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2019 GOLDEN APPLE FINALISTS ANNOUNCED

CIFEC Careers Fair attracts 100 students



► CIFEC Careers Fair

By Christopher Tobutt

More than 40 different companies and organisations took part in Cayman Islands Further Education Centre CIFEC opened its doors for their annual Careers Fair, and more than 100 CIFEC stu-

dents were busy talking to their representatives to see just what careers they might like to pursue, and signing up for their internship programmes.

Jenine Stewart, Career Services Manager, said: "At CIFEC the students will go to work two days per week, and they are

in school for three days. The internship programme starts in October each year, and it ends in April the following year. We have 200 students on roll, and we have the awesome task of placing all of

... Continued story on page A3

UGLAND PROPERTIES OPENS SOLAR ARRAY IN GEORGE TOWN

Ugland Properties held an opening ceremony on Wednesday to celebrate the completion of a 10,395 sq ft Solar Array featuring 556 Panasonic panels on the rooftop of the Harbour Place parkade in George Town.

The Opening Ceremony was attended by His Excellency Governor Martyn

Roper, and the Hon. Minister Joseph (Joey) Hew, who switched on the Solar Array. This installation is currently the third largest in the Cayman Islands.

"The Ugland property companies have been working to adopt green en-

... Continued story on page A4



► (L-R) Nickolai M. Ugland, His Excellency Governor Martyn Roper, Hon. Minister Joseph (Joey) Hew, Andreas Ove Ugland

Robotic surgery pioneer warns of increase in throat cancer



► Dr. Perez-Mitchell

By Christopher Tobutt

Dr. Carlos Perez-Mitchell has been at the forefront of new techniques in robotic surgery, which allow surgeons

... Continued story on page A5

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EDITORIAL

The changing face of Media

The media in the Caribbean is undergoing profound change.

Nowhere is this more noticeable and impactful than the internet where change on a revolutionary scale change is being driven by the proliferation of social media content and output.

Mainstream media is struggling to keep up with this trend, constrained as it is by resources from human to technical, and in some cases restrictive administrative oversight.

Caribbean mainstream media's inability - and in some instances sheer refusal - to adapt and change with the times could very well be its demise...as far as audiences go.

There's no question that the explosion of the internet, especially and social media sites, have made access to information, and ownership of media, a lot less cumbersome.

The liberalisation of telecommunications in the English-speaking Caribbean in the 1990s led to an explosion of media outlets and opened the market to a wider array of opinions and choices.

The dominance of state-media was challenged by smaller, more nimble upstarts, especially in radio.

The initial euphoria of that era of 'media freedom' was however hampered by advertising and sponsorship.

More media tapping into the same advertising and sponsorship pool, not only made the marketplace more competitive, conversely it made that source shrink and drove down rates.

That inevitably resulted in newly found media 'freedoms' encumbered by inadequate funding to expand or even sustain operations.

Many of the adventurous upstarts quite literally got squeezed out of a market which became increasingly local and inward-looking by force of circumstance.

All of this happened at a time when the externally-funded giants of regional media; Radio Antilles (via Germany's Deutsche Welle), Caribbean News Agency (Reuters) and BBC Caribbean, plus Voice of America and Radio Canada International were scaling back or curtailing their regional operations due to changing geopolitical realities, and business priorities.

It's instructive that there have been no serious efforts to replace or provide an alternative to those pan-Caribbean media powerhouses which, through their editorial independence and funding, were important voices in the conversation of Caribbean integration.

In the local markets which had become saturated by the relative technical and regulatory ease of setting up shop, output revolved - and still does - around a veritable fast food offering of music programming and in many instances politically-preferential current affairs content.

Fast-forward to now. The explosion of the internet and in particular social media (technology externally owned and controlled), has shifted the region's media dynamics even further.

While it might have removed muzzles and created channels for a wider array of 'voices and choices' through opinions and other offers, it nevertheless seems to be muddling the market even further.

Now, just about anyone with an internet connection, computer, smart-



phone, basic technical skills, an opinion - and a like for 'likes' - can become overnight social media stars, citizen journalists and even self-styled 'media moguls' via a social media platform... mobile and in your palm.

Instantaneous uploads, realtime streaming, unverified newsfeeds and unchecked opinions are now just a click away.

But there's a positive angle to this. Fortunately, in the hands of media professionals and those with a professional outlook, this tool fills a void amidst all the 'noise'.

Content management, (especially 'content moderation' - an editorial growth area), business management, audience relations, and output analytics are crucial skills to ensure success and secure integrity, whether online, on-air, or producing hard copy.

The sword of Damocles hovers over published content even more ominously now than it did before. Freedom of speech is not free and could be very costly - despite the ease of online accessibility.

Media is built on reliability and reputation. It might now be less costly to set up and upload, but the 'takedown' when, especially 'social' media gets it wrong could be extremely costly.

In this media milieu, it is, however, welcome to see a serious effort being made by some local investors, media professionals and media enthusiasts to tap into the opportunities of websites, pod casts and social media.

The Cayman Islands media landscape is a case in point.

A recent check shows that there are two newspapers, eight news websites, three cable channels, and eight radio stations serving a market of 60,000 residents.

Including the state-owned media, they all vie to compete for the same advertising dollars within the same space.

In other Caribbean countries, the media market relative to the population size, internet access, and strength of the local economy is even more challenging...and in many cases even more congested.

In such a crowded space, programmers, circulation managers and advertisers compete. That intensity of competition should consequently improved standards. Sadly, in many cases, it doesn't.

Cheaper doesn't necessarily mean better, nor does claimed market reach necessarily equate with reaching a pre-determined target audience.

The audience (the market) is key, and an over-saturated market self-regulates and regenerates within its own space.

Too much choice is not necessarily the best choice and loyalties shift easily in the absence of distinctive content.

Integrity is key. More is not always better...or merrier. 🌐



COMMUNITY NOTICES

Registration is closing for the 2019 DG's 5K Challenge

The window to register for the 2019 DG's 5K Challenge is closing!

Prospective entrants are reminded to sign up using the Cayman Active website www.caymanactive.com/dg5k before Friday, 27 September at 5 p.m.

T-shirts and race bibs can be collected from the Government Administration Building on Thursday, 26 September and Friday, 27 September from 9 a.m. to 6 p.m.

Remember, the DG's 5K Challenge is committed to promoting a more sustainable Cayman Islands. **Please bring your own water bottle** to the event (water will be provided).

The beneficiaries for this year's event will be: the Cayman Islands Crisis Centre (CICC), the Special Needs Foundation Cayman (SNFC) and the Alex Pantton Foundation.



For more details, please follow the DG's 5K Challenge Facebook page at <https://www.facebook.com/DG5KChallenge/> and remember to use the hashtag #DG5KChallenge2019 in all your photos.

We look forward to seeing you on the start line at 6:30 a.m. on Sunday! 🌐

HSA alerts public of low-levels of contamination in ranitidine

The US Food and Drug Administration (FDA) has issued a statement regarding the safety of the drug ranitidine (Zantac®) after the detection of low-levels of contamination.

The FDA and several health regulatory bodies including the Health Canada and the European Medicines Agency are conducting an evaluation on this matter.

The Cayman Islands Health Services Authority (HSA) is aware of the issue and is closely monitoring the evaluation. Once the aforementioned agencies release more information, the HSA will provide an



update. In the meantime, the organization is recommending that patients continue taking their ranitidine as prescribed. 🌐

Joint Statement from DEH and DOT on Behalf of the Hotel Licensing Board

On behalf of the Hotel Licensing Board (HLB), specifically the Departments of Environmental Health and Tourism who manage the health, safety and sanitation inspection process collaboratively.

As a result of tourism partner consultation, an official grace period is now in effect to support the compliance of pool safety requirements for licensed tourism accommodation properties. This grace period will be available until Thursday, 30 April 2020.

This temporary deferment has been approved to allow all licensed accommodations properties that have a pool

on-site to install a mandatory emergency shut off valve to all pools. Tourism properties that have been found to require additional pool safety upgrades as per the Public Health Law (2002 revision) Part III, will receive communication directly from the HLB on the newly established inspections requirements.

The Hotel Licensing Board encourages all tourism properties to submit official applications for the inspection season, which began in May 2019.

For queries email: hlbsecretariat@caymanislands.ky 🌐



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Speaker Bush Elected to Global CPA Executive

House Speaker, Hon. McKeeva Bush, OBE, JP, MLA, has been elected the Deputy Chair of the CPA Small Branches Executive Council of the Commonwealth Parliamentary Association (CPA) and will represent all small countries in the world body in this forum.

Speaker Bush is currently attending the 64th Commonwealth Parliamentary Conference attended by representatives of 53 Commonwealth countries at Kampala, Uganda from 22 to 29 September 2019.

The conference is hosted by the Commonwealth Parliamentary Association (CPA) and the Ugandan Parliament, notably its Speaker Rt. Hon. Rebecca Kadaga, who is the current CPA President. The main conference theme this year is 'Adaption, engagement, and evolution of parliaments in a rapidly changing Commonwealth'.

The 7th CPA Small Branches Conference is being held on 23-24 September 2019 as part of the main meet, centered around the main conference theme.

As an executive member, Speaker Bush will be engaged in highlighting the CPA Small Branches' issues and challenges in the CPA's activities. Another objective of the executive is to boost the current network for the CPA Small Branches by sharing knowledge and creating greater opportunities for parliamentary strengthening and cooperation across the network.



► Cayman Islands Legislative Assembly Speaker, Hon. McKeeva Bush, OBE, JP, MLA (third from left) has been elected the Deputy Chairman of the CPA Small Branches Executive Council at the conference underway in Kampala, Uganda. He is seen here with other members of the council. (Photo: Supplied)

CIFEC Careers Fair attracts 100 students

... Continued story from page A1

these students in work places. Thus the Career Fair today."

Ms Stewart said that in addition to the 40 companies represented in the CIFEC Common Room, there were an additional 60 companies taking part in the programme. "Its been an awesome partnership with the community and we are really grateful of the help they have given us," she said.

Jarod Wilson, Senior HR Representative at Appleby was joined by Tabias Bush, a former CIFEC student and intern who shone so brightly Appleby gave him a permanent job. "We come here year after year," Mr. Wilson said, "I think it's really important for the kids to get some work experience. Every year we take on a number of interns from CIFEC, and last year we took on five students from here. Some work in IT, some in HR, some work in finance, some work in compli-



► Outside, there were opportunities for future car mechanics



► Cayman Turtle Centre

ance, and then we have some working in the operations team as well.

Mr. Bush was clearly pleased by his success since joining the company: "I've been full-time for over four years now," as a business administrator. It's been good. I was an archive clerk at first, and I got promoted recently.

Samantha Dilbert, a 16-year-old CIFEC student, said "I am looking for jobs or careers in graphic designing and maybe something in writing. So far today I have talked to the National Gallery, the Reef Resort, and the Marriott Beach Resort," she likes art, but is also interested in a job in the Hospitality industry, she said. Her friend, Denoia McLean Ebanks, had just finished talking to representatives of the Ritz - Carlton Hotel. Like Samantha, Denoia loves art most of all, but doesn't feel she can necessarily make a career as an artist. "I signed up for the Kirk Market, National Gallery, and other hotels - I gave them my resume, told them all about myself, answered their questions and asked their questions, and wrote down anything they wanted me to write down. I like hospitality, I like to serve people and be good to people, so I thought

the hotels would be a good choice for me so I was just looking around to see which one would be the best choice.

The Cayman Turtle Centre had a booth, too. The Centre usually takes on several interns a year. Managing Director Tim Adam said: "Cayman Turtle Centre is very keen on continuing to develop people. We have achieved a situation

where, with a total of 104 staff, we only have three on work permits. Bearing that in mind, we only achieve that by finding and by continuing to develop local people. The CIFEC Career fair is an excellent way that young people, who are considering their career choice, can see some of the jobs that we have available," he said.



► The Public Works Department take on interns and apprentices



► Outside, there were opportunities for future car mechanics



Labour Force Survey 2019 & Pilot for Census 2020
Starting Sunday, 29th September 2019

The 2019 Fall Labour Force Survey (LFS) & Pilot for Census 2020 will be conducted by the Economics and Statistics Office (ESO) starting Sunday, 29th September 2019.

The LFS collects data on the employed and unemployed persons, as well as those who are not in the labour force. The pilot for census 2020 will be used to test the census questionnaire prior to its finalisation.

Trained interviewers, with identification cards from the ESO will visit 1,500 randomly selected households in all districts.

The interviews are confidential in accordance with the Statistics Law (2016 Revision). No individual data will be published or disclosed. Survey data are exempt from Freedom of Information requests.



For further information on any aspect of the survey, please contact the ESO hotline 516-3329.

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► (L-R) Matthew Wight, Hon. Minister Joseph (Joey) Hew, His Excellency Governor Martyn Roper, Andreas Ove Ugland, Nickolai M. Ugland



► Harbour Place Parkade with Solar Panel Installation

UGLAND PROPERTIES OPENS 556 PANEL SOLAR ARRAY IN GEORGE TOWN

... Continued story from page A1

ergy sources to limit our carbon emissions on the island and are pleased to announce the installation of a 10,395 sq ft Solar Array on the rooftop of the Harbour Place parkade in George Town. The Array will feature approximately 556 Panasonic panels providing covered parking for our tenants, and 355mWhs (megawatt) of electricity generated from renewable sources." said Andreas Ove Ugland.

The hurricane rated solar array, built by the NCB Group will be capable of generating 355mWhs (megawatt) of electricity per year which equates to a reduction of 235 tons of CO2 emissions per annum. The benefits to incorporating solar energy in an overall energy strategy are not only substantial for business and home owners, but also for the environment.

"NCB Group is extremely proud to be a part of this innovative solar installation on the roof top of Harbour Place," states Matthew Wight, Managing Director of NCB Group. "The Harbour Place system

will provide significant cost reductions, energy cost predictability, and sustainability gains in addition to reducing the dependence on grid electricity. We applaud Ugland Properties for this shared commitment to Cayman's future and helping to reduce our carbon footprint."

Business Development Executive, Nickolai M. Ugland added, "Along with switching to low energy devices, sustainable landscaping, and recycling with external service providers, the companies will continue to explore and implement further improvements to limit carbon emissions. In addition to the environmental benefits, which are of increasing importance, we are committed to continually investing in, and improving, our office campus in George Town."

To complement this installation, Ugland Properties will be testing the demand for Electric Vehicle Charging stations by installing several stations for tenant use, a number which will be increased should demand require it.

"We want to commend Ugland Properties and the NCB Group on this bold



initiative. Improving energy security is important to our Islands and so it is a positive step forward when we have stakeholders, such as the private sector, making these types of investment. This project aligns well with our National Energy Policy which calls for us to increase the usage of renewable energy from 0.9% to 70% by 2037," states Hon. Joey Hew,

Minister of Commerce, Planning and Infrastructure."

"We would like to give a special thank you to Matthew Wight, Steven Schiffbauer, and the NCB team for their outstanding planning and attention to detail during the entire project, and we look forward to working with them in the future" concluded Nickolai

Miss. Ramoutte Chattoor remembered

By Shakir Khan

On Sunday 22nd, September, residents, well-wishers, present and past students of the Layman E Scott Senior High School, turned out in their numbers at the Aston Rutty Center, to be a part of the historic, Thanksgiving Service," for former teacher, MISS. RAMOUTTE CHATTOOR.

Deputy District Commissioner, Mr. Mark Tibbetts got proceedings underway by giving a hearty welcome to all especially her family who came in from Trinidad, as well as, the United States. "Today, we celebrate Ramo's life and stewardship and trust that we will all remember her sterling and professional work."

Prayer was given by V.P. Ms. Sharon Austin and was followed by the tribute from Education Minister, Hon. Juliana O'Connor Connolly. It was read by Mrs. Tammy Hopkins, Chief Education Officer.

"We have lost a truly dedicated and committed teacher. Ramo's work was one of true professionalism and commitment. Her total dedication to ensuring the success of her students was an

admirable feature of her teaching career. She will be sorely missed."

Acting S.S.I.O for the Sister Islands and former principal of the high school, Mr. Adrian Jones then gave his tribute. "I am honoured to stand before all today to speak on behalf of my staff and myself about Ramo," he said. "Her dedication to the job was unsurpassed. To get the best from the students, she developed a loving relationship often punctuated with great discipline. Ramo was well loved by all her students. In order to ensure the students were well prepared she frequently stayed late and even turned up on weekends. Her distinctive feature of teaching was her total commitment to the task. That is true dedication and love. Her 22 years of distinguished service to the school and community will be unforgettable."

Mrs. Neila Jones then gave a moving rendition of the song, " Many Things About Tomorrow."

Following her presentation, Lion Yvette Gayle, MJF, a colleague of Ramo made her presentation. "Ramo was an unassuming yet peaceful, loving, trustworthy colleague and member of this club. She joined us in 2006 and served



► Miss Chattoor's family courtesy of Kevin Stewart

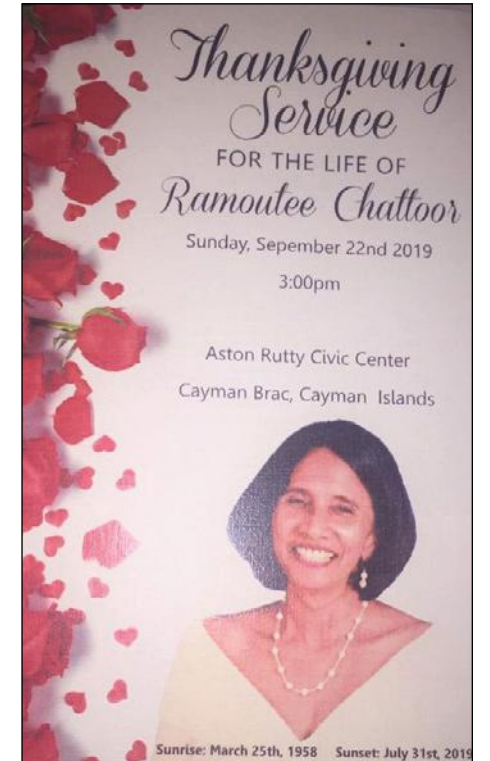
in various capacities. She was renowned for her incomparable delicacies, especially those marvellous cupcakes and banana bread. She spared no expense to add decor to any event. A true Gem indeed."

Saxophonist Mr. Junior Hines gave an emotional rendition entitled, " How Beautiful."

Deomattee Harrysingh, her eldest sister then presented Ramo's life story.

Her commencement was emotional with tears flowing and choking regularly as she spoke. Many in the audience broke down during her great story. "Ramo is the 7th child of 8 siblings. Today we are now 6, having lost my only brother a couple years ago. . My greatest treasure is the bod that we had. In the midst of her trying time, we hoped for the impossible. It was not to be. Ramo just loved to cook and bake. She loved what she did and teaching was her passion. She spoke highly of the students, colleagues and the community. Here was home. Her life was one of true professionalism. She lived by the great creed , never to take from others but forever giving to them. Thank you all for the love you gave her."

Sister, Rajwantee Bullock, then brought gratitude on behalf of the family. "We are truly humbled by this ceremony. We have heard so much wonderful things about this island and today is



a true reflection of it. Special thanks to Lions Club and the High School for this wonderful occasion. We have only one life to live and it must be one of value, as long as we value the lives of others. This was Ramo's motto. We also extend gratitude to the government for being a part of this ceremony. Ramo gave off her best to this island. Thank you all so much for celebrating the life of our dear sister. May God bless you all."

After the closing remarks by the Deputy Commissioner, Mrs. Neila Jones closed off in prayer for the family. As attendees exited the auditorium they took time to stop and express their love towards them.





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Robotic surgery pioneer warns of increase in throat cancer

... Continued story from page A1

to perform operations in places of the human body that are otherwise very difficult to access. Robotic surgery has enabled him to operate on cancers of the head and neck, which is his specialty. He was recently sharing medical information at a cancer conference in the Cayman Islands, and Dr. Perez-Mitchell believes that some of this information was important to share with the general public, because it involves way to prevent the spread of human papillomavirus; a virus which has a direct relationship with cancers of the throat.

"We are seeing these types of cancer of the throat more and more in younger patients. 20 years ago we used to see these type of cancers was almost exclusively in an older population of smokers



and drinkers. That has changed 180 degrees," he said. "People catch it by engaging in oral sex. That is why we have some strong campaigns, at least in the United States, for vaccination against this virus. The vaccine covers nine different strains of the virus. One of the strains that it covers is Strain 16, and if you get infected with this particular strain then your chances of developing cancer of the throat increases thirty fold."

The good news is that the vaccine is available, and effective against the spread of the main cancer-causing strain of the papillomavirus. "If everyone gets vaccinated, we should see this cancer disappearing," he said. The bad news is that not enough people know about the dangers of engaging in oral sex, and not enough people know about the availability of the vaccine, either.

But it isn't solely transmitted through oral sex: "The reality is you can sometimes get the virus by French-kissing, too," he explained. "It's very virulent - that means it is very easy to transmit," he said. Dr. Mitchell Perez wants to spread the good news about the vaccine, and the bad news about the dangers of the cancer the virus can cause.

Talking about his career in the field of robotic surgery, Dr. Perez-Mitchell said

that after he graduated from medical school in 2001, Dr. Perez Mitchel who is now based in South Florida and part of the Memorial Healthcare System sought more specialist training in the area of the ear, nose and throat. "My biggest breakthrough was being in the right place at the right time," he said. "When I was in the University of Pennsylvania, I was fortunate enough to be trained by Dr. Gregory Weinstein who was the inventor of a robotic technique, called Trans-Oral Robotic Surgery. That technique became approved by the FDA in December of 2009."

Robotic surgery not only makes surgery of the throat and neck easier and more practical, it also comes with the benefit of not being so intrusive or traumatic. Before, surgery in this area of the body involved cutting the lower lip, and an extensive area of the lower jaw to gain access to the affected area. "That's a longer surgery where patients spend more time in the hospital, and the patients wind up with a feeding tube and a tracheostomy tube, The surgery was extremely morbid, mutilating I could say," he said. The new robotic system is called the Davinci Robot, and the relative ease which the technique provides makes the recovery time much quicker. "It has three components. One of them



is like a consul, as if you were playing a video game. Then there is another device - which is called the patients cart, which has tentacles. It has different arms, and each arm is capable of receiving a specific instrument," he said. One of the arms contains a camera, so that the surgeon can see the operation. "Our advantage is we have a means of accessing the cancer through the mouth. The access is pretty rapid, and it is there for us." He said.

Excellence in Teaching STEM Award Winners Receive Professional Development and Grants for School Supplies

Held in May, the inaugural Dart Minds Inspired Awards for Excellence in Teaching STEM (<https://mindsinspired.ky/events/stem-teacher-award>) recognised Von Ryan Abrantes of St. Ignatius Catholic School and Lune Vermeire, previously of Island Montessori, for their outstanding work in teaching science, technology, engineering and mathematics - collectively known as STEM.



► Lune Vermeire, the 2019 Excellence in Teaching STEM Award primary school recipient, gets young students interested in science with hands on projects

As part of their awards, Abrantes and Vermeire each received a grant to attend a STEM related professional development course of their choice, a US\$3,000 grant for their schools to enhance their STEM educational resources, and a cash award of US\$1,000.

The professional development grant enabled high school teacher Abrantes

to apply for a week-long science and engineering programme at the Massachusetts Institute of Technology (MIT) held in July. Abrantes was one of 50 STEM teachers from around the world accepted into the programme which focused on how to use and design games and simulations in classrooms to support systems learning and computational literacy. Abrantes was chosen for his outstanding efforts to promote STEM participation at St. Ignatius Catholic School through programmes such as First Robotics, Minds Inspired SeaPerch Challenge and the STEM Club.

To further support the process of using of games and simulations that he learned at MIT, Abrantes requested that the US\$3,000 grant for St. Ignatius be spent on REV robotics kits; handheld buzzers for quiz challenges; and additional tools that will ensure a modern and creative learning environment, and allow for smoother participation from his students in Seapsearch and Robotics programmes.

Vermeire, winner of the elementary school category, was chosen for her ability to make STEM learning fun and engaging for young students. She will attend the National Science Teachers Association (NSTA) national conference on science education in Salt Lake City, Utah, next month. A former marine biologist and one of the founders of The Ritz-Carlton, Grand Cayman's Ambassador of the Environment programme, Vermeire continues to make conservation a central pillar of her teaching style and this conference will allow her to hear from experts in science education and collaborate with science education leaders and peers.

Island Montessori, where Vermeire was a teacher during the award selec-

tion process, used the US\$3,000 grant to enhance their classes that follow the National Curriculum of England with life and physical science equipment, hands on and visual material for mathematics classes, and equipment for their garden so students can grow their own food while learning about local plants. Vermeire is now a teacher at Cayman International School.

The inaugural Award for Excellence in Teaching STEM was launched in 2018 to recognise and celebrate exemplary teachers in the fields of STEM in the Cayman Islands. Dart wanted to acknowledge teachers who make a significant difference in the lives of students by providing excellent STEM content and

... Continued story on page A6



► Lune Vermeire accepts the primary school 2019 Excellence in Teaching STEM Award from Dart Education Programmes Senior Manager Glenda McTaggart



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4 Ways to Size-Up Your Competition's Digital Marketing

To remain competitive in today's bustling travel industry and continue to grow and evolve at the same time, businesses must digitally transform in both new and incremental ways. For new ideas, engage in a digital competitive analysis to find out how the competition is positioned in the digital ecosystem. The findings may complement your existing plans or give confidence in your current choices.

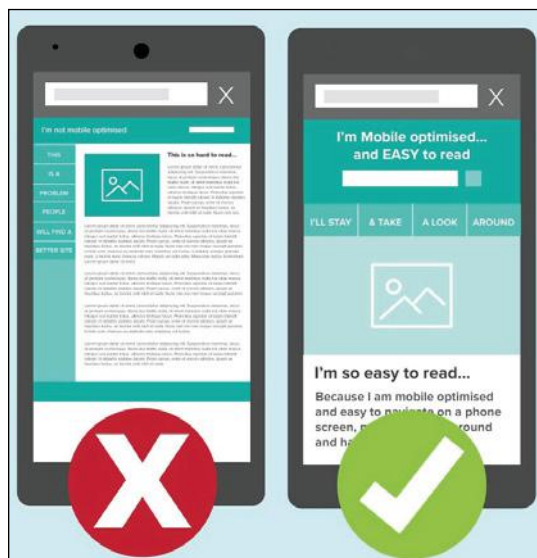
Choose three to five of your fiercest competitors in the market to keep the process focused. Lend a keen eye to your own strategies so you know where you can improve and what you need to keep doing to succeed.

Your Rivals' Websites

Ask yourself when reviewing competitor websites: Is the website modern? Is the site mobile friendly? Is the website optimized for search?

Is the website modern?

Did you know that at least 38% of people will stop engaging with a website if the content or layout is unattractive? It is important that the site design is up to date with current trends. The images should be stunning and high quality. Review the content on the website as well – potential guests will leave



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META DESCRIPTION	Discover Hilton Aruba Caribbean Resort & Casino. Enjoy a luxurious beachfront spa, pools, fine dining and watersports. Perfect for weddings and vacations. Rooms & Suites - Dining - Offers - Explore

if they have a bad experience with outdated information including links that go to old or broken pages, out of season content like a 'spring sale' in November and more.

Is the site mobile friendly?

When it comes to search results, Google prefers mobile-friendly websites. As of July 1, 2019, they announced mobile-friendly websites will be prioritized in search results. Appearing on Google Search results has a direct tie with revenue, so make sure your site is easy to use for potential guests or customers looking at your website on their phone. You can test the mobile-friendliness of your site and those of your competitors with Google's Test My Site Tool.

Is the website optimized for search?

AUDIT ON-PAGE SEO FACTORS

First, look at your competitor's on-page SEO factors. The "Page Title" or "Title" of your business's home page is one of the most important elements as it contains the primary keyword for the page. This is the main headline potential guests see in Google Search results. The meta description is the text in search results that describes the page you are going to and gives users reasons to click over to it. We've included an example of a page title and meta description.

Run a simple on-page SEO audit for yourself and your competitors: Is there a page title? Is the title relevant and up-to-date? Is there a meta description? Is the meta description enticing with a call-to-action? Are there descriptive headers on pages? Install tools like the MozBar browser extension or SEO Quake to easily see these elements.

PAGE SPEED

It is fine if a website looks fancy with amazing videos and grandiose images, but how fast does it load? Google says 53% of mobile site visits leave a page that takes longer than three seconds to load. This is revenue you can't afford to lose. Investigate the page speed of your site and your competitors with easy to use and free tools such as Google's Page Speed Insights, GT Metrix, or Pingdom. These tools will provide you with different actions you can take to improve page speed.

Social Media Competitor Audit

A strong social media presence is important for the five stages of travel, (dreaming, planning, booking, the experience, and sharing moments). Research released this year says more than half of 18-65 year-olds booked their holidays based on Instagram posts.

To easily size up the social media strategies of the competition check to see: What social badges are listed on their website? (Instagram, Facebook, Twitter, Snapchat, Pinterest, etc.) Are they active on those social channels (i.e. Posting a few times a week)? How many followers do they have? Are those followers engaged, liking, and commenting on posts? After visiting the competitor website, are you now served with ads on Facebook or Instagram? This means there is a dedicated Facebook remarketing campaign.

Who is winning at reputation management?

Look at these factors to see how your business stacks up: What is the TripAdvisor ranking? What is the Google star rating? Is the competition responding to reviews on TripAdvisor and Google? Are they encouraging reviews with social badges like TripAdvisor on their site?

Does the business have a Blog?

Any business focusing on digital marketing should invest on a blog, since this



► Brooke Meyer is the managing partner of Caymera International

is the perfect way to publicize topics related to the services it provides.

Put Your Detective Work to Action

Looking at the competition is important and a great way to stay in the know on marketing trends. As you review your initiatives and those of your competitors, keep tabs on where you can improve and put those items into action. You might discover you could really bolster your social media presence because rival businesses have a lot more engagement. On the other hand, maybe your team is awesome at responding to reviews compared to competitors, assuring your team that you are using those resources wisely.

Email us for a free Digital Competitive Analysis Template. Or if you would like us to complete a competitor audit for you, reach out to us for help!

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. Visit Caymera at www.caymeragroup.com or email info@caymeragroup.com.

Appointments to Commissions

His Excellency the Governor, Martyn Roper, OBE is pleased to announce various appointments to the Anti-Corruption Commission, Civil Service Appeals Commission, Human Rights Commission, and the Judicial and Legal Service Commission.

Members Sophia Harris and Kadi Pentney have been re-appointed to the Anti-Corruption Commission for a further three years, following the expiration of their initial appointment on 15 August 2019. Mrs. Harris and Mrs. Pentney serve on the Anti-Corruption Commission under the Chairmanship of Richard Coles and along with Members Tim Ridley and Kendrick Hall.

Huw Moses, OBE has been appointed as Chairman of the Civil Service Appeals Commission effective 4 March 2019 for a three year term. Kimbert Solomon and Jennifer Skinner were appointed Members of the Civil Service Appeals Commission, each for a three year term, effective 16 and 20 September 2019 respectively. They join existing Members Stacey Vandeveld, Vicki Hulse, and Shomari Scott.

Dale Crowley has been appointed Chairman of the Human Rights Commission effective 18 September for a three year term. He joins existing Members Reverend Yvette Noble-Bloomfield, Joni Kirkconnell, and Dorothy Scott.



► Sophia-Ann Harris



► Kadi Pentney

Finally, the tenure of Ormond Williams, as Chairman of the Judicial and Legal Services Commission, has been extended from 1 August 2019 through to 31 December 2019.

"I wish to publicly thank those newly appointed persons, existing Chairs and Members, as well as those who have previously served in these capacities, for their commitment, time, and dedication to enhancing transparency and democracy within our civil service" said His Excellency. "The work of these Commissions is of the utmost importance to the good governance of our Islands and is fully supported by my office" he continued.

In the near future His Excellency intends on appointing further persons to serve as Members on the Civil Service Appeals Commission, Constitutional Commission, Human Rights Commission, and the Judicial and Legal Services Commission. Earlier this year, His Excellency began accepting ongoing expressions of interest from members of the public for consideration of appointment on these and other Commissions supported by the Commissions Secretariat. "I continue to encourage long-standing members of the community to express their interest via the Commissions Secretariat for consideration of appointment in order to support the very important work of these Commissions."

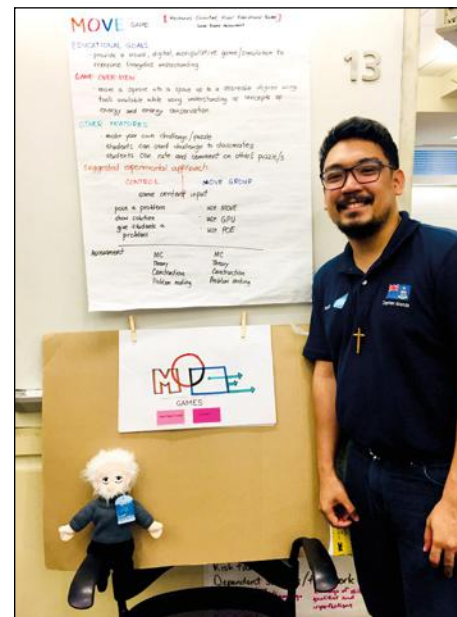
Excellence in Teaching STEM Award Winners Receive Professional Development and Grants for School Supplies

... Continued story from page A5

inspire a passion for STEM beyond the classroom and into the future.

Minds Inspired's focus on STEM is grounded in the Dart family's legacy of supporting education and the belief that these subjects are essential for success in and beyond the classroom. Dart has translated this belief in the power of education into exciting programmes, initiatives and work experience through Minds Inspired, Cayman's pre-eminent local scholarship programme Dart Scholar, and by supporting other local initiatives including the Chamber of Commerce Golden Apple Awards of which Dart is a proud sponsor.

Nominations for the 2020 Excellence in Teaching STEM Awards will open 1 October, 2019 and close 1 February, 2020. For more information, visit mindsinspired.ky.



► Von Ryan Abrantes, the 2019 Excellence in Teaching STEM Award high school recipient, presenting a prototype digital game that he created during his course professional development course at MIT



► Von Ryan Abrantes accepts the high school 2019 Excellence in Teaching STEM Award from Dart Education Programmes Senior Manager Glenda McTaggart

CIFS Career Development Builds Momentum

Over the past two years, the Cayman Islands Fire Service (CIFS) has been on a journey towards becoming a world class uniformed service.

A large component of this has been its continued commitment to developing a talent strategy and offering continuous professional development opportunities to those fire officers wanting to progress within the service.

Coaching and training sessions have been scheduled throughout the last 18 months and were available to all officers interested. Local company, RESOLVE created a comprehensive training programme consisting of sessions dedicated to the assessment and evaluation of officers' readiness to take on greater responsibility, followed by leadership training.

Since the CIFS began offering this training opportunity, RESOLVE has conducted one-on-one interviews with 56 officers who volunteered to be assessed for their individual development needs.

In addition, individual professional coaching was offered to all interested officers. A total of 34 officers have taken part in 48 hours of individual coaching since the initiative began. An important part of the programme also consisted of eight team building workshops including 118 officers designed to strengthen the unified team.

A tailored communications programme was also developed and conducted by the Ministry with 58 officers trained to date. This programme focused specifically on officers applying for promotions and dealt with topics such as creating first impressions, effective presentations and interviewing skills.

Following this training and increased leadership capabilities across the agency, CIFS has been able to promote six officers to higher ranking positions, including Deputy Chief Fire Officers and Divisional Managers since the programme began. After their appointment, the three Deputies received 12 hours of collective leadership training and three hours of individual coaching designed to accelerate their performance in their new leadership roles.

"The Ministry will continue to fully support the CIFS throughout the development and implementation of this initiative. Our goal is to help retain and develop the talented pool of fire officers we currently have within the service, and provide whatever support we can to see them reach their full potential," Chief Officer, Dr. Dax Basdeo, explained.

"Most vital to us is ensuring we fill the roles with the most qualified persons, as we work towards developing a world class uniformed service. We aim to create a robust continuous learning



► (L-R) Deputy Chief Fire Officer, Mr. Brevon Elliott, Deputy Chief Fire Officer, Ms Tina Ebanks, Chief Fire Officer, Mr. Paul Walker and Deputy Chief Fire Officer, Mr. Roy Charlton

environment to support officers in their pursuit of career advancement and excellence," he continued.

To facilitate this, the recently appointed Deputy Chief Fire Officers have developed Role Maps for each uniformed position within the Fire Service which outline a clear pathway for officers who want to advance from one rank to the next.

Having just completed six months in their new roles, the Deputies are using this recent experience, together with feedback received from the various assessments and coaching that they have undergone in the past 12-18 months, to finalise their professional development plans for the year ahead.

Interim Chief Fire Officer Paul Walker, a highly qualified senior manager who was awarded the Queen's Fire Service Medal (QFSM) for his years of service to fire and rescue in the 2018 New Year Honours list and just completed a five-year term with the Cornwall Fire Service, will be drawing on his 30 years of experience to provide support and guidance to the Deputies over the next 12 months.

Mr. Walker will support them as they fully execute all of the duties and responsibilities of their roles while pursuing further professional development and qualifications that will enable them to meet the requirements of the role of Chief Fire Officer.

Further training is still to be offered as the strategy continues, including transformational coaching sessions and culture workshops.

"It is extremely encouraging to see how the expanded opportunities for professional development have been embraced by officers in the Fire Service. It shows their dedication to the Fire Service, the country and their willingness to advance their leadership skills," Chief Officer Basdeo said.

Deputy Governor, Hon. Franz Mander-son echoed these sentiments: "Developing exceptional leadership and retaining our highly talented fire officers is an essential part of our journey towards becoming a world class fire service. I commend our fire officers for taking charge of their own careers by taking advantage of training and coaching opportunities available to them."



► (L-R) Deputy Chief Fire Officer, Mr. Brevon Elliott, Deputy Chief Fire Officer, Mr. Roy Charlton, Chief Fire Officer, Mr. Paul Walker and Deputy Chief Fire Officer, Ms Tina Ebanks

Tertiary Level Teaching in the Digital Age

The digital age is characterized by knowledge explosion and accessibility. At no other time in the history of mankind have students had so much information - now at the click of their buttons. Today, for the interested student, it is knowledge management rather than knowledge transmission that is required many experts now say.

The Conference Board of Canada summarizes the 'Employability Skills' required in this digital age. Communication skills are needed. In addition to the traditional communication skills of reading, speaking and writing coherently and clearly, the Board adds social media communication skills.

The ability to learn independently, that is the student taking responsibility for working out what she needs to know, and where to find that knowledge is also important because the knowledge-base is constantly changing. Ethics and responsibility, says the Board, is required to build trust which is 'Needed in informal social network but critical in a world where there are many different players, and a greater degree of reliance on others to accomplish one's own goals.'

Teamwork and flexibility is another crucial skill needed now as 'Knowledge workers need to know how to work collaboratively, virtually and at a distance, with colleagues, clients and partners. The 'pooling' of collective knowledge, problem-solving and implementation requires good teamwork and flexibility in taking on tasks or solving problems that may be outside a narrow job definition but necessary for success.'

W. Tony Bates, writing on the subject of teaching in the Digital Age explains that thinking skills, 'Meaning critical thinking, problem-solving, creativity, originality, strategizing are, perhaps, the most important skills needed in a knowledge-based society as businesses increasingly depend on the creation of new products,

new services and new processes to keep down costs and increase competitiveness. Because most knowledge-based activities depend heavily on the use of technology, digital skills are critical especially when integrated with and evaluated through the knowledge-base of the subject area.'

Many observers point out that knowledge management is perhaps the most over-arching of all the skills. Bates says that 'Knowledge is not only rapidly changing with new research, new developments, and rapid dissemination of ideas and practices over the Internet, but the sources of information are increasing, with a great deal of variability in the reliability or validity of the information. Thus the knowledge that an engineer learns at university can quickly become obsolete. There is so much information now in the health area that it is impossible for a medical student to master all drug treatments, medical procedures and emerging science such as genetic engineering, even within an eight year program. The key skill in a knowledge-based society is knowledge management: how to find, evaluate, analyze, apply and disseminate information, within a particular context.'

This is a skill that graduates will need to employ long after graduation.

I agree with those who contend that the development of these skills requires a fundamental and irreversible shift in teaching and learning strategies.

The focus must be less on information transmission and more on questioning, exploration of ideas, presentation of alternative viewpoints, and the development of critical or original thinking as these are the very skills needed by students in a knowledge-based society.

In this respect, the lecture approach, though it has some continuing utility, is largely irrelevant to the digital age. The lecture approach, consistent

with structured classrooms which were creatures of the industrial age, was birthed when books were few and knowledge confined and held at premium value because of its scarcity. But the truth is that most current students cannot bear lectures beyond 20 minutes even with the most dramatic and interesting styles of presentation. The challenge is to use lectures sparingly to begin a course, to focus on key concepts, for summative reasons and so on as students are expecting lectures especially to keep them focused and to explain knotty concepts.

With information available quickly and in huge volumes, the focus must be on how to manage knowledge, not how to give it; on dialogue and discussion and 'practical, person-

al and social skills' and not on that method, 'the lecture' which in Latin means 'reading'.

So with the necessary downgrade or reform of the 'lecture approach' the facilitator must provide more student oriented methods such as project, case and problem-based learning, collaborative learning, inquiry-based learning, seminars and tutorials. The research says that these methods require much more frequent interaction with students and are much more likely to develop deeper forms of learning.

It is also believed that these methods allow for deeper levels of assessment based on analysis, synthesis, comparison and evaluation rather than on testing for memory-based information.



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

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COMMUNITY EVENTS

September Cayman Islands Healthcare Conference

26 - 28 September - The 2019 Cayman Islands Healthcare Conference is celebrating its 10th year and will be holding their conference at the Ritz Carlton. The theme for this year's conference is 'Innovating the Future of Healthcare: Building on a decade of progress'. Topics will be relevant to a wide range of attendees, including the medical community, small/medium business owners, parents, human resource managers, insurance companies, fitness and wellness professionals, and any of the general public interested in their health. Visit www.healthcareconference.ky; email natalie@kellyholding.com or call 345-623-8826 for more information.

Understanding Wireless Technology

27 September - The George Town Public Library is hosting a semi-

nar and mini expo on Understanding Wireless Technology on Friday 27 Sept at 1pm. Register by emailing libraryprogrammes@gov.ky or by calling 949.5159.

Brac Heritage Autumn Festival 2019

27 - 29 September - The Brac Heritage Autumn Festival 2019 'Goodbye Summer, Hello Autumn' is on Friday 27 Sept at 6pm at Walton's Mango Manor where there will be a special poetry reading. On Saturday 28 Sept, there will be a Heritage Day event from 11am to 4pm at Heritage House. On Sunday 29 Sept, there will be an Old-Fashioned Evangelistic Service at the Church of God Holiness in Spot Bay at 6pm. Call 917 - 7718 for more information.

Literacy Day

28 September - Literacy Day - hosted by Rotary Club of Cayman Brac - will be held on September 28th from 930am to 12pm at the Cayman Brac Library. Call 948 - 0472 or email caymanbrac@caymanlibraries.com for more information.

Indoor Volleyball Referee Clinic

28 September - Calling all aspiring referees! Are you interested in becoming a volleyball referee? Then, join a training session on Saturday, September 28th, starting at 3pm. No experience necessary. For more information, contact the Cayman Islands Volleyball Federation at vp@civf.ky.

The DG's 5K Challenge

29 September - The DG's 5K Challenge is an annual walk/run event led by Deputy Governor Hon. Franz Manderson, bringing together civil servants, private sector employees and members of the general public in a fitness and fundraising challenge. This is part of the Deputy Governor's vision to have a healthier, more active and more socially engaged civil service, while benefitting charitable organisations and initiatives in the Cayman Islands. The beneficiaries this year will be: the Cayman Islands Crisis Centre (CICC), the Special Needs Foundation Cayman (SNFC) and the Alex Panton Foundation. Need more information? Email dg5k@gov.ky or call 244-3609.

World Heart Day

29 September - World Heart Day - created by the World Heart Foundation - takes place on 29 September every year and is a chance for people across the globe to take part in the world's biggest intervention against cardiovascular disease (CVD). CVD, including heart disease and stroke, is the world's leading cause of death claiming 17.5 million lives each year. Individuals can learn how to prevent and control CVD.

World Heart Day encourages us all to reduce our cardiovascular risk and promotes a heart-healthy planet for those around us. Wear red at Camana Bay on 29th, to light the sky red in honour of World Heart Day.

Open Call for Artists

Ends 30 September - The National Gallery of the Cayman Islands is currently developing an exhibition project that seeks to examine and bring to the fore the vital role women played in Caymanian society from the 1800's through to the mid-20th century. Artists

are invited to submit photos of work (or work concept drawings/photos), with an accompanying artist's statement relating the work to the exhibition synopsis. For more information, visit the website <https://www.nationalgallery.org.ky/whats-on/events/open-call-for-artists/> call 345-945-8111 or email info@nationalgallery.org.ky.

October Cayman Arts Festival presents Martin Roscoe - the piano concert

3 October - Martin Roscoe is unarguably one of the UK's best loved pianists. His career has spanned over four decades and he is renowned for his versatility at the keyboard, and concerto, recital and chamber performances. You can see him in concert on Thursday October 3, 2019 at the Saint George's Anglican Church. Entrance is USD \$35 for adults and USD \$10 for students. There is also a Family Package for 2 adults and 2 students that costs USD\$75. For more information, call 922 - 5550 or email enquiries@caymanartsfestival.com

Breast Cancer Gala Dinner

5 October - The Breast Cancer Foundation is holding its main fundraising event - the Gala Dinner on Saturday 5 October at the Ritz Carlton from 6pm to 11pm. The keynote guest speaker is Sarah Ferguson, Duchess of York. The Gala Dinner is a fabulous event, a night filled with glamour, fun, auctions - live and silent - great entertainment. Tables available are 10's or 12's, tickets are CI\$350 which covers a three-course meal and wine along with



► The Breast Cancer Foundation is holding its main fundraising event - the Gala Dinner

welcome bubbly. Call 923 - 1135 or 936 - 1135 or email info@breastcancerfoundation.ky for more information.

Soldier Crab Sundays - Crab Racing

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

Traditional Craft Class: Old-Time Caymanian Songs

12 October - The National Trust invites you to come out and to The Mission House on Saturday 12 October from 10am to 12:00pm to learn some good ole time Caymanian songs. Cost is CI\$35.00 for adults and CI\$20 for children. Call (345) 749-1121 or email info@nationaltrust.org.ky for more information. 📍



► Open Call for Artists

What You Need to Know About Adrenal Fatigue

Chances are you have heard of adrenal fatigue, but you may not be quite sure what it is. Understanding this condition is important however, because some experts suggest that 80% of the Western world will be affected by adrenal fatigue at some point in their lives.

The adrenal glands are located above the kidneys and are responsible for secreting more than 50 different hormones that are essential for life. Among these are adrenaline, cortisol, progesterone and testosterone. Because they regulate so many important hormones, their proper function is critical for many functions essential to life such as producing energy, balancing electrolytes and storing fat.

These glands also help you deal with stress. When you are under stress, the adrenal glands engage many different responses in your body to make it easier for you to handle that stress.

But during periods of intense, prolonged stress or chronic illness, the adrenal glands begin functioning below the level needed to maintain health and well-being in the body. They still function but at less than optimal levels. The result is adrenal fatigue.

Symptoms of Adrenal Fatigue

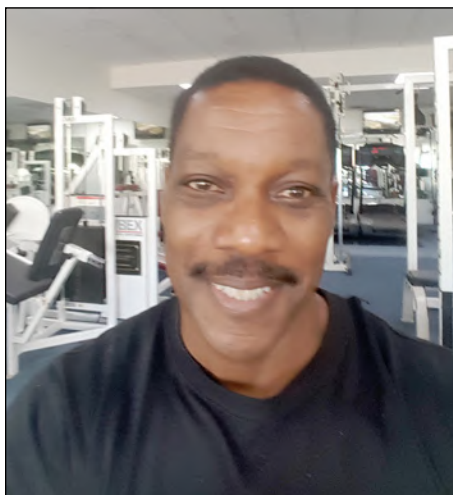
There are some symptoms that are common among people who are suffering from adrenal fatigue. These include:

- Feeling tired for no reason
- Craving salty or sweet snacks
- Morning fatigue
- Mid-afternoon sleepiness
- Increased energy in the late afternoon
- Decreased sex drive
- Mild Depression
- Weight gain, especially around the waist
- Forgetfulness
- Low body temperature

If you are experiencing these symptoms, you may be suffering from adrenal fatigue.

Treatment

Treatment for adrenal fatigue focuses on making changes to your lifestyle and diet. If you have minor adrenal fatigue, you can expect to be better within 6-9 months. Moderate to severe adrenal fatigue can take between 12-24 months to heal, and severe cases can take even longer.



► Ernest Ebanks

Stress: One of the first things you should do is reduce the stress in your life. This may mean clearing your schedule, reworking some relationships or learning time management skills. In order for your adrenal glands to heal, the demands placed on them should be lightened.

Sleep: Sufficient sleep is also important. The main repair work on your adrenal glands takes place between 10 pm and 1 am. If you are prone to late nights, consider training your body to go to bed earlier. It is also a good idea to reduce or eliminate caffeine from your diet in order to help you sleep more soundly.

Exercise: Adrenal fatigue can also be helped by exercise. Exercise regulates cortisol, relieves depression and increases blood flow. Each of these benefits will contribute to your recovery. Try to exercise at least 20 to 30 minutes each day.

Supplements: Finally, adding supplements to your diet can speed healing of adrenal fatigue. Calcium, magnesium, vitamin C, E, and B complex are recommended. Also try to avoid 'junk' food as much as possible. Rather, add plenty of fresh fruits and vegetables to your diet.

If you suspect you are suffering from adrenal fatigue, don't be discouraged. You can start the recovery process by making the above changes to your diet and lifestyle.

Call Ernest Ebanks at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com today and together we will get you started on your healthier lifestyle. Now located in Caymanian Village, two doors down from Island Taste Patties. 📍

NEW TEA CRAZE

Matcha has sky-rocketed in popularity lately with matcha shots, lattes and even desserts are appearing everywhere from health stores to coffee shops. Like green tea, it comes from the Camellia sinensis plant. However, it's grown differently and has a unique nutrient profile.

Farmers grow it by covering the plants for 20-30 days before harvest to avoid the sunlight. This increases the chlorophyll content production, boosts the amino acids content and gives the plant a darker, green hue. From studies, its components have been shown to have unearthed a variety of benefits to protect the liver, increase heart health and even aids weight loss.

ANTI-OXIDANTS - Rich in catechins, a class of plant compounds in tea that acts as natural antioxidants. Just add hot water to the powder and enjoy. The catechins are 137 times greater than in other teas.

LIVER HEALTH - In one study on diabetic rats for 16 weeks, it was found that it helped prevent both kidney and liver damage.

BRAIN FUNCTION - A study with 23 people who performed a series of tests to measure brain performance was

carried out. Some consumed the matcha tea or a bar while others did a placebo bar. Results showed that the matcha group had increased reactive time, attention span and memory. Also, it contains L-Theanine, which alters effects of caffeine, thereby promoting alertness and avoiding energy crash.

CANCER - It's especially high in, "epigallocatechin-3 - gallate - EGCG," which has been shown to have profound anti-cancer properties. In one particular study in a test-tube format, the EGCG in the matcha tea greatly assisted in killing of prostate cancer cells.

So, at your next stop to your health food store ensure MATCHA TEA is in your basket. Enjoy. 📍



A RULING THAT REVERBERATES

By Mike Jarvis, London UK

The constitutional and even political implications of an historic ruling by the British Supreme Court this past Tuesday will continue to echo, reverberate, be debated for years to come.

The British Supreme Court on Tuesday ruled that the country's prime minister had acted unlawfully when he prorogued parliament on September 9th.

In a unanimous decision, the 11 judges of the UK's highest court ruled that the parliament had not even been prorogued (suspended) at all and cleared the way for the immediate resumption of sitting of the House of Commons and the House of Lords.

This development has focused minds across the UK, the Commonwealth, the Overseas Territories, and internationally, on the sovereignty of parliament, the separation of powers and how the centuries-old British parliamentary democracy - the celebrated 'mother of all parliaments' - works.

It stemmed from a court challenge of a controversial move by Prime Minister Johnson, in the midst of a parliamentary and constitutional uproar over Brexit, to prorogue (suspend) parliament.

Mr Johnson had declared that his decision was to facilitate the annual Queen's Speech ceremony in which the sitting government sets out its legislative agenda for the next year.

But his parliamentary opponents, some within his own (currently minority) ruling Conservative Party, as well as private citizens, questioned his real motives.

They argued all the way to the Supreme Court after an initial legal defeat, that Mr Johnson's act was a blatant attempt at stifling parliamentary scrutiny over critical aspects of his Brexit policy at a particularly critical time.

The Speaker of the House of Commons, John Bercow, had called Mr Johnson's decision to prorogue 'a constitutional outrage'.

In Tuesday's landmark ruling, the Supreme Court sided with Mr Johnson's challengers, overturning a previous ruling in his favour.

A Scottish court had previously ruled against Mr Johnson in a case directly accusing him of misleading the Queen in his rationale for the prorogation.

Tuesday's Supreme Court decision did not address that focusing instead on whether the suspension of parliament was unlawful.

It said: "It is impossible for us to conclude, on the evidence put before us, that there was any reason - let alone good reason - to advise Her Majesty to prorogue parliament for five weeks from 9th or 12th September until 14th. We cannot speculate in the absence of further evidence, upon what reasons might have been."

The ruling has set off a veritable tsunami of reaction for and against the decision, and speculation on the constitutional and political implications.

Mr Johnson disagrees with the court's decision, suggesting that it's part of a campaign to 'frustrate Brexit and will of the British people'.

But he says he won't challenge the ruling, while at the same time maintaining that he intends to deliver Brexit - Britain leaving the European Union - by October 31st without seeking a further extension from the EU.

He has also said he won't resign.

The prime minister's stance has triggered another round of frenzied specu-



► Brexit deal like terms imposed after military defeat, says Boris Johnson

lation over what his next moves might be in the interim.

Another prorogation has not been ruled out, although the reasons he is likely to advance are not clear.

The constitutional frame within which the Supreme Court made its ruling has also shone a light on the growing and entrenched divisions in the country over Brexit.

The fissures within the body politic are stark.

For its part, the main opposition Labour Party confronting a constitutionally humbled and politically weakened prime minister, has surprisingly chosen not to seek a motion of no-confidence against him, choosing instead to call on Mr Johnson to resign.

At its annual convention this week, the party has been rocked - some say at risk of being wrecked - by its own internal leadership and policy wrangles,

mainly over Brexit and the leadership of its leftist frontman, Jeremy Corbyn.

The Conservative Party is also split; over Brexit and what some see as a hard-right element within the party driving its political agenda and taking the populist Mr Johnson along for the ride.

His now-minority government has already lost 45 MPs mainly over differences on Brexit, 25 since Mr Johnson took over the leadership from Theresa May in July.

While the constitutional ramifications of Tuesday's Supreme Court ruling are now pored over in minute detail, the political landscape of the UK is in a state of flux.

It's now a massive game of political cat and mouse with the Brexit cheese being constantly moved.

Who does what next was already in play as this paper was going to press. 🌐

DoE urges residents not to dig up turtle nests

A video circulating on social media in Cayman earlier this month appears to show an individual or individuals digging up a sea turtle nest and encouraging the hatchlings to crawl along the sand toward the sea in broad daylight.

Based on Department of Environment (DoE) observations, those in the video seem to have no ill intent and believe they are "rescuing" the baby turtles. However, nature is not always so amenable to such good intentions.

"By digging in turtle nests before they naturally hatch, baby turtles can be removed before they are ready to go to the ocean. It takes several days for their bodies to straighten and strengthen after coming out of their eggs and they may be released at times when they are less likely to survive," said Dr. Janice Blumenthal, DoE marine research officer. "Releasing hatchlings in the daylight hours makes them much more visible, and therefore vulnerable, to predators on land, air and sea."

This nest disturbance is the third such incident to occur this month, according to the DoE turtle team.

Hatchlings that reach the surface of the sand during the day will typically wait for the sand to cool, signaling the safety of the nighttime hours. Sometimes in daylight a few hatchlings are visible at the surface of the sand, but it is safer for those hatchlings and the 80 to 100 little turtles below them to wait



► These photos are still images of the video that was released on social media this week, showing sea turtle hatchlings wandering down to the sea in broad daylight. They are unlikely to survive in such conditions

until nightfall to emerge and continue their journey to the sea.

"I know that locals and visitors alike all feel a great affinity for our wild turtles. They are a national treasure, part of our important heritage, and a tourist attraction in their own right, for many years" said Councilor for the Environment MLA Eugene Ebanks. "But these turtles have been nesting in Cayman successfully from before people were here, and the best thing we can do for them is leave any nest, or nesting turtle, undisturbed."

DoE scientists and licensed volunteers excavate turtle nests after hatching and, from time to time, they find a few live

hatchlings inside the nests. However, it is important to note that nests are only dug up after the natural hatching has already occurred. Under no circumstances does the DoE encourage releasing baby turtles in daylight, because it gives them virtually no chance of survival.

"We want to continue encouraging members of the public to support sea turtle conservation, but do so in the right way," said Environment Minister, the Hon. Dwayne Seymour. "We don't want anyone to inadvertently put these animals at further risk."

If a member of the public is concerned about a turtle nest, we ask that they

call the DoE turtle hotline at 938-NEST (938-6378). Anyone seen interfering with a sea turtle nest, nesting turtle or turtle hatchlings should be reported by calling DoE Conservation Officers at 916-4271 or by calling 911.

For more information on DoE sea turtle conservation programme efforts, please contact DoE Public Education and Outreach Officer Brent Fuller via phone at 244-5984/922-5514 or email brent.fuller@gov.ky. You can also access the DoE website at www.doe.ky for more information on this and many other conservation programmes. 🌐

POLICE NEWS

Collision Involving School Bus in East End

Shortly before 3:15PM on Monday, 23 September, officers responded to a report of a two vehicle collision on Sea View Road in East End involving a school bus and a private vehicle. Both vehicles were travelling eastbound when they collided. Emergency services attended the scene and eight students on the bus were transported for treatment for what appear to be minor aches and pains. The driver of the private vehicle was attended to on scene.

The matter is currently under police investigation.

On Tuesday, Department of Education Services (DES) Acting Director Tammy Banks-Dacosta said that the safety of our students is their first concern. "We will always take the necessary precautions to ensure the well-being of our students," she added.

As part of DES' emergency procedure, Clifton Hunter High School (CHHS) Princi-

pal Dr Richard Wildman was quickly on the scene.

Dr Wildman checked on the students at the scene, and immediately notified the parents and guardians of the school as part of the protocol observed in such instances. Notice was sent to the PTA's WhatsApp group and also via the school's Facebook page. Some of the parents arrived on the scene to check on their children.

The school bus operator provided an additional bus, and students who had indicated at that time that they were not feeling any pain or had any discomfort were allowed to board that bus home.

"We at the DES are satisfied with our team's handling of the situation yesterday, but we will continue to assess and update our emergency response procedures as necessary to ensure the continued safety of our students," says Mrs Banks-Dacosta. 🌐

Water-Related Death off West Bay Road

Shortly before 10:20 this morning, 24 September, police and emergency services responded to a report of a person in distress. A woman had been snorkeling in the waters off West Bay Road in the vicinity of Royal Palms, when she encountered difficulties. She was assisted to shore by members of the public and subsequently transported to hospital where she was pronounced dead.

The woman is a 75-year-old visitor. 🌐

Man Found Unresponsive in George Town

On Tuesday Police and emergency services attended to a scene at a residence off Shedden Road in George Town where a man has been found unresponsive.

The matter is under investigation. 🌐

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
87° / 83°	87° / 82°	87° / 82°	87° / 80°	85° / 82°	86° / 81°	87° / 81°
A brief shower or two	Brief afternoon showers	A passing shower or two	A thunderstorm in spots	Some rain and a thunderstorm	A stray morning thunderstorm	A thunderstorm or two

MOMENTS OF INSPIRATION



What About Hell?

**By The Rev'd Christopher Pierce
Rector, St Alban's Church
www.churchofenglandcayman.org**

All words have particular meanings but some words are spoken so frequently as to pass into common usage as verbal punctuation. In particular, I'm thinking of the word hell. It gets used in a variety of methods and is used so commonly as verbal punctuation that most have lost sight of its original meaning. For example, how many times in a day do you hear someone say; "hell"? Its casual overuse has taken any sting out of the word.

So what about Hell in its original meaning? Does the Bible really teach that those that die apart from Jesus go to Hell? In a word; yes, it does.

Some of you will immediately think I've lost my mind...that I'm some sort of pre-modern bible thumper...but the truth is the truth. The bible does teach that there is one of two eternal destinies for man. It is a most binary answer; it is either Heaven or Hell. Biblically speaking, it is black and white...no in between.

When we die, we either spend eternity in Heaven with Jesus and all those who've followed him or in Hell with Satan and all those who've followed his ways. Honestly, it is that straightforward...unless you reject the biblical teaching and then it can mean whatever your source wants it to mean but for this purpose, we turn to the biblical account.

In Luke 16, Jesus recounts the eternal destinies of two men. One is named, Lazarus. The other is referred to simply as the rich man. Lazarus was a man of saving faith and when he died, he was taken to the faithful. The rich man, when he died opened up his eyes in hell.

"Being in torment, he lifted up his eyes and saw Abraham far off and Lazarus at his side. And he cried out, Father Abraham, have mercy on me, and send Lazarus to dip the tip of his finger in water and cool my tongue, for I am in anguish in this flame." (Luke 16:23-24)

There are four things one can take from that description; 1.) those in hell are still sentient beings; 2.) that the rich man was in torment and anguish in the

flames; 3.) in the anguish and torment of hell, the rich man sought to order Lazarus to do his bidding; and, 4) hell was real, not a mere metaphor.

Jesus never taught any differently about the subject. In another place, he describes Hell as: "where the worm does not die and the fire is not quenched." (Mark 9:48) So, if we're going to be consistent, as Christians when we speak or teach of hell, we have to do so as did Jesus. Hell is not merely verbal punctuation, but a real place...and one to be avoided.

Perhaps the best evangelist I ever knew (Oma Lange) always told people about hell...and the people she evangelised were those in their latter years. I asked her approach. She said, "It's simple, I'm old. I don't have time to mess around. I say to them; "Look, you don't look so good. Where are you going to go when you die? Are you going to be with me and Jesus in heaven or are you going to hell and be with Satan?"

What do you think about Hell? Don't be like the rich man and not be concerned until you, like him, open your eyes in torment having thought of it as just a word. It's not just a word. It is a destination. 🌐

OBITUARIES


Churchill's Funeral Home

We have been asked to announce the passing of Ms. Sharilane Adeline Minzett-Anderson who passed away on Monday, September 16, 2019. A Thanksgiving Service will be held at the Bodden Town Church of God Chapel, 3251 Shamrock Rd., Bodden Town, Cayman Islands on Saturday, September 28, 2019 at 3:00 p.m. Viewing: 2:00 - 3:00 p.m. Interment at: New Pease Bay Cemetery. Condolences can be registered at churchillsfuneralhome.com



Churchill's Funeral Home

We have been asked to announce the passing of Mrs. Sybil Bodden who passed away on Thursday, September 19, 2019. A Thanksgiving Service will be held at Churchills Funeral Home, 328 Eastern Avenue, George Town, Grand Cayman on Sunday, October 6, 2019 at 1:00 p.m. Viewing: 12:30 - 1:00 p.m. Interment at: Dixie Cemetery. Condolences can be registered at churchillsfuneralhome.com



Churchill's Funeral Home

We have been asked to announce the passing of Mr. Hinton Roxroy Conolly, who passed away on Wednesday, September 18, 2019. A Thanksgiving Service will be held at Aston Rutty Civic Center, Cayman Brac on Saturday, September 28, 2019 at 2:00 p.m. In Lieu of flowers, please donate to the Cayman Islands Cancer Society, however if persons still wish to donate flowers or wreaths, the family will be more than happy to accept. Condolences can be registered at churchillsfuneralhome.com



The Family Of The Late

Eddier Cordero
regret to announce his passing on Tuesday, 10 September, 2019.

Mr. Cordero will be repatriated to Costa Rica.

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

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

Mrs Zita Mehetabel (Foster) Kirkconnell
2 July 1927 - 18 September 2019

Please join the Family for a Celebration of her life on Sunday 29 September 2019 at the Stake Bay Baptist Church, 149 Stake Bay Rd at 3:00 pm.

Final Resting place will be at the Stake Bay Cemetery, Stake Bay Front Road.

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

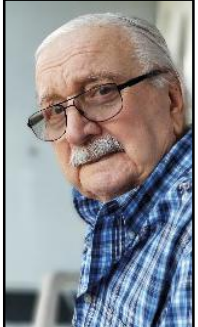
Roger Charles "Sid" Giddings
regret to announce his passing on Thursday, 19 September 2019.

A Service of Thanksgiving will be held at 4:00 p.m. Monday, 30 September 2019 at Church Of God, Full Gospel Hall, Savannah. Viewing will be from 3:00 p.m. prior to the service.

Interment will follow at the Tall Tree Cemetery.

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

Bradshaw Edward Hill Taylor
regret to announce his passing on Saturday, 21 September 2019.

A funeral service will be announced at a later date.

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

Rena Cherrill (Jackson) Reid
regret to announce her passing on Sunday, 22 September 2019.

A Service of Remembrance will take place on Saturday 5 October 2019 at The Aston Rutty Civic Centre, Ashton Reid Dr. Cayman Brac. at 9:30 am, viewing will take place 1 hour prior to the Service

Interment will follow at the Creek Cemetery.

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

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




2019 GOLDEN APPLE FINALISTS ANNOUNCED

12 finalists have been selected for the 2019 Golden Apple Awards which takes place on World Teachers Day, October 5th at the Kimpton Seafire Resort & Spa.

Parents, students, graduates, fellow teachers and members of the public from across the Cayman Islands were able to nominate a teacher who they wished to recognise for excellence in teaching. A total of 76 teachers were nominated across the 5 categories.

The 2019 finalists for each respective category include:

- High School Teacher – Private, Jennifer Artuch, St. Ignatius Catholic School
- High School Teacher – Private, Daniel Baker, Cayman Prep and High School
- High School Teacher – Private, Katie Dilbert, Grace Christian Academy
- High School Teacher – Public, Kerita Levermore Stewart, John Gray High School
- High School Teacher – Public, Dee Clark, Cayman Islands Further Education Centre
- Primary School Teacher – Private, Kelly Cowling, Cayman Prep and High School
- Primary School Teacher – Private, Allison Copeland, Cayman Academy
- Primary School Teacher – Public, Nadesha Edwards-Nyathi, Bodden Town Primary School

- Primary School Teacher – Public, Erica Powell, Savannah Primary School
- Principal in a Public or Private School, Adrian Jones, Layman E Scott High School
- Principal in a Public or Private School, Clare Thorpe, Island Montessori

The winner of the prestigious Life Achievement award for 2019 is Marjorie Scott.

The awards, were first launched in 2007 by the Chamber of Commerce in partnership with the Ministry of Education, Youth, Sports, Agriculture & Lands, recognises teachers and principals in public and private primary and high schools.

Chris Kirkconnell, President of the Chamber of Commerce, said; “the high level of nominations received this year is testament to the impact our teachers have in our community. The Chamber would like to thank all those who took the time to nominate. The Chamber believes education is one of the most important aspects in shaping the future leaders in Cayman”.

Clare Thorpe, Principal and Owner, Island Montessori said; “I am delighted to have made it to the final round of my category. Since opening Island Montessori in 2017 I have worked hard to assemble a wonderful team of teachers and support staff. This ensures we provide a unique, child centered environment nurturing and developing the next generation. To be nominated for this award is a huge honour and I am grateful for all the support from our parents and community”

Tickets for the 2019 Golden Apple Awards are now on sale. Those interested in attending to support educators in the community can purchase tickets at www.caymanchamber.ky/goldenappleawards

The event is made possible by the support of our sponsors; Ministry of Education, Armand Hammer Foundation, Dart, CUC, Health City, Office Supply, GT Automotive, Kensington Management, Vampt Motors, Fosters Food Fair and Equilibrium Events. 🌐



► Clare Thorpe, Island Montessori, Principal Category Finalist



► Erica Powell, Savannah Primary School, Teacher Category Finalist



► Nadesha Edwards-Nyathi, Bodden Town Primary School, Teacher Category Finalist



► Adrian Jones, Layman E Scott High School, Principal Category Finalist



► Allison Copeland, Cayman Academy, Teacher Category Finalist



► Daniel Baker, Cayman Prep and High School, Teacher Category Finalist



► Kerita Levermore Stewart, John Gray High School, Teacher Category Finalist



► Jennifer Artuch, St. Ignatius Catholic School, Teacher Category Finalist



► Katie Dilbert, Grace Christian Academy, Teacher Category Finalist



► Kelly Cowling, Cayman Prep and High School, Teacher Category Finalist

Cayman Finance celebrates completion of 5th year of its Student Education and Work Experience Programme

Cayman Finance recently celebrated the culmination of the fifth year of its Student Education and Work Experience Programme that saw more than 40 students in 2019 benefit from workshops, mentorship, and work placements designed to give them greater insights into the Cayman Islands financial services industry.

The Year 12 students from high schools across the island, as well as from the University College of the Cayman Islands (UCCI) Dual Enrolment Programme, participated in eight weeks of workshops focusing on different aspects of the financial services industry, weekly sessions with mentors working in the field, and four weeks of work experience at Cayman Finance member organisations.

“We have focused the programme on creating pathways for young, talented Caymanians into the industry,” said Cayman Finance CEO Jude Scott. “Our aim is to ensure our local students have their eyes opened to the opportunities that await them in the industry that plays an important role globally and is the main driver of the Cayman Islands economy.”

The programme is a public-private partnership between Cayman Finance; The Ministry of Education, Youth, Sports, Agriculture and Lands; and the Ministry of Financial Services and Home Affairs. Over the past five years, approximately 300 students have benefited from the programme.

“There is a notable synergy between the Cayman Finance Student Education and Work Experience Programme and the Ministry of Education’s scholarship programme which currently funds over five hundred students pursuing tertiary studies overseas. In today’s global village, it is safe to conclude that real-world experience is equally important as an excellent academic education. This programme fulfils the Ministry’s goal to facilitate exposure to opportunities that exist within the financial services industry, with a greater vision to unearth real career paths most suited for students who aspire to significantly contribute to our local economy,” said Minister of Education, Youth, Sports, Agriculture and Lands, Hon. Juliana O’Connor-Connolly.

“I am absolutely impressed with the willingness of all the accomplished fi-



► (L-R) Cayman Finance Public Awareness Committee member Baron Jacob, Councillor Barbara Connolly, Minister of Financial Services Hon. Tara Rivers, Minister of Education Hon. Juliana O’Connor-Connolly, Cayman Finance CEO Jude Scott

ancial services professionals involved. Notably, those who have recently called our Cayman Islands their home and whom have ultimately helped to lay the building blocks for our next generation of world-class, financial services professionals,” she added.

Minister of Financial Services and Home Affairs, Hon. Tara Rivers said: “This is not just a way for our young people to get theoretical, but also, practical experience in an industry that is so vitally important to our economy. It is important that we continue to provide the platform that allows young Caymanians to have the opportunity to be part of our success story.”

The financial services industry is the key driver of the Cayman Islands economy, contributing more than 50 percent to GDP and more than half of government revenue, which helps fund national infrastructure, healthcare, education and scholarships. The financial services industry also provides employment for over 4,000 Caymanians,

some of whom were volunteers in the programme and imparted their knowledge to the students not only through the workshops and one-on-one mentorship sessions but through hands-on experience in the workplace during July and August.

Mr Scott thanked member of the Cayman Finance Public Awareness Committee for overseeing the programme, and Cayman Finance member firms who participated by having their professionals volunteer their time to either facilitate workshops or to serve as mentors, as well as providing the opportunity for students to benefit from experience in the workplace.

Each student who completed the workshops, mentoring and four-week work placement received a US\$1,000 stipend in addition to certificates of completion. Additionally, three students were randomly selected at the celebratory event at the end of the programme to win prizes including a laptop and an iPad that will benefit them with their further education. 🌐



► (L-R) Students Dreshna James, Marcia Lewis, and Virginia Lewis each won an additional prize at the celebration event

GLOBAL NEWS BRIEFS

Trudeau tries to recover from race row

Canada's Prime Minister Justin Trudeau has pledged to create a national prescription drug plan if re-elected, moving back on the offensive after blackface photos of him emerged and hurt his campaign.

After two days of profuse apologies, Mr Trudeau has resumed making campaign announcements as polls show his Liberals trailing the opposition Conservatives of Andrew Scheer slightly ahead of the Oct. 21 election.

Mr Trudeau, accusing the Conservatives of planning major spending cuts, said he would make sure all Canadians had access to a family doctor and affordable medicine.

"No one should go without the care they need because they don't have access to a family doctor. And no one should have to give up food and heat to be able to pay for healthcare," Mr Trudeau said.

Canada's universal healthcare system does not include universal coverage for prescription drugs, and primary care doctors are scarce in many areas.

The cost of the proposal would be about C\$6 billion (\$4.52 billion) over



▶ Justin Trudeau's re-election hopes were battered

four years, and Ottawa would work with the 10 provinces and three northern territories to implement the changes, Trudeau said.

The healthcare pledge was his fourth major campaign announcement since Friday, when he vowed to ban military-style assault weapons. On Sunday he pledged to eliminate some taxes and slash notoriously expensive cell-phone bills by a quarter.

The ruling Liberals were knocked off course by old photos of Mr Trudeau in blackface that emerged last week. The images were at odds with his oft-stated position that he wants to improve the lot of minorities in Canada and prompt international ridicule. 🌐

Honduras discusses jobs in US

Honduras and the United States are discussing how to increase temporary legal employment opportunities for Hondurans in the US, as the governments work to hammer out details of an immigration agreement.

In a joint statement, the governments said they would have another round of meetings next week "to ensure that our enhanced cooperation conforms to each nations' legal requirements while also advancing our mutual objectives."

This week in Tegucigalpa, officials also discussed how to "enhance collaboration in the areas of law enforcement and information-sharing, bolster regional border security, and strengthen migration protections."

Acting U.S. Homeland Security Secretary Kevin McAleenan has waged a campaign in recent months to seal immigration deals with the Northern Triangle countries of Central America - Guatemala, Honduras and El Salvador - from where many immigrants arriving at the U.S. southern border set out.

Guatemala has signed a so-called "safe third country" deal with the United



▶ Hondurans may soon be allowed to work in the US

States that requires asylum seekers who travel through Guatemala on the way to the US-Mexico border to ask for refuge in Guatemala first, instead of in the US.

The Guatemalan Congress, however, has not ratified the deal.

Mr McAleenan announced a deal with El Salvador on Friday to strengthen the Central American country's capacity to receive asylum seekers, though he did not detail what the pact would entail.

Honduran President Juan Orlando Hernandez said: "We have to construct an agreement across the region, conversing with Mexico, Guatemala and the United States." 🌐

Philippines debates permitting divorce

The Philippines is a predominantly Catholic country where divorce is illegal, but the issue is gaining traction in the light of widespread unhappy marriages.

Opinion remains divided on whether divorce should be legalised in the Philippines.

For Aldwin Salumbides of the Coalition of Concerned Families of the Philippines, the dissolution of marriage remains disturbing as the culture of family is inherent in Filipino culture.

"We have to emphasise that marriage isn't cheap. Family is precious. Being together, that's valuable and that is inherent in our culture as a family, as Filipinos, that we are closely knit, that we also have to be resilient, notwithstanding the many storms and calamities, whether literal or metaphorical," he said.

He also said marriage requires commitment and occasional sacrifice, that's why divorce should not be legalised in the country.



▶ Divorce in the Philippines is an emotional issue

But for Kana Takahashi of the Maya: The Feminist Collective, divorce allows people to start their lives over, and is an issue for women who are victims of domestic violence, and for children that grow inside a toxic environment.

Mr Salumbides argued that the legalisation of divorce could pave way for the passing of the Sexual Orientation and Gender Identity and Expression Equality (SOGIE) Bill, as homosexuality can be grounds for divorce.

But Ms Takahashi said, sexual orientation doesn't affect the dissolution of a marriage. 🌐

Cuba mystery illness riddle solved

The cause of a mystery illness which plagued diplomatic staff in Cuba in 2016 may have been identified by Canadian researchers.

Some reports in the US suggested an "acoustic attack" caused US staff similar symptoms, sparking speculation about a secret sonic weapon.

But the Canadian team suggests that neurotoxins from mosquito fumigation are the more likely cause. The Zika virus, carried by mosquitoes, was a major health concern at the time.

So-called "Havana syndrome" caused symptoms including headaches, blurred vision, dizziness and tinnitus.

It made international headlines when the US announced more than a dozen staff from its Cuban embassy were being treated.

Cuba denied any suggestion of "attacks", and the reports led to increased tension between the two nations.

The Canadian team from the Brain Repair Centre in Halifax thinks it now has the answer.

Canadian diplomats were affected by similar reactions to US counterparts - though the study noted that the symptoms of the Canadians were more gradual than in some of the US cases.



▶ US diplomats in Cuba suddenly became very ill

The study notes that tests carried out on 28 participants - seven of whom were tested both before and after being posted to Havana - support a diagnosis of brain injury acquired by diplomats and their families while in Cuba.

The patterns of brain injury "all raise the hypothesis of recurrent, low-dose exposure to neurotoxins", the report said.

But the low, consistent doses the researchers believe were delivered are consistent with exposure to commercial pesticides, the study's authors said.

And fumigation in Cuba increased after the country "declared war" on the Zika virus, spraying gas around or even inside diplomats' homes. 🌐

Venezuela's neighbours vote for action

At US urging, leaders from numerous Latin American countries on Monday voted to crack down on members of Venezuela's socialist government who have committed acts of corruption, human rights abuse and drug trafficking.

Members of the so-called Rio Treaty - a rarely invoked mutual defence pact among the US, Canada and several Latin American and Caribbean nations - voted 16 to 1 to approve the measures. Uruguay opposed, Trinidad and Tobago abstained, and Cuba was absent.

Colombian Foreign Minister Carlos Holmes Trujillo said the countries agreed to "all available measures" to pursue, prosecute and extradite suspects from the government of President Nicolas Maduro and to freeze the targeted individuals' assets in any of the treaty countries.

Mr Holmes Trujillo said the governments, meeting on the margins of the United Nations General Assembly in New York, did not consider military actions at this point. They also agreed to set up teams of financial crime investigators.

"Many democracies are now acting together to create the conditions for democracy and liberty to return to the



▶ Carlos Holmes Trujillo backs action against Venezuela

Venezuelan people," Mr Holmes Trujillo said.

It remains to be seen how the measures will be enacted and enforced. In theory, however, it would mark a much stronger action plan against a country already reeling under crushing poverty, deprivation and political chaos.

The 1947 Rio Treaty has not been activated since the Sept. 11, 2001, terrorist attacks in the US. The accord establishes that a threat to one member is a threat to all.

The annual U.N. summit, the world's largest diplomatic stage, provides a charged platform and unparalleled audience for Maduro opponents trying to unseat him - a campaign backed by the Trump administration that has largely floundered. 🌐

Thomas Cook clients stranded en masse

The collapse of Thomas Cook has plunged governments across Europe and Africa into crisis-planning mode as they help with the repatriation of more than 500,000 stranded tourists and begin to count the cost of the UK holiday company's demise on already-battered economies.

About 50,000 holidaymakers are stranded in Greece, 21,000 in Turkey, 15,000 in Cyprus and 4,500 in Tunisia. Thousands of tourists are also stuck in the US and dozens of other countries. Most of the tourists are from the UK with an estimated 150,000 people, followed by Germany with about 140,000 holidaymakers.

Many of Thomas Cook's German subsidiaries have stopped trading, but at present the group's German airline, Condor, is still operating. About 240,000 people are booked to return home on Condor flights, but the airline will not carry those who booked their trips via Thomas Cook. The situation in Germany could get worse if Condor fails in its attempt to secure a \$200m



▶ Thomas Cook clients are stranded in many countries

bridging loan from the German government.

Melisa Rodríguez, a Spanish politician and representative for Tenerife, said the collapse of Thomas Cook could hit the Spanish economy and the Canary Islands in particular. She demanded action from Spain's caretaker government.

About 525 Thomas Cook flights, carrying mainly tourists, were due to fly into Spanish airports over the next two weeks, with about 70 percent on UK-Spanish routes. Ms Rodríguez said 30,000 people were currently stranded on the Canary Islands, 3,000 on the Balearics. 🌐

Curry aims to sizzle again

Steph Curry may have just taken possession of a \$31 million mansion but there is no lack of motivation for the Golden State Warriors star guard.

Not for Curry a massive mortgage, obviously. He is enjoying a five-year contract of \$201m with the Warriors and made around \$38m in the NBA last season. His wife Ayesha, a celebrity actor and TV chef, is worth at least \$10m. So it's safe to say the Currys never worry about their grocery bills.

Nevertheless, Curry has already been in training for two weeks although official training camp does not start till this weekend. The two-time MVP has changed basketball with his 3-point prowess and continues to be an elite talent but is not resting on his laurels.

Curry is committed to playing in the 2020 Tokyo Olympics, anxious to help Team USA to gold after the squad's disastrous seventh-place finish in the FIBA World Cup recently.

After the US faltered in China, team executive Jerry Colangelo had terse words for the players who withdrew from the roster, saying he would "remember" who "didn't show up." In his declaration of intent, Curry made it clear he planned to be around.

"I've never been on the Olympic team," Curry said. "I've been on two World Cup championship gold-medal teams. But the Olympics is the experience that I want. And next year will hopefully be it."

Curry isn't just announcing his intention, injuries permitting, to play in next summer's Olympics, though. By taking the lead on rebooting Team USA, he is determined to have a stellar season.

The Warriors enter this season with more uncertainty than in years. Draymond Green will turn 30 this season and struggled at times with injury and fatigue last regular season. Kevin Durant—arguably the best player in the sport last season—departed for Brook-



► Steph Curry returned to training early

lyn, where he'll begin rehabilitating a ruptured Achilles tendon. Klay Thompson signed a five-year maximum extension with Golden State in the off-season but will miss at least the first half of the season recovering from surgery to repair the ACL in his left knee, which he tore in Game 6 of the Finals.

In Thompson's stead is one of last year's breakout players, All-Star guard D'Angelo Russell, making his full-time return to California after washing out with the Lakers following the 2016-17 season. The former no. 2 pick proved last season that he can contribute offensively, scoring 21.1 points a game, shooting 36.9 percent from beyond the arc, and adding seven assists. How he'll feature defensively, and integrate into Golden State's vaunted offensive system, however, is still an open question.

Curry, to an extent, has had to share his spotlight in the Bay Area. At 31 he is in his prime and wants to go down in the same breath as other NBA legends. The

past few years, he's split the focus with Durant, who joined the Warriors following the 2015-16 season, much to the general public's chagrin, and seemed to chafe with the notion that the Dubs were Curry's team. Even when Curry was the league's most valuable player, he had to divvy up shots with Thompson, whose brilliant shooting and occasional flirtation with legendary scoring numbers made him a fan favourite. With the Slim Reaper gone, and Thompson side-lined, Curry has the perfect forum to outshine his team-mates.

The last time Curry had this opportunity to take centre stage, he led the league in scoring, averaging 30.1 points per night, on 50.4 percent shooting, and a career-high 20.2 attempts. Curry has led the Warriors in shots per game in every season but one since then, and with a supporting cast now headlined by Russell, Green, and a band of misfits, it's safe to assume his number of shots per game will eclipse 20 once again. 🌐



► Klay Thompson is Curry's perfect foil

King hits majestic half-century

Guyana Amazon Warriors opened a three-point lead at the top of the 2019 Hero Caribbean Premier League table as they extended their perfect start to six matches and guaranteed a playoff spot with a rain-affected victory over Barbados Tridents at the Kensington Oval. They have 12 points.

The Warriors dismissed the Tridents for just 138, Chris Green taking the last four wickets to fall and conceding just 14 runs in his 3.2 overs, before reaching 77/2 after 10 overs of the run-chase when heavy rain held up play for an hour. When play resumed, the Warriors' target of 62 from the last 60 balls had been reduced to 20 from 24.

They added four from the eleventh over before the rain returned to finish things off with the Warriors 81/2 and still comfortably clear of a DLS par score of 69.

The one over possible after the initial rain delay did at least allow Brandon King to complete a fine half-century. He and Chandrapaul Hemraj had been watchful at the start of the War-



► Brandon King ensured Guyana stayed unbeaten after six games

riors' initial pursuit of 139 for victory but still took the score past 50 in the Powerplay as King in particular began to cut loose.

Aby Tuesday, Trinbago Knight Riders were second with nine points, St Kitts & Nevis Patriots were third on eight points and Barbados Tridents had four points. In fifth place were the Jamaica Tallawahs, also on four points and St Lucia Zouks were sixth on three points. 🌐

Agnew sprints from zero to hero

Jamal Agnew must be the most relieved player in the NFL after Sunday's games. He lost his job as the Detroit Lions kick and punt returner in the middle of the game after gaffes throughout the first two weeks of the season. All week long, Lions coach Matt Patricia expressed confidence in Agnew and said that it was a one-game change for the former All-Pro.

Agnew showed in one return Sunday afternoon that the confidence the Lions had in him was correctly placed. He took the ball at the Phil-

adelphia goal line during the first quarter Sunday and took off on the left side, weaving through the Eagles defence. One hundred sensational yards later, the 24-year-old Californian had his first-ever kick return for a touchdown and third career touchdown return.

It was a massive contrast from last week, when Agnew's job looked to be perilous despite Patricia's faith in him. It was an amazing run and set him apart from all the other marvellous performances in the game. 🌐



► Jamal Agnew's amazing run revived his career

Messi gets the nod from Pele

Barcelona's Lionel Messi winning the best men's player at the Best FIFA Football Awards has been widely applauded because the diminutive Argentinian is simply the most outstanding player in modern history.

Messi won the award on Monday in Milan as Juventus' Cristiano Ronaldo and Liverpool's Virgil van Dijk missed out on the top prize.

It is the sixth time Messi has been voted the world's best, after wins in 2009, 2010, 2011, 2012 and 2015. The 32-year-old forward helped Barcelona win La Liga and reach the semi-finals of the Champions League. He scored 54 times in 58 games for club and country, compared to Ronaldo's 31 in 47.

Van Dijk was exceptional in Liverpool's defensive unit as they finished second in the Premier League and won the Champions League by beating Tottenham in Madrid, while Ronaldo was Juventus' top scorer as they won Serie A and won the Nations League with Portugal.

The debate on whether Messi or Ronaldo is the planet's best has raged for over a decade, but the majority of football icons favour Messi for his all-round game.

Former Barca midfielder Ronaldinho said: "I would have loved to continue playing alongside Messi. I didn't get enough time with him, he was very young. I'd love to take to the pitch with him one more time.

"He's the best in history, no doubt. Nobody has done what Messi's done. Ronaldo is complete, he has it all. So does Messi, but it's a question of taste and I prefer Messi's style."

David Beckham said: "They have similarities in their technical skills and talent, and it is amazing for football to have them both present, but Messi is simply the best player in the world."

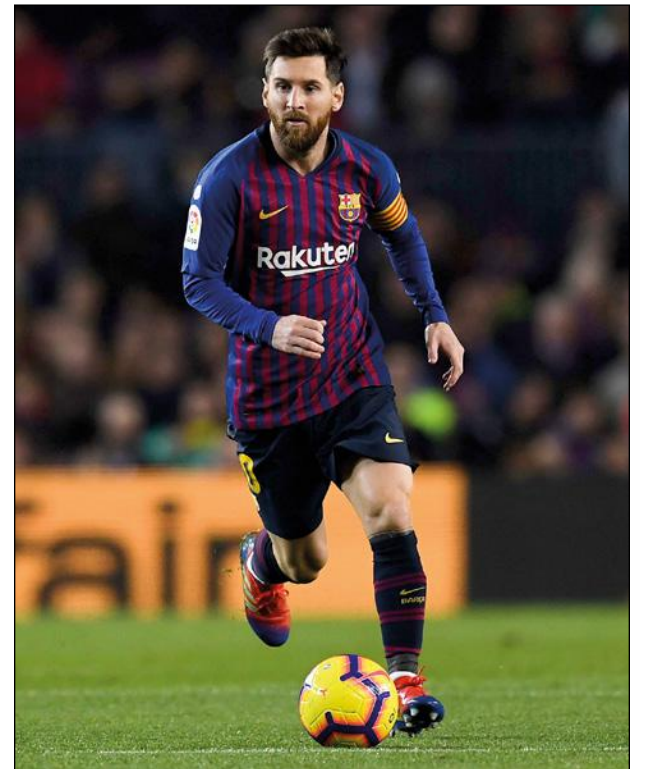
Former Barca midfielder Xavi said: "Messi does more things compared to Cristiano. Messi is the best. If Cristiano considers himself the best player in history, that's fine, but those of us who see him train, there is no comparison.

"Messi is the best in history and we don't see it any other way."

Brazil legend Pele, considered the greatest of all time, said: "I would still stay with Messi. Scoring is important, no doubt, but if you do not have anyone to prepare, then the ball is not enough. For my team I prefer Messi."

United States forward Megan Rapinoe won the women's player award - ahead of fellow American Alex Morgan and England's Lucy Bronze.

Rapinoe, 34, claimed the Golden Ball for being the best player at the 2019 Women's World Cup as she helped the US win the competition. 🌐



► Lionel Messi is favoured ahead of Ronaldo



SATURDAY, 12 OCT. 2019
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11AM – 5PM



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TO ATTEND



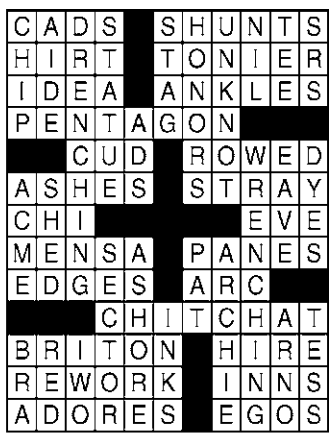
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CROSSWORD

By **THOMAS JOSEPH**

- ACROSS**
- 45 Flat-nosed dogs
 - 1 Secret store
 - 6 Jimmy, e.g.
 - 11 Broadway worker
 - 12 Blow away
 - 13 Snap
 - 14 Book category
 - 15 Crescent's tip
 - 17 Irani coin
 - 18 Settle heavily
 - 20 Milky gem
 - 22 Feel poorly
 - 23 School primer
 - 26 Garden item
 - 28 Saw
 - 29 Gets
 - 31 Took the title
 - 32 To be, to Balzac
 - 33 Days gone by
 - 34 Crimson Tide, for short
 - 36 Lawn material
 - 38 Cast out
 - 40 Minute
 - 43 Mystery writer Peters
 - 44 Be of one mind
- DOWN**
- 1 Recipe amount
 - 2 Grate content
 - 3 Kid's quaff
 - 4 Steamed
 - 5 Aphrodite's son
 - 6 Fall back
 - 7 Green stone
 - 8 Simple cookies
 - 9 Financier Cornell
 - 10 Stagger
 - 16 Catchy music
 - 18 Hemingway nickname
 - 19 Bouncy tune
 - 21 Soup veggies
 - 23 Agitate
 - 24 Big heads
 - 25 Monthly bill
 - 27 Merchant of music
 - 30 Basketball need
 - 33 Answer to "grazie"
 - 34 Horn sound
 - 35 Car bar
 - 37 Nevada neighbor
 - 39 Road curve
 - 41 Once called
 - 42 "Sure!"



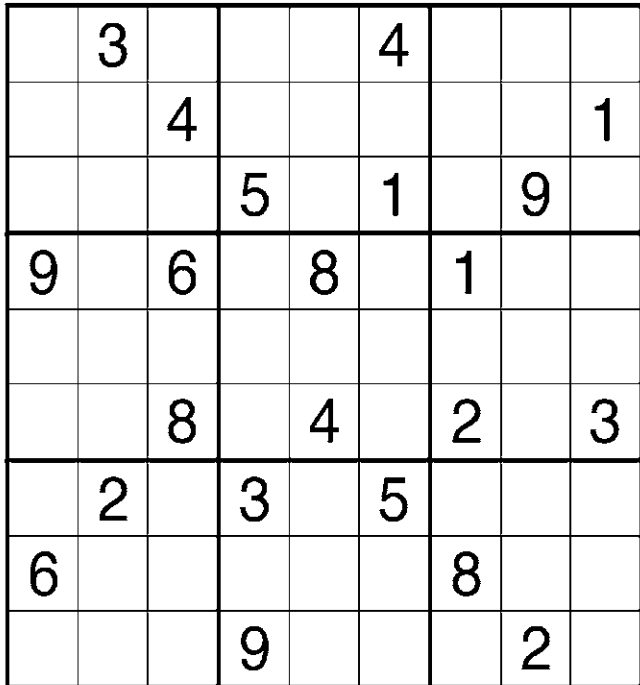
Yesterday's answer

SUDOKU

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

Conceptis Sudoku

By Dave Green



Difficulty Level ★★★★★

9/09

Answer to previous puzzle

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

Difficulty Level ★★★★★

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Word Search

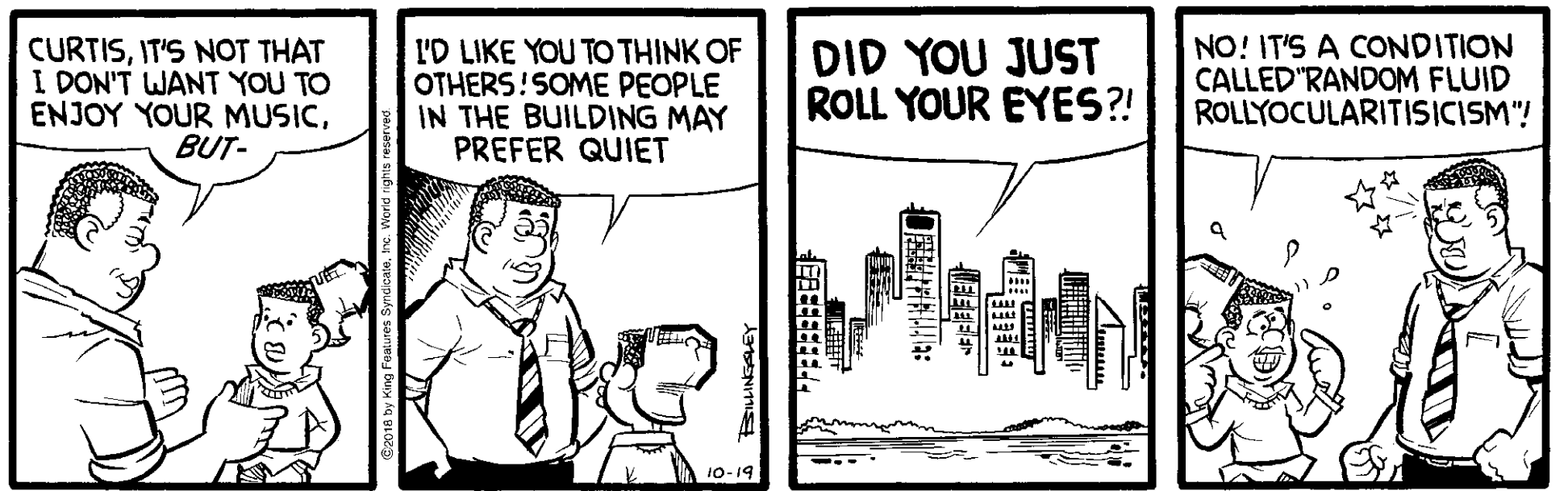


- Moan
- Moat
- Mobile
- Mobster
- Model
- Modem
- Module
- Mogul
- Mohair
- Mohican
- Moke
- Molar
- Molasses
- Moment
- Money
- Moral
- Morass
- Mortal
- Mosaic
- Mosque
- Motel
- Motet
- Motion
- Motor
- Mower



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

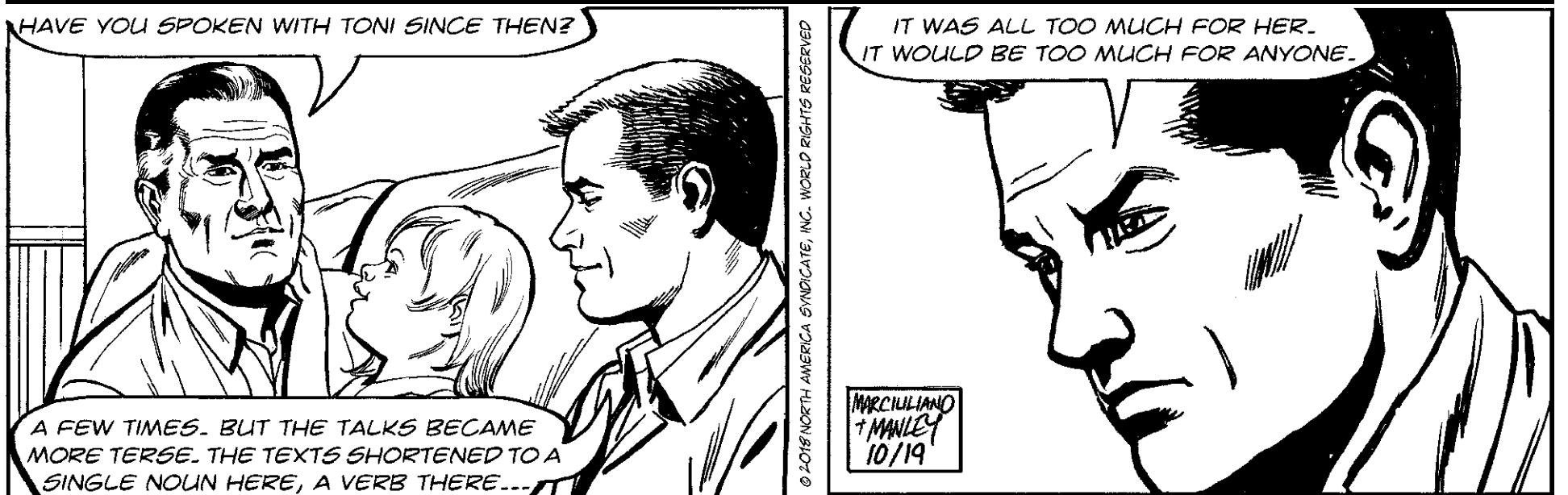
CURTIS By Ray Billingsley



THE AMAZING SPIDER MAN By Stan Lee



JUDGE PARKER By Woody Wilson & Mike Manley



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\$25 18 & older



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