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New Government Elected

# Hotel Boom Continues as Room Supply Increases



According to the latest STR Construction Pipeline Report, hotel construction pipeline data for October 2019 shows 151 projects accounting for 30,809 hotel rooms in construction throughout the Caribbean/Mexico region. This represents a 16.8 percent year-over-year increase in the number of hotel rooms in the final phase of the development pipeline.

Most of the region's rooms in construction are in three segments. Of those three, luxury projects represent the largest percentage increase (+10.6%) in activity year over year. Luxury: 7,270 rooms (+10.6%), Upscale: 7,221 rooms (+1.5%), and Upper Upscale: 6,341 rooms (+0.8%).

Four countries in the region reported more than 1,000 rooms in construction. Mexico leads with 16,303 rooms, which represents 3.9% of the country's exist-

ing supply, followed by the Dominican Republic (5,738 rooms, 7.9% of existing supply), Jamaica (1,925 rooms, 7.7% of existing supply), and Cuba (1,128 rooms, 1.7% of existing supply).

### Why all the new hotel supply throughout the region?

There has been quite a bit of capital investment in the region in the last few years for two reasons; one is the strong market performance - the Caribbean is up 8 percent year to date in average daily rate and 6 percent in revenue per available room. And, the second reason is investors are chasing yields. Post hurricanes, there is new product and renovated product and that benefits the overall quality of the investment.

... Continued story on page A7



► Brooke Meyer is the managing partner of Caymera International

# Cayman Football: A Tale of Two Games

By Flynn Bush

Heading into last weekend, the Cayman Islands were sitting atop their group in Nations League C and were in control of their own destiny. The way forward was clear; win the remaining two games and earn promotion to League B.

The first of those two games came on Saturday night here at home, and

it was to be against the USVI, a team that Cayman had beaten before in the first round of matches. To add to the drama, a couple of hours prior to the game, the skies opened up and a downpour of rain started falling on the pitch at the Truman Bodden Stadium. Even into the game, the deluge continued, and it most certainly affected play

... Continued story on page A3



# Grand Auto Show-off raises money for Christmas toys



► A peek through the pearly gates into Porsche heaven

Every kind of beautiful car you could think of, from Honda Civics through to incredibly collector's cars like the Daytona Cobra could be seen at the Lions Centre on Sunday, for the Grand Auto Show-Off Number Six, an annual car show that helps raise money for good causes. This year they had teamed up

... Continued story on page A6

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# EDITORIAL

## Birthday Bash for Father of Cricket, Mr. Jimmy Powell

By Flynn Bush

Sunday afternoon, at the facility named in his honor, a stalwart in the cricket community was the subject of much praise and celebration. Mr. Jimmy Powell, having just had a birthday, was the reason that a crowd of well-wishers made the trek to the islands' best cricket facility in West Bay. The event was organized by the Cayman Islands Cricket Masters Association to commemorate the Mr. Powell's 79th birthday.

Mr. Jimmy is widely regarded as 'The Father of Cayman Cricket' for his significant contribution to the development of cricket in the Cayman Islands, and in West Bay in particular. He was instrumental in the development of the main cricket facility in the Cayman Islands, now appropriately named the Jimmy Powell Oval. He is a former President of the Cayman Islands Cricket Association (now Cayman Cricket) and he always gave generously of his time and personal resources over the past decades. Everything that he did was in support of the game's development.

On the day, there was a game planned to mark the celebration. However, heavy rainfall the preceding two days affected the preparation of the pitch. That did not however deter many of the guests who displayed their skills (or lack thereof) on a temporary flex pitch which was laid in the outfield.

There was a good turnout of dignitaries including the Deputy Governor, Mr. Franz Manderson; the Speaker of the Legislative Assembly, Mr. McKeever Bush; Deputy Chief Officer, Mr. Joel Francis; former Cayman Islands Cricket Association presidents Walton Gooding and Courtney Myles, former Technical Director Theo Cuffy; and a number of Mr. Jimmy's family, friends and former teammates.

As for the game, Mr. Jimmy insists that the game will be replayed and it is understood that plans are in place to have it played next Sunday. Cayman Cricket President, Hector Robinson stated, "Overall it was a great event. We would have liked to have had the game, though, as it would have been a fitting tribute to Mr. Powell."

For us all, the lesson to learn from this event is that there are so many individuals among us who have contributed greatly to the betterment of our society. As time goes on, and these individuals get older, we often have a tendency to overlook them. Simply overlooking them does not negate their contributions to our community; it only means that we have become that much less sensitive and aware of our own culture. On this day, Mr. Jimmy was heralded for his contributions to the sport of cricket, to those who are involved in this sport, and to his country. Thank you. Mr. Jimmy. 🇰🇾



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# COMMUNITY NOTICES



## DEH Bulk Waste Removal Campaign Begins

The Department of Environmental Health (DEH) commenced its annual bulk waste removal activity in the Eastern District on Saturday, 16 November 2019 and will conclude in West Bay on 20 December 2019.

The DEH bulk waste removal schedule for the Cayman Islands is as follows:

**Grand Cayman:**

- North Side, East End — November 16-22
- Bodden Town District — November 23 - December 6
- George Town — December 7-13
- West Bay — December 14-20

**Cayman Brac:**

- East (starting from Public Works) — December 4
- West — December 6
- Southside — December 11
- General round up — December 13

**Little Cayman:** December 18

DEH advises the public to place bulk waste on the kerbside before the dis-

tract's scheduled collection date. Place bulk waste in an area that is easily accessible to DEH collection crews and does not obstruct the roadway. DEH will not collect any items that are put out after scheduled dates.

Bulk waste refers to large items such as old furniture, tyres and metal items that are not collected as part of the DEH's weekly residential pick-up services.

Metal waste must be separated from other bulk waste items. Metal waste includes old appliances, metal furniture and metal roofing.

Vegetative waste, as well as construction and demolition debris will not be collected during the bulk waste removal activity. Please make alternate arrangements to transport these items to the nearest landfill personally or utilize a private service provider.

Please call the DEH at 949-6696 for additional information about its 2019 Bulk Waste Removal activity. Individuals may also send an email to dehcustomerservice@gov.ky or visit the DEH's website at www.deh.gov.ky. 🇰🇾

## New Spelling Bee Champions to be selected on November 27 & 28

The Department of Education Services invites members of the public to attend the 22nd Annual RBC Royal Bank Primary School Spelling Bee and the 36th Annual Lions Club of Grand Cayman Secondary Spelling Bee Championships in support of the 72 (54 Primary, 18 Secondary) students that have registered to participate this year.

The competitions will be held on 26 & 27 November respectively at the Red Bay Church of God on Selkirk Drive, and are scheduled to commence at 10:00 am on each day.

For more information on the 2019 National Spelling Bee Competitions, please contact Nicki Samuels by email at des@gov.ky or by telephone at 945-1199. 🇰🇾

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# Cayman Football: A Tale of Two Games

... Continued story from page A1

on both sides. In spite of this, though, both teams created numerous goal-scoring chances and were working hard to put themselves clearly in control of the match.

In the 17th minute, a corner, a miskick and a 22 yard shot led to Cayman taking the lead. It was a beautiful shot by Akeem Hyde that broke the deadlock. After that, both sides continued to battle well. Ultimately, though, when the final whistle was blown Cayman had secured the win and had placed themselves in the perfect position to win the group. All that remained in their way was Barbados; a team that they had already beaten in a tense match here in September.

Tuesday night, in Barbados, the game started quickly. Both Barbados and Cayman came out swinging like two old heavyweights wanting to land a knockout punch. The edge in possession time was in Barbados's favor and would ultimately remain so for the entire game. However, in the early going, Cayman was able to get more deep penetrating attacks. Around about the 25th minute of the first half, that second stat started to slide to the side. Barbados launched a series of attacks, relentless in nature. Eventually, in the 34th minute, the home team was rewarded for their efforts as a ball

found the back of the Cayman net. Our team was down 1-0, in a hostile, foreign environment. It seemed to us fans that fight just became an uphill battle.

For the Cayman players, this goal only signaled the need to fight harder. The minutes ticked off the clock, but that is what they continued to do; fight. Ultimately, in the waning minutes of the second half, Barbados again scored (in the 86th minute). A quick score, four minutes later meant that Cayman's goals of winning the group were finished. The game ended and Barbados players celebrated with their fans.

As the Cayman Islands National team returns to the island, most assuredly they will do so with some amount regret or disappointment. However, throughout the entire Nations League campaign, these players represented our country with poise and grace. They fought hard and achieved some things and have grown from the experience. We as a nation now have a duty to fulfill. We must come together and support our team, and be sure to express we are most proud of them. Cayman will fight again another day. 🇧🇸

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## Notice

### Tree Trimming in North Side

**Old Man Bay • Rum Point • Cayman Kai**

**When and Where:** During November and early December, CUC will be conducting aggressive tree trimming on weekdays between **9:00 a.m. and 3:00 p.m.** in North Side from Old Man Bay to The Kaibo.

**Why:** Due to excessive growth, the trees and vegetation along North Side Road, Rum Point Drive and Water Cay Road have become an imminent safety hazard to power lines and must be trimmed back immediately.

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

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

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

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

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**Christmas Lighting Safety Tip**



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# Governor received in an Audience with Her Majesty the Queen at Buckingham Palace

Governor Martyn Roper and Mrs Roper were received in an Audience by Her Majesty The Queen on 19 November at Buckingham Palace. Governors have an Audience of Her Majesty before their departure for an Overseas Territory or during their term as Governor. As part of a short trip to London, Governor Roper will be undertaking a range of calls in the Foreign

and Commonwealth Office and other Government Ministries in support of Cayman's security

and prosperity. The Governor returns to Cayman at the weekend. 🌐



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# A strong economy WORKING for YOU



We can all be proud that Cayman's economy and public service are in good shape - this is a combined effort of the public, businesses and government all working together. This is a look at the highlights of last year's public finances.

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# Sun-fire Culinary Institute Coming to Grand Cayman

One of the world's most famous chefs and renowned proponents of healthy eating and positive lifestyle now calls Grand Cayman his home.

Dr. Aris Latham is known the world over as one of the progenitors of a lifestyle that represents a fundamental paradigm shift in how we consume foods and what we eat - or rather - should be eating as a species from a strictly natural and profoundly compassionate point of view.

A simple search of his work on YouTube reveals his massive influence around the globe and a philosophy which is based on science and facts that are resonating with all walks of life; from professional nutritionists to naturalists across all socioeconomic and national boundaries.

Dr. Aris has now brought his 49 years of experience eating what he calls, 'sun-fired' foods to the shores of one of the culinary capitals of the world.

He will be opening the Sunfire Culinary Institute here in Grand Cayman and is in the process of writing his book and memoirs, whilst also teaching and entertaining guests at the Coconut Club in Palm Heights, where the Hyatt Beach Suites was located previously.

Dr. Aris does not cook his food and eats no meat or dairy products. In fact

for nearly 5 decades, he has been on a sun-fired or raw-foods lifestyle. It is not veganism as we have come to know it but rather an even simpler and scientific approach to nutrition. Sun-fired foods means exactly that and is based on eating what mother earth has provided, from a plant-based perspective.

"I started eating like this to defend my life," noted the Dr. Who explained that the day is split into three, eight-hour segments.

From 8pm to 4am, Dr. Aris contends that humans are fasting in their sleep and the body is repairing itself. From 4 am to 12 pm, he says we are breaking the fast; hence 'break-fast' which we have all associated with a time to eat everything in sight.

Dr. Latham warns however that during this delicate time of the day, humans should be treating themselves more gently and only consuming fruits, juices to wash the walls of the stomach. At 12pm to 8pm he says it's time to get in proteins such as nuts, lentils, ackee, avocado and much more.

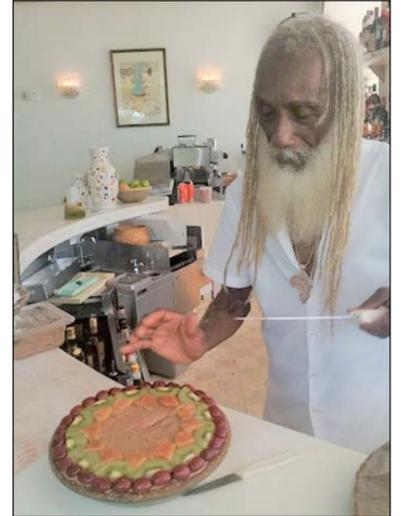
"During the morning hours you want to be eating from the canopy of the forests, as our ancestors did. Before the advent of fire nothing was cooked. It was the sun that cooked our foods and still does.

"When we pick a green banana or a plantain and boil it, we are actually trying to do what the sun does naturally. However, we are only getting starch, which the body then has to work as a refinery to turn into sugar. We were not designed to do this and the energy that is used in this process is what causes humans to feel lethargic and tired most of the time," noted Dr. Aris.

He added that once the sun cooks our food, the



► One of Dr. Aris' paradise Pies on a tomato and nut, dried crust are little pieces of Heaven



► Dr. Aris prepares a pie, using naseberry, (as a paste), and toppings of papaya, kiwi and dates in what he calls his, "Paradis Pie"

naturally occurring enzymes in the food turn starch into simple sugars, which our bodies are then able to digest.

All of the food Dr. Aris prepares is not cooked, just the freshest vegetables and fruits and nuts prepared by nature and ready for consumption.

Now in his 73rd year and still running on the beach every day, as well as practicing gymnastics, he explained how his journey led him to the Cayman Islands and Palm Heights, where he can be found on Thursdays for a buffer and on Sundays for a complimentary tasting and meet and greet.

"I met someone in the jungle, where I was teaching and they told me about folks in Cayman who wanted to meet me but did not quite know how. Eventually they made their way to where I was and came to see what was happening. Upon seeing and hearing the message of sun-fired foods, they made a proposal and invited me over."

Dr. Aris, who is originally from Panama, noted that the timing was just right,

as he was seeking to take a break from the road.

"I first came in May and came once a month for a week," explained Dr. Aris, who also has two restaurants in Jamaica and travels across to Caribbean and around the world regularly.

He now spends three weeks per month in Grand Cayman and the rest of the time in travelling.

"The food grown locally is excellent," opined Dr. Latham - referring to Cayman's small but bountiful agricultural scene, adding that agri-business had not tainted the food source on the Island.

Dr. Aris said because of the nature of the Cayman Island being a financial center, it is also easy to source items from around the world.

To learn more about Dr. Aris and his message of health as wealth and eating sun-fired foods, visit him at the Palm Heights' Coconut Club on Thursday or Sundays from 1pm to 4pm or call 1-345-949-1234 for more information.



► Dr. Aris Latham's wraps and organic, freshly squeezed juices are delightful...

# Grand Auto Show-off raises money for Christmas toys

... Continued story from page A1

with the Lions Club, so that they could use the best venue in Cayman and so that the entrance price donations would all be used for the Lions huge Christmas Party, when more than 400 kids will get lovely toys. If you didn't have any cash for the entrance fee, well, that was fine just as long as you bought with you a brand new toy to donate.

One of the founders of Cayman's Grand Auto Show, Michael Webster said: "Over 100 cars are here, and we've got four Car Clubs represented: the Minis, the Classics, the Ford Club and then we've got the Jeep Club in the back (on the field behind the Lions Club hall)."

Tony Parsons, a member of the Cayman Islands Classic and Hot Rod Association, had a big, long, wide, beautiful 1966 Pontiac Catalina Convertible for people to admire. "I purchased this car two years ago," he said. I bought it from an old guy in Pennsylvania it was sitting in a garage for 15 years, and hadn't been touched. So I shipped it down to Florida where my brother lives and went up there and did some work on it; I got it running. I brought it to the Island last year and since I brought it here I did a repaint on it. Now its Citrus Green but it was originally a champagne colour and I didn't like the colour," he said.

Renaldo is very proud of his limited edition 1999 Pontiac Trans Am. They only made 613 of them in this configuration," he said. There are about 320 hors-



► William Nixon with two classic Minis, and the toy he is donating



► Everyone loved taking a look at the gleaming engines

es under that long white hood and the car can do a top-speed of 150 miles an hour. Not the kind of car you can really open up in Cayman, unless you want to wind up in the sea, but the best thing is that it only has 940 miles on the clock, "I have always liked Trans Ams," Renaldo said.

William Nixon likes things to be a bit more compact, and he's really more of a classic Mini Cooper type of guy. He must like them a lot, because he had two of them in the show: "I've got a Cooper RSP 1990 in black and white, and another 1997 in Red and White," he said, holding the toy he had bought along to add to the Lions' toy drive. "I always liked Minis from the time I was a teenager I grew up with Minis," he said.

Bo Hansson is the proud owner of a beautiful Cobra Daytona, from 1964: "it won the Le Mans. They made six of them, and then a continuation. This number is number 27," he said. In its day, it was the fastest car in the world, and won the World Speed Record at Bonneville, with top speeds of over 200 miles an hour, Mr. Hansson said. "Its engine is 600 horse power so it's not made for the island. But it they challenged Ferrari and they beat them."



► Tony Parson's 1966 Pontiac Catalina Convertible



► 1999 Pontiac Trans Am



► Bo Hansson with his Cobra Daytona

# Hotel Boom Continues as Room Supply Increases 16.8% in Caribbean/Mexico

... Continued story from page A1

Challenges still exist for some in the region. Mexico, and the Dominican Republic, following safety concerns; and the Bahamas, which is dealing with the aftermath of Hurricane Dorian and resulting loss of tourism.

## What does that mean for Caribbean destinations?

As attractive destinations continue to grow, vying for the global travelers' dollars becomes quite the feat. Deploying creative ways to differentiate their tourism products from the competition, such as fine-tuning digital and social strategies, will help destinations tap into rising global demand for "off the beaten path" experiences. The new generation of experience-based travelers are a huge opportunity for tourism worldwide and specifically for this region. Smooth-running airports and even well-paved roads



and waste management are an integral component to keeping destinations

competitive. Key travel infrastructure, including airports, parks and recreation,

ports, roads, and transit usually need the most improvements.

It's essential for destination stakeholders to explore ways to finely balance maintaining destination competitiveness, while minimizing existential risk to the destination.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. Visit Caymera at [www.caymeragroup.com](http://www.caymeragroup.com) or email [info@caymeragroup.com](mailto:info@caymeragroup.com) for more information.

# Pedagogical Standards at UCCI: Extracts from its Academic Standards Document: Part Two

I explained in the last article that pedagogy has to do with 'the art of teaching', the capacity of the educator to transfer knowledge and skills in such ways that enable students to understand, recollect, deliberate and apply.

The UCCI Academic Standards Document points out that 'in the academic enterprise, the methods employed to teach students is of singular importance in determining outcomes. The purpose of education is to prepare the student to think, to adapt, to be creative, to sharpen their minds, heighten their imagination and deepen their understanding, and the methods employed by the educator are beyond question, critical.

Academic standards are the benchmark of excellence and quality and the assurance to various stakeholders of the basis of accountability. The local university, UCCI, correctly believes that student centredness is the linchpin, the connecting principle, the common core around which all activities, plans and ideas cohere. In this respect, one of the things it has done is explicitly state the standards to which it aspires.

This article presents extracts from this document that covers standards concerning teaching strategies. Emphasis is placed on the use of what the literature calls 'High impact teaching strategies'. These are ten teaching practices accepted as very effective in the classroom. The last article covered six of these teaching strategies: setting goals, explicit teaching, structured lessons, work-show examples, collaborative learning and multiple exposures. I further quote from this document.

## 'High Impact Teaching Strategies

Each UCCI faculty members will use at least two high-impact teaching strategies in the classroom. High impact teaching strategies (HITS) are ten instructional practices that reliably increase student learning when they are applied. The Teaching, Learning and Assessment Coordinator (TLA) will reinforce the knowledge of these in TLA sessions and encourage their use by faculty members.

### 1. Questioning

Questioning is a powerful tool, and effective teachers regularly use it for a range of purposes. It engages students, stimulates interest and curiosity in the learning, and makes links to students' lives. Questioning opens up opportunities for students to discuss, argue, and express opinions and alternative points of view.

Effective questioning yields immediate feedback on student understanding, supports informal and formative assessment, and captures feedback on effectiveness of teaching strategies.

### 2. Feedback

Feedback informs a student and/or teacher about the student's performance relative to learning goals. Feedback redirects or refocuses teacher and student actions so the student can align effort and activity with a clear outcome that leads to achieving a learning goal.

Teachers and peers can provide formal or informal feedback. It can be oral, written, formative, or summative. Whatever its form, it comprises specific advice a student can use to improve performance.

### 3. Metacognitive Strategies

Metacognitive strategies teach students to think about their own thinking. When students become aware of the learning process, they gain control over their learning. Metacognition extends to self-regulation or managing one's own motivation toward learning. Metacognitive activities can include planning how to approach learning tasks, evaluating progress, and monitoring comprehension.

### 4. Differentiated Teaching

Differentiated teaching strategies are methods teachers use to extend the knowledge and skills of every student in every class, regardless of his or her starting point. The objective is to lift the performance of all students, including those who are falling behind and those ahead of their expected performance levels.

To ensure all students master objectives, effective teachers plan lessons that incorporate adjustments for content, process, and product.

#### 1. Maintaining a dual agenda of the teaching process and product:

- Unpacking strategies for explicit instruction
- Making content explicit
- Modeling and supporting metacognitive behavior
- Teaching thinking aligned with the Common Core

#### 2. Using student/teacher transactions that support learning:

- Engaging students in relationship-building conversations
- Non-directive coaching to build competence, confidence, and self-direction
- Providing feedback that is specific, understandable and usable
- Mediating learning at the point of use
- Asking questions and giving answers that foster higher-order thinking
- Responding to questions and answers strategically
- Asking strategic and purpose-driven questions
- Understanding students' thinking and common patterns of thought
- Facilitating and supporting the acquisition of information and resources
- Conferencing to reflect ideas and shape the way forward when students are working independently

#### 3. Selecting ways to organize for instruction:

- Workshop approach
  - Direct instruction
  - Scaffolded instruction and the gradual release of control
  - Differentiated instruction
  - Project-based learning
  - Discussion groups
  - Setting up and managing small group work
- #### 4. Teaching lessons skillfully:
- Modeling actions and modeling thinking
  - Leading a whole group discussion
  - Establishing norms of discourse
  - Teaching a segment of instruction towards a specific learning goal
  - Building concepts
  - Appraising, choosing and modifying tasks and texts for specific learning goals
  - Selecting and using methods to check understanding and monitor student learning
  - Assessing learning goals

### 5. Using brain-based instruction:

- Focusing students' attention on what they will be learning and why it is useful to them
- Making connections with students' prior knowledge
- Teaching the use of visual representations and mapping
- Using visual and manipulative materials to build concepts
- Providing personal processing time for consolidation of new information
- Allowing for verbal interaction and joint problem solving
- Providing feedback-driven learning

Another source explains these practices as follows (verbatim):

#### First-Year Seminars and Experiences

Many schools now build into the curriculum first-year seminars or other programs that bring small groups of students together with faculty or staff on a regular basis. The highest-quality first-year experiences place a strong emphasis on critical inquiry, frequent writing, information literacy, collaborative learning, and other skills that develop students' intellectual and practical competencies. First-year seminars can also involve students with cutting-edge questions in scholarship and with faculty members' own research. The University will move in this direction.

#### Common Intellectual Experiences

The older idea of a "core" curriculum has evolved into a variety of modern forms, such as a set of required common courses or a vertically organized gen-



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

eral education program that includes advanced integrative studies and/or required participation in a learning community. These programs often combine broad themes—e.g., technology and society, global interdependence—with a variety of curricular and co-curricular options for students. The UCCI academic experience will see schools working in an interdisciplinary, collaborative way to maximize student learning and enjoyment and involvement in the learning process.'

In the next article I will present the final piece on this aspect of the document.

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(Big and Tall only)

Colours: Black; White; Grey; Light Blue; Cream, Beige, Lilac, or Striped

Sizes: 48R - 62R; 48L - 62L (2 & 3 pieces)

2 pieces - \$70; 3 Pieces - \$80

**BLAZERS (\$40)**  
Sizes: 50R - 56R

Colours: navy blue; black; rust

**Call: 327 - 1691 for more information**

# Small business edition of Saturday Night Live in GT – November 30

A special small business edition of Saturday Night Live in GT will take place over Cayman Thanksgiving weekend, November 30 on Cardinal Avenue, 5:00 p.m. to 12:00 a.m.

The event, which is part of the George Town Revitalisation Initiative, is being hosted in collaboration with the Cayman Islands Small Business Association (CISBA) and Cayman Thanksgiving.

A key feature of the event will be the involvement of some 20 small businesses that will showcase their products and provide the opportunity for people to do their holiday shopping. There will also be local food, performances by Gimistory, University College of the Cayman Islands Pandemix band, Latin jazz quintet Palente, among many others.

George Town Manager and Revitalisation Coordinator Colin Lumsden states, "Saturday Night Live in GT is about creating a space to celebrate our people, residents and our



► Saturday Night Live in GT is part of the George Town Revitalisation Initiative to create a modern waterfront atmosphere



► Local food from restaurants and businesses will be served at the event

businesses, so we are excited about this small business edition and the vibrancy it will provide for the business community".

President of the CISBA, Dawn McLean-Brady expressed her gratitude to the Ministry of Commerce, Planning and Infrastructure which oversees the revitalisation initiative. "We are excited about this collaboration. The Minister Hon. Joey Hew and his staff continue to throw their support behind small and micro sized businesses. The aim of this edition of the event is to support small enterprises on CISBA's small business Saturday, which falls on 30 November. This is the same weekend as Cayman Thanksgiving, a national

celebration that supports the theme of shopping small and local", she emphasises.

She further notes, "The holiday season is almost here, so this event will give people a jump start on their shopping. We really hope that come 30 November, everyone will shop small and just enjoy the atmosphere at Saturday Night Live in GT".

The George Town Revitalisation Initiative is aimed at creating a modern downtown atmosphere. It also emphasises sustainability and quality of life for the George Town community promoting walkability and connectivity and diversifying downtown through mixed-use zoning.

## Employment Lawyer Joins HSM

68 Fort Street, Grand Cayman (Wednesday, 20 November 2019): The HSM Group has welcomed Kathryn Rowe to their growing law practice.

Kathryn joins as a Senior Associate and will focus on employment related matters. With over 17 years of legal experience, Kathryn has a wide-range of skills in the areas of litigation, employment, immigration, data protection and regulatory matters.

Kathryn has handled contentious and non-contentious employment work, representing and advising both public and private sector employers and em-

ployees. She has provided HR advice to clients, including contract and document preparation through to disciplinary and grievance matters, immigration issues, redundancy, discrimination and other contractual issues.

Kathryn was appointed as Chairperson of the Labour Tribunal in 2015 and still holds this position.

Managing Partner, Huw Moses, OBE notes: "Kathryn is a valued addition to our employment team. She has a great mix of local and international experience, which will undoubtedly benefit our clients."





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Let us help you be ready.

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60 YEARS. 60 PLAYERS. ONE CELEBRATION FOR THE  
FREE ADMIS SATURDAY, GATES OF KICK  
Constitution Weekend TRUMAN BODDEN SPORTS

# CUC PFL Playoffs set for Saturday

This past Saturday, November 16th marked the conclusion of the 2019 CUC Primary Football League (PFL) regular season as schools jostled for positions that would determine their playoff standings.

The start of the Boys' Under 9 and Under 11 Champions Cup and Consolation Cup playoffs kick-off this Saturday, November 23rd at the Annex Field.

In Group A action this past Saturday, St. Ignatius Catholic secured the top position in the Under 9 and Under 11 leagues and are the number one seeds from Group A going into the Champions Cup playoffs. The Catholic boys defeated Cayman Prep 9B 4-1 (Under 9) and Cayman Prep 11B 3-0 (Under 11) to complete their unbeaten regular seasons.

With a few re-scheduled games to be played on Wednesday, November 20th, second, third and fourth spot in Group A are up for grabs between the Under 11 teams from Sir John A. Cumber Primary, Savannah Primary, George Town Primary and Cayman Prep 11B.

In other Group A games played this past Saturday, it was Savannah Primary 2 vs. George Town Primary 0 (Under 9), Savannah Primary 4 vs. George Town Primary 0 (Under 11 - respect rule enforced), Sir John A. Cumber 2 vs. Wesleyan Christian 0 (Under 11) and Cayman International 11White 1 vs. Truth For Youth 2 (Under 11).

In Group B action, Cayman International 9Blue secured top spot in the Under 9 division going into the Champions Cup playoffs after an unbeaten regular season. The youngsters from Cayman International downed NorthEast Schools 4-0 (respect rule enforced). Cayman Prep 9A finished runners-up with a 3-0 win over Bodden Town Primary; South Sound Schools sealed third spot in the standings with a 3-0 win over Prospect Primary and Triple C School rounded off the top four with a 4-0 (respect rule enforced) win over Red Bay Primary.

In Under 11 action from Group B, Cayman Prep 11A secured top spot and the number one seed going into the Champions Cup playoffs with a 4-0 (respect rule enforced) defeat of Bodden Town Primary. Prospect Primary secured second spot in the standings as they got past Cayman Brac 4-0 (respect rule enforced); Cayman International 11Blue finished third with a 4-0 (respect rule enforced) victory over North-East Schools and Triple C finished fourth with a 3-1 win over Red Bay Primary.

In the CUC Girls' Primary Football League (GPFL), Cayman Prep Blue continued their unbeaten run to stay on top of the standings with a hard-fought 2-1 victory over St. Ignatius Catholic. Currently sitting second in the standings and also unbeaten, the young ladies from Cayman International School got past Savannah Primary 3-0.



► Cayman Prep 11A (blue) aim to defend their CUC PFL Boy's Under 11 league title against contenders like Prospect Primary (purple)

In other scores, Triple C defeated Sir John A. Cumber 3-0 and Bodden Town Primary downed Cayman Prep Red 2-0. St. Ignatius Catholic and Savannah Primary sit in third and fourth spot in the standings respectively.

This year's CUC GPFL is a round-robin tournament with each school playing other schools once. The remaining two rounds will be played at the Annex Field

on Saturday, November 30th and Saturday, December 7th.

The 2019 CUC PFL Champions and Consolation Cup playoffs begin this Saturday, November 23rd with the quarter finals. The semi finals will be played on Saturday, November 30th and the finals and third-place games will take place on Saturday, December 7th. All playoff games are at the Annex Field.

# Local Show Jumpers Compete Internationally and National Jump Series #2

By Tanya Zeimniak

On Saturday, November 16th and Sunday, November 17th Cayman's equestrians rode for the chance to represent the Cayman Islands in the Caribbean Equestrian Association's (CEA) Annual Regional Jumping Challenge and also competed in the 2nd National Jump Series of the season. Milly Serpell, who is certified as an FEI Level 1 Show Jumping Judge, took on the judging duties for both shows.

Organized by the Cayman Islands Equestrian Federation (CIEF) under the rules of the CEA, the Regional Jumping Challenge is a competition between the Cayman Islands and its English-speaking neighbors of Bermuda, Barbados, Jamaica and Trinidad. What is unique

about this event is that the horses and athletes do not travel in order to compete. Instead, each participating country builds the show jumping course to the exact specifications proscribed by the CEA.

The competition is held at three heights: 0.7 meters, 0.85 meters and 1.0 meter. Athletes ride the course twice and their final placing is determined by the total faults received in the two rounds, with those receiving the least number of faults being ranking higher. Ties in faults received are broken using the time taken in the second jumping round, with the fastest rider being placed higher.

The CEA Regional Jumping Challenge is both a team and individual competition. While all riders in the Caribbean participating in the event are ranked against one another, each country's top athlete at each height form a team, and their total faults and times are added together to form a country's team score. As a result, the final results and ranking of all participating individuals and countries won't be released until each country has held its leg of the competition, which will happen in December.

Winners of each height of the Regional Jumping Challenge (who also make up the Cayman Islands team) were:

- Meters - Gina Lomas riding Sunday's Edition
- .85 Meters - Leah Alberga riding Moon Lady
- .70 Meters - Madison Ameline riding Twinkle

Highlights of the National Jumping Series #2 which was held on Sunday, included double wins by Olivia Ziemniak riding Teddy in both the .60 meter and .70 meter classes. Also partici-



► Olivia Ziemniak rode Teddy to wins in the .60m and .70 meter classes at NJS #2 (Photos by Tanya Ziemniak)

pating in her first ever show was Hallie Guizio, riding Misty in the Cross Rail division.

The Cayman Islands Equestrian Federation (CIEF) is the national governing body for equestrian sport in the Cayman

Islands and is a member of the Federation Equestre Internationale (FEI). The CIEF holds four show jumping events and three dressage shows each year that are open to all equestrians in the Cayman Islands.



► Cayman Islands' CEA RJC Team: (l to r) Madison Ameline, Gina Lomas and Leah Alberga



► Hallie Guizio and her pony Misty who made their competition debut this past weekend

THE SINGING  
**Christmas Tree**  
CAYMAN ISLANDS

**Saturday, November 30**  
**Sunday, December 1**

At the Lion's Centre  
**FREE 6:00pm**

For more information, please call 929-5380, or visit [caymansingingchristmastree.org](http://caymansingingchristmastree.org)

# COMMUNITY EVENTS

## November – Prostate & Colon Cancer Awareness Education Event

21 November – The Lions Club of Grand Cayman in collaboration with The Cayman Islands Cancer Society and November Committee will be having a Prostate & Colon Cancer Awareness Education Event at the Lions Centre on Thursday 21 November from 7-9 pm. There will be free PSA testing for eligible men. Light refreshments will be served. Call the Cancer Society at 949-7618 for more information.

## Rotary Flea Market

23 November – Support the Rotary Sunrise flea Market on Saturday 23 November at the Lions Centre from 7am – 12 noon. There will be lots of \$5 and \$10 items on sale including clothes, electronics and household goods. The funds raised will benefit the Rotary Foundation.

## Customs and Border Control Public Auction

23 November - The public is hereby notified that a Public Auction will be conducted by the Customs and Border Control Service (CBC), on undeclared and seized goods from 1:00pm to 5:00pm on Saturday, 23 November 2019, in the parking lot of CBC Headquarters, located at 42 Owen Roberts Drive, George Town. A list of the goods to be auctioned can be viewed on the CBC website at <http://cbc.gov.ky>

## Girl Guides Annual Bazaar

23 November – Come and enjoy the Girl Guides 8TH Annual Christmas Arts and Craft Bazaar to be held at Loyola Hall, St. Igna-

tius Catholic School, Walkers Road from 10am – 2pm. Free Admission and includes Arts, crafts, baked goods, hand-made jewellery, henna tattoos and so much more! Local vendors include; Fishy Business, Plant Based Studio, Maid en Cayman, Mermaid's Touch, plus many more! There will be one of a kind items and Great Christmas gift ideas! All proceeds go to Girlguiding Cayman Islands.

## NY Cabaret Music Night

23 November – The Cayman Arts Festival is bringing back their hit music event at the Westin Hotel Ballroom on 23 November beginning at 7pm. Enjoy performances by KT Sullivan, Natalie Douglas, Nicholas King and Matt Baker. Doors open at 6pm and the cost is USD\$50 for adults – this includes a glass of wine and USD\$15 for those up to 18 years old. Email [equiries@caymanartsfestival.com](mailto:equiries@caymanartsfestival.com) or call 922-5550 for more information.

## Night at the Museum

29 November - The National Gallery of Cayman Islands invites you to attend the annual fundraising gala on Friday, 29 November 2019 from 6:30 pm until 1:00 am. There will be a Welcome Reception followed by Haute Festival Style Dining, Live Entertainment and Auction, and dancing until the early hours. Single tickets are CI\$225 and ten tickets are CI\$2,025. The dress code is Couture inspired by Classic artworks or Black Tie and attendees are advised to choose footwear accordingly due to multiple terrains in the gardens. Valet service is provided. Proceeds benefit NGCI annual education programmes and provides free ad-

mission for all to the National Gallery. For more information, email [events@nationalgallery.org.ky](mailto:events@nationalgallery.org.ky) or call 945 8111.

## Gimistory in Cayman Brac

29 November – Gimistory is back! Enjoy a FREE night of storytelling at the Agricultural Show Grounds. Local and overseas storytellers take to the stage and tell a tall tale or two. Delicious fried fish and fritters available after the stories. Call the Cayman Islands Cultural Foundation at 949-5477 for more information.

## Turkey Trot Walk/Run

30 November - Cayman Islands Meals on Wheels 5K and 10K walk/run fundraiser will begin at 6:30am at the Holiday Inn Resort by Safehaven. Register online at [www.caymanactive.com/turkeytrot](http://www.caymanactive.com/turkeytrot) or starting at 6am on the day. Registration is adults (18 and over) - \$25; juniors (11-17) - \$15; and children (4-10) - \$10. For more information, call 769-1974; email [info@mealsonwheels.ky](mailto:info@mealsonwheels.ky) or go to <http://www.mealsonwheels.ky/>

## The Cayman Singing Christmas Tree

30 Nov. – 1 Dec. Come out to the Lion's Centre and enjoy an evening of song, dance and the presentation of the Gospel that depicts the birth of Christ. You are invited to celebrate the Christmas season at this free family event which begins at 6pm each night. Call 945-2182 for more information.

## Northward Road Park Annual Christmas Tree Lighting

1 December -The Northward Road Park Annual Christmas Tree Lighting is scheduled for Sunday, December 1st at 5:30 pm at the Northward Road Park.



► Cayman National Bank Parade of Lights

## Cayman National Bank Parade of Lights

7 December – Watch a colourful procession of boats decked out for the holidays sail through the harbour at Camana Bay from 6-8:30pm. Enjoy the Craft market, fireworks, entertainment and a visit by Santa.

## 2019 Milo Kids Fun Run

8 December - The 2019 Kids Fun Run takes place on Sunday, 8 December at 10:30am. This event is sponsored by Milo and the Cayman Islands Government's Ministry of Education, Youth, Sports, Agriculture & Lands, and is open to all kids ages 5 to 11 years old. Registration for students in the Cayman Islands is FREE, and students can register through their schools or online. Registration includes a t-shirt, runner bib and a medal at the finish line. The Kids Fun Run starts at the NEW Government Administration Building on Elgin Avenue and ends on Harbour Drive. Laura Ribbins from Fitness Connection will be doing a fun WARM UP SESSION with the kids before they start their Fun Run so make sure your kids are there for all the excitement! For more information,

check out our website: <https://www.caymanislandsmarathon.com/kids-fun>

## Bingo Bells

13 December - YCMA Cayman invites all to a night of fun, fellowship and bingo at Mary Miller Hall from 6:30-8:30pm. Enjoy a serving of Grandma Judy's 'famous' spaghetti dinner. Tickets cost \$10 each or three for \$25 and are available at Field of Dreams or YMCA main office at Chamber of Commerce in Governors Square. YMCA; All proceeds to benefit the YMCA. For more information, call 926-9622 email [info@ymcacayman.ky](mailto:info@ymcacayman.ky)

## Dancing for A Cause

14 December – Join Ms. Jackie's School of dance for their presentation – Dancing for a Cause – an evening of dance to support Father Ho Lung 'Missionaries of the Poor' Worldwide and in the Cayman Islands. It's one day only at the Harquail Theatre. Show times are Matinee – 3pm. Children under 12 are \$15 and adults are \$30. The second show begins at 7pm and the price of all tickets are \$30. Email [petique@candw.ky](mailto:petique@candw.ky) for more information. 🌐

# How to keep it off (5 hot body secrets)



► Ernest Ebanks

It takes dedicated hard work to drop a significant number of pounds. But afterwards it's incredibly easy (and frustrating!) to find those pounds creeping back on.

Maintaining fat loss is certainly possible; however it does require that you remain vigilant with your healthy routine.

Here are 5 secrets to maintaining your amazing body transformation for life. Think of these as your own personal lifestyle rules and stick with them at least 90% of the time to keep your body healthy and hot.

## Hot Body Secret #1: Don't Eat Just To Eat

There is no place in your healthy lifestyle for mindless snacking. I'm talking about a tub of popcorn at the movies or a bag of chips in front of the TV. All the calories ingested from mindless snacking have to end up somewhere...and that somewhere is around your waist or on your thighs.

Snacks are fine when you are aware of how much you're eating in order to balance it with the rest of your meals for the day.

## Hot Body Secret #2: Stand (And Walk) When Possible

Have you heard the saying sitting is the new smoking? The idea is that a lifetime of sitting all-day-every-day is as harmful to your body as smoking. Think for a moment about how much of your day is spent sitting.

You wake up and sit down for breakfast. You sit on the drive to work. You take the elevator up. You sit for most of 8 hours at work. You take the elevator down. You sit on the drive home. You sit to eat dinner. You sit to watch TV.

That's quite a bit of time spent sitting! Now imagine if you consciously stood for some of this time each day and took

the stairs instead of the elevator. Over weeks, and months, it really adds up in calories burned, muscles engaged, and overall fitness and health.

## Hot Body Secret #3: Avoid Sugar

I might sound like a broken record about this one, but that's OK, I'll keep harping on this point until more people listen. Our bodies weren't designed to ingest large amounts of sugar on a daily basis. When you regularly take in excess sugar the results are always the same. **You. Gain. Weight.**

The tricky part is that sugar is all around us, so avoiding it takes real vigilance.

Start with your morning beverage of choice. Does it have sugar in it? Most of the beverages that are blended and brewed at coffee shops are simply vehicles for ingesting sugar. Find a beverage that you enjoy without any added sugar and stick with the rule of not drinking sugary beverages throughout your day.

## Hot Body Secret #4: Keep Dinner Light

Who says that dinner should be the biggest and heartiest meal of the day? Instead, focus on enjoying light dinners

that are centered around protein and veggies and avoid starches and carbs in the evening.

The recipe below for Beet and Grapefruit Salad is a great example. Add a grilled chicken breast to a serving of this vibrant, fiber-filled salad and you have a nutritious dinner that's light and healthy.

## Hot Body Secret #5: Always Exercise

How often do you brush your teeth? Do you sometimes take a few weeks or months off brushing your teeth? Um, no. That's gross. You brush your teeth everyday as an ongoing habit because you know that the benefits outweigh the slight inconvenience.

Can you see where I'm going with this? :)

Exercise only truly works when you do it as an ongoing habit because you know that the benefits outweigh the slight inconvenience. It's part of keeping you healthy. It's part of who you are.

**I'm here to make your daily exercise habit fun and effective. If you aren't yet my client then call 325-8696 or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) today to join now.**

**Let's do this!** 🌐

# REASONS TO USE APPLE CIDER VINEGAR

It's staple in our home. It's used with other powerhouse nutrients with our early morning detox drink. No wonder ACV is often referred to as, "the cure all." It really does amazing things. These include and not limited to: kills bacteria,

fighting diabetes and blood sugar levels, reduces cholesterol, protects against cancer and aids weight loss. So, here are my top recommendations for using ACV.

**CUTS BLOOD SUGAR AND INSULIN** - For those interested in losing belly

fat, you need to add ACV to your health regimen. When added to the diet, you feel fuller longer. I have a tablespoon in warm water about 10 minutes before my meals.

**BOOSTS METABOLISM** - In one study it showed that ACV boosts the levels of an enzyme that increases how fast fat is burned in the body. More importantly it also cuts the amount of fat and sugar the liver makes. As a result metabolic function is increased.

**BLASTS BELLY FAT** - One of the most amazing virtues of ACV is its ability to burn fat. In one particular study, the participants drank apple cider vinegar for twelve weeks. Their body weight was reduced significantly.

It is also known to cut Body Mass Index, visceral fat also known as deadly fat, waist measurements and triglyceride levels. Talk about a powerhouse nutrient.

**BLOCKS STARCH** - One of the most important actions of ACV is that it blocks the body's ability to digest starch.



If you are going to try to lose weight with ACV ensure you get the right one. Not all are made equal. So, the one I use is from BRAGO and it must state, "WITH THE MOTHER."

**Here's my ACV morning tonic:** 1c warm water, ½ lemon juice, ½ tsp cinnamon, 1tbsp ACV, 1tsp honey. Enjoy. 🌐

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
82°/80° More sunshine than clouds	83°/78° Mostly sunny and nice	82°/79° Mostly sunny and pleasant	83°/79° A brief shower in the morning	84°/81° Sunshine and patchy clouds	85°/79° A thunderstorm in spots	84°/80° Heavy morning showers

OBITUARIES

It is with the saddest regret that we announce the passing of **Faith 'Hazel' Christian** age 96, on Friday 8<sup>th</sup> November 2019 at the Faith Hospital in Cayman Brac.



Funeral services will be held 2:00 p.m. on Saturday 23 November 2019 at the Hillside Chapel, Aston Rutty Dr., Stake Bay, Cayman Brac.

Viewing will be from 1:00-2:00 p.m.

Interment at the Creek Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



*"A source of comfort in a troubled time"*

The Family of the Late **Leathan Lindberg Martin** also known as "Dusty" regret to announce his passing on Tuesday, 11 November, 2019.



A Service of Thanksgiving will be held at 2:00 p.m. Saturday, 24 November 2019 at Aston Rutty Centre, Cayman Brac. Viewing will be from 1:00 p.m. prior to the service.

Interment will follow at the Watering Place Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



*"A source of comfort in a troubled time"*

The Family of the Late **Mrs. Ronnette Hyman** regret to announce her passing on Tuesday, 12<sup>th</sup> November 2019.



A Service of Thanksgiving will be held at 2:30 p.m. Saturday, 23<sup>rd</sup> November, 2019 at East End Church of God (Universal), Seaview Rd. East End. Viewing will be from 1:30-2:15 p.m. prior to the service.

Interment will follow at the East End Cemetery.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



*"A source of comfort in a troubled time"*

The Family of the Late **Zelma Lee Carlene Watler** regret to announce her passing on Sunday, 10 November 2019.



A Service of Thanksgiving will be held at 2:00 p.m. Saturday, 23 November 2019 at Church of God Chapel, Walkers Rd.

Condolences can be registered at [www.boddenfuneralservices.com](http://www.boddenfuneralservices.com) & Bodden Funeral Service Facebook page



*"A source of comfort in a troubled time"*

**Churchill's** Funeral Home

We have been asked to announce the passing of **Ms. Reba Forbes**, who passed away on Sunday, November 10, 2019. A Thanksgiving Service will be held at Church of God Universal, East End, Grand Cayman on Sunday, November 24, 2019 at 2:30 p.m. Viewing: 1:30 - 2:30 p.m. Interment at: East End Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



**Churchill's** Funeral Home

We have been asked to announce the passing of **Mr. Alva "Billy" Murrell Donovan Bodden**, who passed away on Wednesday, November 13, 2019. A Memorial Service will be held at Aston Rutty Civic Center, Cayman Brac on Saturday, November 23, 2019 at 1:00 p.m. There will be a private interment. In lieu of flowers donations can be made to the Seaman's & Veteran's Association.

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



**Churchill's** Funeral Home

We have been asked to announce the passing of **Mrs. Clitely Christian-Bodden**, who passed away on Saturday, November 09, 2019. A Thanksgiving Service will be held at South Sound United Church, 44 South Sound Road, George Town, Grand Cayman on Sunday, November 24, 2019 at 3:00 p.m. Viewing: Closed Casket

Interment at: South Sound Community Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



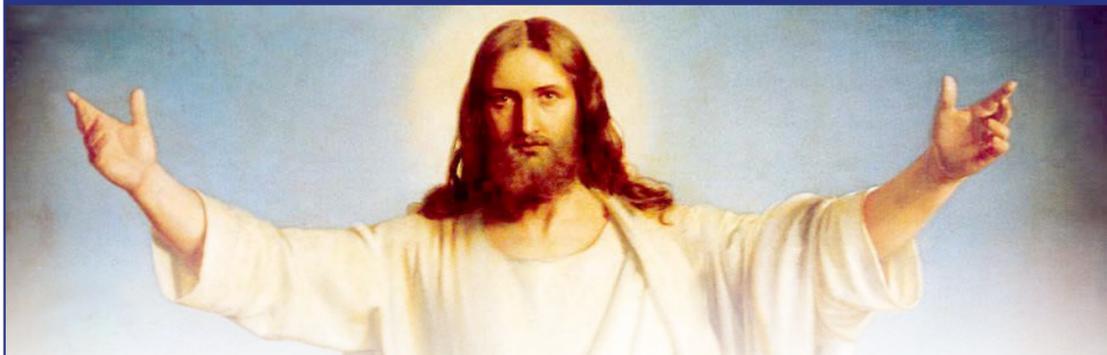
**Churchill's** Funeral Home

We have been asked to announce the passing of **Ms. Ola Leanna Smith**, who passed away on Sunday, November 10, 2019. A Thanksgiving Service will be held at Ninety & Nine Church, Powell Smith Dr, West Bay, Grand Cayman on Sunday, November 24, 2019 at 3:00 p.m. Viewing: 2:00 - 3:00 p.m. Interment at: Boatswain Bay Cemetery

Condolences can be registered at [churchillsfuneralhome.com](http://churchillsfuneralhome.com)



MOMENTS OF INSPIRATION



SOMETHING TO BRAG ABOUT  
Jeremiah 9:23-26

What does it mean to be real? That's the very big question answered in the small children's book, "The Velveteen Rabbit." It's the story of toys in a nursery and the velveteen's rabbit's journey to become real by allowing himself to be loved by a child.

Boasting starts out strong; but in the end, it always fades away. Jeremiah lists three areas where this is evident: wisdom, strength and riches." This wise, old prophet was around long enough to know a thing or two, and he counted such boast-

ing with Lord's truth. "But let the one who boasts, boast about this: that they have the understanding to know me, that I AM THE LORD."

Let us brag about Him for He is great and His mercies are everlasting. 🌐

THE SAVIOUR WHO KNOWS US  
John 1:43-51

All parents ought to know their children. They must know their aims, dreams, goals, and attitudes. As a dad I know how my son will respond when I wake him up for school or call him to do some additional school work. I also know how he will respond if he asks to use the cell phone or wants to go out and

play cricket. Yet for all this, there's only one who knows us inside out- JESUS CHRIST.

In the scripture above we catch a good glimpse of the intimate knowledge Jesus has of us. As Nathaniel, who Phillip had urged to meet Jesus, moved toward Him, Jesus pronounced, " Here truly is an Israelite

indeed, in whom there's no deceit." Wow! Startled, Nathaniel replied, "How do you know me?" In a mysterious note Jesus responded that He had seen him under a fig tree. Hmm!

Jesus knows each of us just like this. Intimately and completely. Do you know Him this way just as well? The time is now. 🌐

POLICE NEWS

RCIPS Requests Public Assistance in Locating Missing Teenager

On Monday morning, 18 November, police received a report of a teenaged juvenile who has been missing since yesterday evening, 17 November, and are requesting public assistance in locating her. Teshay Bryan, age 14 of West Bay, was last seen at an address off Bramble Close, in the vicinity of Birch Tree Hill Road in West Bay, at about 8:00PM, and has not been located since.

She is about 5'8" in height, of dark brown complexion, and was last seen with her hair in long braids.

A picture of her is attached. Anyone with information on her whereabouts is encouraged to call George Town Police Station at 949-4222.

Anonymous tips can be provided directly to the RCIPS via our Confidential Tip Line at 949-7777, or via our website <http://www.rcips.ky/submit-a-tip>. Tips can also be submitted anonymously via the Miami-based call centre of Crime Stoppers at 800-8477(TIPS), or online [www.tipsubmit.com/WebTips.aspx](http://www.tipsubmit.com/WebTips.aspx). 🌐



Wounding at a George Town Bar

Just after 1:20AM on Saturday 16 November, police and other emergency services were dispatched by the 9-1-1 Communications Centre to Singh's Roti Shop and Bar on Doctor Roy's Drive, George Town, where it was reported that a fight was in progress and one man was injured as a result.

The injured party suffered a severe laceration to the arm and was transported to the hospital via the ambulance to be treated for the serious injury. The man remains in hospital and is now believed to be in stable condition.

A 37-year-old-woman of George Town was arrested in relation to the incident and has since been bailed pending further investigation.

The matter is being investigated by the George Town CID and detectives are appealing to anyone who was present during the incident to come forward with information that may assist in the investigation. Anyone with information is encouraged to call the George Town Police Station at 949-4222. 🌐

Burglary at Cotton Tree Bay, Cayman Brac

Since 9th February, 2019, police have been investigating a burglary that occurred at the Tiger Bay Restaurant on Cotton Tree Bay Road, Cayman Brac. During the incident, private CCTV footage was recovered showing the perpetrator smashing exterior cameras on the premise.

Detectives are currently seeking the assistance of the public in identifying the man in the footage. Though the man's face was covered during the time of the incident, detectives are reviewing other iden-

tifications means, such as posture, body type, gait, or movement, by anyone who has come in contact with or knows the individual in the footage personally.

Anyone with information is encouraged call Inspector Bogle at the Cayman Brac Police Station at 948-0331 or on his mobile number at 925-9452. Detective Kamar White may also be contacted in relation to this or any other burglary related matters in Cayman Brac at 936-6705. 🌐



# MCAP IS BACK! A CHANGE OF MOVEMENT IN MONTSERRAT

By Mike Jarvis, UK Correspondent

The Movement for Change and Prosperity (MCAP) has been swept back into office in Montserrat in the British territory's general election on Monday November 18th.

MCAP, led by veteran politician Easton Taylor-Farrell, swept past the incumbent People's Democratic Movement (PDM) led by that party's recently elected leader Paul Lewis, the losing PDM's administration's minister of communications works, labour and energy.

The victorious party secured five of the nine seats, PDM held on to three, with the other going to former premier and PDM leader, Donaldson 'Don' Romeo, who retained a seat for himself as an independent.

Taylor-Farrell, minister of agriculture in the 2009-2014 MCAP government, and who took over the MCAP leadership at a party convention last November, was victorious over his younger opponent who himself only recently became PDM's leader.

Lewis was selected to head PDM following an internal leadership tussle just weeks before the elections saw Donaldson 'Don' Romeo kicked off his leadership perch by a conclusive 6-2 margin just two days after he had announced the election date.

If Mr Romeo was seen as a political liability, Mr Lewis is however failed to translate that internal unseating of his erstwhile leader into a victory at the polls on Monday.

Romeo who subsequently quit the PDM he led to victory over MCAP at its first outing in 2014, ran as an independent and retained his parliamentary seat with an impressive 4th placing overall.

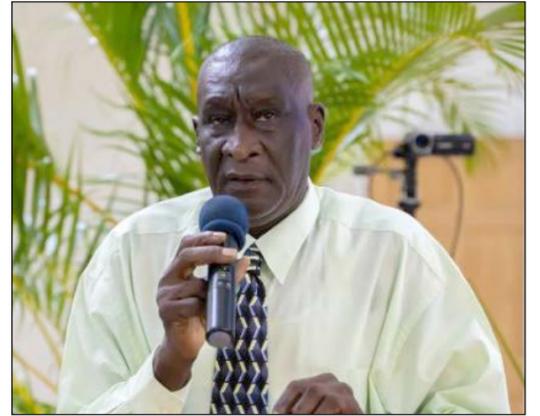
He was only eclipsed by MCAP's Taylor-Farrell - the incoming premier - in third place, PDM's Lewis in second, and relative newcomer Crenston Buffonge of MCAP, the highest vote-getter.

Thirty-five candidates spread across four parties and including ten independents ran for the nine seats in Montserrat's unicameral Legislative Assembly.

Turnout was surprisingly low at 62% in the hotly - and in some instances very aggressively - contested poll.

Campaigning mainly revolved around a series of relatively recent announcements by the British government and the European Union of a combination of aid packages totalling around \$US 74 million for a several long-delayed infrastructural projects.

They include a new hospital, improved sea port, and the relaying of an undersea fibre optic cable link.



Elections in Montserrat are contested on a single-constituency/one-person-nine-votes system.

That was put in place after the island lost two-thirds of its habitable landscape and most of its communities (half of its population relocated overseas) following a series of catastrophic volcanic eruptions between 1995 and 2010.

# No New Confirmed Cholera Cases in Haiti for Nine Months

Haiti is in the "homestretch" of defeating a cholera outbreak first declared nine years ago, but the battle is far from over before the country is free of the deadly disease.

That's according to UN Special Envoy Josette Sheeran, writing in an op-ed published in The Miami Herald, who reported that there have been no laboratory-confirmed cases of cholera in the entire country for the past nine months.

She said the "momentous achievement" was the result of an innovative strategic partnership between the Government, the UN and key stakeholders. Furthermore, it took place during a time of multiple national crises, supply chain breakdowns, and while the UN presence there was in transition.

"When UN Secretary-General António Guterres took office in 2017, he lamented that the United Nations, which has apologized for its role in the epidemic, simply did not do enough at the onset of the crisis and should have responded more effectively and quickly. We have since worked overtime to be the full partners that Haiti has deserved," she wrote.

Sheeran said the UN and its partners worked side-by-side with the Haitian authorities to develop a unified ap-

proach and financial strategy against cholera, with more than US\$700 million invested since 2010.

The partnership helped enact several innovative approaches that led to the milestone of zero cases reported.

"The first was achieving unified buy-in on a detailed comprehensive three-year strategy to end the epidemic signed by the prime minister and myself with the backing of a full range of implementers, experts and stakeholders," Sheeran revealed.

"Such a plan is often missing in tackling epidemics, but I found it vital that all involved follow the same battle plan."

Haiti lacks adequate healthcare infrastructure and rapid response teams were deployed to all affected areas to identify, decontaminate, treat and contain cholera cases.

Staffed entirely by Haitians, they "stopped the lion's share of transmissions and deaths," according to Sheehan.

"They demonstrated that cholera can be brought under control by intervening directly through an effective alert-response system at the community level. I believe this model can be effective in other epidemics throughout the world," she added.

The Ministry of Health also worked with UN agencies to create an effective



► Cholera spreads through drinking water or food contaminated by the bacterium Vibrio cholerae; and large epidemics often stem from water supplies contaminated by fecal matter

surveillance network. National laboratory capacity as well as specimen transport capacity have improved so that up to 98 per cent of suspected cases, and a significant number of non-suspected cases, are now tested.

The UN envoy urged the international community to continue working towards a cholera-free Haiti. With

a roughly US\$20 million funding gap through 2022, there is no time to rest.

"If Haiti is now in the homestretch of defeating the cholera epidemic, the battle is not yet won," she said.

"As the country continues to face unrest and a difficult political situation, we must protect the gains realized for the men, women and children of Haiti."

# Hurricane Dorian Damages and Other Impacts on The Bahamas Estimated at US\$3.4 Billion

A new Inter-American Development Bank (IDB) report estimates the total cost of the impacts and effects of Hurricane Dorian on The Bahamas at US\$3.4 billion, with hundreds dead or missing and impacts on the economy that will last for years.

The estimate comes out to over a quarter of the country's GDP - or the equivalent of the US losing the combined economic outputs of California, Texas and Florida. The magnitude of the losses requires a new development approach to achieve climate and disas-

ter resilience in areas that range from location of settlements to redesigning infrastructure and strengthening environmental protection, according to the report, 'Assessment of the Effects and Impacts of Hurricane Dorian in the Bahamas'.

The number of confirmed deaths caused by Hurricane Dorian is 67, with 282 persons still missing. An additional 29,472 persons were affected by the hurricane by damages to their homes and assets.

Between September 1 and 3, Hurricane Dorian struck Grand Bahama and Abaco with punishing winds and storm surges, with the island of New Providence also suffering some impacts. Inadequate construction and infrastructure located in vulnerable areas exacerbated the storm's impacts.

"It is important that those directly affected by the disaster feel the presence and solidarity of the government throughout the difficult process ahead," said IDB representative Daniela Carrera-Marquis. "Reconstruction efforts will last many years and will require a well-coordinated participation of public and private sectors, civil society and the international community."



The Government of The Bahamas had asked the IDB to assess the impacts of Hurricane Dorian. As part of a long-standing partnership, the IDB teamed up with the United Nations Economic Commission for Latin America and the Caribbean (ECLAC) for technical assistance with the valuation. The taskforce was complemented by the Pan-American Health Organization (PAHO).

"Hurricane Dorian left a trail of destruction to houses, essential infrastructure and entire ecosystems that will require major investments," said Omar Bello, Coordinator for the Sustainable Development and Disaster Unit at ECLAC and a lead author of the report. "The economy and livelihoods will be impacted for years to come from the temporary absence of damaged assets, especially those of tourism and fisheries."

The Damage and Loss Assessment team of external experts, ECLAC, IDB

and PAHO staff in early October started collecting relevant baseline and post-disaster data to assess the effects and impacts of the disaster.

Abaco suffered 87 percent of the losses and 76 per cent of the damage, the report said.

The housing sector suffered the highest damage, while tourism sector bore most of the losses.

Post-disaster, the economy is expected to grow 0.9 per cent.

The report said that as a long-term prospect for The Bahamas, achieving disaster and climate change resilience will require rethinking development strategies, the location of settlements, redesigning infrastructure, securing better data and information management, and strengthening environmental protection as a first protection barrier against natural hazards.

Summary of Effects of Hurricane Dorian			
	Damage	Losses	Additional costs
Social	1,597,290,766	92,391,720	82,254,021
Housing	1,487,167,663	65,014,267	57,809,391
Education	72,406,603	6,026,073	19,100,000
Health	37,716,500	21,351,380	5,344,630
Infrastructure	239,135,274	197,136,671	16,236,779
Power	131,355,000	68,924,558	6,335,000
Telecommunications	42,150,000	54,380,149	1,039,960
Water and Sanitation	14,853,000	36,624,014	2,289,200
Transport	50,777,274	37,207,950	6,572,619
Productive	620,650,850	400,285,030	19,954,141
Tourism	529,550,208	325,199,267	15,146,625
Commerce	77,584,545	64,973,002	4,807,516
Fisheries and Agriculture	13,516,097	10,112,761	
Environment	71,46,963	27,435,048	102,473,000
Total	\$2,464,223,852	\$717,248,469	\$220,917,941

**CROSSWORD**

By **THOMAS JOSEPH**

**ACROSS**

- 1 Aspirations
- 6 Esau's twin
- 11 Counting everything
- 12 Superior to
- 13 Polynesian nation
- 14 Indy entrant
- 15 Scout's base
- 17 Drawn out
- 18 Fruit tree
- 20 Press
- 22 "That's gross!"
- 23 Low wages, figuratively
- 26 Pancake's kin
- 28 Paris subway
- 29 Rents from a renter
- 31 Frank holder
- 32 Mystique
- 33 Club cost
- 34 Peach parts
- 36 Cruise stop
- 38 Victorious
- 40 Bottled buy
- 43 Extended operatic solo

**DOWN**

- 1 Popular song
- 2 Music's Yoko
- 3 Breakfast mix
- 4 "Enigma Variations" composer
- 5 Bridge feat
- 6 Mayo buy
- 7 Marine mollusk
- 8 Fat used in soaps
- 9 Kitchen fixture
- 10 Ice chunk
- 16 Bakery buy
- 18 Snaps
- 19 Pale tan
- 21 Los Angeles team
- 23 Gaze
- 24 Loyal
- 25 Some heirs
- 27 Invitee's guest
- 30 Phone bug
- 33 O'Neill forte
- 34 Swanky
- 35 Cuzco native
- 37 Is in the red
- 39 Grier of "Jackie Brown"
- 41 Work unit
- 42 Reuben base

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

**Yesterday's answer**

**SUDOKU**

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

**Conceptis Sudoku**

By Dave Green

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

Difficulty Level ★★★

10/03

**Answer to previous puzzle**

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

Difficulty Level ★★

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**Word Search**

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

- Apple
- Backup
- Browser
- Byte
- Cables
- Chip
- Cursor
- Desktop
- Disk
- DVD
- Icon
- Keyboard
- Laptop
- Megahertz
- Memory
- Monitor
- Motherboard
- Mouse
- Peripheral
- Printer
- Program
- Reboot
- Resolution
- Scanner
- Screen
- Tablet
- Windows

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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FRONT PAGE

## Annual Turtle Release a Success

Continuing a tradition that started decades ago, the Cayman Turtle Centre, held its annual turtle release on Sunday, November 10th. It was a fun, family-friendly event with meaning. Everyone there seemed to have great time and there were moments of inspirati...

13 Nov, 2019

Online

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Local News



"Be Informed" theme for series of port meetings

With the port referendum drawing closer, the government has organised a series of eight big public meetings for disseminating information and answering voters' questions about the proposed new cruise berthing facility, the first of which took place at Mary Miller Hall

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Government



Government to Hold Public Meetings on Cruise Berthing

The Government will be holding a series of public meetings in its ongoing effort to inform the public about the proposed cruise berthing facility and enhanced cargo port project (CBF).

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Government commits to beneficial ownership register

In a statement issued this week, ... has announced that it will