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the Caribbean Identity



Bendel Hydes: Forefather of Caymanian art



► PhoLaticia and Eric Bush, CO in the Ministry of International Trade, Deputy Governor Franz Manderson, National Gallery Director Natalie Urquhart and artist Bendel Hydes (seated) (Photo compliments Courtney Platt)

By Lindsey Turnbull

'Bendel Hydes - a Retrospective' has recently launched at the National Gallery, with two gallery rooms full of this distinguished artist's colourful and easily identifiable work, charting his artistic

journey from figurative realism to, what he terms, luminescent abstract.

Bendel, from West Bay, was the first Caymanian to study fine art abroad and to acquire international recognition, and as such, the National Gallery have named him "the undisputed forefather

of Caymanian contemporary art". The retrospective traces the artist's distinguished 45-year career, which saw him complete a foundation year in art at Liverpool College of Art, and then a degree

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Business Showcase: Himalaya Wellness Store

Community Safety Officers Join RCIPS Ranks

Commencing at the beginning of November, members of the community will see new RCIPS Community Safety Officers (CSOs) take to the streets and communities of the Cayman Islands. These new CSOs are not police officers, but civilian members of the local community, who will be patrolling communities and identifying issues of concern, while helping to bridge the gap between the police and the community.

11 of the 12 approved positions have been filled and the 11 selected CSOs have recently completed their induction training. They will each be deployed in a specific district, where they will work closely with local community members, stakeholders, and partners, to problem solve and address local issues. The CSOs have been provided with a unique uniform,

... Continued story on page A8



Older Persons Month Roundup



With more than 25 events - from an UN observance at a historic setting, gym classes, a movie outing, to spiritual services - October's Older Persons Month

... Continued story on page A7

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EDITORIAL

The future of Newspapers. Part 1

"Change is Constant. In life there is no standing still. We are either moving forwards or backwards"

We have read recent commentary on local websites regarding the demise of Newspapers in the Cayman Islands. As a newspaper owner and proud entrepreneur, I wish to speak to the future of newspapers based on research, experience and global trends.

The change that we speak about in our opening statement is not the transition to online media but rather using the internet to compliment the printed newspaper.

Readers may say there is a bias, and there should be, for as a business-man, there needs to be considerable effort in maintaining the viability of your chosen industry.

Newspapers are making a comeback from the decline over the past 10 years. The old model of printing your own newspaper have long been dismissed as viable and profitable newspapers now use factories that print multiple newspapers to benefit from economies of scale.

We are aware of benefits from internet and social media and remind newspaper owners that the key to success is using the internet to compliment the newspaper's operation, not replace the distribution.



Readers are now becoming concerned with fake news that have been known to dominate some websites and have also voiced their concerns on the numerous pop-ups that appear on websites.

There is no replacement for the tangible printed newspaper that you can read at leisure with no interference and which is also readily available without the use of a computer or smart phone.

Newspaper publishers are known to be wary of the accuracy of content as it will be impossible to replace content in a newspaper once it is published. This is possible on the internet and articles can be removed or amended if necessary.

The time spent reading a newspaper is also much longer than reading the article online and advertisers get more value for their money. The challenges for newspapers are to maintain reasonable prices and demonstrate value for money to their clients.

In Part 2 we will explain how free newspapers survive and are growing from strength to strength.



COMMUNITY VOICE

IN PRAISE OF YOUTHFUL ENGAGEMENT

Whatever the outcome of the planned referendum regarding the building of cruise ship berthing piers in the George Town harbour area, one thing is clear: we have seen a maturation in the development and expression of democratic processes in Cayman's society. In particular the engagement of the younger members of our community has been enlightening, in part because it reveals the apparent emergence of a new ethos in our islands. This new ethos is not driven by the traditional bottom line of money and more money, but by a value system that gives priority to environmental concerns. Perhaps this phenomenon has been driven by the prognostication of environmentalists that human activity is causing or accelerating global warming, with consequences that include terrestrial and marine extinctions, extreme weather manifestations and the rise of sea levels, and all that this implies for us here on these three little limestone up-crops in the Caribbean.

We should celebrate this growing concern and sensitivity among our children and youth, even if the more informed among us might be inclined to instruct them that global warming is a cyclical natural phenomenon with astronomical causes, which they can learn about by reading up on the Milankovitch Cycles. Although learning about Milankovitch Cycles would be helpful to all who are concerned about global warming, it



► Pastor Alson Ebanks

does not negate the need for all of us to be better stewards of Planet Earth as our ultimate physical resource for existence. The careless and casual attitudes that are demonstrated by far too many of us have contributed to waste of resources, destruction of habitats and extinctions of species, and a mountain of garbage and littered roadsides, beaches and oceans.

Our youth have a right to be concerned that they may be inheriting a planet that may be more uncomfortable, unhealthy, dangerous and ugly for its inhabitants in the next two or three generations. They apparently understand what those with a less sensitive earth-use ethic have failed to demonstrate, that this blue planet is really the ultimate goose that has given us the "golden egg" of existence.

COMMUNITY NOTICES

The Singing Christmas Tree 2019

The Annual Singing Christmas Tree will be held on Saturday November 30th and Sunday December 1st at 6pm.

Featured again this year will be the Ft Lauderdale Christian Center Singers. Several schools will be participating in this spectacular two-night event at the Lions Center.

The main focus of the production is the seventy-voice choir singing in the twenty-five-foot tree.

The musical selections and drama mix the traditional Christmas songs presented by a multi-media produc-



tion that incorporates the latest in lighting and sound technology.

This family event has been very well received by the Caymanian public as it kicks off Christmas celebrations in the Cayman Islands.

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Verdant Isle Hosts Job Fair and Open house



Verdant Isle Port Partners, the group named as preferred bidder for the Cayman Islands cruise berthing and cargo enhancement project, will be hosting a job fair and open house on Tuesday, 29 October 2019, from 4pm till 8pm.

The event will take place in the upstairs conference room at Margaritaville Beach Resort, Grand Cayman, 269 West Bay Road.

Verdant Isle Port Partners consists of the world's two largest cruise companies, Royal Caribbean Cruises Ltd. and Carnival Corporation, together with Orion Marine Group and McAlpine Ltd and representatives from each organisation will be at the job fair.

The proposed cruise berthing and cargo enhancement project will create employment and partnership opportunities across a variety of sectors, including construction and tourism.

The job fair will provide opportunities for information and to register expressions of interest in areas such as building, heavy civil, marine construction; tours and shore excursions; and cruise ship positions.

Appointments are also available for one-on-one meetings with cruise company executives to discuss tour business opportunities and ideas.

Human resource representatives from Royal Caribbean Cruises Ltd. and Carnival Cor-

poration will be available to discuss employment opportunities available for a number of areas aboard their ships including food and beverage, hotel and marine operations, and entertainment departments.

Mr TJ O'Sullivan, Director of Compliance, Global Tour Operations for Royal Caribbean said the job fair would be helpful for anyone wanting to speak with Verdant Isle representatives about employment during the construction phase or for those looking to benefit from an expanded tour and shore excursion market.

"The cruise market is the fastest growing segment in the travel and tourism industry and presents a wide variety of opportunities for those looking to partner with the cruise companies," he said. "We are always looking for unique and exciting tours for our guests and look forward to hearing and discussing ideas from Caymanians."

"The port enhancement project translates into expanded opportunities for Caymanians and Caymanian businesses as Verdant Isle is committed to hiring local people and businesses where possible and to encourage the development of local industry," Mr O'Sullivan said.

The job fair is open to the public. To register interest in attending or to secure a tour business meeting appointment, please visit www.verdant.ky/jobfair



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National Conservation Council

Public Notice: Species Conservation Plan - Sybil's Crownbeard



The National Conservation Council (NCC) is seeking public comments on a plan to protect and conserve the 'Sybil's Crownbeard' plant, which is only known to grow in one location on Cayman Brac.

Public consultation on the species conservation plan will begin on Oct. 25, 2019 and end on Nov. 22, 2019.

Copies of the proposal may be obtained at the Department of Environment (DoE) offices, 580 North Sound Road, Grand Cayman, at the Cayman Brac Library, the Brac administration building, or at the Brac Agriculture Department. The plan may be viewed online at www.doe.ky.

Please note, the species conservation plan would ban any taking, possession, purchase, sale or exchange of the Sybil's Crownbeard plant. Comments on the proposal may be received at the DoE offices, mailed to PO Box 10202, Grand Cayman KY1-1002, or sent via email to ConservationCouncil@gov.ky. A survey document will also be made available at www.doe.ky and on DoE social media pages.

Public Meeting Held in Windsor Park by MLAs

MLAs Barbara Conolly and David Wight, the elected representatives for GTS and GTW respectively, decided to hold an informational meeting for a great amount of their constituents. Windsor Park is a large community that is encompassed in both GTS and GTW electoral districts, and with news of some importance needed to be announced, the idea of a public meeting was a choice. In fact, all politicians should keep their citizens informed like this.

Inside the George Town Wesleyan Holiness Church on Anthony Drive, the meeting was called to order at about 6:40pm. There were fewer than 40 people in the audience, far less than hoped for, but the meeting had to continue. There was a sizeable contingent of special guests ready to present. After a welcome from MLA Barbara Conolly and an opening prayer from the resident pastor, Mr. Kim Evans, all of those guests were introduced. Present were CI Red Cross director, Jondo Obi; Simon Boxall of Haz-

ard Management; Commissioner of Police Mr. Derek Byrne; Police Inspectors Courtney Myles (Community Policing) and Dwayne Jones (Traffic); PC Tamara Jackson (new Community Officer for Windsor Park); and the two newest Community Safety Officers (CSOs).

Of the special guests, Inspector Myles, was first up to the microphone. He introduced the two Community Safety Officers and explained their function within the department, as liaisons between the police and the members of the public. The inspector mentioned that 85% of the CSOs hired are women, and he lauded the strides that females are making within our society. He then introduced Police Constable Tamara Jackson and as she took the mic, she spoke of what her role in the community is. PC Jackson also stated that she was very glad to be assigned in the community of Windsor Park.

Next up was the Commissioner of Police, Mr. Derek Byrne. He used his al-



otted time to speak about the several different topics. He covered his goals for community policing in the Cayman Islands, specifying his vision for the CSOs and the Community Officers. He also lauded the partnerships that RCIPS has with other agencies such as the Red Cross and Hazard Management.

The C.E.R.T. program was the next topic of discussion. Ms. Obi and Mr. Boxall each took turns speaking of this very important program. Ms. Obi told the audience of the origin of the Community Emergency Response Teams here in Cayman and gave a breakdown of what the program encompasses. Mr. Boxall mentioned the possible opportunities for the C.E.R.T.s to deploy and to render aid. He also reiterated that the knowledge each member of the team gains from the training is a huge asset of itself.

After that segment, the floor was opened to questions from the audience. This appeared to be the most anticipated part of the meeting as the small crowd brought numerous concerns. Among them were the community members feelings that the police was not addressing crime or even violations effectively; that with another new Community Police Officer assigned to the area they feel like they are starting over; the problem of cars constantly parking on the road and blocking effective traffic flow; the fact that some rental facilities do not upkeep their premises and sometimes al-

low vegetation to grow out into the road blocking drivers' view at junctions; the allegation that there are persons selling illegal alcohol and drugs in the neighborhood; and the issue of disturbances caused by persons speeding and playing their car stereos extremely loudly in the early morning hours. Another concern brought forward was the case of a certain establishment that has been causing a disturbance for many years because of loud music, and because of domestic disputes between some of their customers. Several members of the audiences chimed in to speak of their personal experiences regarding this; and all voiced their frustration with the fact that RCIPS has not been able to effectively solve the problem. For all those issues, Mr. Byrne said he took them to heart, and that it was his job to ensure that his department addresses them effectively.

To close the meeting, Ms. Barbara Conolly and Mr. David Wight gave updates for upcoming events/projects within the community. Some highlighted were Neighborhood Watch programs starting in three different sections; Christmas in the Park at two different parks in Windsor Park on November 23rd; the children's Christmas party on December 7th; the Senior Citizens luncheon on December 15th; and drainage wells on Anthony Drive to be dug on December 12th to address the flooding issues on that thoroughfare. 🌐



DOE Reports Drastic Decline in Green Iguana Population

By Flynn Bush

The DOE expects the milestone of 1 million captured Green Iguanas will be reached sometime this week. With just about one year gone in the green iguana culling program, the Department of the Environment is proclaiming the effort a measured success. It is being called a success because a survey done in August is pointing to a possible 90% reduction in the number of the invasive species on Grand Cayman.

The cull is being called a success because in this survey, done "via a distance sampling method developed by Dr. Frank Rivera-Milan, the remaining green iguana population on Grand Cayman was estimated at between 60,000 and 145,000. Again, it must be noted that this estimation was done in August." (DOE Press Release, Oct 22, 2019). This was in stark contrast to the estimated green iguana population prior to the cull, which was between 1.1 million and 1.6 million.

It was mentioned earlier that DOE officials are proclaiming a measured success. The reason it is "measured" is because as DoE Terrestrial Unit Manager Fred Burton stated, "We have no direct measure of the number of green iguana hatchlings that have emerged this year.

Their emergence represents the reproductive output of the breeding green iguanas nesting earlier in the year, at a time when there were many more surviving adults than there are today. This emergence was inevitable and expected. It has also likely put the total number of green iguanas significantly above the August population estimates." A bright spot is the fact that most of the iguanas turned in to the landfill since August has been of the hatchling or juvenile variety.

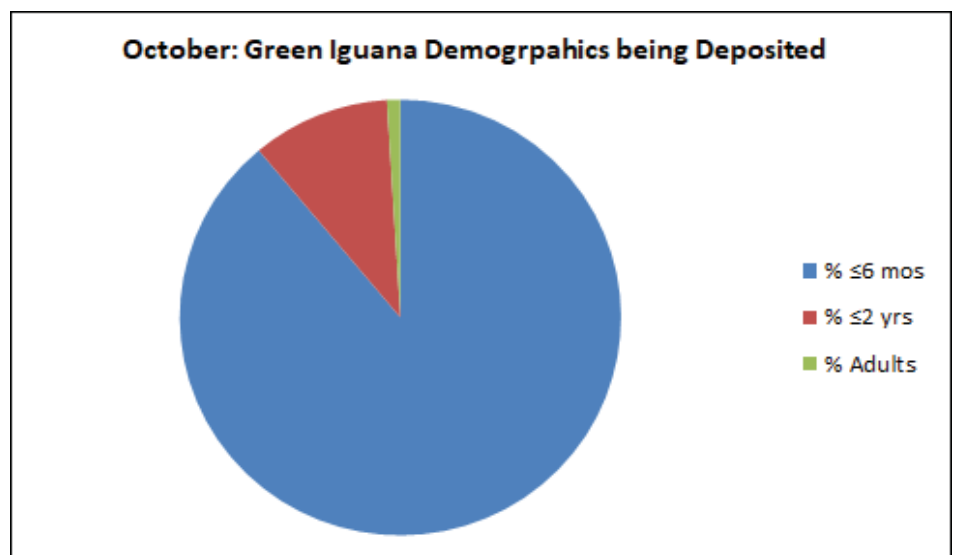
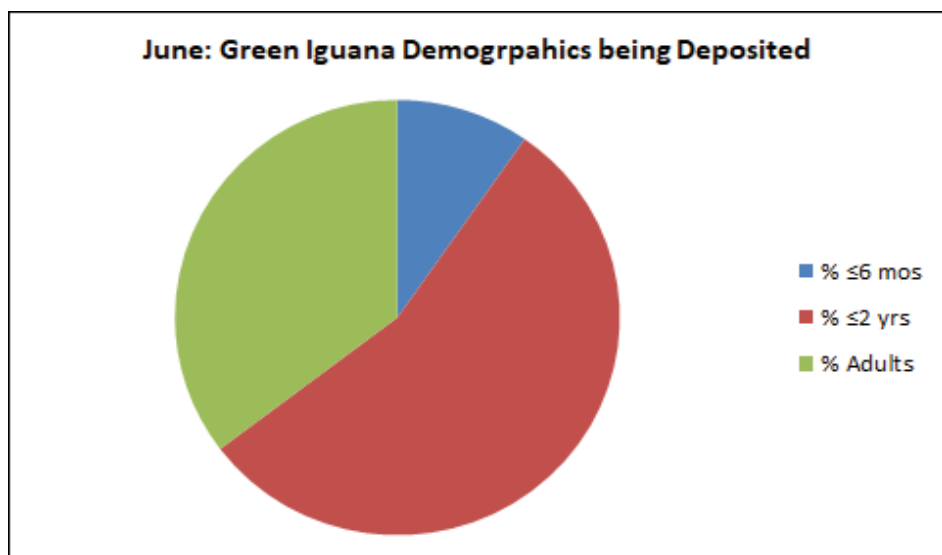
A summary of the situation, in layman's terms, is that the iguana population is drastically reduced but, because of the recent hatchlings, it is not yet to the desired level; the population of these pests is not to a point where DOE can be confident that it will not increase quickly to prior infestation levels. Minister of Environment, the Hon. Dwayne Seymour said, "Our green iguana cullers have done a great job thus far. However, we must keep focused on the job over the next few months, so the breeding green iguana population doesn't rebound next summer."

Since the cull began, more than 500 individuals or groups have registered to join in the effort. The registration is still open, however. So, if there is anyone



else who would like to join as a culler, including receiving training if desired, they can contact Cornwall Consulting at 949-1544 or 769-8888, or info@cornwall.ky for more information.

If you have general questions about the green iguana cull, please contact DoE Public Education and Outreach Officer Brent Fuller via phone at 244-5984 or email brent.fuller@gov.ky. 🌐



Himalaya Wellness Store

By Christopher Tobutt

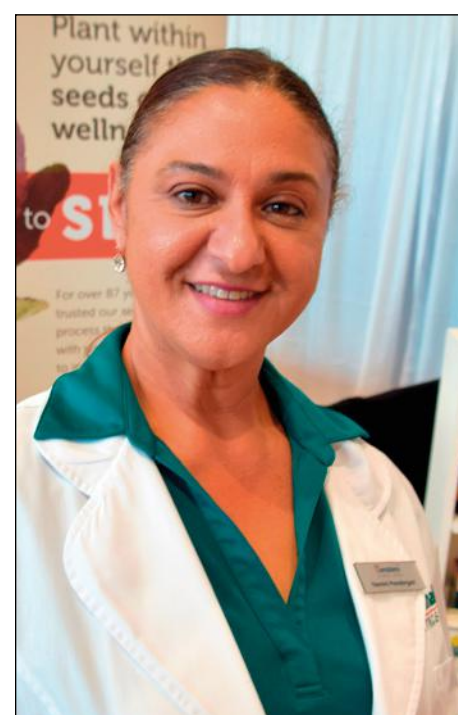
The Himalaya Wellness Store in Elizabethan Square, George Town, is full of natural herbal remedies and preparations from all around the world, and re-

cently they were represented at the Cayman Islands Small Business Association Expo, at Camana Bay. General Manager Yasmini Castillo said: "Himalaya Wellness was started in India in 1930 - it's a company that manufactures herbal

products from baby care, skin care, pet care, and we also carry hair care products. We also have a division which is our pharmaceuticals and manufacture medications for common ailments like high blood pressure or diabetes. The benefit of using our products is that they are herbal-based rather than chemical-based so they are totally safe. They have been also tested to ensure that it is totally safe and free from side effects.

"Our most popular herbal remedy is called Liver Care and the herbs in there will cleanse your liver, by increasing the rate at which your body eliminates toxins and so is recommended for persons who are on medications daily for chronic ailments. It is also recommended for persons who want to do a detoxification on their body," she said. "Another very common herb that we carry is neem. It is known for its blood-purifying benefits, and we use it in many products including our skincare for pimple-prone skin, and in our toothpaste because of its antibacterial property."

One of their customers, Julia, said: "I find these products to be very helpful,



► General Manager Yasmini Castillo

especially if you have sensitive skin because they are made from minerals that you find in the earth which is what our bodies are also made from. It heals very well and restores, and you feel much lighter; your skin feels healthy and much refreshed." 🌐



► Himalaya Wellness Store at the Cayman Islands Small Businesses Association Expo

Cayman Spirits Company serves up a distinctive Cayman taste

By Christopher Tobutt

Cayman Spirits Company distills its own spirits, right here in the Cayman Islands. Its distillation with a Cayman distinctiveness, and lots of the company's drinks, which were on display at the recent CIBA Expo, were named after Cayman places or people or things. "We are the first rum distillers on the island, and we produce everything from Seven Fathoms Rum to Governor's Reserve Rum," said Cayman Spirits' Event Manager, Sarita Singh.

"The story behind Seven Fathoms is we age them in barrels, 42 feet deep which is seven fathoms, and this makes our rum very unique. Very few people do this method of aging. Our newest product is a rum and cola in a can, which has become really popular; we launched it at Kaaboo and we sold out a hundred cases.

"Gun Bay Vodka named after Gun Bay - we do a lot of local names for all of our products," Ms. Singh continued, we also have dark rum, spiced rum, coconut rum, white rum, and gold rum," she said. "Governors Reserve is our coconut rum, and we use young local Caymanian coconuts. So everything is fresh and there is no preservatives. Oh, and we have banana rum as well," Ms. Singh explained.

The company hopes to source more produce used to add flavor to the rum from local sources: "We do distillers' specials every so often depending on what is in season. We will go to the farmers market and team up with a farmer. The last one we did was a mango brandy. So we went to farmer Clarence and we got about 500 pounds of mango to make a mango brandy," she said "It was sold out in two weeks." 🌐



► L-r Pete Johnson and Sarita Singh of the Cayman Spirit Company

ESTERA SPONSORS PREMIER PRIVATE CLIENT NETWORKING EVENT IN MIAMI

Estera Bermuda Managing Director, Alison Dyer-Fagundo will be participating in a panel discussion at the inaugural Private Client Dining Club networking dinner which is taking place in Miami on 24 October 2019.

Estera is a silver sponsor of the Private Client Dining Club networking dinner which is set to be a premier event for the region. Alison's panel will focus on the latest trends in advising ultra high net worth private clients operating in Latin America. The discussion will include topical concerns for trust clients, such as the implications of the loss of capacity by ageing settlers on the management of a trust structure, and the challenges of monitoring investment manager performance within a trust structure.

Senior representatives from Estera's regional team from the Americas, Bermuda, British Virgin Islands and the Cayman Islands will also attend and include: James Maitland, Regional Head of Americas, Bermuda & Caribbean; Sonal Patel, Managing Director and Head of Sales for Americas, Bermuda & Caribbean; Alison Dyer-Fagundo, Managing Director / Managing Partner, Bermuda; Gareth Thomas, Managing Director, British Virgin Islands; Conrad Proud, Director of Trust Services, Cayman Islands; Samantha Powell, Senior Trust Officer, Cayman Islands.

Alison Dyer-Fagundo said "I am thrilled to be speaking at this event in Miami. I look forward to discussing the latest developments in the sector and promoting Bermuda as a premier domicile for trusts and family offices. Estera is pleased to be a sponsor and with the recent announcement of the launch of Estera's Legal Services in Bermuda and the Cayman Islands, I am also looking forward to discussing the expansion of our services as we combine our legal, fiduciary and administration expertise to deliver a truly comprehensive client-focused service.



► Estera Bermuda Managing Director, Alison Dyer-Fagundo

James Maitland said "We are very proud to be a sponsor of the Private Dining Club in Miami. The event is a wonderful opportunity to connect with valued clients and partners of our long-standing trust business. Estera's private client teams have substantial experience in managing a broad array of complex structures, providing tailored, expert and cost-effective solutions to our clients."

Alison is the Managing Director of Estera in Bermuda. She has a long history of sitting on boards of Bermuda companies as an independent director; and provides commentary on the Bermuda funds and investment services, and private equity industries. Alison has extensive experience in private equity transactions, derivatives, public and private company M&A



► James Maitland, Regional Head of Americas, Bermuda and Caribbean

activity, equity and debt markets, and partnerships in relation to both their formation and on-going transactions. She leads the members' voluntary liquidation practice, acting as liquidator in most cases.

James is the Regional Head of Americas, Bermuda & Caribbean and oversees all aspects of Estera's business in the Americas and Caribbean including client service delivery, business development and operations. James has more than 30 years' experience spanning regional, business and client management of debt capital market securities services. Together with the jurisdictional teams, James maintains strong relationships with Estera's clients and intermediaries to effectively support their strategic priorities and activities. 🌐

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► Paintings from the 2000s including work from the Transmuted Sky series



► Untitled Parts 2 and 1, 1995, oil on canvas

Retrospective traces 'Forefather of Caymanian art's career

... Continued story from page A1

course at Canterbury College of Art in England, after which he transferred to Clark University in the United States, where his studies broadened to encompass international relations and philosophy, receiving a BA in 1976.

National Gallery Director, Natalie Urquhart, said they had been thinking about doing a career retrospective with Bendel Hydes for several years. The National Gallery hosted 'Soundings' in 2003, which was a retrospective of his work to that point and since then they presented his 'Circumnavigating the Globe' series which Natalie described as "really one of the pinnacles of Bendel's career" which coincided with the opening of the new National Gallery facility in 2012.

Natalie said they had been speaking with Bendel since then to try and put on a retrospective of his work and to also collect a survey of his work at the Gallery for perpetuity. The effort included going to New York and cataloguing Bendel's entire personal archive, professionally photographing more than 400 paintings. Having recently moved back to Cayman, Bendel worked with the Gallery who assisted the artist in moving his work back to the Cayman Islands.

"The story that we've been able to piece together as a result has been very, very exciting," Natalie confirmed.

The Show

Initially, the gallery was just working with local collectors in order to put the show together, but since they discovered this "artistic hoard" in New York, it doubled the size of the show, Natalie said. The exhibition features about 70 artworks, including archival material featuring a documentary by Jacob Olde in which the artist talks about his career.

The gallery is also working on a career survey catalogue that features over 200 plates of artwork, a full history of his life and career.

The show begins with his early work following his art school training, working primarily in figurative work, after he



► Some untitled work from the early 1980s

returned to Cayman to paint in the late 70s, a time when Bendel created some beautiful watercolours capturing Cayman's maritime history.

"It's a really integral part of the story, because lots of people find abstract art a little intimidating and you can write it off in many ways," Natalie explained. "It's really important to show that the movement into abstraction was a very conscious movement. The basis of good abstract art is a true understanding of drawing techniques, composition, light and shade, all the basics to create these remarkable Circumnavigating the Globe-type luminescent abstracts that we see from the last decade."

By the early 80s despite being very involved in the start of artistic entities such as the Cayman National Cultural Foundation, Bendel realised there wasn't a climate for the type of art he was interested in, so he moved to New York in 1981 and he's been there until the last couple of months. The exhibition really starts with the expression of

this new confidence when he went to New York, Natalie said.

"The pieces are very heavily inspired by Expressionism. You see these very loose, colourful, bold brush strokes," Natalie stated. "There is still an element of recognisable objects in these works but he's moving away from figurative elements. He was inspired by surrealism movements by this point and moving into abstract expressionism before moving into pure abstract over the later decades."

Natalie described how one series of the period is called 'Tropical Plants', so, even though he was in a very urban New York environment that essence of tropical island living and the Cayman story was integral to his work and remained so all the way through this period, she said.

"One of the most important elements of understanding Bendel's practice is the dichotomy between the urban experience and the island experience and he brings both into his practice," she said.

The exhibition also shows snippets from newspaper and magazine articles on the development of the CNCF and others, a movement in which Bendel played an intrinsic part, Natalie advised.

By the mid-90s Bendel moved away from any element of figurative work and was now inspired by mid-century American abstract expressionism. Composition and light were still very important, Natalie explained, and he was still connected to Caymanian history. In his 'Reef paintings' of the period there are

lots of nautical and shipping references in these abstractions. Also happening in the latest 1990s simultaneously were the 'Soundings' and 'Source' series relating to the journey the Caymanian fishermen would have taken down to the Nicaraguan coast, with figurative references to the symbols of that story, including lots of maritime objects.

"I think this is a really beautiful part of Bendel's work," Natalie said.

The "pinnacle of his practice" is 'luminescent abstraction' where he is experimenting with light and colour.

"These works are made by diluting oil paints and Bendel would create washes and then create layer upon layer of colour.

"I think the term he uses, "luminescent abstraction" is a really wonderful way of connecting to the work as it's all about light and luminosity," she explained.

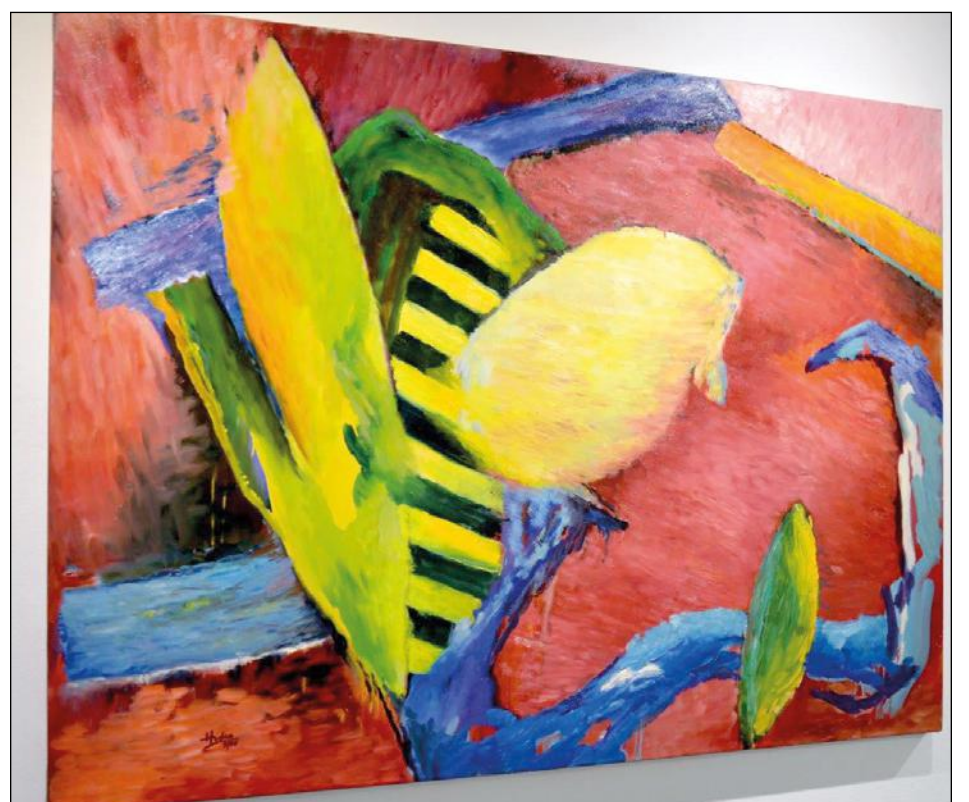
The exhibition closes with huge 78" by 78" oil paintings adorning the walls.

"You come into this room as a conclusion to the exhibition [where the Circumnavigating the Globe series is shown]. I really wanted this space to feel a very spiritual moment. This moment is where you see these huge stained-glass Cathedral-like images. I would hope that at this point the visitor would stop and have a moment of contemplation at the pure majesty of these artwork," Natalie said. "It's remarkable what Bendel has achieved through 45 years of experimentation and dedication to his craft."

Bendel Hydes - A Retrospective runs until 30th January. 📍



► The Ledge (Reef painting Series), 1994, oil on canvas



► Yellow Leaves, 1988, oil on canvas

Older Persons Month Roundup

... Continued story from page A1

observance, which ends this Saturday with the Older Persons Month Gala at Margaritaville had many highlights.

International Day of Older Persons Garden Party:

Attracting more than 300 guests, the inaugural event held at Pedro St. James was the International Day of Older Persons Garden Party. This year's ambassadors were present Mrs. Beulah McField, Mr. John E. Ebanks, Mr. McFarlane Conolly and Mrs. Idalee Scott being recognised for their long and continuing track records of community service. Each received a plaque and had their bios read out.

Formalities completed, attendees enjoyed a buffet-style lunch and either watched or took part in the Garden Party activities like the cake walk, produce raffle, quadrille dancing, greasy pole, food tasting and a hat competition. Attendees also visited the Public Service Pensions Board and the Cayman Islands Hazard Management tents.

Panel Discussion:

The first of three radio opportunities, the Panel Discussion was broadcast live on Radio Cayman's Talk Today show. The annual forum for seniors to discuss topics around the month's theme attracted interesting and thought-provoking responses by seven panellists.

Hosted by the Department of Children and Family Services in Constitution Hall: John E. Ebanks, Beulah McField and McFarlane Conolly, Captain Owen Farrington, Rennie Barnes, Lana Poldervaart (Council of Older Persons representative from the Brac) and Denniston Tibbetts (President of the Cayman Islands Seafarers Association) gave their opinions. Among questions asked were their personal views on positive ageing, some of the practical ways positive ageing can be practiced and encouraged; and their opinions on whether the Cayman Islands is moving towards an age-friendly society.

Gym Days:

A month-long campaign for seniors around positive ageing had to include a nod to health and exercise and the Fri-

day Gym Days did not disappoint. Bliss Yoga hosted its first-ever Seniors Chair Yoga classes which were increased in size to accommodate demand.

The four popular sessions taught seniors a number of combination of breathing techniques, stretches and gentle poses to help keep their bodies aligned, supple and toned.

King's Sports Centre and Body Alive Gym hosted a seniors' class a piece which showed participants a variety of exercises suited to their fitness levels.

Circle of Love Fellowship Brunch:

A fixture on the annual Older Persons Month calendar, this year's Circle of Love Fellowship Brunch proved its enduring popularity by having good attendance despite the rain. The event at Triple C School Hall which included a hearty brunch, live entertainment and many spot prizes was hosted by the Circle of Love Women's Ministry which also works in partnership with the Department of Children and Family Services to stage its annual Child Month Breakfast.

Grand Cayman, Cayman Brac Island Tours:

Cayman Brac and Grand Cayman seniors took to da road for a sightseeing excursion. Travelling the highways and byways the coach trips sparked off plenty of conversation, singing and of course photo taking.

Big Stage:

The Harquail Theatre was the setting for the second ever variety show of Older Persons Month. The acts included comedy skits, folk dancing and singing, poetry recitals and musical interludes with the guitar. A rare opportunity for seniors to express their performance chops to a large audience, the evening event attracted a number of older persons who flew over from the Brac.

Old Time Cooking:

Cayman Brac seniors with assistance from the Public Works Department put on an old time cooking event at the Youth Development Centre last Friday. With tents and caboose and a sound system, attendees watched two cooking



► Councillor Barbara Conolly, DCFS Director Paulinda Mendoza-Williams, Older Persons Month Ambassador Beulah McField, Older Persons Month Ambassador McFarlane Conolly, Older Persons Month Ambassador John E. Ebanks, Ministry of Community Affairs Chief Officer Teresa Echenique, Older Persons Month Ambassador Mrs. Idalee Scott, MoCA's Deputy Chief Officer Joan West-Dacres and Councillor David Wight at the International Day of Older Person Garden Party at Pedro St. James on Tuesday, 1 October (Photos by Elphina Jones, GIS)

demos and enjoyed the outdoor-indoor social.

Special Church Service:

Premier and Minister of Community Affairs, Hon. Alden McLaughlin travelled over to the Brac for the Sister Islands church service at Crossroads United Baptist. In the company of his Ministry's Chief Officer and the DCFS Deputy, the congregation which included Older Per-

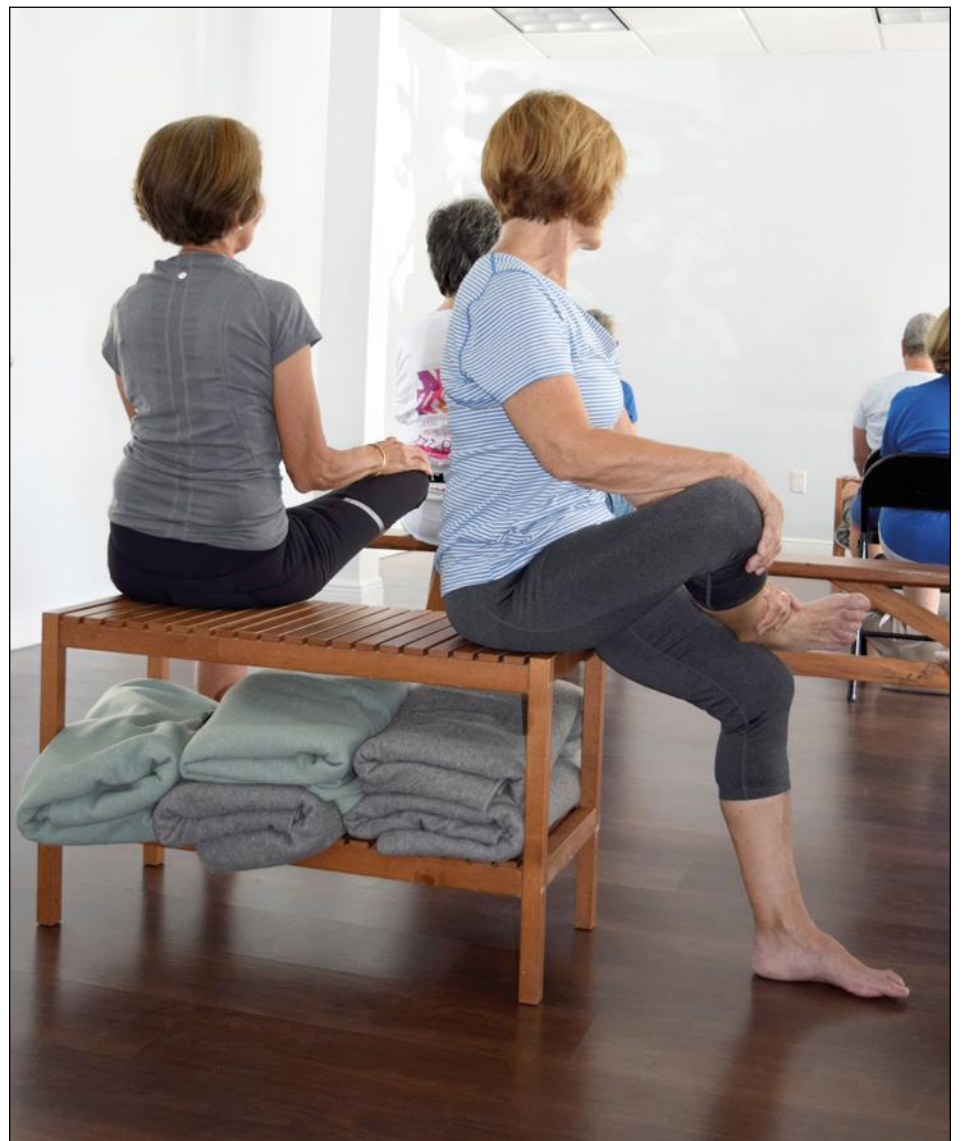
sons Month Ambassadors, shared fellowship and gave thanks for the blessings of old age.

NOTE:

For full stories and pictures/photo albums visit www.gov.ky and the Department of Children and Family Services Facebook page (<https://www.facebook.com/departementofchildrenandfamily-services/>).



► Garden Party attendees came face-to-face with Junkanoo at the inaugural Older Persons Month event on Tuesday, 1 October



► Bliss Yoga Cayman partnered with the Department of Children and Family Services to hold Seniors Chair Yoga every Friday during Older Persons Month

Ambassador - Mrs. Idalee Scott

By Shakir Khan

Always wearing a cute smile and soft spoken, Mrs. Idalee is well known here on Cayman Brac. She was born on 30/08/1941, in the Creek area. In 1958, she married Edmund Scott of Watering Place.

Mrs. Idalee commenced her education at age 7. She studied diligently for the Jamaica Local Examinations. She also worked at Blackie's Haberdashery Shop for a few years. It was there she met her husband Edmund. With that cute smile she said to me, "I got married at 16, you know, Mr. Khan." Her husband was a noted craftsman, skilled with his hands.

In 1970's she became a self-employed businesswoman, marketing the items crafted by her husband. She told me that she was very appreciative of a then high school teacher who assisted her with speaking Spanish. This helped greatly with interacting with cruise ship passengers. As these times slowed she began selling clothes and shoes in her shop. She became popular with this as her wide variety and affordable prices created a clientele that would sustain her for many years. As time progressed she ventured into the floral business.

"You are a Christian Mrs. Idalee, tell me about your life," insisted Mr Khan

"I grew up with a sound background of Christianity. I believe that Jesus Christ

died for my sins. That's my mission to share this with as many who would listen. I love and enjoy singing at church and other events where I am asked to do so. Currently, I attend the Hillside Chapel on the Bluff."

Mrs. Idalee enjoys cooking especially her own food. She is not one to eat out on any regular basis.

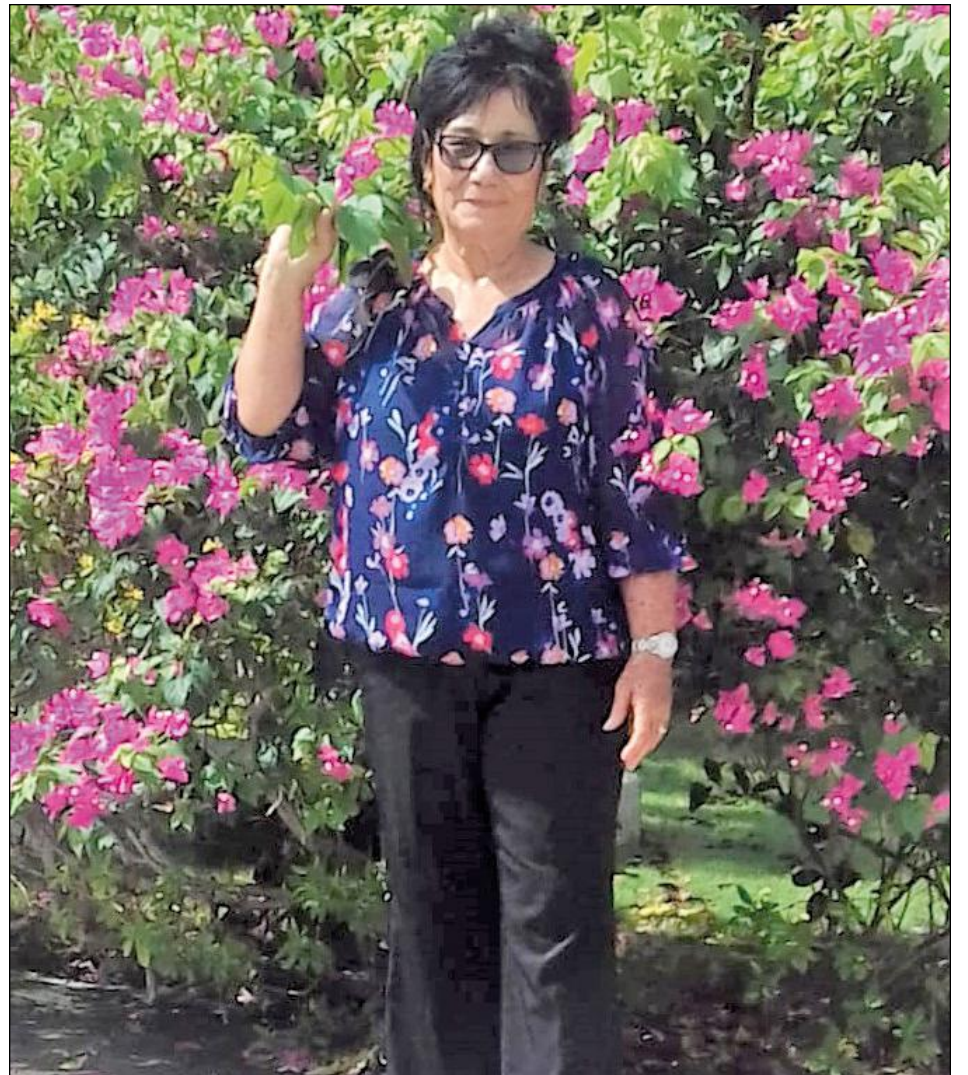
"How did you become the Ambassador for this year's Elder Persons Month?"

"I received a call Mrs. Annie Rose, who outlined to me what this was all about. At first I didn't believe that I was capable of doing this because I am committed to attending to my ailing daughter. However, since starting, it has been a wonderful experience. In the opening ceremony on Grand Cayman I was really blown away by all that took place. In fact, Mr. Khan I met friends there that I hadn't seen for many, many years. I am hoping to represent the Sister Islands with distinction."

"What would you like to see improved with this Concept?"

"I would like to see the opening function take place on Cayman Brac and that folks from Grand Cayman come here more regularly. There can also be some programmes undertaken that would help the elderly with their social life."

Mrs. Idalee and her deceased husband have three children, Burman, Colette and Marva, as well, as seven grandchildren. ☺



POLICE NEWS



Community Safety Officers Join RCIPS Ranks

... Continued story from page A1

and will utilize specific vehicles, both of which are clearly marked to identify them as Community Safety Officers. West Bay, Bodden Town, and George Town each have three CSOs assigned to them, while East End and Cayman Brac have each been assigned a single CSO. There is also a post available for a North Side CSO, which has not yet been filled.

"With one exception, each CSO actually lives in the district they will be working in," said Superintendent of Uniform Operations, Robert Graham. "This means each of the new CSOs have a vested interest in what's going on and a real commitment to addressing the issues that the community believes are important. I see this new introduction of the CSOs as a real and very tangible difference to the way we work with and for our communities. It will build upon our ability to identify local issues and also improve our responsiveness through enhanced working relationships within local communities. This is about really focusing on those issues that cause the local community the most concern and addressing those concerns through an improved partnership approach."

The CSOs will be deployed at key times, based on local requirements, for up to twenty hours per week, and their deployments will be directed by the Inspector in charge of the Community Policing Department, Courtney Myles.

"I am extremely delighted to see the launch of the Community Safety Officer programme, which will come under my



management, as they are now part of the RCIPS community policing team," said Inspector Myles. "It will enhance public safety while building on our community partnerships. I see this as a positive step in the community and have no doubt it will make a real difference to the Cayman Islands."

The Community Safety Officer programme was one of the campaign manifestos of Premier Hon. Alden McLaugh-

lin and has been delivered by the RCIPS Commissioner's Office with the support of the Cayman Islands Government.

"Tackling crime was a major campaign issue for all of us in Government. As such, we budgeted some \$270 million for national security and committed to putting into place a dedicated community policing programme. We have seen that community policing does make a difference and as such I welcome this

new Community Safety Officer programme," said the Premier. "We, as a Government, are doing what we need to in order to financially support the RCIPS, and I am satisfied that under the leadership of the current Commissioner and his senior team the RCIPS has taken seriously this Government's commitment to keeping our communities safe and reducing gun crime in the Cayman Islands." 🌐

Missing Man Located in Jamaica

The police can now confirm that local resident Mr. Graham Bentley, who was reported missing on Friday, 18 October, after having travelled to Jamaica, has been located safely in Jamaica. 🌐

Evening Traffic Flow Adjustment to Hurley's Roundabout

The RCIPS is informing the public that there will be a temporary traffic flow adjustment made to traffic entering the Hurley's roundabout on weekday evenings, beginning next Monday, 28 October.

Traffic entering the roundabout from South Sound Road (eastbound) or Shamrock Road (westbound) will not be permitted to exit at the Grand Harbour entrance but must either exit onto Crewe Road (westbound)

or onto Shamrock Road (eastbound). Traffic entering from South Sound Road (eastbound) or Shamrock Road (westbound) and needing to access Grand Harbour will be required to exit east onto Shamrock Road, travel along Shamrock Road, and then enter Grand Harbour by turning left onto Bimini Drive.

This adjustment will not affect traffic entering the roundabout from Crewe Road, which will be permitted to take

the first exit and access Grand Harbour as usual, or continue onward to Shamrock Road.

This adjustment will be in place on weekday evenings from 4:30PM to 7:00PM, in order to allow the continuous flow of eastbound traffic, as part of the RCIPS' continued efforts to alleviate traffic issues in these areas.

The RCIPS is reminding the public to follow all traffic directions given by police officers. 🌐

Employee Spotlight: Hari Gurung

By Flynn Bush

From the faraway nation of Nepal, Hari Gurung managed to make it all the way to our tiny nation on the other side of the world. His reason was obvious; to earn a salary that can help his family have a better life back home. He is not the only who has done this. In the Cayman Islands, there are many people from over 130 different countries, and from all sorts of backgrounds. Most importantly, we, as Caymanians, also have the example of our forefathers who did the same thing. They left Cayman to work overseas, and on the seas, so that they could provide for their loved ones back here. To do this is a difficult and noble thing to do.

Mr. Gurung came to the Cayman Islands as a security officer with The Security Centre, in March 2014. Nearly six years later, Hari has gained the respect of everyone that he has interacted with. He has wowed his supervisors who laud his numerous positive attributes and work habits. Mr. Conroy Sabuda, Senior Team Leader (Daily Operations), stated that Hari's team leaders have sung his praises where being helpful is concerned. Mr. Sabuda gave some examples of characteristics pointed out, such as, "Hari is always quick to respond to calls for assistance on the spur of the moment." "He's always punctual, he's respectful and always seek to complete his tasks in line with prescribed guidelines," is another comment made.

For most of his time on-island, Hari's primary assigned location has been the Truman Bodden Sports Complex. His primary responsibilities are to assist the Department of Sports with the security of the national stadium, the Sports Office, the Dalmain Ebanks Boxing Gym, and the Lions Pool. This is a sizeable chunk of acreage, and it has proven to be a daunting task for some security officers in the past. However, Hari makes it seem so natural and easy.

Department of Sports staff members have nothing but good to say regarding Mr. Gurung. A few comments made were, "Mr. Gurung is very observant and always promptly report issues that might affect daily operations or the maintenance of the facility on a whole;" "He demonstrates superb customer service skills both to your staff and the visiting public;" "His mannerism is exceptional and is in equilibrium with his consistent and high work ethic standards;" and "Hari is also very helpful and is always willing to go the extra mile."

Director of Sports, Mr. Collin Anglin, recently wrote to The Security Centre management to highlight Mr. Gurung's performance. When asked to give a quote regarding Mr. Gurung, expounded by saying, "Hari is just an incredible human being. Even though he works in a position that normally commands authority. He manages to maintain an incredible level of humility and somehow makes people want to comply with him.



Hari treats the place he works at like his home. He offers a helping hand with whatever is needed, even though he is not asked to do so. He's always pleasant, has a fantastic attitude and is just a role model for his profession."

Hari was very straightforward and to the point when he was asked about his job. "I love my job," he said. "I like helping people." He also said that he supervisors at The Security Centre have been very supportive, and that the Sports Department staff are like his family. From

the sound f things, they feel the same way, too.

Although he was not born here, Mr. Hari Gurung has spent the past six years contributing positively to our country. It is a reminder that there are examples of persons with great work ethics and great customer service skills from other regions of the world. Persons like Hari fit in well with the traditional Caymanian work ethic. That's why he has been able to assimilate easily into our community. 🌐

Hospitality Trends to Consider for 2020

With less than 100 days until 2020, year-end is officially upon us – and what an excellent opportunity to reassess business goals and look to future objectives: Creating exceptional guest experiences, empowering the team to deliver, and keeping costs down. Thinking to the future now will give progressive, forward-thinking businesses an advantage in the coming years.

Competition and Changing Expectations

The hospitality industry is constantly changing, and new competitors are emerging. With brands like Netflix, Amazon, and Starbucks, guests expect personalized experiences with speed. Their daily engagement with such brands carries over to their expectations of all companies they interact with, including hotels and restaurants. Businesses who haven't quite started the shift to a more customer-focused mindset will likely fall short.

Ensuring Success Through Training

While expectations may be changing, there are some expectations that have solidified over time. At the core of hospitality, it is imperative to deliver clean, functioning spaces with efficient service. With online reviews dominating selections, one mistake could cost significant business. Investing in associate training and working with teams to improve communication and processes

will help deliver the expected experience, and much more.

Sustainability

The United Nations have pushed issues of sustainability to the forefront of public awareness. Conscientious Millennials and Gen Z travelers in particular expect global hospitality businesses to take a more comprehensive approach to corporate social responsibility. Sustainability is driving decisions. According to booking.com 55% of global travelers say they are more determined to make sustainable travel choices than they were a year ago, but barriers include a lack of knowledge and available or appealing options when trying to put this into practice. Transparency and accountability are becoming more important as travelers want to know the impact of their footprint – not only environmentally but socially as well. Sustainable and socially responsible strategies now range from the reduction of single-use plastics, to paper-less receipts, to food waste monitoring via artificial intelligence.

Food and Beverage Innovations

Interest in locally sourced, seasonal food and vegetable-centric cuisine continues to grow among eco-friendly and health-conscious consumers, resulting in the development of farm-to-table- and even seed-to-table – culinary concepts. The potato chip may meet its

match in 2020. Healthy snack options trending including ingredients such as chickpeas, beets, quinoa, and kale. Jackfruit, an already popular substitute for barbecue pulled pork because of its similar texture will continue to be a force in the food industry as a meat alternative. Beverage menus are also moving beyond the traditional, highlighting the unusual flavors from cactus, such as prickly pear and dragon fruit. Consumers are also exploring unique fruit flavor varieties including, bergamot orange, calamansi, makrut lime, pomelo, Meyer lemon, yuzu, ugli fruit and blood orange. Oak milk is joining almond and soymilk as another option for those seeking a dairy-free alternative. However, the pursuit of pleasure continues to be a key motivator for customers seeking new culinary experiences that delight the senses.

Technology in Hospitality

Technology. Love it or hate it. The hospitality business cannot ignore it. While being a people-first business means focusing on the wellbeing on your guests and staff, technology can help support your future success in operational excellence. It's important to find the right tools that can enable your team to be more efficient and focus on what matters most, the guest. With the aforementioned shifting guest expectations, teams need to be productive in a way that is more personal. Examples of technology supporting human interaction could include the deployment of real-time translation earphones and smart glasses, which would allow staff to converse with guests in their native tongue. Reports also show consumers expect restaurants to provide an experience similar to the on-demand services such as Uber and Airbnb. While this may seem like a daunting service to offer, there are now numerous services which allow venues to add digital ordering to their list of amenities – something guests will look for around a hotel pool, in coffee shop and their hotel room.

Strong Digital Marketing

Having strong marketing content is the foundation of any good marketing



► Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm

plan. Read your entire website if you haven't in a while. If you have recently gone through a renovation, it's a good time to refresh your content. Devote resources to a good blog to connect with new audiences via search engine optimization. Budget for a content writer if needed. Ensure you have images to support that storytelling you created in your content and value proposition against your competition. Seek ways to leverage social media advertising to align your business with local demand generators and target markets.

For assistance with 2020 planning and training, contact Caymera International.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. She's an industry veteran and holds a master's certificate in Hospitality Management from Cornell University in Ithaca, NY and has also earned continuing education certifications in Hotel Real Estate and Asset Management, Digital Marketing, and Revenue Management from Cornell University. Visit Caymera at www.caymeragroup.com or email info@caymeragroup.com for more information. 🌐



New playground for West Bay West

By Christopher Tobutt

Very soon, the happy voices of children playing will fill Velma Banks Road in West Bay, because a lovely big new children's park and playground is going to be built there. The groundbreaking ceremony for the new park took place on Saturday 19 October. It was very well attended, as many different loved and respected West Bay residents came to see the groundbreaking. Many others, who helped build the community which surrounds the park and who were not present are going to be named on a special memorial inside the park. It is hoped that work on the new park will go ahead quickly, and that the park will be officially opened some time in the middle of December. There will swings, slides, monkey-bars, a big sandbox, and

a basketball court, as well as restrooms, although these may be added a little later.

Rolston Anglin introduced the speakers, who included Speaker of the House Hon. prMcKeeva Bush, OBE, and Minister of Commerce, Planning and Infrastructure, Hon Joey Hew. Pastor Mitzi Bailey opened in prayer: "I pray that this will be a safe place, and that they would continue to go on and ...learn how to play, how to have fun, and how to interact with one another," she said. Zoe and Lucas, the great grandchildren of Mr. Harvey Ebanks whose name is also going to be associated with the new park read a scripture.

Mr. Anglin said: "For many years we have had in legislation that whenever a subdivision was done, a public open space must be left. We also know that it has been a struggle getting a lot of parks built in those areas, and so I really want to congratulate the MLA's from West Bay; McKeeva Bush Captain Eugene, and the Hon. Tara Rivers for seeing this as an important initiative."

Hon. McKeeva Bush said that he believed that the new playground would be: "A safe place for our young children and teenage children." Naming just some of the people whose names will be inscribed on the monument, Mr. Bush said: "Mr. William Harvey Ebanks, Brother Robert Powery, Mr. Rudy Powery, Mr. Andrew Powery and Mr. Jude



► Groundbreaking. (L-r) Garnal Ebanks, Brenda Timothy, Rina Bodden, Rudy Powery Hon McKeeva Bush OBE, Captain Eugene Ebanks, Hon. Joey Hew, and Ashton DeOsca

Powery, Captain Cadian Ebanks, Mr. George Harry Ebanks... We have many names to add," Mr. Bush said.

"We want to put something here for handicapped children as well. Sometimes we forget that handicapped persons that want to get out, and be a part, and want to do things," Mr. Bush said.

Mr. Hew said that the Government had been busy making sure that community playgrounds were established across the islands: "I feel it is important that we have green spaces, where we can gather and children can play freely and enjoy

themselves without any fear of traffic or any other dangers," he said.

As is fitting for a new childrens' playground, plenty of children took part in the ceremony. There was a poem from Sherena about her granddaddy, and then a group of four children sang "Shine Jesus Shine."

Local resident, Ula Elecia Ebanks said: "I like this park because its our park down here in West Bay West. It will be good for the children so that they have some place they can go and not be running up and down on the streets." 🌐



► Zoe and Lucas read the scripture



► Shine Jesus Shine



► Lots of fun, food and fellowship


Miss Cayman Islands Universe Prepares for International Pageant

Miss Cayman Islands Universe, Kadejah Bodden, is headed to Jamaica to start her training regime for the upcoming Miss Universe Pageant, which will be held in the U.S.A. on Sunday, 8 December 2019.

Coached by Ms. Dianne Brown in her 'Discipline of Beauty' programme, Kadejah will participate in an intensive five-day training course on runway, make-up and interview, among other areas of pageantry. Committee Chairperson, Derri Dacres said, "Dianne is one of the best trainers in the business, and we are excited to keep the momentum going for Kadejah before the Miss Universe Pageant. This is a valuable training programme

and we would like to express our gratitude, once again, to Dianne for her assistance."

Dianne also trained Anika Connolly, the 2017 Miss Cayman Islands Universe. Kadejah departs on Thursday, 24 October for Jamaica. The committee thanks its corporate sponsors who continue to offer tremendous support - the Ministry & Department of Tourism, Cayman Airways, Radio Cayman and Surfer's Paradise.

Visit <http://www.missuniversecayman.com/> to learn more about the reigning Miss Cayman Islands Universe, Kadejah Bodden. Follow us Facebook @Miss Cayman Islands Universe and Instagram @officialmissuniversecayman. 



Roy Bodden's – From Guard House to the Glass House: A Preliminary Discussion

Roy Bodden, now Emeritus President of the University College, recently launched the latest of his academic work, *From Guard House to the Glass House: One Man's Journey through the Maze of Caymanian Politics*.

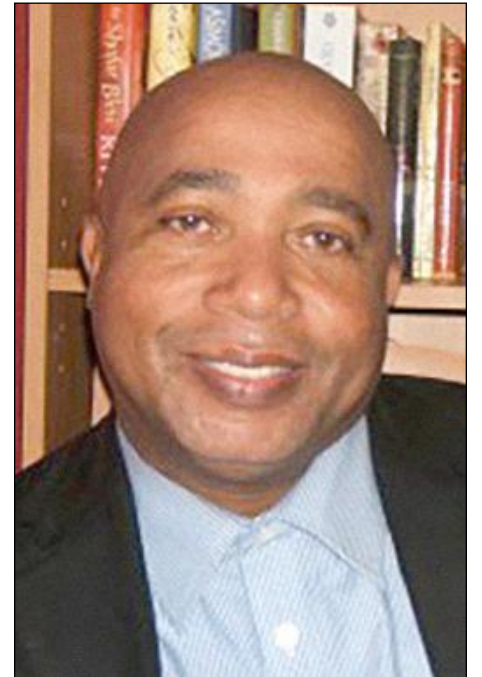
Bodden is also the author of *The Cayman Islands in Transition: The Politics, History and Sociology of the Cayman Islands*; *Politics, Personalities and Parties: Caymanian Politics from 1950- 2000*; *Reflections from a*

Broken Window and A Gathering of Old Men: A Collection of Short Stories.

By any account, this is quite an impressive body of work on the Cayman Islands told from the perspective of the Cayman Islands, even if from one person's point of view. The act of writing can be a tedious task, especially for those who take it seriously. The actual writing itself is preceded by research, organization of thought, the sifting and interrogation of materials, and the exercise of critical judgement. Writing requires discipline, not to mention cogency and clarity of mind. American writer, Harlan Ellison, once said that 'People on the outside think there's something magical about writing, that you go up in the attic at midnight and cast the bones and come down in the morning with a story, but it isn't like that. You sit behind the typewriter and you work, and that is all there is to it.' Writing is hard work and the two hundred and sixty four pages, the size of Bodden's recent book, is quite an accomplishment.

In writing about writing, Arthur Homes, the author of the famous book: *The Idea of a Christian College*, says that to write is to become articulate, to express what one feels, to explain why one feels that way, to expound, to argue, to offer good reasons, to explore relationships, to have a sense of the whole, and so on.

One should never underestimate the power of the pen, the power of the book, the power of ideas. And, certainly, the writing of history must never be underestimated. Even if one believes Churchill's famous quip: 'History will be kind to me, because I intend to write it' and proceeded to write history, this kind of enterprise must be celebrated. Marcus Garvey did say that 'A people without the knowledge of their past history, origin and culture is like a tree without roots'. There is the famous saying that 'No one can tell your story, so tell it yourself, no one can write your story, so write it yourself.'




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

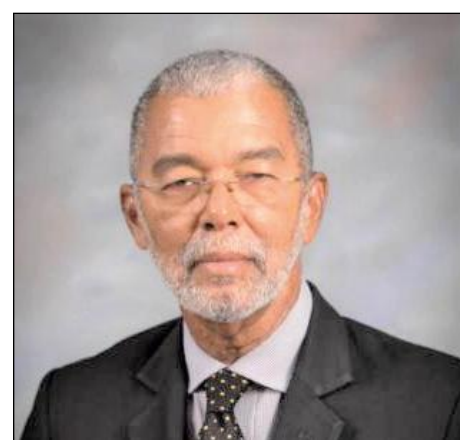
Bodden took the latter saying seriously. I believe that there are many other stories not yet written, and that should be. Others must be encouraged to write their story as Bodden has done. The development of a society is not confined to the building of businesses, physical edifices and landmarks and such things. The role of the writer, the thinker, the historian, is vital. The past must be documented and told and the more the voices, the more interesting the record.

How does one make sense of the current issues and their impacts without having some understanding of the historical context that gave rise to them?

A study and knowledge of local history is indispensable to a real understanding of the society itself. How can a country understand its own character or fully appreciate its unique identity without an accurate knowledge of its past? How can the young of a society properly appreciate other cultures, without being immersed in their own? How can a multicultural society forge bonds of cohesion without having strong ties, understanding and appreciation of the culture of local society itself?

Thinkers like Caribbean intellectual icon Rex Nettleford and Michel Foucault, French philosopher and historian of ideas, have always pointed to the importance of history for self-knowledge and self-empowerment. As Foucault reminds us, correctly used, history is a form of critical self-knowledge that promises a certain freedom.

In the next article, we will open Bodden's book. 



► Roy Bodden, Emeritus President of the University College



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COMMUNITY EVENTS

First Assembly of God – Car Boot Sale

26 October – Come along and grab a bargain! The First Assembly of God Church is having a car boot sale in their parking lot at Old Crew Road on Saturday 26 October from 6 am – 11am. There will be clothes, shoes, furniture and lots more on sale. Car spots are \$25. Call 945 – 2182 for more information.

Bullying Prevention Month – Stood Up Fair

26 October – The Family Resource Centre is having its Stood Up Fair at the John Gray High School new Gymnasium on Saturday 26 October from 9:0am to 1pm. and all are invited. Students can register to display projects based on various themes and there will be cash prizes for winners. Call the Family Resource Centre at 949 – 006 or email frc@gov.ky for more information.

Women in White Scholarship Fundraising Event

26 October – Women in White will present their 2nd. annual scholarship fundraising event on Saturday 26 October from 7pm to 11pm. It will be a night of live music, raffles, hand crafted locally sourced and globally inspired cuisine prepared by your favorite female chefs. Tickets are available at eventpro.ky. For more information and group discounts, please email info@womeninwhitefoundation.com.

North Sound Estates and Newlands Community Family Fun Fair

26 October – The North Sound Estates and Newlands Community will be having their Family Fun Fair on Saturday 26th October from 12.00 -5.00pm at the ICCI College Field, Hirst Road, Newlands. There will be bouncy castles, magicians, face painting, food vendors, Tombola, kiddies activities and great games all day.

Included in the festivities will be a K9 dog display, a fire truck, awesome raffle prizes and giveaways, balloon man Music, Xmas stall and crafters gift stall. Something for everyone! Save the date! Booth spaces available for rent \$25 to vendors. Call 321-9443 for details.

Saturday Night Live in GT
26 October - The Saturday Night Live in GT series returns to Hog Sty Bay in George Town on Saturday, October 26 from 5:00 p.m. to 12:00 a.m. The event, which is part of the George Town Revitalization Initiative, will feature live music, art and local food served from food trucks and stalls from restaurants and businesses. Enjoy entertainment by Gary Ebanks, Danny Loop, UCCI steel band, Pandemic, Low Tide, Palente and DJ Mix Master.

Older Persons Gala

26 October – The Older Persons Month comes to an end with a Gala at the Margaritaville Resort, Seven Mile Road from 6-10pm. Call the following numbers to register: West Bay - Vanda Powery (916-7902); George Town - Dorline Welcome (925-4083); Bodden Town - Flavia Gardener (926-0490)/Carol Bodden (924-3309); North Side - Flavia Gardener (926-0490); East End - Delmira Bodden (925-5543); Cayman Brac/Little Cayman - Annie Rose Scott (925-9872/916-7310).

Little Cayman Sports Social Association Annual Spooktacular Fun Run

27 October - The Little Cayman Sports Social Association Annual Spooktacular Fun Run is October 27th starting at the Village Square at 5pm. Call 929 – 285 for more information.

Free Road Safety Conference

29 October – 1 November – The National Roads Authority is host-



► Stood Up Fair

ing its 2nd. Road safety conference at the Ritz Carlton. On the agenda will be discussions on Cayman's new road safety strategy and presentations by local agencies, covering emergency services, enforcement and education on road safety. Speakers include representatives from the Royal Cayman Islands Police Service, the Department of Vehicle and Drivers Licensing (DVLD) and the Cayman Islands Fire Service. There will also be a planned traffic management panel round-table discussion. For more information and to participate, email shena.ebanks@nra.ky or call 946-7780.

North Side Breast Cancer Awareness Clinic

29 October - The Lions Club of Tropical Gardens hosts a breast cancer awareness clinic on Tuesday 29 October at the North Side District Health Centre, starting at 10am. Mammogram vouchers available for eligible persons. For more information, call 936 – 1739 or email bcawareness@gmail.com

Pirates Weekend in Cayman Brac

1 - 3 November - Pirates Weekend in Cayman Brac begins on Friday 1st. November. This 3 day event includes the Heritage Day and Float Parade on Saturday 3rd.

Nov. Visit www.piratesweekfestival.com for more information.

Breeze Fusion 5/10K Walk/Run

2 November – Join Breeze Fusion for their 13th annual Walk / Run at Smith's Barcadere, Saturday, November 2nd. Registration is \$20 for adults and \$10 for Juniors (16 and under). The first 300 registrants will receive a T-Shirt. Participants are encouraged to collect their race bags from Radio Cayman on Elgin Ave. during the week prior to the race. All participants receive a medal and the chance to win random prizes. Part proceeds will support NCVO and the John Gray High School Music Department. Walkers start at 6:30am and runners start at 6:45am. Registration will be available at www.caymanactive.com/registrations

Cayman Brac Dominos Tournament

2 November - The Lions Club of Cayman Brac is hosting a Dominos Tournament on November 2nd. Email bracions@gmail.com for more information.

Ministry of Peace Church Evangelistic Services

1 - 3 November - The Ministry of Peace Church is hosting an evangelistic outreach campaign and worship with Brother Al Ebanks

from November 1st - 3rd at the Ministry of Peace Church parking lot. Call 927 – 6050 for more information.

The Pirates are Coming to Grand Cayman

7 – 11 November - A series of parades and fireworks displays, street dances, costume contests, sporting competitions, happy hours, traditional foods, music and much more will herald the 42nd. Pirates Weekend in Grand Cayman. Go to www.piratesweekfestival.com for all the details.

Remembrance Day – Public Holiday

11 November – Remembrance Day is observed to honour all veterans who fought in World War 1. On Remembrance Day in the Cayman Islands, there will be an official wreath-laying ceremony presided over by government officials, and public recognition of military veterans both living and dead.

Matilda – the Musical

14 -16 November - St. Ignatius Catholic School Musical, 'Matilda' will be performed from November 14th-16th with shows at 7:00 pm on Thursday, Friday, and Saturday, with an additional 2:00 pm matinee on Saturday. Tickets are on sale at the school office. Phone 949-9250 for further details. 🌐

HEALTH BENEFITS - SPICY FOODS

Many people seem to be addicted to spicy foods, celebrating the many cuisines around the globe with high-heat, specialty dishes. Sichuan from China, bebere from Ethiopia and Cheno from India are especially revered for their spice and heat. There are common spices that are added to these dishes to give them their exceptional heat. These include green and red chillis, harissa, jerk seasonings and curry powder just to mention a few. The thing is these spices are packed with tremendous health virtues such as:



HEART HEALTH - Over the years many studies conducted have shown that these spices used by the natives of those countries have significantly lower heart disease risks. This is especially true of chilli peppers. They contain a compound called capsaicin which has been shown to greatly reduce bad cholesterol. I sprinkle a ½ tsp of cayenne pepper with each of my meals.

PAIN RELIEF - As these spicy ingredients contain capsaicin, studies have shown that they have a profound effect on inflammation in the body. The capsaicin is known to block pain signals travelling to the brain.

BOOSTS MEATBOLLISM AND BURNS CALORIES - Many consumers

of hot and spicy foods quickly break out into a sweat. Like in an exercise, this sweating helps the body burn calories. "Eating a spicy meal can help the calorie- burning activity by up to 8%," according to the New York Times. Spicy foods are an integral part of the diet of those looking to lose weight.

ENHANCES BONE HEALTH - Many types of hot peppers are high in vitamins C and A. People with lower volumes of vitamin A, frequently suffer with bone fractures easily.

SETTLES YOUR STOMACH - Here's a great replacement for antacids. While they may fire up your mouth, various studies have revealed that they help in soothing the stomach. Studies show that the spices reduce gastric acids that cause upset stomach.

So, next time you are at the supermarket, catch up on some of these spices and add them to you meals. You will be thrilled by their results. 🌐



Exercise versus Diet for Fat Loss

If you're someone who's looking to shed a few pounds and get down to your goal weight, one thing that you might be questioning is what is more important – getting a good diet in order or performing some intense workout sessions.

While there's no question that a combination of both will yield the best possible results, if you had to choose between one or the other, is one more important?

Let's take a closer look at this factor so you can see for yourself what you must consider.

The Question Of The Calorie Deficit

The very first thing that you must take into account is what it is actually required to lose body fat. In order to successful melt pounds of fat from your frame, you have to consume fewer calories than you burn.

You can either achieve this by reducing your food intake on the diet side of things or increasing your calorie expenditure on the exercise side of things.

Now, when it comes to accomplishing this goal, diet tends to win out. You can easily create a 200-400 calorie deficit with your diet plan, but it would take exercising for 30-60 minutes to do the same.

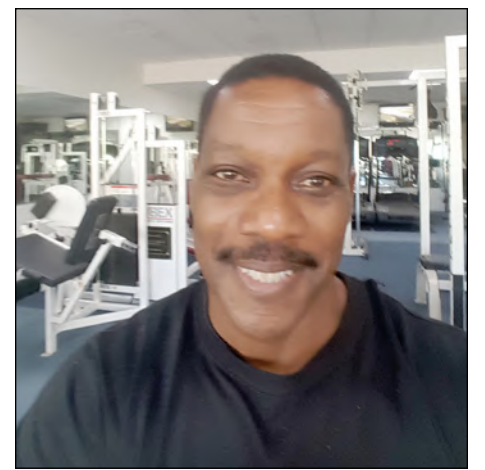
Most people grossly overestimate just how many calories they burn during a workout and don't realize how hard it is to create that deficit through activity alone.

Maintaining Your Lean Muscle Mass And Metabolism

On the flip side of the coin, exercise is what will ensure that you maintain your lean muscle mass as you go about the fat loss process and it will also help to boost your metabolic rate.

A low calorie diet however can put you at risk for lean muscle mass loss and will naturally cause a slow-down to your metabolism.

So from a long-term point of view, exercise will yield weight loss that may be



► Ernest Ebanks

easier to keep off, provided you don't eat back all the calories that you burn off.

Your Body's Tolerance

Finally, the last thing that you must take note of when asking yourself which is better in terms of the overall fat loss results it will provide is what your body's tolerance level is. Are you someone who can take exercising for high volumes each week?

Some people simply do not have the recovery capacity to do so and will find that they burnout very quickly.

Others will find that they can go on a low calorie diet without a problem as long as they aren't exercising for hours on end.

It's important that you take the time to learn your body and what it responds best to. This way, you can customize your approach to whatever is best for you.

So there you have the main factors to take into account. Generally speaking it's easier to create the calorie deficit for fat loss through a diet, but if you want to look good as you lose the weight, exercise is key.

Call Ernest Ebanks at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com today. Now located in Caymanian Village, two doors down from Island Taste Patties.

Don't forget to sign up for my 2 for 1 personal training session special. 🌐

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
86° / 80°	85° / 81°	86° / 81°	86° / 82°	86° / 83°	85° / 83°	86° / 82°
Variable clouds, a t-storm	Periods of sun with a t-storm	Clouds and sun with a shower	A morning shower or two	Mostly sunny and nice	Mostly sunny	Showers around in the p.m.

YCLA Postpones the 2019 Awards

The Young Caymanian Leadership Award originally scheduled for 30 November 2019 has been postponed.

Through careful evaluation, the Young Caymanian Leadership Awards Board made a conscious decision to take the best attributes over the last 20 years and refocus the efforts on a rebirth that will serve the younger generations needs, further providing a sustainable future for leadership development and recognition in the Cayman Islands by postponing this years YCLA Awards Gala to 2020.

"We hope and ask that the interest and passion from those within our community will be a blessing. We encourage everyone with a vested interest in the development and recognition of young Caymanian leaders will contribute feedback and ideas to assist in the enhancement of YCLA. After nearly 2 decades of conducting the award we are committed to a positive outcome with a refreshed approach to YCLA." stated the

YCLA Board. "We look forward to this opportunity to hear from our young leaders and established leaders to ensure a sustainable future for YCLA that aligns with the needs of our next generation of leaders in Cayman."

The Board of Directors have launched a survey and are conducting focus groups to seek input on leadership development and the awards programme with the intention to relaunch YCLA in 2020.

Last year's recipient, Staci Scott has engaged with various youth groups and organizations to share her journey and inspire others. The YCLA Alumni, consisting of over 70 recipients and finalists, will continue to engage with youth organizations and participate in speaking engagements while the planning for 2020 is underway.

For those who wish to get more involved in the evaluation and repositioning process can do so by participating in a survey that can be found on YCLA's website www.youngcaymanianleaders.ky.



About the Young Caymanian Leadership Awards

The Young Caymanian Leadership Awards programme has as its mission to identify, celebrate and honor outstanding young leaders in the community who, through their actions, behavior, and leadership, serve as role models for the youth of Cayman.

Candidates between the ages of 20-35 are nominated each year by members of the public. For More Information on YCLA, visit our website at www.youngcaymanianleaders.ky or contact trina@ycla.ky

OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Gloria General, who passed away on Monday, October 07, 2019.

A Thanksgiving Service will be held at St. Ignatius Catholic Church, 771 Walkers Rd, George Town, Grand Cayman on Saturday, October 26, 2019 at 11:30 a.m. Viewing: 10:30-11:30 a.m. Interment at: Prospect Cemetery



Condolences can be registered at churchillsfuneralhome.com

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Linton Antonio Spence, who passed away on Thursday, September 24, 2019.

A Memorial Service will be held at Churchill's Funeral Home, 328 Eastern Avenue, George Town, Grand Cayman on Saturday, October 26, 2019 at 10:00 a.m. There will be no interment.



Condolences can be registered at churchillsfuneralhome.com

The Family of the Late **Franz Kearton Demas Simpson** regret to announce his passing on Tuesday, 15 October 2019.

A funeral service will be held at 1:00 p.m. Saturday, 2 November 2019 at St. George's Anglican Church.

Interment will follow at the Garden of Reflections Cemetery.

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

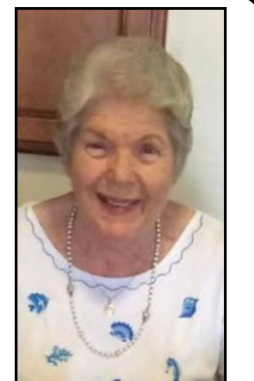


The Family of the Late **Grace Darling Hurst** regret to announce her passing on Saturday, 19 October 2019.

A memorial service will be held 4:00 p.m. Saturday, 2 November 2019 at Elmslie Memorial United Church.

In lieu of flowers please make donations to Jasmine (formally Cayman HospiceCare).

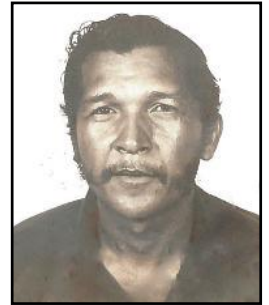
Condolences can be registered at www.boddenfuneralservices.com & Bodden Funeral Service Facebook page



The Family of the Late **Lewiston Ebanks** regret to announce his passing on Saturday, 12 October 2019.

A Service of Thanksgiving will be held at 3:00 p.m. Saturday, 26 October 2019 at Boatswain Bay Presbyterian Church. Viewing will be from 2:00 p.m. prior to the service.

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



The Family of the Late **George Dickson** regret to announce his passing on Friday, 18 October 2019.

A funeral service will be held at 10:00 a.m. Saturday, 2 November 2019 at Cayman Islands Seafarer's Association Hall.

Viewing will be from 5:00-7:00 p.m. Friday, 1 November 2019, at Bodden Funeral Service, 117 Walkers Rd.

Interment will follow at the Prospect Cemetery.

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



MOMENTS OF INSPIRATION



ONE WISH - PROVERBS 8:11

If you asked about 100 people what they would choose if they had one wish, there's no doubt that most would pick worldly things. The answers would probably be huge sums of money, unbelievably expensive cars, and massive dream homes. Would anyone ever choose WISDOM? Yet this verse is clear that wisdom is what we should seek, not anything this world has to offer. The individual

who seeks the wisdom of God and applies it to his life has infinitely more than the person who gains wealth.

King Solomon wrote that having wisdom is better than the world's most precious jewels. He even went so far as to say that nothing that can be desired on this earth can compare to Godly wisdom. Which path will you choose? 🙏

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CIS overpower Bodden Town Primary

The fourth round of games in the 2019 CUC Primary Football League (PFL) and the Girls' Primary School Football League (GPFL) were played this past Saturday, October 19.

With a number of games being unavoidably postponed due to the mid-term school break, some games were played as scheduled.

The orange and blue of Bodden Town Primary ventured west to the Dart Field in Camana Bay to take on Cayman International School (CIS) Blue in Group B.

In the Boy's Under 9 contest, Bodden Town Primary's problems started early as they could only field seven players. With the youngsters from Cayman International School in full flight, the game was over by the end of the first quarter with Zack Griffin scoring two in the 5th and 6th minutes, Lucas Foster adding a third in the 7th minute and Ben Lyne rounding off the scoring in the 8th minute to make it 4-0, leading to the league's respect rule coming being enforced.

To their credit, the youngsters from Bodden Town Primary never gave up and the score line certainly did not reflect their enthusiasm as they kept on playing and doing their best up until the final whistle.

In the Girl's Under 11 game, CIS continued their winning run with a 2-1 win over the visitors. CIS' captain Mina Madden opened the scoring in the 3rd minute before Marley Rando made it 2-0 in the 17th minute. Bodden Town's Jada Dixon-Lam kept it close scoring in the 39th minute but it was too little, too late for an equaliser.

In the day's final game, Cayman International School Blue's Under 11 boys enjoyed a 4-0 respect rule enforced victory over Bodden Town Primary.

In the only CUC PFL Group B game played on Saturday, it was NorthEast



► Action from the Cayman International School 11Blue (white) and Bodden Town Primary Boys' Under 11 game. CIS 11Blue won 4-0.

Schools 1 vs. South Sound Schools 1 (Under 9).

In CUC PFL Group A games, it was Cayman International 9White 0 vs. Savannah Primary 4 (Under 9 - respect rule enforced), Sir John A. Cumber Primary 4 vs. Truth For Youth 0 (Under 11 - respect rule enforced), St. Ignatius Catholic 4 vs.

Wesleyan Christian 0 (Under 11 - respect rule enforced) and Cayman Prep 11B 2 vs. George Town Primary 4 (Under 11).

In the other CUC GPFL games, it was Cayman Prep Blue 4 vs. Cayman Prep Red 0 (respect rule enforced) and George Town Primary 0 vs. Savannah Primary 2.

With schools back in session on Monday, October 28 following the mid-term break, the 2019 CUC PFL and GPFL regular season resumes on Saturday, November 2 with games at the Annex Field, Academy Field, Dart Field, St. Ignatius, Prospect Primary, Ronald Forbes Field and the West Bay Town Hall Field. 🌐

2019 CUC Girls' Under 18 League

Wednesday, October 16, 2019:

St. Ignatius Catholic	-	vs.	CHHS	-	CHHS Field
<i>(Postponed)</i>					
Cayman Prep	3	vs.	JGHS	0	Annex Field
CIS	6	vs.	Triple C	0	Dart Field

(Respect rule enforced)

2019 CUC Boys' Under 18 League

Thursday, October 17, 2019:

St. Ignatius Catholic	8	vs.	Cayman Academy	3	St. Ignatius
Triple C	0	vs.	CIS	1	Dart Field
<i>(Played on Monday, October 14)</i>					
Cayman Prep	-	vs.	CHHS	-	CHHS Field

(Postponed)

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Prime Minister Holness on a Mission to Make Jamaica the Most Modern Caribbean Country in Next Two Decades

Prime Minister Andrew Holness, says he intends to make Jamaica the most modern country in the Caribbean by the next 20 years.

"Jamaica must develop... we have lost 40 years," he said.

"We have a generation or two that has not benefited and we have to catch up, so that we can help that generation. So, the Government is going to do what it must to ensure that this country is developed."

The Prime Minister, speaking at the recent official opening of Fontana Pharmacy's newest branch, noted that there has been minimal infrastructural development in the country over the last 40 years, and the Government is now intensifying sustainable development.

"For many years, we had literally a disinvestment in our infrastructure. For a period of about 40 years, there was very little investment in infrastructure and in particular, in our buildings, not to mention the investment in the communities that were developed and built in the 50s and 60s, so urban blight set in," Holness said.

Consequently, the Prime Minister said many of the country's structures are

now "sick buildings" and face challenges with air quality and are no longer fit for purpose, as they cannot accommodate the administration of private or public sector affairs.

"So, there really needs to be now another phase of construction or the putting up of new buildings, and totally retrofitting the old ones, because what we now have is just simply not adequate to carry the demands of the society," he noted.

The Prime Minister pointed out that one of the greatest challenges is that the proposition for new buildings often runs into conflict with people's vision for their community.

"There's a very palpable tension when we see new development happening versus how people would want to see their community remains," he said, adding that the debate concerning the different developments will have to be managed, so as not to remain at a stalemate and cripple the society.

"One thing you can be assured of is that I believe in doing something. So, you can be assured that yes, there will be the debate, there will be the back and



▶ Prime Minister Andrew Holness, and Fontana Pharmacy's Chief Executive Officer, Ann Chang, ride the escalator in the pharmacy's recently opened branch, where the country's leader declared it was his intention to make Jamaica the Caribbean's most modern country in two decades. (Photo Credit: JIS)

forth, there will be adequate opportunity for ventilation and where good points are made, they will be incorporated, but we will develop Jamaica. We will make Jamaica the most modern country in the Caribbean and I will give myself 20 years for that."

In the meantime, the Prime Minister urged business people who are developing and building not only to ensure that the developments benefit the community, but that their corporate social responsibility component factors in the environment. 🌐

Multi-Million-Dollar Deal Signed for Medical University in Storm-Ravaged Grand Bahama

The Government of The Bahamas signed a Heads of Agreement with Western Atlantic University of Medicine Ltd. for the establishment and operation of a University School of Medicine in Freeport, the capital of Grand Bahama which was devastated by Hurricane Dorian last month.

The development represents a US\$64 million investment and will provide hundreds of construction and permanent jobs.

Prime Minister Minnis described yesterday's signing as an important part of the Hurricane Dorian recovery and reconstruction effort.

"This development represents a significant investment in Grand Bahama, the country's second largest economy," he said.

It is estimated that in the University's first 10 years of operation, student and faculty spending on housing, food, entertainment, goods and on-island transportation, will provide a combined US\$200 million in revenue for Grand Bahama.

At the peak of construction, 150 jobs will be created. During the full operation of the campus, approximately 200 permanent jobs will be created for Bahamians.

"This major development will inject hundreds of millions of dollars into the local economy over time, and provide direct and indirect opportunities for scores of residents," said Prime Minister Minnis.



▶ Signing on behalf of the developer is CEO of the Western Atlantic University School of Medicine, Peter Goetz. (Photo Credit: BIS)



▶ Secretary to the Cabinet, Camille Johnson, signed the agreement on behalf of The Bahamas Government. (Photo Credit: BIS)

The development will include university-owned housing for faculty, staff and students on campus. It will also encompass: on-campus businesses, including a bookstore, cafeteria and a student centre providing music, food, beverages, a copy centre and related services.

Western Atlantic intends to build its own campus on land to be leased from the Public Hospitals Authority.

A maximum of 50 acres will be leased in three tranches, based upon the University's satisfaction of certain deliverables.

The campus will be developed in multiple phases over the next 10 years. It will involve the construction of 98,000 square feet of classrooms, offices, lab facilities, maintenance, security and related spaces.

Construction will begin on the first phase by the end of this year.

During the construction phase, Western Atlantic has agreed to aim for an overall ratio of 80 per cent Bahamian workers to 20 per cent non-Bahamian workers.

Under the agreement, Western Atlantic will also work closely with the Government and local communities to develop training and professional development

programs for Bahamians who want to work during the operation of the campus.

Approval to operate the campus will be contingent on the University obtaining accreditation from the Caribbean Accreditation Authority for Education in Medicine and other Health Professions (CAAM-HP), or an equivalent body.

Western Atlantic will also work toward receiving accreditation for its students to be able to practice medicine in the US, Canada and The Bahamas.

"This development has the potential to attract global talent and build international connections," said the Prime Minister. "It also represents another opportunity to diversify our economy."

Minnis pointed to signs of recovery progress on Grand Bahama, including of the reopening of the Grand Lucayan hotel and Port Lucaya, the return of cruise ship visitors and the restoration of essential utilities.

"We have a long road ahead of us for recovery and reconstruction, but we are making progress," the Prime Minister said. "Today's signing is yet another indication of the progress we are making together." 🌐



Trinidad's Opposition Distances Itself from Assassination Plot Allegations and Accuses PM of Making up Stories

The main opposition United National Congress (UNC) has denied any involvement in any alleged plots to kill the country's Attorney General or Prime Minister Faris Al-Rawi. In fact, it charged that the claims made by Prime Minister Dr Keith Rowley were part of a "desperate attempt" to revive his "dying political career" and get political mileage ahead of next year's elections.

It was last Friday night, at a meeting of the ruling People's National Movement (PNM), that Rowley linked opposition operatives to a plot to assassinate Attorney General Faris Al-Rawi. He also said that on two occasions ahead of the 2015 general elections, "they hired a killer to kill me", offering US\$2 million for the job.

"The first killer refused and went and told a government official. The government official came and told us. We told the police. While dealing with that, they went and found another person. He too refused. There is honour among thieves in this country. It appears as though there is honour among killers too," he told PNM supporters.

Revealing what he said was a recent plot to murder Al-Rawi, Rowley added that one of the first meetings he held when he moved back into the Prime

Minister's office in Whitehall last month, was to determine how to protect the Attorney General "because persons are paid money to kill him".

"I tell you this not because I'm being irresponsible, it's because I want you to know. You can't say you don't know. I want you to know because I am the chairman of the National Security Council," he said.

But in a statement on Monday, distancing the UNC from any assassination plots, Opposition Leader Kamla Persad-Bissessar said she had no "intention of falling for these distractions and distortions".

"I wish to wholly condemn the latest round of wild scandalous allegations of an assassination plot made by Prime Minister Dr Keith Rowley on his political platform on Friday, October 18, 2019....These allegations are baseless and are being made for the purpose of fear-mongering and scoring cheap political points," she said.

"It is a return to his 'Emailgate' style of politics - make wild accusations with



▶ United National Congress leader Kamla Persad-Bissessar says Prime Minister Dr Keith Rowley is desperate and concocting stories of assassination plots to fool the electorate. (Photo Credit: UNC website)

of investigations, the matter was closed earlier this year with no charges laid.

"From the producers of 'Emailgate' comes a last-ditch, desperate attempt to fool the electorate in 2020 with a sequel. This is Rowley's 'Mission Impossible'; he knows that he cannot win fair and square. So, the actors and producers are fast at work....," Persad-Bissessar said.

But Police Commissioner Gary Griffith has confirmed that precautions were taken to protect Rowley and, more recently, Al-Rawi after it was confirmed that they

were the targets of assassination plots. The report of the threat against the Attorney General, the top cop said, was received a few months ago. Al-Rawi also confirmed to local media that he was informed of death threats made against him within the past two months.

The information on a plot to kill Rowley was received in 2014, during Griffith's tenure as National Security Minister from September 2013 to February 2015. 🌐

no evidence and hope that something sticks," Persad-Bissessar added.

'Emailgate' refers to the 2013 scandal when Rowley, who was Opposition Leader at the time, revealed to Parliament 31 emails he had received which allegedly showed communication between some government ministers and Persad-Bissessar who was then prime minister, regarding a plot to undermine the Office of the Director of Public Prosecutions, the judiciary and the media. After six years

GLOBAL NEWS BRIEFS

Trudeau clings on to power

Prime Minister Justin Trudeau is incredibly relieved after retaining power in Canada's election but lost both his majority and - by a slight margin - the popular vote.

It was a tough election battle for the Liberals but at least the party faithful in Montreal are now breathing a little easier.

Mr Trudeau had an exceptionally long honeymoon by most political standards - but his popularity has clearly dimmed with the Canadian public.

The first trouble came after a disastrous overseas trip to India, which took place against a backdrop of photo-ops showcasing the Trudeau family in elaborate traditional Indian outfits.

Then came the SNC-Lavalin affair - an ethics scandal related to attempts to pressure a former attorney general to cut a deal for a firm facing a corruption trial, which further tarnished Mr Trudeau's personal brand.

That former attorney general, Jody Wilson-Raybould, was booted out of the



▶ Justin Trudeau is relieved to remain PM

Liberal party by Mr Trudeau. Against the odds, Ms Wilson-Raybould ran and won as an independent in her Vancouver riding. She is a vocal critic of Mr Trudeau and will serve as a reminder of that scandal in the House of Commons.

Finally, revelations that Mr Trudeau wore blackface - widely seen as a racist caricature - on at least three occasions shook the Liberal campaign and forced him to ask Canadians to forgive him for his past misbehaviour. 🌐

Duterte's health problems increase

Philippine President Rodrigo Duterte was forced to cut short his attendance of the enthronement of Japan's emperor on Tuesday, due to what his office said was "unbearable pain" in his lower back after a motorcycle mishap last week.

The health of Mr Duterte, 74, and his absences from the public spotlight are often the subject of fervent speculation, and the source of complaints from critics that his administration is not forthcoming about the extent of his ailments.

Mr Duterte had a minor fall from a motorcycle in the grounds of his palace last week, causing hip pain, bruises and scratches on his elbow and knee.

He used a walking cane in Tokyo during a ceremony for Japanese Emperor Naruhito's ascendance to the throne but skipped a banquet to return home and see his neurologist.

It was the third time this month that the government has tried to allay con-



▶ Rodrigo Duterte is troubled by ill health

cerns about Mr Duterte's health after the maverick former mayor told the Filipino community in Moscow that the frequent drooping of one eyelid was due to a chronic neuromuscular disorder. Mr Duterte's known problems include back pain, migraines from nerve damage after a previous motorcycle accident and Barrett's oesophagus, affecting his throat. His circulation is impacted by Buerger's disease, from heavy smoking when he was younger. He last year said he had tested negative for cancer. 🌐

Honduras president's brother is guilty

The brother of the Honduran president has been convicted in a massive drug conspiracy case in New York City after prosecutors said he relied on "state-sponsored drug trafficking" enabled by the Central American leader. He will be sentenced next month.

Juan Antonio "Tony" Hernández, 41, a former Honduran congressman, was stoic as the verdict was announced by a jury that deliberated over two days. He was convicted of drug conspiracy, weapons charges and lying to the Drug Enforcement Administration. His attorney promised to appeal.

The two-week trial put a spotlight on the lucrative drug trade between the United States and Honduras, where thousands of migrants have fled toward the US border with Mexico.

On Twitter, Honduras President Juan Orlando Hernández said he received news of the verdict "with great sadness."

"In the name of the Honduran government and its institutions any false and irresponsible version that aims to



▶ Juan Antonio "Tony" Hernandez is guilty of drug trafficking

stain the name of Honduras as a result of this verdict is rejected," he said.

US prosecutors say the drug conspiracy was protected by the Honduran government. The trial featured testimony that convicted Mexican drug lord Joaquin "El Chapo" Guzman aided the conspiracy by giving \$1 million in bribes to Tony Hernández to pass along to his brother.

The Honduran president was not charged in the case but was labelled a co-conspirator. The president tweeted during the trial that the prosecution's allegations were "100% false, absurd and ridiculous." 🌐

Cuba hit by more US sanctions

Cuba's economic strife is likely to get worse after the United States imposed more sanctions on it over its support for Venezuelan President Nicolas Maduro and Cuba's human rights record.

The Department of Commerce said that it is revoking existing licenses for aircraft leases to Cuban state-owned airlines and will deny future applications for aircraft leases.

The US will also expand sanctions to include more foreign goods containing US content and impose additional restrictions on exports to the Cuban government, the statement said.

"This action by the Commerce Department sends another clear message to the Cuban regime - that they must immediately cease their destructive behaviour

at home and abroad," said Secretary of Commerce Wilbur Ross.

Last month the US imposed sanctions on Cuba's Raul Castro, along with his children for his support of Mr Maduro.

Cuban President Miguel Diaz-Canel rejected the decision, calling it "inhumane, cruel, unfair and genocidal" in a post on Twitter.

In a separate statement, the US State Department criticised Cuba for its detention of dissident Jose Daniel Ferrer, calling on Havana to disclose his whereabouts, treat him humanely and release him without condition.

Mr Ferrer, a prominent figure who leads the Patriotic Union of Cuba (UNPACU), was arrested in Santiago de Cuba on Oct. 1 after a police raid on his home, which is also the group's headquarters. 🌐



▶ Cuba's resilience is being sorely tested

Venezuela's motorists' resort to bartering

Venezuela's economy is so bad that people have resorted to bartering rather than use cash to fill their vehicles with gas.

Motorists in socialist Venezuela have long enjoyed the world's cheapest gasoline, with fuel so heavily subsidized that a full tank these days costs a tiny fraction of a US penny. But the economy is in such shambles that drivers are now paying for fill-ups with a little food, a candy bar or just a cigarette.

Bartering at the pump has taken off as hyperinflation makes Venezuela's paper currency, the bolivar, hard to find and renders some denominations all but worthless, so that nobody will accept them.

Without cash in their wallets, drivers often hand gas station attendants a bag of rice, cooking oil or whatever is within reach.

"You can pay with a cigarette," said Orlando Molina, filling up his subcompact Ford Ka in Caracas. "Heck, it's no secret to anyone that it goes for nothing."

Gas is so cheap that station attendants don't even know the price. Emptyhand-



▶ Venezuela's gas purchases are sometimes paid with goods

ed drivers get waved through, paying nothing at all.

This barter system, while perhaps the envy of cash-strapped drivers outside the country, is just another symptom of bedlam in Venezuela.

The South American nation of 30 million people is gripped by a deepening political and economic crisis. People live with a nagging feeling that anything from violent street protests to a massive power failure could throw their lives into chaos at any moment.

More than four million Venezuelans have fled the country in recent years, escaping low wages, broken hospitals, failing basic services and lack of security. 🌐

UK expects huge migration rise

The United Kingdom may not seem very appealing for immigrants to settle now because of the economic chaos Brexit is causing, but it is still highly desirable for many seeking a better life.

A migration boom is set to send Britain's population soaring by three million in the next decade. A staggering 73 percent of the UK's population growth will be down to migration - with births and deaths accounting for just 27 percent.

The number of people living in the country is expected to rise by 3 million in the next decade from 66.4m in 2018 to 69.4m in 2028.

The population will then pass 70m by 2031. But the pace of growth is expected to slow as women decide to have fewer kids.

The pace of growth is expected to slow based on assumptions that fewer children will be born as fertility rates fall and a slower rate of increase in life expectancy.



▶ The UK expects a population explosion

The proportion of people aged 85 years and over is projected to almost double during the next 25 years.

Anna Dixon, the chief executive at the Centre for Ageing Better, said the figures showed the age of the population was "dramatically shifting".

She added: "These longer lives are a huge opportunity, but big changes are needed to our workplaces, homes, health services and communities if we are to ensure everyone is able to age well.

"We also need to rethink our attitudes to age and tackle the ageist attitudes which hold back too many people from enjoying a good later life." 🌐

Jackson was wise to stay defiant

Lamar Jackson's stats as the Baltimore Ravens quarterback are impressive, yet at the 2018 NFL draft combine, speculation arose that several franchises viewed him as a wide receiver. It didn't matter that Jackson had never played the position.

He was, in fact, a quarterback who had recently completed a sensational college career at the University of Louisville, where he won the 2016 Heisman Trophy as a sophomore and finished third in the balloting a year later. During each of those seasons, Jackson threw for at least 3,000 yards and ran for at least 1,500 yards.

Still, some teams questioned Jackson's accuracy as a thrower and thought they could use his speed and teach him how

to become a receiver. Jackson, naturally, didn't take too kindly to the suggestion.

"There are a lot of quarterbacks who had my ability to make people miss," Jackson told the NFL Network at the time. "But they never labelled them as a wide receiver, so I feel I should have a chance at quarterback."

The Ravens gave him that shot when they selected him with the final first round pick of last year's draft. And they have been justly rewarded.

Now in his second season, Jackson, 22, is among the most promising young quarterbacks in the league for a team that could contend for the Super Bowl. Baltimore are 5-2 and atop the AFC North, a division whose other three teams are the Cleveland Browns (2-4), Pittsburgh Steelers (2-4) and Cincinnati Bengals (0-7).

Jackson is first in the league with 6.9 yards per rushing attempt, tied with Minnesota Vikings' running back Dalvin Cook for first with six runs of 20 yards or more and sixth with 576 rushing yards.

If Jackson keeps it up, he will break Michael Vick's record for most rushing yards in a season for a quarterback in NFL history, which

Vick set in 2006 when he gained 1,039 yards for the Atlanta Falcons. Jackson is on pace to run for over 1,300 yards.

On Sunday against the Seattle Seahawks, Jackson threw for 143 yards and ran for 116 yards, his third so-called "double triple" this year and fourth of his career. Vick is the leader with eight such games.

The Ravens have a bye this weekend and then return on Nov. 3 when they host the 7-0 New England Patriots in one of the most anticipated matchups of the season. The Patriots have arguably the best quarterback in NFL history in Tom Brady, who entered the NFL in 2000 when Jackson was 3 years old. And New England's defence has restricted to an average of 6.9 points per game, the fewest in the league.

Still, the Patriots have not faced a challenge quite like trying to contain Jackson, who took over as Baltimore's starter last November when veteran Joe Flacco sustained a hip injury. Three months later, when the Ravens traded Flacco to the Denver Broncos for a fourth-round draft pick, it signalled they were all in with Jackson. It's still early in his career and injuries can always occur, but it's looking like the Ravens' faith in



► Lamar Jackson has been a QB revelation



► Tom Brady is moving to a new house – and maybe teams

Jackson as a quarterback will pay dividends for years to come.

Meanwhile, rumours about Brady's departure from the Patriots are swirling after NFL observers claimed that there were signs the six-time Super Bowl-winning quarterback is plotting an exit.

Brady, 42, has his Brookline, Mass., home on the market in the summer, as did his trainer Alex Guerrero with his Norfolk home, according to Mass Live.

If he is planning on moving, it appears it would be news to everyone. Brady – who put up 249 passing yards, a touchdown and an interception in a 33-0 win over the Jets – doesn't appear to be finished playing football just yet. 🌐

Hamilton could clinch sixth title

Lewis Hamilton hopes to seal his sixth World Championship in the buzz of Mexico City this weekend.

The 34-year-old Brit is within touching distance of becoming the second most decorated driver in Formula 1 history – and one more title away from equalling Michael Schumacher's coveted record of seven.

Mercedes team-mate Valtteri Bottas is the driver who can now mathematically beat him. But with a 64-point lead despite Bottas taking victory at the Japanese Grand Prix, the odds are good for another championship fiesta on Sunday.

"Everything's possible," Bottas said after his first win since Baku in April. "Although I'm realistic as well that I will need to be very lucky, that's a fact, to win all the rest of the races."

If things don't go to plan and Hamilton finishes outside the top four in

Mexico, the title race would then move on to the United States Grand Prix in early November.

Hamilton isn't exactly brimming with confidence about the weekend: "Mexico is generally our Achilles heel – probably our worst race of the year," he said after his third-place finish at Suzuka. "The last few have been pretty shocking, even though we've won the title there."

As Mercedes have already wrapped up a record sixth straight constructors' championship, it's left for Hamilton to complete the Silver Arrows celebrations.

This could be the third straight year he seals the title at the Autodromo Hermanos Rodriguez but two things missing from those championship-winning years in Mexico have been pole positions and chequered flags. 🌐



► Lewis Hamilton is set to be world champion again

Van Dijk may get Ballon d'Or

Virgil van Dijk is one of seven Liverpool players named on the 30-man shortlist for the 2019 Ballon d'Or.

Mohamed Salah, Sadio Mane, Roberto Firmino, Trent Alexander-Arnold, Georginio Wijnaldum and Alisson have also been chosen from the Reds.

Cristiano Ronaldo and Lionel Messi, who have won the award 10 times between them, again feature among the contenders.

Some of the biggest omissions from the list include Paris St-Germain and Brazil forward Neymar, Manchester United and France midfielder Paul Pogba and Tottenham and England striker Harry Kane.

Champions League winners Liverpool have the most players on the list from one club with Premier League champions Manchester City the next highest number with five.

Barcelona have four players; as well as Messi, Frenkie de Jong, Marc-Andre ter Stegen and Antoine Griezmann feature in the list.

The Ballon d'Or winner will be named in Paris on 2 Dec.

Luka Modric won in 2018 to end the seven-year dominance of the award by Messi and Ronaldo.

Van Dijk is among the favourites to win this year's award after being named UEFA Player of the Year in August.

List of nominees for the main award:

- Virgil van Dijk (Liverpool)
- Bernardo Silva (Manchester City)
- Son Heung-min (Tottenham)
- Robert Lewandowski (Bayern Munich)



► Virgil van Dijk may be crowned world's best player

- Roberto Firmino (Liverpool)
- Alisson (Liverpool)
- Matthijs de Ligt (Juventus)
- Karim Benzema (Real Madrid)
- Georginio Wijnaldum (Liverpool)
- Sergio Aguero (Manchester City)
- Frenkie de Jong (Barcelona)
- Hugo Lloris (Tottenham)
- Dusan Tadic (Ajax)
- Cristiano Ronaldo (Juventus)
- Kylian Mbappe (Paris St-Germain)
- Trent Alexander-Arnold (Liverpool)
- Donny van de Beek (Ajax)
- Pierre-Emerick Aubameyang (Arsenal)
- Marc-Andre ter Stegen (Barcelona)
- Sadio Mane (Liverpool)
- Lionel Messi (Barcelona)
- Riyad Mahrez (Manchester City)
- Kevin de Bruyne (Manchester City)
- Kalidou Koulibaly (Napoli)
- Antoine Griezmann (Barcelona)
- Mohammed Salah (Liverpool)
- Eden Hazard (Real Madrid)
- Marquinhos (Paris St-Germain)
- Raheem Sterling (Manchester City)
- Joao Felix (Atletico Madrid) 🌐

Gayle priced himself out of Hundred

Chris Gayle's bruised ego took another knock after missing out on selection in next year's inaugural staging of the new Hundred format in England.

Shane Warne believes Gayle and Lasith Malinga missed out on being selected in the Hundred draft because they priced themselves out of contention.

The two T20 stalwarts placed a reserve of £125,000 on their signatures, meaning that they could only be picked up in the first salary band, where there were 16 spots available, although three had already been taken up by Jason Roy, Eoin Morgan and Moeen Ali.

Given the depth of talent among the top bands – David Warner, Steve Smith, Mitchell Starc, Rashid Khan and Andre Russell were among those to be signed up in the first two price categories, the commercial pull of the two veteran short-format superstars was not enough to see them picked up.



► Chris Gayle's international career may be over

"I think they priced themselves wrong," Warne admitted. "I think if they had gone for £100,000 rather than £125,000 they would both have got picked up."

Gayle experienced an unusually barren run in the Caribbean Premier League, making only 38 runs in the final

five innings of the tournament. The 40-year-old Jamaican has also been omitted from all three West Indies squads which means his career at international level may be over. Malinga, meanwhile, showed in the last over of the 2019 final that his unique action and skillset still bring value.



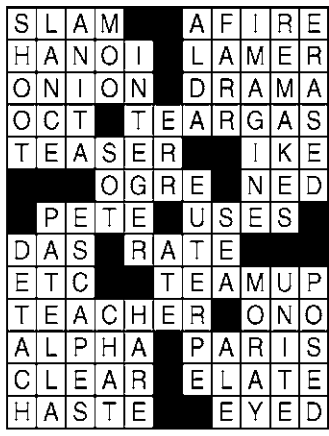
► Lasith Malinga is still a force at world level

Ultimately, the game has moved forwards and, while the pair remain world-class performers on their day, they have been usurped as the principal A-Listers on the T20 circuit. Kagiso Rabada, Shakib Al Hasan and Kieron Pollard were among other big names to miss out, but all three had potential availability clashes. 🌐

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 39 Catcher
 - 1 Potential law
 - 5 Traveling
 - 9 Love affair
 - 11 Showed fear
 - 13 "Sweet Dreams" star
 - 14 Rolling
 - 15 Chick holder
 - 16 Somewhat
 - 18 No longer working
 - 20 That girl
 - 21 Begat
 - 22 Pills, in slang
 - 23 Fuming
 - 24 Gift topper
 - 25 "It's — real"
 - 27 Rental choice
 - 29 Home of the Trojans
 - 30 Like early sci-fi monsters
 - 32 Composer's work
 - 34 Shade
 - 35 Circus worker
 - 36 Decorate
 - 38 Sighted
- DOWN**
- 41 Turn down
 - 1 Farm machine
 - 2 Sights
 - 3 Bruce Springsteen song
 - 4 Big galoot
 - 5 Plant pest
 - 6 "Hold on!"
 - 7 Bruce Springsteen song
 - 8 Hollered
 - 10 Brought up
 - 12 Fabric workers
 - 17 Went ahead
 - 19 Qom's country
 - 22 Manner
 - 24 Handout seeker
 - 25 Police raids
 - 26 Houdini feat
 - 27 Day light
 - 28 Impulse relay
 - 30 Flock
 - 31 Doherty of the Mamas & the Papas
 - 33 Oboe part
 - 37 Pop



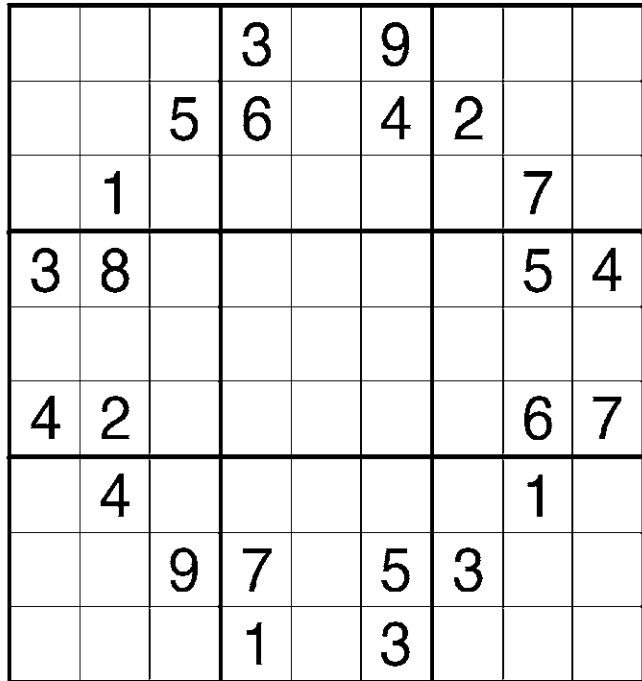
Yesterday's answer

SUDOKU

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

Conceptis Sudoku

By Dave Green



Difficulty Level ★★★★★

9/21

Answer to previous puzzle

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

Difficulty Level ★★★

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Word Search



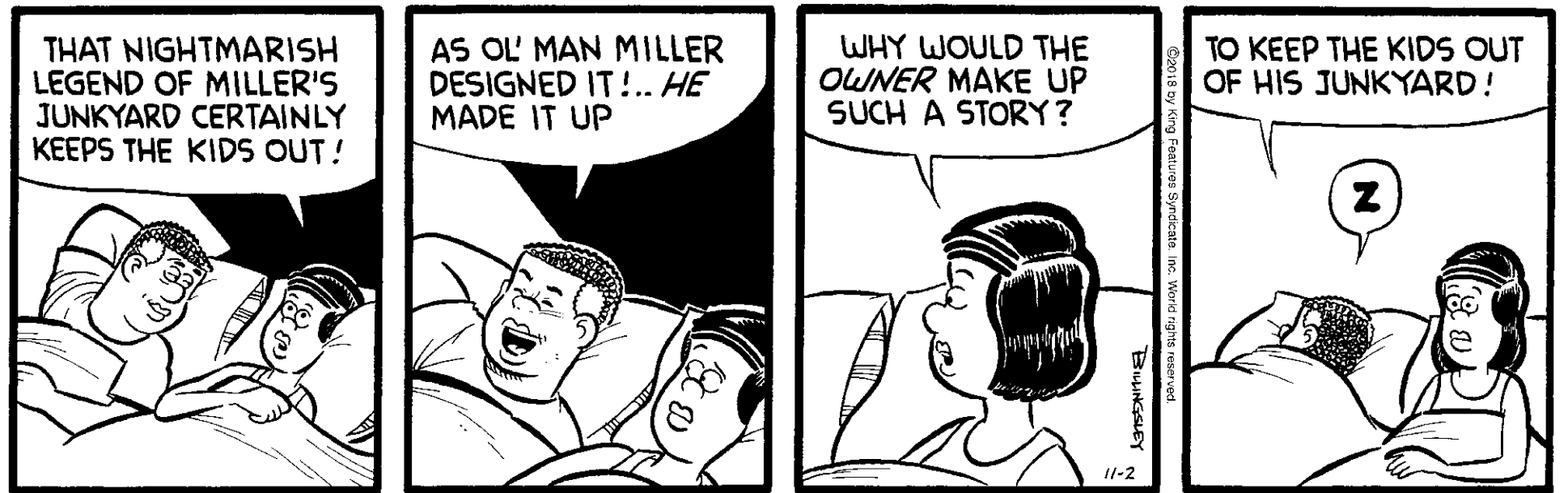
- Aeschylus
- Apuleius
- Aristophanes
- Caesar
- Catullus
- Cicero
- Euripides
- Hesiod
- Homer
- Horace
- Livy
- Martial
- Ovid
- Plato
- Plautus
- Sappho
- Seneca
- Sophocles
- Suetonius
- Tacitus
- Virgil

Have fun with
**CAYMANIAN
TIMES**

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

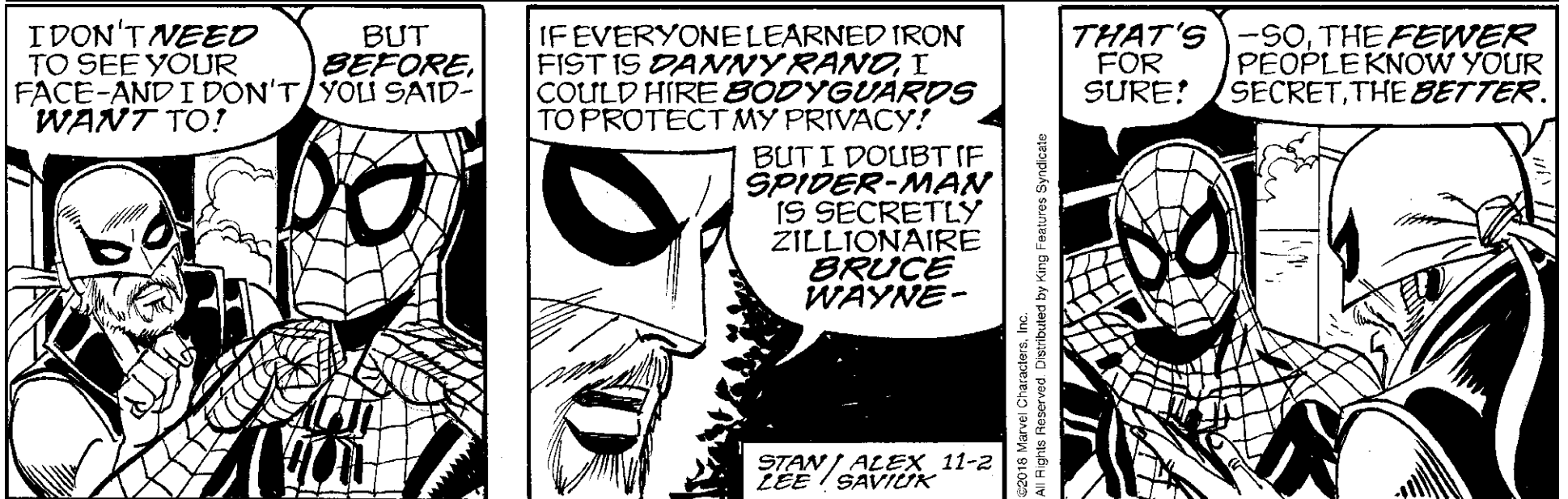
CURTIS

By Ray Billingsley



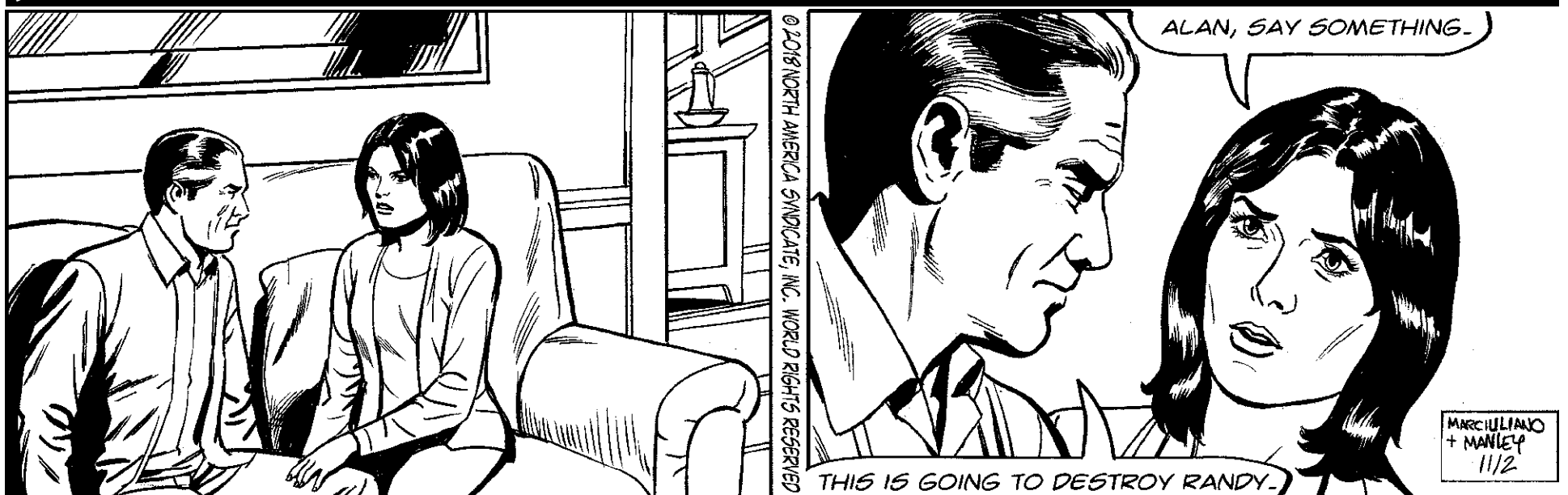
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

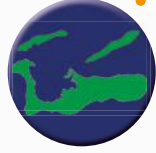
By Woody Wilson & Mike Manley





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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

35 minutes ago 0 Comments



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.

58 minutes ago 0 Comments



Miss. Ramoutte Chattoor remembered

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

1 hour ago 0 Comments



Speaker Bush Elected to Global CPA Executive

House Speaker, Hon. McKeever 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

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