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Inmates clean up Barker's Beach

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The Bank of England tested banks in advance of Brexit

## Farmers Market opens late. Attracts more vendors



Full story on page A12 >>

► Dorothy, busy preparing her wonderful fruits and vegetables

## CI Stock Exchange donates to Apprenticeship Programme

The Cayman Islands Stock Exchange have donated tuition fees to help two young Caymanians, Aaron Lyn and Ernest Bennett pursue the career of their dreams by becoming auto mechanics at the new Superior Auto Apprenticeship Centre.

It was 2010 when Denise DeMercado and her husband Mark, CEO and proprietor of the Superior Auto Apprenticeship Centre who are proprietors and started the Superior Auto Apprenticeship Programme with six students. The dream was borne, when Ms. DeMercado had to turn a young man seeking employment away, be-

cause he had no training as a mechanic. Now, nearly ten years later, their programme has trained a large number of students, who gain an internationally-recognised qualification which is accredited by Jamaican German Automotive School (JAGAS) and the HEART Trust/NTA, which they began in a room attached to the garage, (Superior Auto).

On August 21, 2019, the DeMercados cut the ribbon at the opening to their lovely new purpose-built training centre, near to Superior Auto Garage. The

... Continued story on page A4



► Standing strong with Cayman's youth (L-r) Denise DeMercado, Marco Archer, Aaron Lyn, Lisa Lyn, Desreen Binns, Ernest Bennett, Anthony Travers, and Mark DeMercado

## Cuban Migrants arrive in Cayman Brac



► Migrant vessel

The Cayman Islands Customs and Border Control Service (CBC) have confirmed that a total of 31 Cuban migrants arrived in Cayman Brac on Friday morning, 13 December 2019. Officials report that the migrants had been at sea for approximately five days, but

... Continued story on page A5

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WEST BAY

# EDITORIAL

## Food Security

Food security is defined as the availability of food and one's access to it. A household is considered food secure when its occupants do not live in hunger or fear of starvation. Stages of food insecurity range from food secure situations to full-scale famine.

The recent late opening of the Farmers & Artisans market by the Cricket Ground in George Town was a huge success and the support for the market keeps getting better every year. Agriculture of all kinds is on the rise in Cayman right now, as the market for healthy, fresh, locally-grown food continues to grow. People are finding out that local fruits are just better tasting than imported food, which is subjected to more chemicals and isn't nearly so fresh.

The fabulous displays at market not only left many persons staring in awe, but also stimulated the thought patterns of potential farmers.

With the cost of food supplies increasing on a regular basis individuals are seriously considering cultivating their own food supplies in their backyard gardens. This tradition has existed for many years but may have been neglected as the Cayman Islands prospered with its Banking Industry.



The freshness of these local products and the ability to grow them easily is reason enough for homeowners to start thinking about securing food supplies and also affordable price levels that must be contained.

The construction and operation of the farmers market in Georgetown is another indication that the Government supports the cultivation of local produce and we encourage readers to do the same. Buying local produce if you are not able to create your own backyard garden will increase the demand and encourage the supermarkets to purchase from local farmers thereby stimulating the local economy.

Food security is everybody's business and whether you are a consumer or farmer this task is surely yours.

# COMMUNITY NOTICES

## DEH Bulk Waste Removal Campaign Ends

The Department of Environmental Health (DEH) wishes to advise the public that its annual bulk waste removal activity will conclude in West Bay this Friday, 20 December 2019.

DEH thanks the public for utilising this service which it is pleased to provide. To date DEH has removed over 600 tons of bulk materials from the districts of Grand Cayman and the Sister Islands.

Once the service concludes, DEH asks the public not to put out any more materials either at the side of the road or at any of the temporary district drop off points; as these will no longer be serviced.

After the end date of 20 December, dropping bulk waste at the side of the



road could represent an act of littering. After this date, materials can be dropped off at the George Town Landfill or persons can book a grab truck collection service from DEH.

Please call DEH at 949-6696 for additional information regarding its 2019 Bulk Waste Removal activity. Individuals may also send an email to [dehcustomerservice@gov.ky](mailto:dehcustomerservice@gov.ky) or visit DEH's website at [www.deh.gov.ky](http://www.deh.gov.ky).

# COMMUNITY VOICE

## Letter to Editor: Cruise Port Referendum Cayman

With the holidays around the corner and the referendum delayed, CPR Cayman wishes to take this opportunity to ensure that the public understands what has happened and that individuals are aware of what they can do to continue to advocate for transparency and a brighter future for Cayman.

The goal of CPR Cayman is and has always been to ensure that any decisions made by our government in relation to the proposed cruise berthing facility are well-informed, transparent and serve the best interests of the Caymanian people.

Throughout the course of 2019 CPR wrote to the Premier and his Cabinet with legitimate concerns, requesting the disclosure of critical information regarding the proposed port. Not a single letter was acknowledged and it is this failure that led CPR to continue its call for a referendum.

Once CPR submitted the requisite petition signatures, and the Elections Office completed their verification process, the Premier was then forced to call a referendum but it was clear to many that the process was unfair.

Therefore, armed with the facts, an individual citizen and executive member of CPR, Shirley Roulstone, engaged legal counsel to formally ask for a review of whether the referendum was called according to standards that should be championed in a participatory democracy.

Justice Owen granted that a review should be taken on the following four grounds that were presented:

- That Cabinet had pre-determined the question and date before the port referendum legislation had been passed
- That Cabinet failed to consider important matters including having "due regard" to protection of the environment, as required by the Constitution
- That the question Cabinet set for the referendum was neither fair nor neutral, as required by law
- That the failure to provide any campaign-finance limits, frustrated the intent of the Constitution that a free and fair vote should take place

In anticipation of the new referendum date that will be called in 2020, we will continue to act as advocates for



the democratic process. You can too by doing the following:

1. **Register to vote** and/or encourage those you know to register! To be able to vote from April 1st 2020 onwards, you must register **before JANUARY 2nd 2020**.
  2. **Demand Accountability.** It is extremely important that we keep demanding more of our national representatives. Stay informed and keep asking questions! Ask for the disclosure of the updated business case, contracts with Verdant Isle Port Partners, the updated EIA and other critical information.
  3. **Share information** with your friends and family over the festive season and encourage them to participate in our first people's referendum in 2020!
  4. **Follow CPR Cayman** on Facebook ([www.facebook.com/cprcayman/](http://www.facebook.com/cprcayman/)) and Vote No ([www.facebook.com/votencayman/](http://www.facebook.com/votencayman/)) to stay up to date with new articles, facts and figures. Share this information via your social media channels, email and WhatsApp.
  5. **Save the date and join us** at the following 2 events:
    - **DECEMBER 18TH:** At 6pm, CPR will be hosting a Christmas rally in Savannah, on the eve of the public holiday. We will have a host of presentations together with refreshments and entertainment.
    - **DECEMBER 19TH:** At 3pm, Join the community in a solidarity swim at Eden Rock!
- Each voter is part of history in the making. Civil Servants and all Caymanians are encouraged to turn out to vote in record numbers when the Referendum happens.
- We wish you all a wonderful Christmas season and a prosperous New Year of hope and harmony.
- Happy Holidays!**  
CPR Cayman



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## CUC's Christmas Closures

On **Tuesday, December 24**, our Customer Service Centres at Caribbean Plaza and Administrative Offices on North Sound Road will close at **noon** for Christmas. These offices will reopen for business on **Friday, December 27** at **8:30 a.m.**

Gift Certificates from CUC that can be used towards paying electricity bills are available in denominations of \$25, \$50 and \$100 from our Customer Service Centres.

Bill payments can be made at our payment locations across Grand Cayman during their respective holiday hours.

Visit [www.cuc-cayman.com](http://www.cuc-cayman.com) for a list of payment locations.

*Warmest wishes for a blessed Christmas!*



Contact 911  
in the event of an  
electrical emergency



## Caymanian Times

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 GOOD FOR CHRISTMAS TREE AND TO  
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**Cayman Islands Health Services Authority**  
 Grand Cayman  
 Cayman Islands

For: **A Happy Holiday Season**

**Rx** PEACE, JOY, LAUGHTER,  
 FAITH, LOVE &  
 GOOD HEALTH

Refill: **to last throughout the year**

*Wishing you and your family a  
 happy & healthy 2020*  
 From the HSA Board, Management & Staff

**HEALTH SERVICES AUTHORITY**  
 CAYMAN ISLANDS  
 Caring People. Quality Service.

# Cayman Stock Exchange donates to Superior Auto Apprenticeship Programme

... Continued story from page A1

new two-story, 2,225 square foot building has three service bays on the ground floor, while the second floor is used for classrooms. It was in front of the new building that Cayman Islands Stock Exchange CEO Marco Archer, and Chairman, Anthony Travers, presented the cheques to the new apprentices, covering the entire cost for their training of 14 months.

The programme includes a good grounding of theory, taught in the classrooms, including English, mathematics and technical drawing, as well as hands-on experience in every aspect of auto

repair and maintenance in trainees bay and the entire facility at Superior Auto. All training will be provided by a qualified Instructor and other experts in the industry. The programme has recently been expanded to include furniture making, plumbing, and air conditioning technology, too.

Lisa Lyn, mother of Aaron Lyn, said, "I am very happy, because it's very good for the young people to get some hands-on experience with a technical school. 18-year old Aaron said, "I am very happy because being a mechanic is something I've wanted to do for a while. Desreen Binns, the mother of new

apprentice Ernest Bennett said: "I'm excited and proud of my son because he's always wanted to be an aircraft mechanic so this is a step into his dream, and 22-year old Ernest said that he was very happy for the opportunity to be doing the apprenticeship, too.

Marco Archer said: "We are happy to do this because we recognize what Superior Auto has been doing for quite some time and we wanted to make sure that the young people continue to have an opportunity to develop a skill.

Mr. Anthony Travers OBE, Chairman of the Cayman Islands Stock Exchange, and Mr. Marco Archer, the CEO of the Cayman

Islands Stock Exchange made the decision to sponsor the Aaron Lyne and Matthew Bennet. The sponsorship covers the entire 14-month course. Speaking on behalf of the Board of the Cayman Islands Stock Exchange, Mr. Travers indicated that the Exchange wished to assist Caymanians participating in the programme which would enable them to acquire technical skills across a broad range of mechanical requirements including motor engines, aircraft engines, and air-conditioning. Also in attendance, were Mark and Denise DeMercado, the Joint CEO's of Superior Auto and founders of the Apprenticeship programme.

# Caribbean Airlines arrives in Grand Cayman

Caribbean Airlines began service between Kingston, Jamaica and Grand Cayman, with the inaugural flight and ribbon-cutting ceremony at Owen Roberts International Airport. The twice weekly nonstop flight will operate every Tuesday and Saturday, for the period December 17, 2019 to March 28, 2020. The flight is scheduled to provide easy connections to other Caribbean Airlines destinations, and uses a Boeing 737-800 with a seating capacity of 150.

Commenting on the service, Caribbean Airlines CEO, Garvin Medera, said: "Caribbean Airlines has a clear vision to connect the region, which is a major element in strengthening our Caribbean identity. Far too often we have heard how difficult, inconvenient and expensive it is to travel within the region. This new flight will ease the burden by adding Grand Cayman to our network and our flight is timed to facilitate easy connections to other Caribbean Airlines destinations."

In welcoming Caribbean Airlines to Grand Cayman, CEO of the Cayman Islands Airports Authority, Albert Anderson said, "The Cayman Islands Airports Authority is delighted to add Caribbean Airlines to the expanding list of airlines serving the Cayman Islands."

Grand Cayman will be the 22nd destination covered by the airline, which has headquarters in Trinidad & Tobago. The airline is a member of the international Air Transport Association (IATA) and is recognized as an IATA Operational Safety Audit Qualified Airline. It is World Travel Awards Winner the Caribbean's Leading Airline Brand (winner 2018, 2019) and World Travel Awards winner – the Caribbean's Leading Airline (winner 2010, 2019).

Albert Anderson CEO Cayman Islands Airports Authority said: "On behalf of the Airports Authority we welcome Caribbean Airlines to the Cayman Islands and we look forward to a long and healthy relationship with them."

Zachary Harding, Director of Caribbean Airlines, said: "Today's arrival and departure is another milestone for Caribbean Airlines' vision to improve regional connectivity across the waters. This process of building connections across the region is moving steadily ahead. Last year we added Havana, Cuba, St Vincent & the Grenadines, to our network. We've landed here with the confidence that we have the product quality to ensure success on this Cayman to Kingston route.



► Ribbon Cutting (Left to right) Asif Ahmad, British High Commissioner to Jamaica, Zachary Harding, Director, Caribbean Airlines; Caribbean Airlines Board Member; and Dionne Ligoure, Caribbean Airlines Communications Manager

Steven Pillar manager of Cayman travel agency Travel Pros was glad to see another airline come to Grand Cayman: "It's good because it's another opportunity for us to sell plane tickets, which is our job, and we welcome another foreign carrier coming to our shores," he said.

Asif Ahmad British High Commissioner to Jamaica said: "I think the connec-

tions between the Caribbean Islands are absolutely essential because that is what is going to be a big dynamo not just for Jamaica but for the Cayman Islands itself, and we from the British Government are looking for other ways of connecting up this region because prosperity will increase and tourism is absolutely essential."



► Zachary Harding, Director, Caribbean Airlines



► Caribbean Airlines aircraft shortly after landing



► Steven Pillar, Manager of Travel Pros

**St. George's Anglican Church**  
**64 Courts Road**  
 (off Eastern Avenue across from Kirk's Market)  
**Grand Cayman**  
**949-5583**

**We invite you to come and join us during the month of December...**

<b>Dec. 15</b>	Third Sunday of Advent 7:00a.m. & 9:00a.m. Festival of Carols and Nine Lessons 6:00p.m
<b>Dec. 22</b>	Fourth Sunday of Advent – Morning Prayer 8:a.m. (One service only) Youth Christmas presentation Blue Christmas 7:00p.m.
<b>Dec. 24</b>	Christmas Eve Midnight Mass with Carols 10:45p.m.
<b>Dec. 25</b>	Christmas Day Mass - The Holy Eucharist 8:00a.m.
<b>Dec. 26</b>	St. Stephen Deacon & Martyr 8:00a.m.
<b>Dec. 27</b>	St. John the Evangelist
<b>Dec. 28</b>	The Holy Innocents - Mass 10:00a.m. Followed by Fun Day
<b>Dec. 29</b>	The First Sunday after Christmas 7:00a.m. & 9:00a.m.
<b>Dec. 31</b>	Watch Night & Feast of the Holy Name 11:00p.m.

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POLICE NEWS

# New Digital Forensics Hub Opens in Cayman

Wednesday, 11 December, saw the opening of the RCIPS Digital Forensics Hub, a project co-funded by the UK's National Crime Agency.

The state of the art hub will be used to help safeguard children from child sexual abuse and exploitation, and to combat various other forms of cybercrime, which are not restricted by borders.

His Excellency the Governor Martyn Roper was on hand to mark the official opening of the hub by cutting the ribbon, and was given a tour of the facility, along with an overview of its capabilities and remit.

The RCIPS Digital Forensics Hub will serve as a cybercrime investigative hub for all of the overseas territories in the region. The facility was design and out-fitted from the ground up to provide a secure environment for processing digital devices in such a way as to prevent contamination, tampering or data loss, and to be able to process large amounts of data in a short time. Most importantly, the hub is also designed to allow a multinational cooperative approach to tackling cybercrime.

"It is critical that we continue to strengthen our professional ties with detailed information sharing. Our collaboration with the NCA has resulted in the accumulation of modern systems to enhance our capability to tackle this growing trend of online child sexual exploitation and cybercrime," said Commissioner of Police Derek Byrne. "The Digital Forensics Hub will allow us to work closely with our international partners to combat online child sexual exploitation. Inclusive of exchange of intelligence, sharing of best practices and lessons learnt."



The opening of the Digital Forensics Hub also coincided with a comprehensive 10 day Online Child Sexual Abuse and Exploitation Conference and Masterclass Seminar, which was held in Grand Cayman, and attended by law enforcement officers and analysts from several other British Overseas Territories, such as Anguilla, Bermuda, the British Virgin Islands, Montserrat, the Turks and Caicos Islands, Falkland Island and Namibia in Africa.

The seminar featured trainers from the National Crime Agency and the National Cyber Forensics and Training Alliance and focused on the Internet as an Investigation tool, Online Research and Analysis, Investigating Child Abuse Material on the Internet, Digital Forensics and Recovery and Presenting Digital Evidence Amongst other things.

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# Twelve under Arrest following Police Operation

Just after 10:30AM on Sunday 15 December, officers of the RCIPS executed a search warrant at a liquor license premise located off Dorcy Drive, in George Town, issued under the Gambling law.

Following the execution, approximately CI \$16,000 cash, that is believed to be criminal property, was seized.

Twelve Persons, eleven men and 1 woman were arrested on suspicion of unlawful gambling, possession of criminal property and other related offenses. All 12 arrestees have been granted police bail pending further investigations by police.

Twelve Persons, eleven men and 1 woman were arrested on suspicion of unlawful gambling, possession of criminal property and other related offenses. All 12 arrestees have been granted police bail pending further investigations by police.

# Migrants Arrive in the Cayman Islands

... Continued story from page A1

were unable to continue onwards due to a lack of supplies and trouble with their engine.

The group, which consists of 30 males and one female, will be transferred from Cayman Brac to the CBC Detention Centre in Grand Cayman.

CBC teams from both Grand Cayman and Cayman Brac responded to the arrival of the migrants, and are working



to meet all their safety, health and welfare needs.

# TOGETHER, WE CAN ACHIEVE

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Recycle at all Foster's locations, Hurley's Supermarket and Kirk Market.

## GREENER

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[www.gov.ky/safercleanergreener](http://www.gov.ky/safercleanergreener)





# REGISTRATION NOTICE

section 13(2)

**TAKE NOTICE that –**

(a) Every person who is entitled to be registered as an elector in the **West Bay North, West Bay West, West Bay Central and West Bay South** electoral district(s) and who wishes to have his/her name placed on the Register of Electors for the three month period commencing on the **1<sup>st</sup> day of April 2020** shall, unless already registered in the current Register of Electors, apply in writing in Form 4 for registration as an elector, which duly completed form must be received by the registering officer for the said electoral district(s) on or before the registration date, namely the **2<sup>nd</sup> day of January 2020**.

(b) Every person not disqualified on any of the grounds set out in the next paragraph of this notice is qualified to be registered as an elector in the said electoral district if he or she –

**Qualifications of Electors**

90(1) Subject to section 91, a person shall be entitled to be registered as an elector in one electoral district only, but he or she shall not be entitled to be registered as an elector for elections to the Legislative Assembly unless—

(a) he or she was, on the day immediately preceding the date of commencement of this Constitution, entitled to be registered as an elector; or

(b) he or she –

- i) is a Caymanian; and
- ii) has attained the age of eighteen years; and
- iii) is resident in the Cayman Islands at the date of registration; and
- iv) has been resident in the Cayman Islands for a period or periods amounting to not less than two years out of the four years immediately preceding the date of registration;

or

(c) on the day of the issue of a writ ordering an election, he or she is otherwise qualified under paragraph (b) but has not attained the age of eighteen, but he or she will attain that age on or before the polling day at the election.

**Disqualifications of Electors**

91(1) A person shall not be entitled to be registered as an elector in any electoral district who—

(a) subject to subsection (2) is serving a sentence of imprisonment (by whatever name called) exceeding twelve months imposed on him or her by a court in any country or substituted by competent authority for some other sentence imposed on him or her by such a court, or is under such a sentence of imprisonment the execution of which has been suspended;

(b) is a person certified to be insane or otherwise adjudged to be of unsound mind under any law in force in the Cayman Islands; or

(c) is disqualified for registration as an elector by any law in force in the Cayman Islands relating to offences connected with elections.

(2) For the purposes of subsection (1)(a)—

(a) where a person is serving two or more sentences of imprisonment that are required to be served consecutively he or she shall, throughout the whole time during which he or she so serves, be regarded as serving a sentence exceeding twelve months if (but not unless) any one of those sentences exceeds that term;

(b) no account shall be taken of a sentence of imprisonment imposed as an alternative to or in default of the payment of a fine; and

(c) no account shall be taken of a sentence of imprisonment imposed by a court outside the Cayman Islands other than a sentence on conviction of an offence constituted by conduct which, if it occurred within the Cayman Islands, would constitute an offence punishable under the law of the Cayman Islands by imprisonment of twelve months or any greater punishment.

(d) A revised list containing the names, street address and occupation of all persons qualified to vote in the said district –

- i) whose names appear in the current Register of Electors; or
- ii) who have submitted to the registration officer a duly completed and signed application for registration in Form 4 will be available at the Elections Office in George Town, the District Administration Office in Cayman Brac and the Post Office in Little Cayman for a period of twenty-one days beginning on the **21<sup>st</sup> day of January 2020**.

(e) copies of Form 4 may be obtained at the following places –

- i) any post office or sub-post office;
- ii) the registering office for any electoral district; or
- iii) the Elections Office

(f) The registering officer for the electoral district(s) is **Bethany Powery**.

**20<sup>th</sup> December, 2019**  
DATE  
**Bethany Powery**  
REGISTERING OFFICER

**TAKE NOTICE that –**

(a) Every person who is entitled to be registered as an elector in the **George Town North, George Town Central, George Town West, George Town South, George Town East, Red Bay and Prospect** electoral district(s) and who wishes to have his/her name placed on the Register of Electors for the three month period commencing on the **1<sup>st</sup> day of April 2020** shall, unless already registered in the current Register of Electors, apply in writing in Form 4 for registration as an elector, which duly completed form must be received by the registering officer for the said electoral district(s) on or before the registration date, namely the **2<sup>nd</sup> day of January 2020**.

(b) Every person not disqualified on any of the grounds set out in the next paragraph of this notice is qualified to be registered as an elector in the said electoral district if he or she –

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(a) he or she was, on the day immediately preceding the date of commencement of this Constitution, entitled to be registered as an elector; or

(b) he or she –

- i) is a Caymanian; and
- ii) has attained the age of eighteen years; and
- iii) is resident in the Cayman Islands at the date of registration; and
- iv) has been resident in the Cayman Islands for a period or periods amounting to not less than two years out of the four years immediately preceding the date of registration;

or

(c) on the day of the issue of a writ ordering an election, he or she is otherwise qualified under paragraph (b) but has not attained the age of eighteen, but he or she will attain that age on or before the polling day at the election.

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(b) is a person certified to be insane or otherwise adjudged to be of unsound mind under any law in force in the Cayman Islands; or

(c) is disqualified for registration as an elector by any law in force in the Cayman Islands relating to offences connected with elections.

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(e) copies of Form 4 may be obtained at the following places –

- i) any post office or sub-post office;
- ii) the registering office for any electoral district; or
- iii) the Elections Office

(f) The registering officer for the electoral district(s) is **Kathryn Myles**.

**20<sup>th</sup> December, 2019**  
DATE  
**Kathryn Myles**  
REGISTERING OFFICER

**TAKE NOTICE that –**

(a) Every person who is entitled to be registered as an elector in the **Bodden Town West, Bodden Town East, Savannah and Newlands** electoral district(s) and who wishes to have his/her name placed on the Register of Electors for the three month period commencing on the **1<sup>st</sup> day of April 2020** shall, unless already registered in the current Register of Electors, apply in writing in Form 4 for registration as an elector, which duly completed form must be received by the registering officer for the said electoral district(s) on or before the registration date, namely the **2<sup>nd</sup> day of January 2020**.

(b) Every person not disqualified on any of the grounds set out in the next paragraph of this notice is qualified to be registered as an elector in the said electoral district if he or she –

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(b) he or she –

- i) is a Caymanian; and
- ii) has attained the age of eighteen years; and
- iii) is resident in the Cayman Islands at the date of registration; and
- iv) has been resident in the Cayman Islands for a period or periods amounting to not less than two years out of the four years immediately preceding the date of registration;

or

(c) on the day of the issue of a writ ordering an election, he or she is otherwise qualified under paragraph (b) but has not attained the age of eighteen, but he or she will attain that age on or before the polling day at the election.

**Disqualifications of Electors**

91(1) A person shall not be entitled to be registered as an elector in any electoral district who—

(a) subject to subsection (2) is serving a sentence of imprisonment (by whatever name called) exceeding twelve months imposed on him or her by a court in any country or substituted by competent authority for some other sentence imposed on him or her by such a court, or is under such a sentence of imprisonment the execution of which has been suspended;

(b) is a person certified to be insane or otherwise adjudged to be of unsound mind under any law in force in the Cayman Islands; or

(c) is disqualified for registration as an elector by any law in force in the Cayman Islands relating to offences connected with elections.

(2) For the purposes of subsection (1)(a)—

(a) where a person is serving two or more sentences of imprisonment that are required to be served consecutively he or she shall, throughout the whole time during which he or she so serves, be regarded as serving a sentence exceeding twelve months if (but not unless) any one of those sentences exceeds that term;

(b) no account shall be taken of a sentence of imprisonment imposed as an alternative to or in default of the payment of a fine; and

(c) no account shall be taken of a sentence of imprisonment imposed by a court outside the Cayman Islands other than a sentence on conviction of an offence constituted by conduct which, if it occurred within the Cayman Islands, would constitute an offence punishable under the law of the Cayman Islands by imprisonment of twelve months or any greater punishment.

(d) A revised list containing the names, street address and occupation of all persons qualified to vote in the said district –

- i) whose names appear in the current Register of Electors; or
- ii) who have submitted to the registration officer a duly completed and signed application for registration in Form 4 will be available at the Elections Office in George Town, the District Administration Office in Cayman Brac and the Post Office in Little Cayman for a period of twenty-one days beginning on the **21<sup>st</sup> day of January 2020**.

(e) copies of Form 4 may be obtained at the following places –

- i) any post office or sub-post office;
- ii) the registering office for any electoral district; or
- iii) the Elections Office

(f) The registering officer for the electoral district(s) is **Kerry Nixon**.

**20<sup>th</sup> December, 2019**  
DATE  
**Kerry Nixon**  
REGISTERING OFFICER

## Buy and Sell everything!

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# The True Spirit of Hospitality During the Holidays

Businesses in the hospitality industry are, well, businesses, but making a profit and making a difference do not have to be mutually exclusive. Warmth, community, family — they're all a huge part of what makes a hotel or restaurant a place people want to come back to time and time again, and that sense of welcome is even bigger around the holidays.

Whether you're looking to approach the upcoming holidays in a new way or just hoping to amplify your company culture, these ideas could be your ticket to making guests, travelers, and even your own employees feel like they're home away from home.

## Welcome Guests with a Festive Beverage

Make like the host or hostess with the mostest and welcome guests with a drink the moment they cross your threshold. A Christmas cocktail, a festive punch, an eggnog, or a mug of spiced-up apple cider may seem like a small gesture, but it's almost guaranteed to inspire big smiles and oodles of goodwill.

## Swap Out Separate Seating in Favor of Communal Tables

The holidays are about togetherness, making it painfully obvious when there's a single diner enjoying their turkey and cranberry sauce all by their lonesome. You'll be surprised how quickly strangers become friendly — even more

so if the eggnog is flowing — and those singletons who might have settled for a lonely night at the bar suddenly have a reason to celebrate.

## Host a Food Drive

A shocking number of local households with children lack access to enough food to feed the entire family. Chances are, someone you know might not be able to eat dinner tonight or is planning on going without a meal at all tomorrow. Help by hosting a food drive for a local food charity or non-profit organization such as the Cayman Food Bank. Ask customers to bring non-perishable food items in exchange for some kind of perk; you may offer a free appetizer for every three canned items donated or give hotel guests late checkout. Restaurants can also pick a single menu item and donate a certain dollar amount every time diners order that dish. You're helping the community, inspiring people to give back, and creating a little buzz at the same time. It's a win-win-win.

## Switch Out Your Products for Seasonal Versions

It's often the tiny touches that have the biggest impact. Generic products don't feel very season-specific but put peppermint soap in your bathrooms and trade in your "clean linen" scented candles for a lightly piney aroma and suddenly Christmas is in the air. You can even adjust the reading material you

leave on hotel room desks or on the lobby coffee tables; pick up some lovingly worn copies of *A Visit from St. Nicholas*, *The Polar Express*, and *A Christmas Carol* and leave them out for guests to enjoy.

## Put Together a Last-Minute Gift Guide

Create a digital gift guide (sent via email or available for download on your website) highlighting businesses from across your community. Keep it local, with listed items all sourced from small area businesses, or focus on a certain niche that's in keeping with your business's values, such as eco-friendly gift ideas or all Cayman-made products.

## Decorate the Tree

Putting up the Christmas tree is generally a family event, so it makes sense that inviting guests to string up lights and fling some tinsel would make them feel very warm and welcome indeed. For a twist, make tree decoration a gradual process. Every diner or hotel guest gets an ornament to DIY with their name, hometown, and a message. They hang it on the tree on their way out, and now they're part of the holidays even after they've headed home.

## Forget Generic Mints — How About Christmas Cookies?

This holiday season have the chef whip up a daily batch of sugar cookies or gingerbread men and leave those on a plate on each hotel guest's nightstand. Milk and letters to Santa are optional. Restaurants can do something similar by presenting the check alongside a plate of holiday-themed treats. It's an unexpected flourish that's sweet in more ways than one.

## Call in the Carolers

Music and the holidays go hand in hand, but piped-in tunes just aren't the same as a live show. Hire (or ask for volunteers and make a donation to their cause) carolers to hang around in the lobby a few days a week (pick your busiest check-in days) or install them by the front door to your restaurant to entertain hungry guests waiting for their tables. It's a smart way to minimize the



► Brooke Meyer is the managing partner of Caymera International

aggravation that often comes with delayed seating's or check-ins.

## Celebrate Outside the Box

Christmas is a popular holiday, but it's not the only celebration infusing this season with cheer. Hanukkah, Kwanzaa, winter solstice, Festivus, Chinese New Year, Wren Day, Malanka, and Diwali all happen between November and February. You don't have to celebrate every culture's special day; pick those that resonate with your staff or that fit with your restaurant or hotel, then go all out with decorations, exclusive menus, promotional offerings (where appropriate), and events. It's nice to shine a spotlight on other cultures. Inclusion is one of the best illustrations of the true spirit of hospitality.

And, lastly - befriend the ghost of Christmas past and analyze your past performance. Have a look at the guest reviews received last year, during the same period. Familiarize your and your team with what worked during the holiday season, what guests appreciated and what they didn't quite like.

*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.*



# 'Non-Atheistic' Reflections at Christmas

Isaiah - 7:14 - 'Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel.'

Over 2 billion people celebrate December 25 as Christmas - supposedly, the birthday of Christ. Every human being living in Christendom, in the Western World, is influenced in some way by the Christmas period - unless, of course, one is living in a cave far in some distant jungle.

Some persons reject Christmas seeing it as the most commercialized period of any age. Many, caught up in the frenzy, spend what they do not have. As one preacher puts it, it is no longer no room in the inn, but it is now no room in the parking lot at the mall.

For others, Christmas is sorrel and fruitcakes with or without alcohol or family get-togethers, or gifts and parties and Santa-clauses. For many, there is little reflection on the beautiful 'impossibility' of the virgin birth, and what it must have been for Mary, in her virgin innocence, to understand the miracle that she carried. For the person of faith, growing within her was our salvation, our Christmas. Did she fully understand that within the confines of her womb was Immanuel 'God with us' that her baby was divinity and humanity entangled in unison for the purpose of the salvation of humankind?

For us believers, people of faith, that Chris was born, we are certain, that he is God we know, that He is our Saviour and Redeemer we bless Him, and that He shall return riding the glorious clouds of Heaven, we look forward.

However, for the growing number of the sceptics, atheist and non-believers, in an increasingly secular world, all of this is mere mumbo-jumbo - statements of religious fanatics - a tale told by idiots, 'full of sound and fury, signifying nothing' but the unfortunate stupidity of those who hold on to these ideas.

The Bible asserts that the universe is a testimony to God's existence and precision. The psalmist had this to say: 'The heavens declare the glory of God; and the firmament shows his handiwork. Day unto day utters speech, and night unto night reveals knowledge. There is no speech nor language where their voice is not heard.' (Psalm 19:1-3).

To the church at Rome, the Apostle Paul wrote:

'For since the creation of the world his invisible attributes are clearly seen, being understood by the things that are made, even his eternal power and Godhead, so that they are without excuse.' (Romans 1:20).

However, even if atheists and sceptics are prone to dismiss the Psalmist David and Saint Paul as men before modern science, once one is keeping abreast of the best minds today, one will know that the theory of evolution is taking a beating now that science has been able to unravel our DNA and to examine in detail how a cell operates and the information necessary to get life going. Books such as - **Signature in the Cell** - now on the New York Time best selling list, by one of the most astute graduates of Cambridge University, Steven Meyer, and another entitled - **Darwin's Doubt - The Explosive origin of Animal Life and the Case for Intelligent Design** are important contributions to the history of science and ideas. Another book making great waves - is Michael Polanyi's - **Life Transcending Physics and Chemistry**.

There is movement in the intellectual wind because in evolutionary biology today, there is an increasing number of scientists who are questioning the creative power of mutation and natural selection, the corner stone of Darwin's theory of evolution. The more modern technology probes the intricacies of our DNA, the more they marvel of what is going on deep in the recesses of our biological humanity.

Meyer notes that: 'The living cell is a system of capable of storing, copying, error correcting, proof-reading, transcribing, alternatively splicing and splitting, transmitting and decoding digital molecular information.' They are concluding that the basis of life for biological function is protein but the protein in the DNA needs information, and the information is stored in our DNA - and so, how did the this digital code come about in the first place. The question is, they say, how can the molecules, which have billions of choices, in brilliant precision, know exactly which ones to attach themselves in order to make life possible. The precise determination of sequence either of bases in the nucleic acid or amino acid residues in the protein, is too startling to be the result of

pure chance, undirected forces. They are concluding that intelligence is behind it, a mind unimaginably superior to ours.

What makes for life at its very cellular level, they are concluding, is far too complex in its precision, too delicate in its nuance, too 'guided' to be unguided, to be anything but the creation of a mind - not even untold billions of years of Darwinian evolution could make this possible.

Bill Gates said some time ago that the Human DNA is like a computer programme but far, far more advanced than we have ever created.' A good conclusion must be that a mind is behind this, as pure material process could not land this.

The digital information stored in molecules points to design. Darwin did not know these things - it is our modern machines which make it make it possible to break into our DNAs which are giving us this knowledge. The amazing way the universe is fine-tuned to make life possible led Michael Turner, astrophysics at the University of Chicago, describes it as follows: 'The precision is as if one could throw a dart across the entire universe and hit a bull's eye one millimetre in diameter in the other side of the universe.'

Isaac Newton, one of the greatest scientists of all time, had told us long ago the very same thing - 'Though these bodies may indeed continue their orbits by mere laws of gravity, yet they could by no means first derived the regular position of the orbits themselves from these laws. Thus, the most beautiful system of the sun, planets and comets, could only proceed from the council and dominion of an intelligent and powerful Being' Isaac Newton, author of **Principia Mathematica**.

For the believer, the celebration of the birth of Christ is the direct fulfilment of Bible prophecy. The believer will point to numerous prophecies in Old Testament, and this, for this person, authenticates, the birth, resurrection, ascension and second coming. For the believer, in one, singular person, the God Man, all the prophecies converge. For the person of faith, this proves the authenticity of the Bible. Off-course, for the secularist and atheist, this is pure nonsense.

For the astute Christian, the birth of Christ, allows us to scrutinize his life and in that life, to see a revelation of



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

God. He became one of us, so we could truly know God.

For the person of faith, who takes Christmas as a fact, the event makes the Bible meaningful, allows us to have glimpses of God, and paves the way for forgiveness of sins and for prayers to be answered.

The Christmas event, the core of the Christianity, causes us to consider what it means, to quote Orlando Patterson's - **Freedom in the Making of Western Culture**, 'that spiritually, the son of God made himself incarnate, then gave his life in order to redeem mankind from spiritual enslavement and to make people free and equal before God.'

Placed in its proper perspective, Christmas provides for us an occasion to find answers to life's most vexing questions: why was I born? What will happen to me when I die? What is the meaning of my existence? Why is there pain and suffering in the world? Etcetera.

For all, I wish a true experience of Christmas. For believers, I pray that as you accept Christ anew, that upon you will shine a light as bright as the one which shone upon those shepherds as they watched their flocks by night. For the non-believer, may the period provide contemplation and silence, and even, maybe, a sense of God. 🌐

# Christmas Carols in the rain at a packed Government House on Monday evening

HE the Governor, Mr Martyn Roper and his wife, Mrs Roper hosted a packed Christmas Carols reception at Government House on Monday evening (16 December). Cayman Youth Choir was there to lead 400 guests in the singing of Christmas songs.

The annual event took place on the front lawn of the house this year in order to cater for additional guests. However, a heavy downpour began at the start of the evening.

Mr Roper said: "The timing couldn't have been worse, just as the children from Cayman Youth Choir began to perform, the rain began. Yet they carried on performing Christmas Carols in the rain. As their sound system was hurried away for safety reasons, they sang even louder. I think it showed such Christmas spirit and the atmosphere at Government House, despite people huddling together under shelter to keep dry, was

fantastic. A lot of planning goes into these events but the weather of course can't be controlled. This is one event I won't forget in a hurry! Well done to all the children and Naomi Allnutt, who carried on conducting despite the downpour."

Cayman Youth Choir Director Naomi Allnutt who was conducting the choir said:

"Cayman Youth Choir was delighted and proud to have been invited to perform at the event. We wanted to make the performance fun for everyone, so even when the heavens opened we kept going regardless, hopefully bringing Christmas cheer to all the invited guests! We were certainly soaked through by the end, but the laughter, smiles and joyful support of the audience showed the resilience, talent and dedication of our wonderful young people and we couldn't be more proud of them all."



► Christmas Carols at Government House, December 2019

# Lions' Lighthouse party puts big smiles on faces for Christmas

More than 400 kids came from all over Grand Cayman for the Lions Club All-Island Christmas Party at the Lions Centre on Sunday 15 December. That meant more than 25 Lions gave up their Sunday, and lots of other volunteers too who joined in to make some Christmas magic come true for Cayman's kids.

As soon as the children – everyone from toddlers up – saw the balloons being given at the entrance out on bright red strings they knew they had come to a real live kids' Christmas heaven. Inside, there were literally hundreds of kids playing, and over at the side, not just one, but three big beautiful bouncy castles. There were free pizzas, Christmas cake and sandwiches and some good healthy slices of fruit, too for the kids (but also for the moms and dads if they needed a bit of refreshment, too) There were lovely necklaces being given out and there were Lions everywhere; some dressed in the bright yellow Lions jackets, but others dressed as Christmas elves and Santa's helpers. Some of the

kids joined Lions up onstage where they were read a story about Christmas.

Some of the kids played together with Lego and building blocks, and there was a special Christmas slime station, too. There's nothing kids like better than lovely coloured slime. Don't ask me why. Then there were huge lollipops that didn't seem to get any smaller no matter how long they were licked. Finally, there was the moment everyone had waited for – Santa Time! The children formed a long line around the outside of the hall as Santa and his helpers, who included Miss Teen Ashley Gooden. It takes a lot of organising to make sure each child out of several hundred gets a nice present, just right for their age, and so that nobody feels too rushed for their magic moment with Santa, but they managed it; and everyone got a photo with Santa too.



► (L-r) Carmin Godfrey Patricia Forbes, Heidi Anderson, Shanna Bodden, Cordella Chollette, and volunteer Jamie Ferguson



► Meeting Santa



► Storytime!



► 3 bouncy castles

When it was time to go home, all the children knew something magical had happened. The Lions Club always works very hard to make Christmas time special for all of Caymans kids, and this was just one special party out of many. Cor-

della Chollette President of the Lions Club of Grand Cayman, said: "I think it's important at this time of year to pass on some Christmas joy and Christmas Cheer and see the smiles on the kids faces when they see Santa. We have an annual street collection to raise funds for the gifts. This year, too, we raised just over three thousand dollars and over 100 toys at the Grand Auto show.

Lions' Christmas Project Chairperson, Heidi Anderson said: "The Christmas Project is the most beautiful project we have in the club, and it has been a Lions Club project since 1972, and was begun by John Ebanks. Besides raising the funds throughout and now the November, and December too, we have been getting donations of new and used toys that we gather all around the Island. Through the funds that are donated we order more gifts, because in total we are providing gifts for about 700 kids."

# Lions' Lighthouse party puts big smiles on faces for Christmas

Around a dozen Lions from The Lions Club of Grand Cayman made sure that all the Children at the Lighthouse School had a wonderful Christmas party. More than a hundred students there enjoyed fun and games and carols and Christmas songs, sang by a Lighthouse kids' choir. The Lions served a special Christmas dinner before Santa burst through the door of the dining hall with a cheery wave of a white-gloved hand and a "Ho! Ho! Ho!" He took up his seat by the beautiful Christmas tree, and all the kids raised a huge cheer. After the initial excitement had died down a little, each of the children came to receive a Christmas gift all wrapped up in Christmas wrapping from Santa. Smiles were everywhere and moms and dads were there to capture the magic on their smart-phones.

The Lions Club always works very hard to make Christmas time special for all of Caymans kids, and this was just one special party out of many. A couple of days later there was another great party, for all the clients at Sunrise Adult Training Centre at the Wharf Restaurant, to make their Christmas an extra-happy one, too. Then there was their huge Kids' Christmas Party at the Lions Centre, where literally hundreds of children from all over the Island get to meet



► Caption for all photos: Santa and the Lions Club bring lots of Christmas joy to the Lighthouse kids

... Continued story on page A10



# PHILIPPINE GUARDIANS BROTHERHOOD INC. TURTLE GRAND CAYMAN CHAPTER

Georgetown, Grand Cayman Islands  
SEC REGISTRATION Nos. A20000885  
**GTC HOOPS 2<sup>nd</sup> Conference 2019-2020**



The PGBI Turtle Cayman Islands Chapter is a Non-Profit Organization, held their GTC Hoops Basketball 2nd Conference. This Tournament is helping the Cayman Islands Cancer Society to raise fund for their foundation. They have 10 Participating Teams which will be battling on who will be the 2nd Conference Champion Team. The event opened last November 17, 2019 at The ARC Cama bay, and we can say it was a successful opening like the First Conference that held last August 4, 2019 and it ended last October 19, 2019. And the Asian Retail Team won the Champion game.



THE 10 PARTICIPATING TEAMS WITH THEIR MUSES



ARCH & GODFREY TEAM



ST. VINCENT FERRER



SMOOTHIE KING TEAM



ILONGGO LAND TEAM



ASIAN RETAIL TEAM



THE ELECTRIC CAR TEAM



IMPACT2/BONFIRE TEAM



PROFESSIONAL DIESEL SERVICES TEAM



PIERIBBEAN TEAM

\*REAL DEAL TEAM only team didn't made it on the parade.\*

In behalf of the PGBI TURTLE CAYMAN ISLANDS CHAPTER, we would like to give a big Thank you to all the sponsors who help us to make this opening day a success. Thank you for your support.



## LOVE SHOULDN'T HURT

Feeling afraid, trapped or silenced through physical, financial or emotional abuse is control...not love.

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24 Hour Crisis Line - 943-2422

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Estella's Place - walk-in centre for all victims of domestic abuse

Aftercare Programme - for victims after leaving the shelter

If you are a victim of domestic violence, contact us now and find out how we can help.



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## Lions' Lighthouse party puts big smiles on faces for Christmas

... Continued story from page A9

Santa and receive a free toy. The Lions like to put smiles on faces.

Cordella Chollette President of the Lions Club of Grand Cayman, said: "Today is the Lighthouse School Annual Christmas Party and every year the Lions Club of Grand Cayman love to come and fellowship with the kids, and give them gifts and serve them food, and have Santa come. I think its important at this time of year to pass on some Christmas joy and Christmas Cheer and see the smiles on the kids faces when they see Santa."

"We have an annual street collection to raise funds for the gifts. Our collection is called 'Funds for the needy,' where we go to all the different supermarkets with our pans, and ask people for

donations. This year, too, we raised just over three thousand dollars and over 100 toys at the Grand Auto show.

Lions' Christmas Project Chairperson, said: "The Christmas Project is the most beautiful project we have in the club, and it has been a Lions Club project since 1972, and younger generations have carried it on all of these years. Besides raising the funds throughout and now the November, and December too, we have been getting donations of new and used toys that we gather all around the Island. Through the funds that are donated we order more gifts; because in total we are providing gifts for about 700 kids," she said. On Christmas day too, we usually do a delivery to all of the districts, and for each car that goes into the districts we try to donate between ten and twenty toys." 🌐

# COMMUNITY EVENTS

## Christmas Lights Bus Tour

**20 December** - The National Trust for the Cayman Islands is having its Christmas Lights Bus Tour on Friday 20 December from 6- 9pm. The tour includes visits to modern and traditional homes decorated for the holiday season and the singing of Christmas carols. Cost is CI\$30 per adult non-National Trust member, CI\$25 per adult National Trust member and CI\$15 per child, 5-11 years old. There is limited bus capacity so contact the Trust at 749 - 1121 or [info@nationaltrust.org.ky](mailto:info@nationaltrust.org.ky) for more information.

## YMCA Christmas Climbs

**20 & 27 December** - Give the gift of adventure! The YMCA Ropes Challenge Course provides endless opportunity for both the beginner & experienced climber to have FUN & be active over the Christmas holidays! Tasty campfire s'mores included! Anyone from ages 7 and up can register for this event that takes place at the Field of Dreams from 7:00-9:00pm. Registration fee is \$25 (Youth) / \$35 (Adults) per session. Call 926 - 9622 for more information.

## Kids Club at the Cinema, Grand Cayman

**21 December** - Enjoy the family friendly classic - Polar Express - at the Camana Bay cinema on Saturday 21 December from 10 to 11:30am. Cost is \$5 per person. Call 640 - 3456 for more information.

## Traditional Craft Class: Thatching

**21 December** - Enjoy a Traditional Craft Class at the Mission House in Bodden Town as The National Trust brings history to life with this Silver Thatch Palm weaving class! Listen to tales and try your hand at thatching. The cost is \$35 and includes tour of the Mission House. Call 749 - 1121 or email [info@nationaltrust.org.ky](mailto:info@nationaltrust.org.ky) for more information.

## West Bay Community Christmas Meal

**21 December** - John Gray Memorial Church would like their friends in West Bay to whom they normally deliver meals at Christmas time, to know that this year they will be delivering on Saturday, December 21st by noon. Call 949 - 1378 for more information.

## The William Pouchie Memorial United Church Choir Christmas Cantata

**22 December** - The William Pouchie Memorial United Church Choir will perform its Christmas Cantata, "Come let us Adore" at 9 a.m., Sunday, 22 December 2019, at the church. 815 North Side Road, North Side, Grand Cayman.

## Sunday School Christmas Program

**22 December** - The Church of God Full Gospel Hall in Savannah invites everyone to their Sunday School Christmas Program on December 22nd at 10am. Call 947 - 1480 for more information.

## Choir Cantata "Hallelujah, Jesus is Born!"

**22 December** - Join the John Gray Memorial Church, West Bay congregation as the choir performs "Hallelujah, Jesus is Born!" on Sunday 22 December at 10:00 a.m. Call 949 - 1378 or email [jgmc@candyw.ky](mailto:jgmc@candyw.ky) for more information.

## The Christmas Dream Team Parade

**22 December** - The Church of God Chapel Children's Choir presents The Christmas Dream Team Parade on Sunday 22 Dec. at 7pm at the Family Life Center. Call 949 - 9393 for more information.

## Spot Bay Seniors Gift Distribution and Christmas Caroling Service

**23 December** - The 2nd Annual Spot Bay Seniors Gift Distribution and Christmas Caroling service is at 5pm at December 23rd. Call 925 - 3924 for more information.

## Christmas Eve Festival of Lessons and Carols

**24 December** - St. Albans Church of England invites all to attend its Christmas Eve Festival of Lessons and Carols on Tuesday 24th December at 7pm at the church on Shedden Road.

## John Gray Memorial Church Candlelight Service and Christmas Day Worship

**24 & 25 December** - Everyone is invited to the John Gray Memorial Church, West Bay for their Candlelight Service on Christmas Eve beginning at 7pm and Christmas Day Worship beginning at 10am.

For more information, call 949 - 1378.

## St. Ignatius Catholic Church Christmas Mass Schedule

**24, 25 & 26 December** - You are invited to attend any of the Masses at St. Ignatius Catholic Church during the Christmas season.

## Christmas Eve Christmas Day

- 7:00 am Advent Weekday (Daily) Mass at St. Ignatius 8:00 am Mass at St. Ignatius
- 4:00 pm Mass at Stella Maris (Cayman Brac) 9:45 am Mass at Christ the Redeemer
- 5:15 pm Children's Christmas Play at St. Ignatius 10:00 am Mass at St. Ignatius
- 6:00 pm Children's Mass at St. Ignatius 12:00 noon Mass at St. Ignatius
- 7:30 pm Carol Service at Christ the Redeemer
- 8:00 pm Mass at Christ the Redeemer
- 11:00 pm Carol Service at St. Ignatius
- 12:00 am Midnight Mass at St. Ignatius

**Boxing Day (St. Stephen)** —8:30 am Mass at St. Ignatius

## Christmas Day

**25 December** - Christmas Day is a public holiday in the Cayman Islands. Merry Christmas to everyone and may your day be filled peace, love and joy!

## Boxing Day

**26 December** - Boxing Day. This is a public holiday in the Cayman



Islands, but gas stations and some supermarkets will be opened.

## Lions Club of Cayman Brac Christmas Day Parade and Gift Giving

**25 December** - The Lions Club of Cayman Brac Christmas Day Parade and Gift Giving event is December 25th. For more information, email [bralions@gmail.com](mailto:bralions@gmail.com).

## Dashing Thru the Sand

**26 December** - Get rid of some Christmas calories by participating in Cayman's 22nd. annual Boxing Day Beach Run/Walk beginning at 7:30am. This 1.5mile course starts at the Seven Mile Public Beach near Hemmingway's Restaurant. Registration is CI\$25 and includes random prizes, shirts and breakfast at Duke's for all finishers. Awards will be given to the fastest 4 males and 4 females. Overall Fastest, and "Lastest" (and many others too!) Register at [www.caymanactive.com/registrations](http://www.caymanactive.com/registrations). Late race day registration possible - but arrive early. For more information, contact Jerry Harper at [fatcalves@hotmail.com](mailto:fatcalves@hotmail.com) or 345-928-2537. 🌐

# Holiday party survival guide

The time is here for parties, family dinners, and goodies around the house. This is a recipe for disaster, and if you're not careful it could reverse your fat loss results quicker than you can say *Happy Holidays!*

I'd like to make it easy for you to stay on track with your healthy eating, even while being tempted by all kinds of holiday foods during this festive time of year, so keep reading for 5 Holiday Party Survival Guide Tips...

## Holiday Party Survival Guide Tip #1: Don't Eat Anything Fried

Fried food is loaded with fat and calories while offering zero nutritional value. It's a lose-lose! Sure, fries and chips TASTE good, but healthier items also taste good. Just say no to the deep-fried items on the menu. You'll be leaner, healthier and won't have greasy fingers. Here's a healthier alternative to frying foods... Use a broiler If you simply must have a French fry, then make them at home in your oven. Use sweet potatoes, as these are a more complex carbohydrate. Cut into matchsticks, drizzle with a tablespoon of olive oil along with a dash of salt, then place in your oven on broil. Mix every 5 minutes until the fries are tender on the inside and crispy on the outside.

## Holiday Party Survival Guide Tip #2: Don't Eat White Bread

White bread products have zero nutritional value and are quickly converted

by your body into sugar. So, you really may as well eat a cupcake. Even breads that are technically wheat, but are as soft and smooth as white bread, should be avoided. Don't be afraid to discard the bread from your sandwich or to push away that bread basket. Your waist will shrink and you'll lose that bloated feeling that high carbohydrate meals give you. Here's a healthier alternative to white bread... Enjoy Sprouted Grain Bread If you must have bread, then stick with sprouted. Sprouted grain bread is a lot easier on your digestion and is packed full of nutrients. Sprouted grain breads are often kept in the freezer section since they don't contain preservatives to prolong shelf life.

## Holiday Party Survival Guide Tip #3: Don't Eat Creamy Dressings

You were so good to order a salad, but then you ruined it by drenching the salad in fattening creamy dressing. Just a few tablespoons of creamy dressing contain more than 20 grams of fat and hundreds of calories. Same goes for pasta dishes - avoid the ones with creamy, heavy sauces, as these are simply loaded with extra fat and calories. Here's a healthier alternative to creamy dressings... Vinegar Dressing and Red Sauce Dressing and sauce are meant to lend flavor to salad and noodles, not fat and calories. Vinegar-based dressings pack amazing flavor in with minimal fat and calories. You can even mix your own

dressing at home. Take high quality vinegar, fresh lemon juice, salt and pepper, your choice of dried herbs, and a bit of olive oil.

## Holiday Party Survival Guide Tip #4: Don't Drink Sweet Beverages

'Tis the season for sugary beverages like egg nog, sweet cocktails, and hot cocoa. Just like white bread, these sugary drinks have zero nutritional value - other than calories. The sheer number of sugar grams in one of these beverages is usually the same as dessert! So before you indulge in a sweet drink, consider changing your order to something less sweet, or count it as your dessert. Here's a healthier alternative to sweet beverages... sweeten with liquid stevia Carry a small bottle of water-based, liquid stevia and use a little squirt to sweeten your beverage of choice this holiday season without adding any grams of sugar. Ask for your beverage to be made without sugar, and then sweeten it yourself without any repercussions to your fitness results.

## Holiday Party Survival Guide Tip #5: Don't Overindulge on Sugar

Sugar and high fructose corn syrup are the epitome of anti-fitness food. Nothing will destroy your progress, expand your waist and plummet your energy levels like sugar will. If you only take away one tip from this article, please let it be to not overindulge on sugar! The holidays



► Ernest Ebanks

are full of sugary treats, so you must make a conscious effort to keep your intake under control. Here's a healthier alternative to sweet beverages... enjoy some fruit Don't turn to artificial sweeteners to get your sweet fix, instead turn to nature's wholesome source of sugar: fruit. Eat organic fruit that is seasonal and locally grown. Stay away from dried fruit and fruit juices, as these are high in simple calories.

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# Watch the holiday weight gain

It seems to happen every holiday season. Office parties, high school gatherings, and family get together. Yes we have a great deal of fun. We enjoy food and drink to the hilt. Nothing wrong you may say. I kind of agree with that but the reality is that after the holidays subside and you step onto the scale, the obvious shows up. You have gained weight. The drill starts, frantically to find a routine to drop the increased pounds. Here are some things you can do to avoid the weight gain.

**Engage in regular sustained activity** - Get moving. Our bodies were made to be active and not spend time in front of the television. Make time to ride, brisk walking, aerobics and HIIT. Here's a great idea for your clean up. Fire up some music and see how you will feel.

**Seven a day** - Aim for 7 servings of fruits and vegetables daily. They are high in fiber and will keep you fuller

longer. Also these contain large amounts of nutrient rich ingredients.

**Resist temptation** - I know this would be hard for many of us around this time. Make a note of tempting places and foods and make every effort to turn away from them.

**Limit to 1 a day** - While you may not be able to control every situation, you sure can control how much you put into your mouth. Allow yourself one serving of cookie or candy a day during the holidays. Even if you skip a day please do not try to compensate, just stick to your one day intake.

**Say no politely** - There's no need to be rude so to speak. When the invitation to have more comes around simply go to, "everything was delicious, but I think I have had enough."

Remember the holidays are intended to have great times with family and friends. So have effective strategies to ensure that your weight management is achieved. 🌐





► Mark Ray and Powder Monkey Gourmet Treats



► Patrick Panton

# Farmers Market opens late. Attracts more vendors

By Christopher Tobutt

Friday 13 December was the day the Farmers & Artisans market by the Cricket Ground in George Town opened later than usual; from 4 to 8 pm. Market manager Joan Steer said: "We have the night market in an effort to promote what we do here in the market; so we have our regular vendors and we have some other vendors coming to help specifically with the promotion."

It's good to see Caymanians making the most of their talents, and starting small businesses. Mark Ray and Lydia Ray is the husband-and-wife team behind Powder Monkey Gourmet Treats: "We specialize in marshmallows, and plantain chips. But we also do tarts and cakes, we have recently introduced jams," Mr. Ray said. "We have a cranberry orange rose jam, and we have a plantain coffee jam. Our products come in a variety of flavors we have about 20 different flavors of marshmallows that we can do. We sell our products primarily online and through some retailers on island and we are at the Market every first and last Saturday of every month. What is unique about our products is they are all homemade, and made right from scratch, so if you are a marshmallow aficionado you will recognize a big difference ours are fluffier and lighter. They are made with more love."

Helen, whose company, Island Organics, produces everything from natural ingredients without any artificial chemicals. "I make homemade perfumes, for ladies and gentlemen,

and homemade body scrapes, and body-powders. I make all-natural bath soaps, bath salts, and I make deodorizers that can be used for your home or your office; all-natural scents and I make soy-wax candles, massage oils, and bath tonics," she said.

Patrick Panton was busy making artificial flower arrangements for gravesides. "They are inserted into a concrete base, so that they don't blow over because most graves are on the seaside which can be quite breezy. It's very popular at Christmas Time to refresh the gravesides," he said.

Lisa Gould AKA Miss Bubbles the Clown was there, too: "If you are having a party or any event, you can call me," she said. I have something for you whether it is face painting, balloon animals, body glitter or anything you want to celebrate. You can just check me out and I'll come running."

Marsha Hall from Bodden Coconut Bites said: We source our coconuts locally and our almonds locally as well and we use the raw organic cocoa, and its sweetened with dates, and these are for persons who need a healthy alternative to sugar, and for persons who are diabetic as well; it's for children and the entire family.

"My company is called A Small Backyard, because I started by making marmalades and the lime bush was in my small backyard," said Anna Elverson. She makes different marmalades from all the different fruit trees that either grow in her backyard, or her friends' back yards, as well as homemade bread, brioche rolls, and delicious-smelling cinnamon rolls. 🍌



► Lisa Gould AKA Miss Bubbles



► Marsha Hall, from Bodden Coconut Bites



► Anna Elverson from Small Backyard

**CRUISE SHIP SCHEDULE — WEEK — DECEMBER 22 - 28**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	Disney Wonder	Rhapsody of the Seas	Independence of the Seas	Carnival Freedom	Celebrity Edge	Island Princess
	Sky Princess	Carnival Legend	Eurodam	MSC Armonia		
	Carnival Paradise	MSC Seaside	Norwegian Breakway	Carnival Sunrise		
		Carnival Vista	Marella Discovery 2			
		Disney Fantasy				
<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>
0	8,052	12,699	12,580	8,497	2,918	1,950

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All stores Close at 5:00 PM, 24th December & 31st December 2019.  
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 We will reopen again at 7:30 AM on the 2nd of January 2020.

*You feel good when you look good!*

**WEEKLY WEATHER FORECAST**

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
28° / 26°	28° / 26°	28° / 24°	27° / 24°	26° / 24°	26° / 24°	26° / 25°
Mostly cloudy, showers around	A couple of showers	Some sun with a shower or two	Times of clouds and sun	Partly sunny	Sunshine and patchy clouds	Partly sunny with a shower

# Inmates Clean Up

Barker's Beach in West Bay received a thorough clean in time for Christmas thanks to inmates from HMP Northward and HMP Fairbanks.

Bags full of washed up or discarded plastic and other rubbish stretched out along Barker's Beach ready to be collected as inmates and staff worked quickly through the clean-up early on Saturday, 14 December.

"We are very happy that this programme could start before Christmas. This beach will be utilised by people during the holidays. We hope that it is something we can work with the prison to see happen on a regular basis, now that there are additional resources at the prison," commented the Minister for Home Affairs and MLA for West Bay South, Hon. Tara Rivers, JP, who joined the team on Saturday morning.

"As a government, we're very keen to enhance the rehabilitation offerings at Northward prison to make sure that while the prisoners are there they do something productive and constructive and give back to society. In many ways, I think this will help them to reconnect with the environment we hope that they will transition to once they have been released," she continued.

Five staff members and 18 inmates volunteered to rake, shovel and bag debris as part of a programme run by Her Majesty's Cayman Islands Prison Service (HMCIPS) to give inmates the opportunity to do something positive for their community.

"These people have caused significant harm to communities. It's important to us but also important to them to take steps to repay and undo some of the harm they have caused, as well as to generate self-esteem through purposeful activity and gain a sense of wellbeing," commented the Director of Prisons, Mr Steven Barrett.

The inmates who volunteered from HMP Northward were from the recently opened Enhanced Rehabilitation Unit (ERU). This unit functions as a half-way house for low-risk inmates coming to the end of their sentence and supports them through their transition to life in the community.

The majority of those in the ERU are already working outside the prison during the work week and return to HMP Northward in the evening and at weekends. According to the Mr Barrett, they were more than happy to give up their leisure time for the West Bay beach project.



► Minister Rivers joins Director of Prisons, Steven Barrett as well as staff and inmates from HMCIPS to clean Barker's Beach (Photos by GIS)

He went on to say: "We're hoping that the opportunities offered to the males in the ERU and the women in HMP Fairbanks will act as a motivating factor for those who haven't yet reached that stage in their sentence. This is all part of a broader strategy to reconnect people with communities and also to reconnect communities with us."

HMCIPS has a long-running programme of projects to support the community and prepare inmates to successfully re-enter the community at the end of their sentence.

Early next year, they plan on undertaking their most ambitious project yet by renovating an entire property in East End. 🌐

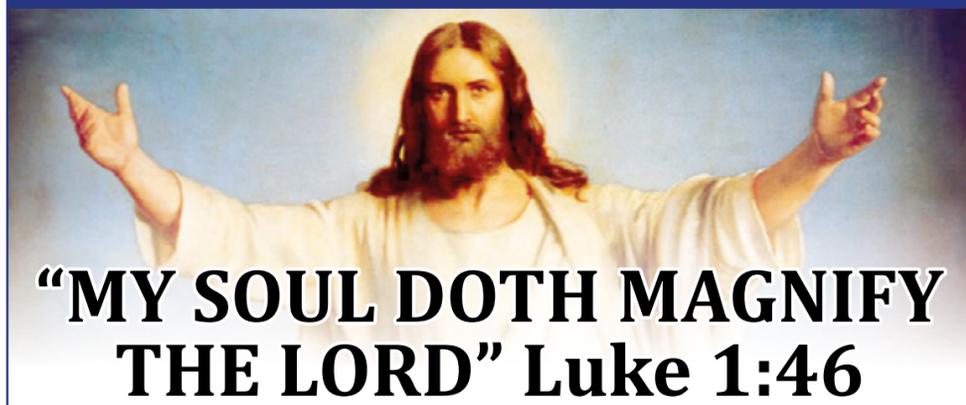


► Staff and inmates from HMP Northward clean Barker's Beach



► Hard at work. Everyone pitches in to clean Barker's Beach

## MOMENTS OF INSPIRATION



I know it's Christmas time again and everyone is busy making preparations. Many times we get so caught up in the occasion that we forget that this is all about JESUS CHRIST. Here in this passage we have most powerful exclamation. I wish for us to examine what's behind this great acclamation, "MY SOUL DOTH MAGNIFY THE LORD." What was responsible for this proclamation of Joy and Adoration? Mary was magnifying the Lord for these wonderful virtues:

### FOR WHOM HE IS

Of all the young ladies then, she was the one chosen to be the conduit for God coming to be with us. She was magnifying Him for His works of creation. He was being magnified as the eventual Redeemer, Saviour, Sustainer, our atoning sacrifice. He will be our very present help in the time of trouble. For us when all seems dark and gloomy, no way out, walls collapsing on all sides let's do like Mary and begin the song, "My soul doth magnify the Lord." When you feel messed up magnify Him. What was going to become reality, the baby in her womb, and would be born in humble settings, would grow up to declare, "I am the way, the truth and the Life." Oh! that we also would magnify the Lord.

### FOR WHAT HE HAS DONE

Mary tells Joseph about her experience. He must have had a million and one questions ploughing through his mind. He contemplates cancelling the marriage when the angel returns and says to him, "She will bear a son and His

name shall be Jesus, and He will save His people from their sins."

There's a special bond between a woman and the baby in her womb. She's experiencing more than normal. Every movement of the baby was met with unbelievable joy by Mary. She knows that the child will be the Saviour. She is in awe about the fact that, "she will be remembered for this beautiful act and be called blessed for all generations." So moved into ecstasy and joy she broke out into that spontaneous song, "My soul doth magnify the Lord." You see SIN is deadly but SALVATION is marvellous." You and I ought to magnify the Lord for what He does for us daily.

### FOR HIS MERCY

Everyone of us needs God's mercy. Every generation is in dire need of His mercy. We will need His mercy for all time to come. Every breath we take deserves a song of mercy. Every blessing we get deserves a song of mercy. You see there's none righteous and we can't be saved by our own works of righteousness. Mary was familiar with this and so she declared, "His mercy is on them from generation to generation." If God were to deal with us as He ought to, we would be done. But His mercy expressed in the sending of His Son is what we must grab with hearts of gratitude. This mercy was in full display on the cross when Jesus declared to the thief on the cross, "TODAY THOU ART WITH ME IN PARADISE!" Who knows he must have burst out into that song, "MY SOUL DOTH MAGNIFY THE LORD." Let this be the song throughout the season. 🌐

## OBITUARIES

The Family of the Late **Florence Elizabeth Pottinger** regret to announce her passing on Tuesday, 17 December 2019.

A Service of Thanksgiving will be held at 3:00 p.m. Saturday, 21 December 2019 at Church of God Chapel, Walkers Rd.

Interment will follow at the Garden of Reflections Cemetery.

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



### Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Henry Robinson, who passed away on Sunday, November 24, 2019.

A Thanksgiving Service will be at Bodden Town SDA, 153 Cumber Ave, Bodden Town, Grand Cayman on Sunday, December 22, 2019 at 10:00 a.m. Interment at: New Pease Bay Cemetery A Candlelight Service will be held at Bodden Town Beach on Sat. Dec 21, 2019 at 6:30 p.m.

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



### Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Oleg Nikoljevich Kostenko, who passed away on Friday, December 06, 2019. Mr. Kostenko will be repatriated to Russia.

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



# NBA's oldest trio can still cut it

The NBA average age is only 26 but the three oldest players in the league remain competitive against much younger teammates and rivals.

The game is getting faster but Vince Carter (42), Udonis Haslem (39) and Kyle Korver (38), have not slowed enough to feel out of place. Experience counts for a lot and they have that in spades.

Carter was a top-five draft pick in 1998. He was an All-Star through his prime, made deep playoff runs and still gets arenas on the road to chant his name.

Korver was a late second-round draft pick who made his names as a sharpshooter that every team coveted. He holds the NBA record for highest 3-point percentage in a season (53.6 percent), and his career 42.8 percent conversion rate from beyond the arc ranks ninth all-time.

Haslem went undrafted out of the University of Florida but fought and clawed his way for everything he's earned in his NBA career, which includes being the Miami Heat's all-time leading rebounder and owns three championship rings.

With at least 17 years' experience for each, they've seen the NBA evolve remarkably. Carter, who plays for the Atlanta Hawks, has seen the most, having

caught the tail end of the Michael Jordan era, but they've all witnessed the Kobe-Shaq Lakers era, the rise of LeBron James and the Warriors dynasty. They all agree that the most notable change has been the style and the pace at which the game is now played. Haslem said that there's less defence being played, as well as more fouls which result in more points. He entered the league guarding guys like Chris Webber and Kevin Garnett, now he must venture further away from the post and guard ball handlers too.

Korver, a shooting guard for the Milwaukee Bucks, believes that the game has improved significantly since entering the league.

"There's no more slow and just using your strength to hold on to guys, you have to be able to move efficiently and well," Korver said. "You have to be able to make plays somehow with whatever your skillset is, and it's just a much faster and smarter game. The coaching has gotten so much better, front offices have gotten so much smarter in what they're looking for, player development has gotten so much better, training staffs, medical teams, everything is so much better and it's all, to me, created a better product."

To ensure that he never became a veteran who got pushed out of the league,



► Vince Carter is a model veteran

Carter, the model professional, commits himself every offseason to a routine that ensured he would be totally prepared on opening night. Now, with a record-breaking 22 years of NBA experience, everyone always asks him what the secret is behind his extensive career. Carter trains longer than everyone and spend extra time stretching and on the massage table.

Haslem too can attest to using his court time efficiently, both in games and practices. He never garnered the type of attention LeBron or Dwyane Wade did when at the Heat, but Haslem has always been revered in Miami for his dedication. As the elder statesman on the Heat now, the 17-year veteran has taken a backseat to the younger players on the roster. While he spends hours conditioning daily, most of his work comes through mental repetition.

Korver describes it as fine-tuning. Over the years, he's realised that time management skills are incredibly important too. He realised that it was the quality of his training time on court and not the quantity that really mattered.

All three insist that the love of the game is the prime motivator now. Carter has already announced that this season will be his last, and while Haslem only signed a one-year deal with the Heat over the summer, he said that he's still playing because he feels a responsibility to pass on the famed "Heat culture" to younger players. 🌐



► Udonis Haslem is a dedicated pro



► Kyle Korver likes the way the NBA has evolved

## Brees' record won't last, says Brady

Drew Brees broke Peyton Manning's all-time passing touchdown record Monday night in a storming 34-7 win over the Indianapolis Colts, but one challenger let him know his mark is not safe.

Tom Brady is third on the all-time passing touchdown list and though he congratulated Brees on accomplishing the feat, he let him know not to get too complacent with the record.

"Congrats drew!! Couldn't be more deserving. Passing Peyton in anything is an incredible achievement and your records will be tough to beat! But it's worth trying," Brady tweeted.

The New England Patriots quarterback has 538 touchdown passes and

is just one behind Manning for second place. Brees threw four touchdown passes Monday in the win and now has 541.

"It was special, everything about the night," Brees, 40, said. "It just kind of makes your whole life and career flash before your eyes because I never thought I'd have a chance to be part of something like this."

It is going to take a lot for Brady to tie or creep closer to Brees on current form.

Brees is playing in his 19th NFL season, the past 14 with the Saints after five years with the San Diego Chargers. The victory means NFC South champions Saints are still in contention for a first-round play-off bye. 🌐



► Drew Brees holds the all-time passing touchdown record



► Julio Cesar Chavez Jr has regained his dedication

## Chavez Jr looks to emulate dad at last

Super middleweight Julio Cesar Chavez Jr was so impressive as a razor-sharp teenager, many thought he would emulate his legendary father who was arguably Mexico's greatest fighter. Things were going well until Jr lost his way. Lack of discipline and the fact that his talent didn't quite match dad's took their toll. Now older and wiser, Chavez Jr is 33 and claims he has regained his love for boxing. His record of 51-3-1 33 KOs indicates his immense talent which is why he has issued a warning to the 168lb world champions that he's coming for their

titles after he beats Daniel Jacobs (35-3 29 KOs) at the Talking Stick Resort Arena in Phoenix, Arizona on Friday.

"This is the right fight to get me back to the top," said Chavez Jr. "It's a big risk because of the activity he's had, but I am not a stepping stone for him, I am ready, and I need to win the fight and I know I have the skills and the heart to win."

Chavez Jr and Jacobs clash on a huge night of action in Phoenix as Julio Cesar Martinez takes on Cristofer Rosales for the vacant WBC world flyweight title. 🌐

# Fraser-Pryce targets Olympic double

Jamaica sprint queen Shelly-Ann Fraser-Pryce is seeking the double at the Tokyo Olympics next year, her swansong major competition.

She rarely doubles at major championships and has focused mainly on the 100 metres at the Olympic Games but is serious about going after the 100m-200m double in Japan.

Despite all her amazing feats on the track, the "Pocket Rocket" has never dipped below 22 seconds in the 200m — but she has made that one of her main targets for the 2020 season and it would be great to do it at her fourth Olympiad.

Following a successful return to the track after giving birth to son Zyon, Fraser-Pryce, who turns 33 on Boxing Day, is a huge inspiration to all Jamaicans.

"I want to continue to inspire a lot of athletes, and just individuals, along the way that time is there. You have time so just continue to work and stay committed; and for me, 2020 I am really looking forward to it," Fraser-Pryce said.

The reigning 100m and 200m Olympic champion is her training partner Elaine Thompson, but Fraser-Pryce is ready to push as hard as necessary to return to the top of the podium in Tokyo.

"Training has been going fantastic and I never leave stones unturned," she said. "All or nothing on the track, so I am looking forward to that moment. Of course first you have to get to the national championships and then you take it from there." 🌐



► Shelly-Ann Fraser-Pryce is still as fast as ever at 33

## GLOBAL NEWS BRIEFS

## Investigation into double murder ends

Canada is intrigued to hear the outcome of a double murder from two years ago. The investigation into the deaths of a Canadian pharmaceutical billionaire couple by a private detective hired by the victims' family has been completed, the chief homicide investigator of the Toronto police and the family said in a joint statement on Monday without revealing any of its findings.

Police reiterated that they are treating the case of Barry and Honey Sherman as a targeted double murder, Detective Sergeant Hank Idsinga said. He called on the public to come forward with tips as the investigation headed by police continues.

The deaths of Sherman, 75 and his wife, 70, stunned those in Canadian business, politics and philanthropy, and drew public condolences from prominent figures including Prime Minister Justin Trudeau. The case is "very active" Idsinga said without disclosing any more details. The private investigator's report is being transferred to police. The Shermans were found hanging by belts



► Barry and Honey Sherman were murdered in 2017

from a railing next to a swimming pool at their Toronto mansion.

Barry Sherman founded Apotex in 1974 and turned it into one of the largest generic drug makers, earning a reputation for using lawsuits to gain access to sell cheaper generic versions of lucrative branded medicines. The couple were known for their donations to hospitals, universities and Jewish organizations. The Sherman family criticised police handling of the deaths and hired a private investigator. Unconfirmed media reports in the immediate wake of the deaths said that police were treating the case as a murder-suicide. 🌐

## Marcos graft case dismissed again

A Philippine court threw out a high-profile, 32-year-old forfeiture case on Monday involving the family of late dictator Ferdinand Marcos, citing insufficient evidence to order the return of \$3.9 billion of allegedly ill-gotten wealth.

The country's anti-graft court decided in favour of the Marcoses for the fourth time since August, with judges ruling that photocopied documents could not be used as evidence, so the case would not proceed.

The court is trying to recover an estimated \$10 billion allegedly siphoned off by Marcos and a family that had lived lavishly during his 20 years in power, 14 of which were ruled under martial law. Wife Imelda was notorious for having thousands of designer shoes.

The case lodged by the Presidential Commission on Good Government had sought the return of 200 billion pesos (\$3.93 billion) it said was tied up in equities, numerous local and foreign banks and real estate at home and in the US and UK.

It also included the value of 177 paintings and 42 crates of jewellery worth \$9 million.



► Imelda Marcos has got off a graft case

In a 58-page verdict, the court "acknowledged the atrocities committed during martial law under the Marcos regime and the 'plunder' committed on the country's resources". However, it claimed there was a lack of evidence.

Despite being overthrown in a 1986 revolt and driven into exile, the Marcos family remain a powerful force in the Philippines, with loyalists throughout the bureaucracy and political and business elite.

Imelda was a four-term congresswoman, daughter Imee is currently a senator, as was son and namesake Ferdinand Marcos Jr, who is tipped as a candidate for the presidency in 2022. A relative is the current Philippine ambassador to the US. The family has a powerful ally too in President Rodrigo Duterte too. 🌐

## Prison chief killed in ambush

In Honduras, a gang of gunmen on motorcycles killed Pedro Idefonso Armas, the director of the nation's maximum-security prison.

The prison was where a key witness against the president's brother was killed in October. Armas was seen on a video two months ago talking to inmate Nery Lopez Sanabria before a masked man opened a door and allowed a gang of prisoners to shoot and stab Sanabria. Notebooks belonging to Sanabria were used in a US drug trafficking trial as evidence to convict former congressman Antonio Hernandez, the younger brother of President Juan Orlando Hernandez.

Armas, 52, and director of the prison, located in Santa Barbara, in the west of the country, was in a vehicle on the Pan-American Highway, in the south of the country, where strangers shot him dead. A car was placed next to the vehicle that Armas was driving who was shot several times.

Armas had requested political asylum in another country due to multiple death threats he received for his role as director of the prison. He was suspended from office after the Ministry of Security opened an investi-



► Pedro Idefonso Armas was ambushed in this vehicle

gation against him after witnessing how some inmates killed Magdaleno Meza on Oct. 26. Meza was a former associate of Tony Hernandez, who is the brother of President Juan Orlando Hernandez and was convicted of four drug trafficking crimes recently in the US. One piece of evidence presented against Hernandez in court was a notebook detailing drug trafficking operations that the police showed Meza when he was arrested for money laundering. There is video evidence of Armas talking with Meza before prison guards open the gate which allowed a dozen inmates to enter and shoot him at point blank range. 🌐

## Cuba defies US over severing diplomatic ties

Cuba is bracing for the possibility of the United States breaking off diplomatic ties but will seek to maintain them nonetheless, Havana's top diplomat in charge of relations with Washington.

"We must be aware that this can get worse," said the official, Carlos Fernandez de Cossio, director general of the US desk at Cuba's foreign ministry summing up months of mounting tension between the two countries.

The reason for the downturn in relations five years after an historic thaw between the Cold War foes is simple, Cossio said. "Those in charge of US policy towards the Western Hemisphere have attitudes and positions that are extremely aggressive towards our country."

"We are seeing that what they want to do is to break all the existing links, to close the embassies. We hope that this won't be the case, but we cannot trust that this will not happen. We are prepared, ready for such an eventuality, but we do not wish it."

The embassies were reopened in 2015, months after US President Barack Obama and Raul Castro agreed to revive diplomatic ties severed since 1961.



► Barack Obama visited Cuba before he left office

The first two years were unremittingly positive; travel and trade restrictions were eased, a direct telephone link was restored, and Obama visited Havana.

But then it all changed with the arrival of President Donald Trump in the White House.

"In the last three years, there has been a gradual erosion (of the relationship) until the current moment when the US government is clearly declaring its aggressive intent towards Cuba."

As long as Washington maintains an economic embargo, which Obama failed to lift during his presidency, "it's very difficult to think seriously about sustainable progress in the bilateral relationship." 🌐

## Venezuela imports US staples

Venezuelan businessmen have taken advantage of his government's quiet abandonment of price, currency and import controls to buy direct from US wholesalers including Costco and Walmart. It is a fascinating situation considering the mutual hostility between Venezuela and the US.

The goods are delivered to Florida-based door-to-door services run by Venezuelans. The products move in bulk via shipping companies with bases in south Florida who have this year enjoyed a 100 percent exemption of import duties and waiver of some paperwork at the Venezuelan end, the sources added.

"Everything our customers want from the United States, we've managed to offer here!" enthused Hector Mambel, who runs a shop in Puerto Cabello port with a "Mini Walmart" sign outside using the same design as the US giant he buys from. The shift shows how Venezuela's economy is evolving to survive sanctions that have hit oil exports.



► Venezuela stocks plenty of American goods

The trade from Florida does not violate Trump's sanctions because they target business with Maduro's government not with private entrepreneurs. It has, however, bemused some Venezuelans used to constant "anti-imperialist" rhetoric.

"I don't understand this government that speaks ill of the 'gringos' and yet we now see US products abound in stores and everything is in dollars," said teacher Ligia Martinez, 38, holding a bag with purchases of cereal, tuna and cake mix. 🌐

## UK banks set for 'disastrous' Brexit

Britain's financial system is prepared for even a worst-case Brexit scenario with a hard exit from the European Union and a consequent trade war, the Bank of England has announced.

All the UK's major banks survived this year's so-called "stress tests" conducted by the Bank of England, designed to discover how the country's financial plumbing would fare in the event of a hard Brexit.

The scenario, which goes beyond what most analysts would expect even from a worst-case Brexit, involves a UK recession with Gross Domestic Product falling by 4.7 percent, with interest rates rising to 4 percent and the unemployment rate going up to 9.2 percent and is the toughest test yet thrown at the UK banks.

None of the major banks failed, but two of them - Barclays and Lloyds -



► The Bank of England tested banks in advance of Brexit

would have had to trigger emergency debt-to-equity conversions, based on new accountability changes coming in from 2023.

The Bank's financial policy committee said: "The core of the UK financial system, including banks, dealers and insurance companies, was resilient to, and prepared for, the wide range of UK economic and financial shocks that could be associated with a worst-case disorderly Brexit." 🌐

**CROSSWORD**

By THOMAS JOSEPH

- ACROSS**
- 1 Whole bunch
  - 5 Short hairdos
  - 9 Bars on cars
  - 11 Start of some poem titles
  - 13 Safari sight
  - 14 Away from the office
  - 15 Bat wood
  - 16 Mean
  - 18 Like many passports
  - 20 Outback runner
  - 21 Troop member
  - 22 Small fastener
  - 23 Sixth sense
  - 24 Failure
  - 25 Diatribe
  - 27 Director Forman
  - 29 Be decisive
  - 30 Fastens down
  - 32 Having a range of colors
  - 34 Favoring
  - 35 Liquid

- 36 Father of King Arthur
- 38 Act the waiter
- 39 Computer command
- 40 Draws
- 41 Super-model Sastre

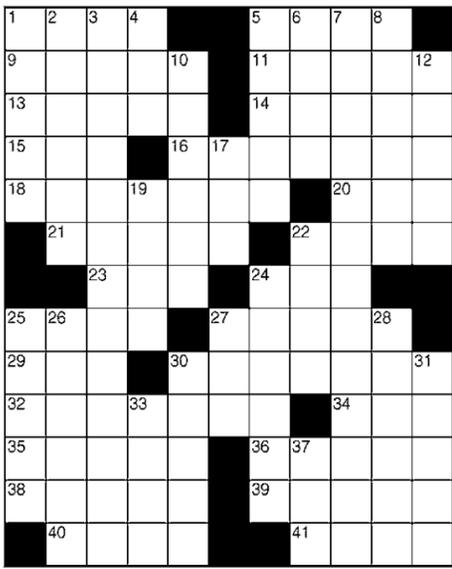
**DOWN**

- 1 Joke responses
- 2 Is real
- 3 Third-brightest star
- 4 Energy
- 5 Like fillets
- 6 Freshener target

- 7 Pituitary hormone
- 8 Mark of disgrace
- 10 Get in a lather
- 12 Having the advantage
- 17 Dog doc
- 19 The lion's share
- 22 Enterprise crewman
- 24 Chop into cubes
- 25 Thatcher creations
- 26 Online program
- 27 Fellows
- 28 Peaceful
- 30 Factions
- 31 Classes
- 33 Not recorded
- 37 Half of hex-



Yesterday's answer



11-30

**SUDOKU**

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

**Conceptis Sudoku**

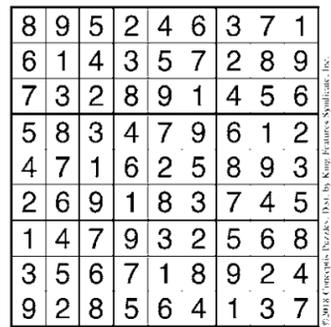
By Dave Green



Difficulty Level ★

10/15

Answer to previous puzzle



Difficulty Level ★★★★★

Word Search

- Abed
- Bedouin
- Lobed
- Barbed
- Bombed
- Probed
- Bedaub
- Combed
- Ribbed
- Bedazzle
- Crabbed
- Robbed
- Bedeck
- Cubed
- Sobbed
- Bedevil
- Garbed
- Webbed
- Bedlam
- Grabbed

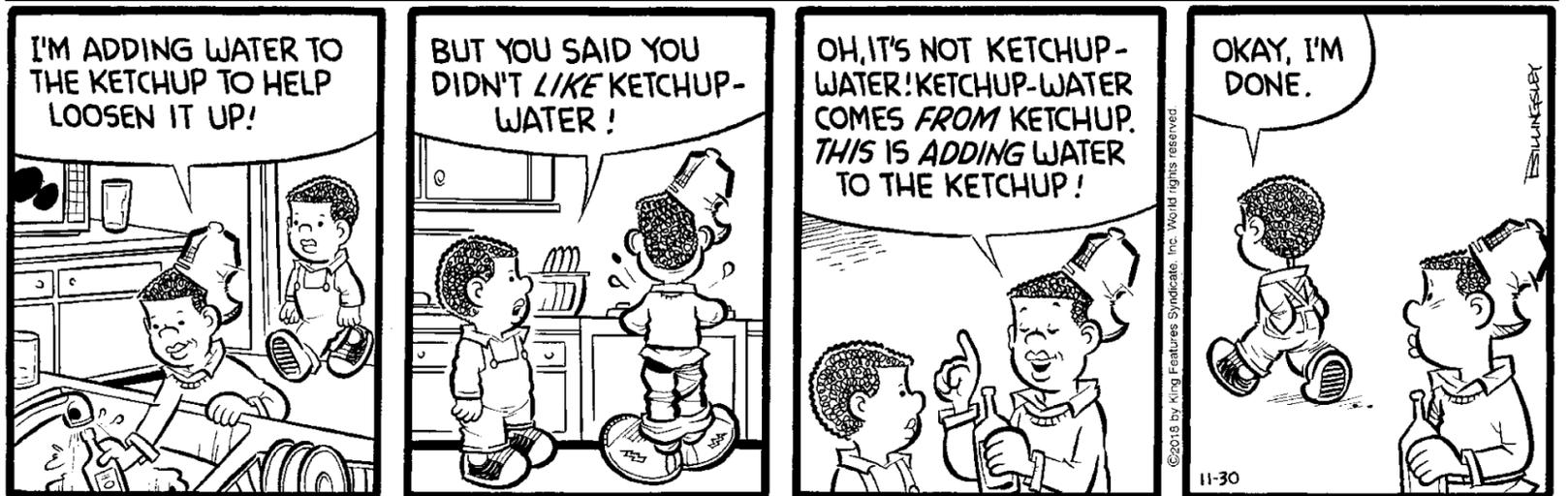


Find the listed words in the diagram. They run in all directions – forward, back, up, down and diagonally.



**CURTIS**

By Ray Billingsley



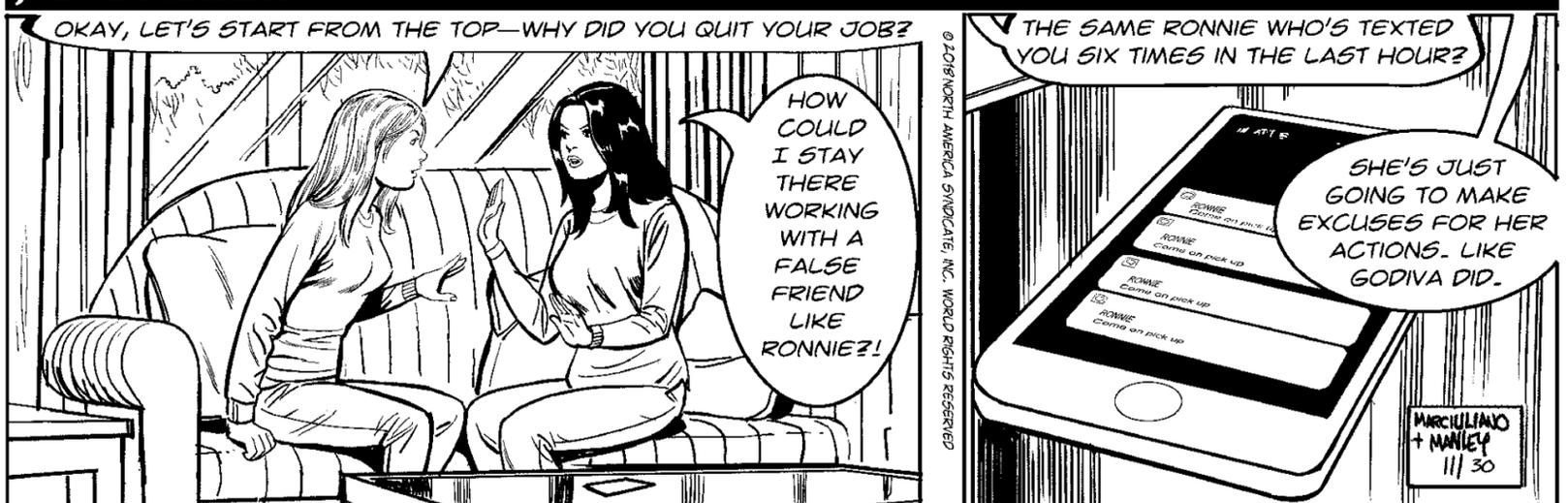
**THE AMAZING SPIDER-MAN**

By Stan Lee



**JUDGE PARKER**

By Woody Wilson & Mike Manley



# STAND UP FOR THE FUTURE OF CAYMAN

## CPR CLAIMS:

**Coral Reef Destruction.** Deliberately destroying 22 acres of Cayman's natural marine habitat to make way for the new piers.

## FACT:

There is a potential 10.3 acres within the dredge footprint which is assumed to be both hard bottom and live coral, and of this there is **5 acres or less of actual coral** which will be impacted by the project. The project will affect **less than 1%** of Cayman's coral reef.\*

A **world class team** of coral relocation experts will come together to work on the project – including Polaris Applied Sciences, Sea Ventures Marine Response Unit and ReefTech. The team includes Dr Harold Hudson, formerly of the US National Oceanic and Atmospheric Administration (NOAA) and a world leader in restoration of coral habitats.

The coral relocation will be supplemented by the work of coral scientist Dr Vaughan of Plant a Million Corals. The port developer has committed to **funding a coral nursery** in the Cayman Islands for 25 years.

The goal – between the relocation work of Polaris, Sea Ventures, ReefTech and the restoration work of Dr Vaughan and his team – is to have **no net loss of coral habitat**. In fact, through the continued work of the Plant a Million Corals team, there will be a significant increase in overall coral habitat in the Cayman Islands.

\*Final coverage to be confirmed following the Bethnic Survey.

INTEGRITY. OPPORTUNITY. PROSPERITY.  
**VOTE YES.**