This year, to commemorate our 16th anniversary, the event has a "Sweet Sixteen" theme and the men are encouraged to don their sparkliest pair of heels!"

The funds raised from this year's event will support the Crisis Centre's

goal to construct a new, purpose-built shelter. "Our goal for this year's 'A Walk In Her Shoes' is to raise more than CI\$55,000," said CICC Chair of the Fundraising Committee, Michelle Lockwood. "It's an ambitious goal but these funds are desperately needed to ensure we can support local victims of domestic violence with a purpose-built facility, as we have currently outgrown our current shelter."

Participants can register online at <http://www.cicc.ky/awalkinher-shoes2019>

How does it work?

- Sign up online as a team or individual - CI\$25 (US\$30) per person.
- Get your friends and family to donate to support you.
- Each participant will walk a maximum of 5 laps and a minimum of 1 lap.
- For every \$150 you raise, 1 lap will be removed (ie: if you raise \$450, you only have to walk 2 laps)
- Wear a pair of ladies shoes. Prom shoes encouraged - the more bling the better!
- Take it up a notch...paint your toes, throw on a wig or show off a dress!



► Photo from 2018 A Walk in Her Shoes

- Get all of your friends to sign up and participate too!

This event is entertaining for everyone and this year will have even more for the whole family.

For more information about the Cayman Islands Crisis Centre visit www.cicc.ky. The 24 hour crisis line is always available at 943-CICC (2422).

2018 A Walk In Her Shoes Video - <https://www.youtube.com/watch?v=x-wuCDD-nkjq>

Thank you to our event sponsors, Camana Bay and Olea.

For more information on this event please contact Michelle Lockwood at michelle.c.lockwood@gmail.com or fundraising@cicc.ky

Busy few months ahead for Cayman Heart Fund

Heart disease is the number one killer in the Western world, and Cayman has a very hard working organisation - Cayman Heart Fund - that raises thousands to help people in Cayman combat the disease. This time of year is a particularly busy time for CHF, with numerous initiatives taking place to help people understand the disease, raise money to help fight it and change their lifestyles to protect themselves from developing heart disease.

FEBRUARY

February is Heart Month and the CHF is calling upon everyone in the Cayman community to come together to fight heart disease. People can do so by wearing red in their workplace, schools and communities and at the same time raise funds and awareness, so the CHF can continue their good work.

Wear Red-themed t-shirts can be purchased by contacting the Cayman Heart Fund at 916 6324. Visit the Audi showroom in Camana Bay and make a donation of \$20.00 or more to the Cayman Heart Fund and receive a free Wear Red T-shirt and a chance to win an Audi watch. You can also contact Balance Cayman in Caribbean Plaza to sign up for a special Pilates class and receive a free



► Conyers Dill and Pearman dress to combat heart disease



► The Water Authority get into the spirit

Wear Red T-shirt with class purchase (space is limited).

Colleen Mellott, coordinator with Cayman Heart Fund added: "Heart Month is a fantastic way to remind everyone to focus on their hearts and encourage them to get their families, friends and communities involved. The most important thing you can do is to speak to your physician about your risks and know your numbers by checking for blood pressure, cholesterol, sugar levels, weight, and BMI."

Sunday 10th February Beach Walk

With one in 100 babies born with the defect, Cayman's Heart Warriors and Angels are promoting a beach walk to highlight the plight of congenital heart defects born to babies. Registration for this 2k beach walk will take place at Seven Mile Beach's cabanas at 7am on the day and costs \$25 which will go towards helping babies born with the condition.

MARCH

A special event aimed at informing Cayman's healthcare professionals is taking place on Thursday 14th March - the CHF's 12th annual Cayman Heart Fund International Symposium, which will take place at the Grand Cayman Marriott Beach Resort. The medical community is invited to take advantage of this opportunity to attend. Register on:

<https://www.surveymonkey.com/r/2LFRFCF2>

Expert presenters from Baptist International, Cleveland Clinic, Holy Cross and Jackson Memorial, will discuss the latest achievements, scientific updates, new technology approaches and guidelines required to improve patient care when it comes to cardiology.

Colleen explained some background to the event:

"The aim of the conference is to stimulate new ideas for treatment and analyse the current market for the future direction, and clinical uses of various techniques in the diagnosis, prognosis and management of common heart diseases," she said.

Certificate of Medical Education (CMEs) will be presented at the end of the programme.

For more information about the international symposium please contact the Cayman Heart Fund at (345) 916-6324 or info@caymanheartfund.com.

Sunday 10th March Coconut Cup

This is a social and family orientated paddleboard event taking place at Public Beach, Seven Mile Beach starting at 8.30am. There will be a joint parent and kids' paddle (under 14s only), a team corporate cup and an individual 1.5-mile sprint.

The Parent and Kids event is a half mile paddle, entry is \$25 per team and

registration begins from 8.30am. The race starts 9am and board hire available. Life vests are required for youngsters and parental supervision is required.

The Corporate Cup consists of a relay teams of four, with a half mile paddle per team member. One board per team (boards are provided). Team members must carry the same designated coconut the entire race to successfully finish. Entry is \$350 per team with the race starting at 10am. There is a limit of 16 teams. All paddle vessels are encouraged to participate in the 1.5m Sprint. There's a \$25 entry fee and registration is from 10.30am. The 1.5-mile paddle starts at 11am. Board hire is available.

There are prizes for the winners of each race event. Spot prizes will also be awarded to lucky participants. Corporate teams must register in advance. Please contact coconutcupky@gmail.com to register corporate teams (limited to 16 team entries).

Early registration encouraged, but individual entries are available on the day.

Limited board hire is available at reduced prices from Liquid Life, Cayman Standup Paddleboard Company, 7 Mile Paddle and Whitesand Water sports.

All proceeds to benefit Hart for Hearts, the pediatric arm of the Cayman Heart Fund, which raises public awareness and provides financial assistance to families in Cayman when their child is born with a congenital heart defect.



► Balance's Sue Merren and Lauren Chiarello wear red

Ownership of Royal Fidelity Merchant Bank Changing Hands

Newly formed Bahamian holding company RF Holdings Limited is acquiring Royal Fidelity Merchant Bank & Trust Limited, as a result of a “management led buyout”.

The acquisition will result in RF Holdings owning 100 per cent of Royal Fidelity’s operations in Barbados and The Bahamas. The shares were previously held on a 50/50 basis by RBC Royal Bank of Canada and Fidelity Bank (Bahamas) Limited.

“While the partnership with Fidelity and RBC has worked well for all of us and Royal Fidelity has developed significantly as a result, the time is right for us to move forward independently,” Royal Fidelity President Michael Anderson said in explaining the move. “We very much value the strong relationship that we have with both RBC and Fidelity and look forward to working closely with both companies.”

Anderson will assume the role of President and CEO of RF Holdings and maintain his roles as President and CEO of

Royal Fidelity in both The Bahamas and Barbados. Ross McDonald will assume the role of Chairman of RF Holdings and will maintain the role of Chairman of Royal Fidelity in both The Bahamas and Barbados.

Under the new ownership, the Royal Fidelity Bahamas team will be expanded by the addition of 23 staff members, including new managers for Information Technology, Human Resources and Marketing.

The change in ownership will also see 83 per cent of RF Holdings shares being held by Bahamian citizens and permanent residents. A newly formed Employee Share Option Plan will also mean that all Royal Fidelity management and staff in The Bahamas and Barbados will become shareholders of RF Holdings.

Royal Fidelity has sought to assure its clients in The Bahamas and Barbados can expect to continue with their “business as usual” with no material changes to personnel or Royal Fidelity’s products and services.



► Royal Fidelity President Michael Anderson will assume the role of President and CEO of RF Holdings and maintain his roles as President and CEO of Royal Fidelity

“Clients are assured that they will continue to receive the same high level of expertise and professionalism that

they have come to expect from Royal Fidelity,” the company said in a statement. 🌐

High Demand for Jamaican Black Castor Oil in United States

A new study on the local castor oil industry is showing significant potential for Jamaican Black Castor Oil in the United States.

The Complete Caribbean study indicates that the US market for the product stands at about US\$28 million.

“The potential sales are much higher than I thought they would ever be,” said Private Sector Development Specialist with Complete Caribbean, Frankie Whitwell, who presented the research findings at a seminar hosted by Jamaica Promotions Corporation (JAMPRO) recently.

“We have to increase production among a raft of other measures,” he added.

Director of the Jamaica Castor Industry Association (JCIA), Shirley Lindo, noted that the findings indicate “the high value of the local castor bean”.

She pointed to the need for policies to adequately and clearly define the Jamaican Black Castor Oil and implementation of geographic indicators (GI) to ensure its protection.

GI, according to the World Intellectual Property Organization (WIPO), is a sign applied to products that have a specific geographical origin and possess qualities or a reputation that are due to that origin.

In order to function as a GI, a sign must identify a product as originating in a given place.

“We have taken too long to claim this oil for ourselves. It needs protection. I am a producer and I have had a situation where (foreign) companies have undermined my bid because of pricing because the consumers, who do not know what the product is, will go with price,” Lindo said.

Vice President of Sales and Promotions at JAMPRO, Claude Duncan, in his presentation, noted that the agency is driving the growth of the local castor oil industry in order to command a greater share of the global market estimated at close to US\$4 billion.

He said that JAMPRO, in 2016, commissioned a comprehensive industry study, which indicated, among other things, that Jamaican Black Castor Oil is perfectly positioned to combat rural unemployment, poverty and promote bottom-up, inclusive economic growth.

“We then facilitated the formulation of JCIA and to this day we continue to be an advisor. We also house the Secretariat within JAMPRO,” he said.

Duncan said that JAMPRO, which is responsible for promoting business opportunities in export and investment to



the local and international private sector, also took persons to market.

“We took persons to two major Bonner Brothers (International Beauty) Shows, which is one of the larger cosmetic shows. We went to the show in Atlanta, which was attended by over 30,000 people. We carried them there so that they could understand the market, create connections and introduce their products,” he noted.

Duncan hailed the latest research findings as “another important step

that will advance the growth of the castor industry as well as the cosmetic industry”.

Complete Caribbean provides technical assistance for projects that enhance productivity and competitiveness of Caribbean businesses.

It involves partnership among the Inter-American Development Bank, United Kingdom Department for International Development, Caribbean Development Bank, and the Government of Canada. 🌐

Leading Fund Manager Optimistic About Future

Barbados-based investment manager, Fortress Fund Managers, says it’s cautiously optimistic about the future of its investments even as economic uncertainty continues to affect markets in the Caribbean and internationally.

This optimism was articulated in the Fortress 2018 Annual Reports, which were recently made available to investors. The reports highlighted the performance of Fortress’ Barbados and US dollar mutual funds.

Speaking specifically to the Caribbean Growth Fund, the company’s primary equity fund, Investment Director Roger Cave noted that it was a positive year for the Fund, which recorded a 5.5 per cent return in the year ended September 30, 2018. There was also an increase in the net asset value from \$5.7757 in the previous year to \$6.0944 per share. Cave expects more positive

results in Jamaica and Guyana where the equity markets were fully priced and where the economies are likely to be strongest.

However, he acknowledged that Barbados, Trinidad and some Organization of Eastern Caribbean States (OECS) countries were struggling with deficits and restructuring and that it was difficult to see any major gains from those equity markets in the coming year.

With regard to the international markets, the investment director pointed out that developed economies and by extension their stock markets had very different macro-economic fundamentals.

“The US has a strong economy with solid GDP growth, low unemployment, rising inflation and rising interest rates.



► Investment Director at Fortress Fund Managers, Roger Cave

... Continued story on page 9

Curry: We will be champs again

Steph Curry has declared that no teams in the Eastern Conference are good enough to challenge the Golden State Warriors for the NBA title this year. And his head coach, Steve Kerr, agrees.

The Warriors have won the championship three times in the last four years, facing off against the Cleveland Cavaliers in the last four finals series.

Despite some poor results because of a mass of injuries, they are still favourites to win the title again.

Even though Curry had a recent spell of injury and the team was plagued with off-court issues with Kevin Durant and Draymond Green, they are now sat atop of the Western Conference.

Teams in the East strengthened before the trade window, with the Philadelphia 76ers recruiting Tobias Harris

and Boban Marjanovic, while the Toronto Raptors acquired Marc Gasol.

But Curry remains unimpressed and announced that he is still confident of winning the NBA title when asked if he feared the East.

"No," he stated. "I feel like we want to get back to where we were and feel like we should be, and that's winning a championship."

"If the shoe was on the other foot, everything that you would do as a team or as a player would be geared to knocking off the champion, whoever they are."

"I like our chances in terms of what we're about and what we're capable of."

"A lot of chaos in the league right now, but we have to focus on what's happening in our locker room and continue to get better, and that's what we're doing."

Kerr, who has guided the Warriors to their three titles, echoed Curry's statements.

He insisted that the competition was good for the league, and that he too was confident of success this year.

Now leaders of the Warriors, Curry and Durant feed off each other's strengths to form the most potent duo in the NBA. At the root of their partnership is mutual respect. Though they come from contrasting backgrounds, the pair understand each other superbly.

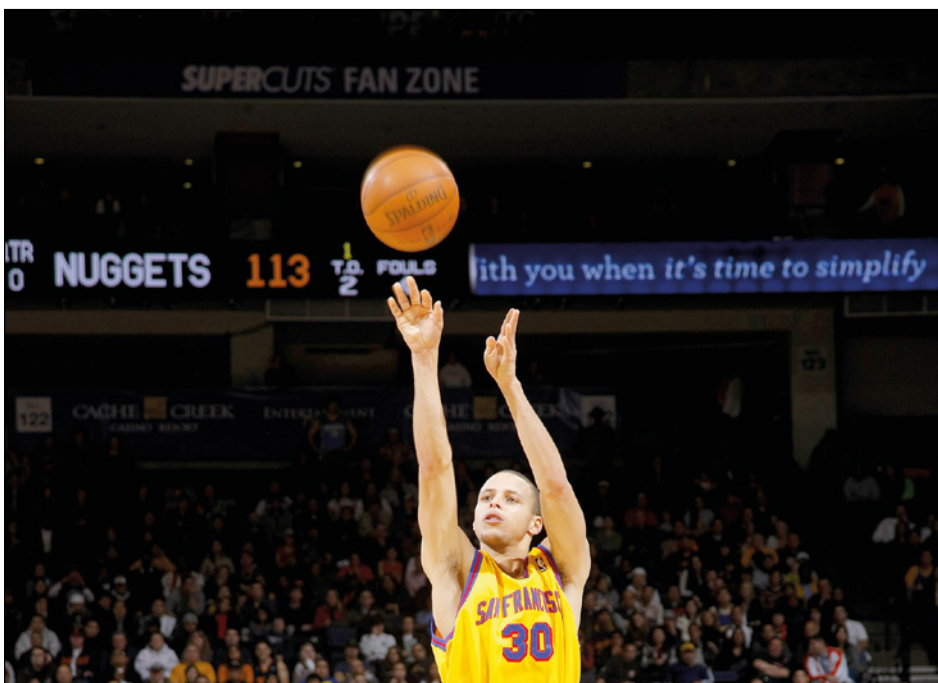
In a season plagued by distractions, Curry and Durant have managed to play some of the best basketball of their careers – and their numbers prove it.

"From Day 1, Steph and I have had great synergy," Durant said. "We've both had the best stretch of basketball of our

careers — as far as team success, individual success, everything all in one."

In July 2016, when he encouraged Durant to join the Warriors, Curry was resolute that this grand experiment would succeed. Not only did Durant — arguably the greatest one-on-one scorer in NBA history — provide a new dimension to Golden State's offense, but he possessed the IQ and selflessness to make his new teammates better.

Curry, 31 in March, is six months older than Durant. Curry was familiar with Durant's playing style since they crossed paths on the AAU circuit in high school. While Team USA teammates at the 2010 FIBA World Championship and the 2014 World Cup, Curry came to realize that he and Durant viewed the game similarly. That mutual understanding has helped forge a great partnership. 🌐



► Steph Curry feels the Warriors will be champs again



► Kevin Durant has forged a great partnership with Curry

Leading Fund Manager Optimistic About Future

... Continued story from page 8

The US stock market is expensive and we are into the tenth year of a bull market which together, history has shown, points to a likely period of low to negative returns from here.

"The rest of the world by contrast is varied and mixed in terms of rates of growth, generally lower interest rates, cheaper (in some cases much cheaper) valuations and better prospects for overall returns going forward. In the short-term, however, a correction in the US stock market or a recession in the US, or both, could result in weakness and declines across the world's equity markets as stock markets tend to be highly correlated in periods of market weakness," Cave stated.

The investment director also expressed concern about the political situation around the world including protectionist trade policies and tariffs in the United States, Brexit in the UK, and tensions in the Middle East. However, he advised that there was still room for investors to benefit.

"We are confident that the Fund is well positioned for solid returns over the long-term. We do expect increased volatility in the near term as the world adjusts to higher interest rates. We plan to continue to increase our investment exposure in periods of market weakness. We will also continue to manage the Fund with a long-term perspective, which will meet the objectives of pension funds and other patient, long-term investors," he explained.

As it relates to the Caribbean High Interest Fund, the investment director noted that it registered a decline of 1.2 per cent for the year ended September 30, 2018. He explained that this rare negative result came against a backdrop of price declines in global bonds as interest rates rose and following the long-anticipated restructuring of Government of Barbados bonds.

Cave reiterated, however, that its objective was "the highest level of income consistent with the preservation of capital" and reassured investors that, given these challenges, Fortress Fund Manag-

ers were concentrating largely on the preservation of capital.

He also revealed that the company had expanded its range of Cayman Islands domiciled US dollar funds by launching the Fortress Fixed Income Fund over the past year. This brings to eight the company's internationally invested US dollar funds. This Fixed Income Fund invests in high quality corporate and government bonds in the United States and offers investors an efficient way to access this type of conservative investment with an actively managed, well diversified portfolio.

Cave however advised that in spite of this and other attempts at diversification, the average gross yield in the Fund's portfolio of 2.8 per cent, was a certain indicator that returns in the medium term will continue to be below historic norms.

"These are still not normal times for bond investors, but we do expect better days ahead especially as we are now on the other side of the long-anticipated government credit event in Barbados where the majority of the Fund's capital is held.

For global bonds, we expect rates to continue rising slowly in the US and potentially in other regions, too. This will limit returns in the short term but over time will set the stage for more normal returns going forward," he reassured investors.

The investment director also paid tribute to Ken Emery, outgoing director, who retired last year. He noted that Emery, who joined Fortress first as a British Executive Overseas Consultant in 1997 and later as a member of the Board of Directors, had been instrumental in the progress and development of all Fortress funds.

"Undoubtedly, Fortress Fund Managers would not be where it is today without the time, care, guidance and expertise that Ken has contributed over the last two decades," he stated.

Last year, Fortress Fund Managers also continued to invest in the development of its team and to improve the systems and procedures necessary to improve service to customers. Fortress manages more than \$650 million across 11 different funds and investment products with regional and global investments. 🌐

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Bale's Real time may finally be over

Is Gareth Bale's time in Spain coming to an end? It feels as though the flying winger has spent almost his entire five-and-a-half year Real Madrid career being confronted by rumours that the club are preparing to sell him, and the build-up to Saturday's derby at Atletico Madrid was no different.

After being side-lined by the latest in a long line of injuries during the opening weeks of 2019, the former Tottenham winger has again slipped down the pecking order, relegated to the subs' bench behind rising star Vinicius Jr and hard-working Lucas Vazquez, a personal favourite of coach Santiago Solari.

Bale remains unpopular with the fans, partly because he has not seemed to embrace Spanish culture and not quickly learned the language. He does not socialise much with his teammates and is not one of the most liked in the dressing room. Pundits are always criticising him which exacerbates his situation.

And with Eden Hazard seemingly set for a summer move to the Bernabeu to further increase the competition for places in attack, Bale's time at Real looks doomed.

The problem for the detractors is that, when he plays, he



► Gareth Bale has always been an outsider at Real Madrid

is often brilliant. And his ability was once again demonstrated in the 3-1 derby victory at Atletico, in which the 29-year-old Welshman came off the bench, replacing the influential Vinicius to score an exquisitely taken goal.

After a quiet start, though, Bale justified the change by running onto a perfectly weighted through ball from Luka Modric and producing an emphatic finish for his 12th goal of the season - and his 100th in Real colours.

But Bale again didn't help himself by celebrating his goal with a strangely aggressive gesture and later marching straight down the tunnel when the final whistle was blown, leaving his team-mates to celebrate in the centre circle without him.

Bale's unwillingness to fully engage with life in Spain - he has still only carried out one full (heavily staged) interview in Spanish - makes it easy for fans and pundits to turn against him when he struggles for form or fitness. 🌐

NFL addresses diversity issues

After an offseason in which eight teams searched for new head coaches and only one African American is in line for a job, the NFL is continuing efforts to increase diversity through a "QB Summit," to take place in Atlanta this June.

The conference will bring together young minority coaches on the offensive side of the ball (quarterbacks coaches, quality control coaches, interns) with established head coaches of all backgrounds in an attempt to facilitate more integration into NFL staffs.

With so many owners seeking a "quarterback guru" and offensive play-callers as head coaches in recent years, and so few African American and Latino coaches currently in those positions in the NFL, the league hopes this ongoing event will foster more integration in the offensive coaching ranks.

Troy Vincent, the NFL's VP of football operations, and former NFL quarterback and personnel executive James "Shack" Harris have overseen the effort. In recent years, the ranks of mi-

nority head coaches has been shrinking through firings and/or retirement, with only Patriots defensive coordinator Brian Flores, who's heading to Miami as head coach, set to join the ranks in 2019 alongside Mike Tomlin (Pittsburgh) and Anthony Lynn (Los Angeles Chargers). There are currently just two African American offensive coordinators and three quarterback coaches in the league.

The summit will take place at Morehouse College. This is the second year the league is conducting the seminar,

and Harris said invitations are going out in the next three weeks.

The report card noted that the 2018 season began with eight head coaches of colour. The Rooney Rule, established in 2003 to promote diversity in the hiring of head coaches and senior operations personnel, was strengthened in the 2018 season. Teams are now required to go outside of their own organisations to interview candidates of colour, or to interview a candidate who is on the league's career development advisory panel list. Gender hiring is not impacted by this rule. 🌐

Mayweather: UFC will pay me \$1bn

Floyd "Money" Mayweather Jr. claims the UFC would pay him a billion dollars to fight inside the octagon, and had words of praise for his former foe, Irish MMA star Conor McGregor.

The 41-year-old American recently took a lucrative exhibition boxing bout against Japanese flyweight kickboxer Tenshin Nasukawa at mixed martial arts show Rizin 14 and finished the undersized young fighter inside a round.

And now Mayweather is suggesting he could land the biggest deal of his career by fighting for the UFC.

Talking to comedian and Hollywood superstar Kevin Hart on his show 'Cold As Balls', Mayweather said he could land himself a \$1 billion deal with the MMA giants to compete inside the octagon.

"I can go get a deal right now from the UFC," he stated.

"Probably three-fight, four-fight, billion-dollar deal if that's what I wanted." This earning capacity is not feasible because the UFC does not generate that kind of money, plus Mayweather is too old to learn MMA skills and be competitive against top fighters.

He also knows that fighting under mixed martial arts rules inside the octagon would be an embarrassment and ruin his boxing legacy.

Current UFC lightweight champion Khabib Nurmagomedov has made no secret of his interest in a boxing contest with Mayweather, and that may be much more appealing.

Nurmagomedov's manager, Ali Abdelaziz, previously stated that Mayweather is "begging" to face the Russian superstar. The MMA fighter himself recently reignited talk by saying he was open to a boxing mega-bout this summer in Moscow. 🌐



► Floyd Mayweather claims he may join the UFC

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

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

Difficulty Level ★★★

6/07

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Answer to previous puzzle

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

Difficulty Level ★★★

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CROSSWORD

By THOMAS JOSEPH

ACROSS 48 Small island

1 Up in the air

6 Outdoes

11 "Sexy" Beatles girl

12 Nebraska city

13 Many-headed monster

14 Became entrenched

15 TV award

17 Finish

18 Flaunts

22 Franc's replacement

23 Serve

27 Warning sound

29 Commerce

30 Hype

32 Aphrodite's son

33 George Lucas creation

35 Cry loudly

38 Opera song

39 German sub

41 Highland families

45 Roulette bet

46 Kevin of "The Big Chill"

47 Had a banquet for

DOWN

1 Fire remnant

2 Put down

3 Peculiar

4 Independence Day show

5 League makeup

6 Gym patron's concern

7 Running bird

8 Wise one

9 Gaunt

10 Beach makeup

16 Do a yard job

18 Plane fixture

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

Saturday's answer

19 Hawaiian dance

20 Spoken

21 Computer safe-

guards

24 Scarlett's home

25 Freshener target

26 Lawman Eliot

28 Changed

31 Golfer's goal

34 Lake of "Hairspray"

35 Ride the waves

36 Reed instrument

37 Boxing match

40 Get older

42 Feel ill

43 Dir. opposite

SSW

44 Ready to go

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1	2	3	4	5	6	7	8	9	10
11						12			
13								14	
			15		16			17	
18	19	20					21		
22					23		24	25	26
27				28		29			
30					31		32		
			33			34			
35	36	37		38					
39			40			41	42	43	44
45						46			
47						48			

7-2



CURTIS

By Ray Billingsley



Word Search

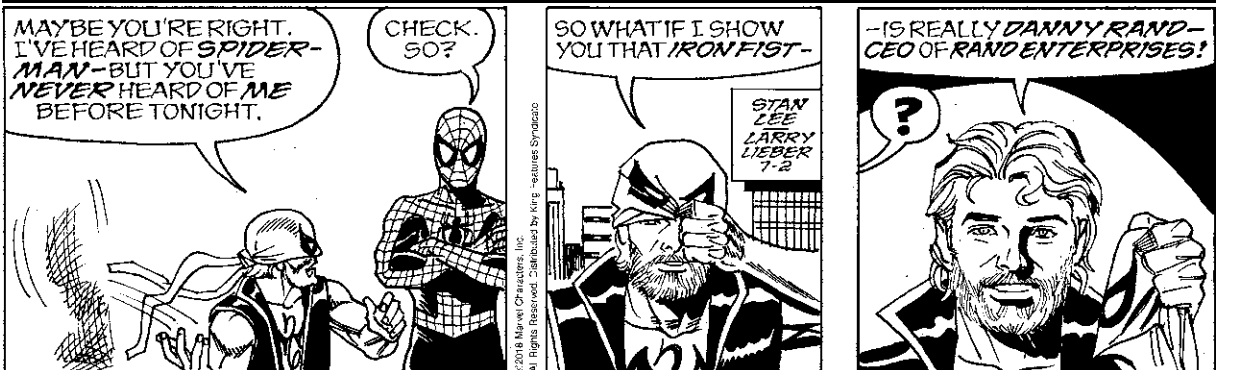
W	E	X	S	T	E	X	P	O	S	U	R	E	E	E
E	X	P	L	O	I	T	E	X	P	I	R	Y	X	X
E	X	E	X	C	I	S	E	A	E	X	N	A	C	
X	E	A	X	R	E	F	L	R	E	X	I	T	M	U
C	X	T	M	O	D	X	T	H	X	T	E	F	P	S
E	P	M	Y	S	D	X	T	U	P	E	X	I	L	E
S	E	S	A	T	E	U	P	R	R	N	D	G	E	E
S	N	X	T	G	C	P	S	P	E	T	T	B	O	X
G	S	D	P	I	E	Y	U	X	S	M	F	X	I	T
E	E	T	T	F	X	F	B	H	S	U	E	F	C	E
B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

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

- | | | | |
|---------|---------|----------|----------|
| Exact | Excuse | Expert | Extent |
| Example | Exhaust | Expiry | Exterior |
| Exams | Exile | Exploit | Extra |
| Excerpt | Exodus | Export | Extreme |
| Excess | Exotic | Exposure | |
| Excise | Expense | Express | |

THE AMAZING SPIDER-MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



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