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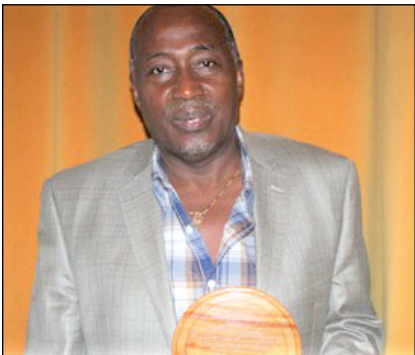
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67,947 Cruise Passengers to visit next week

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► The honorees pose on the red carpet alongside the Hon. Juliana O'Connor-Connolly (Photo by Stacey Anderson, GIS)

Victory at Mary Mollie Hydes Road

By Christopher Tobutt

The West Bay Concerned Citizens group has finally got some good news. For several months their concern, which has focused on issues pertaining to public rights-of-way, surrounded a substantial encroachment onto Mary Mollie Hydes Road in West Bay, at the place where it merges onto

Town Hall Road. The encroachment is from a big 4 story residential home at the end of the road, where gardens, palm trees and a group of large boulders have encroached onto the road by at least 8 feet.

But now, Concerned Citizens' Executive Member Ezmie Smith has

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► Concerned Citizens. Photo includes: Ezmie Smith, Mae Coe, Billy Adam, Annie Multon, Kendrick Welds, Betty Ebanks, and Vicky Dilbert Ormond Morgan

Airport Relocates Pond Wildlife



► CIAA staff and volunteers successfully remove and relocate dozens of wildlife from ponds within the airfield perimeter at ORIA

The Cayman Islands Airports Authority (CIAA), which owns and operates the Owen Roberts International Airport (ORIA) and the Charles Kirkconnell International Airport (CKIA), embarked on its 'filling of the ponds' project last

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EDITORIAL

A nation's pride

The annual ritual of honouring those deserving members of our community for their contribution in making Cayman a better place will be front and centre on Monday.

During last year's event, Alfonso Wright, the executive chairman of Celebrate Cayman which organised the festivities noted "it is through the public's continued interaction with these national celebrations that we will see a deeper connection and appreciation for the Cayman Islands and our culture."

True that may be, however we should not wait exclusively for an annual national celebration to celebrate those providing yeoman service around us. Let us, as a nation, continue to uplift our brothers and sisters whose contributions to society make the islands a better place.

So, while we come together to honour those who pioneered the establishment of the Cayman Islands' first written Constitution and celebrate the

first four women who bravely stood in the 1959 general election; let us remember to honour our people through simple deed year-round.

Too often we find ourselves lamenting that only if we knew an untimely death were to happen, that we would have reached out to let someone understand how much we appreciate them.

Let us change that mindset and let the phrase 'Celebrate Cayman' become entrenched in our common lexicon to the point that we continually give kudos when they are due and not wait until it is too late.

We salute those who have served this land in different walks of life. That's why our pages are continually filled with images and words about those members of our community who sometimes might get overlooked for their contributions. At Caymanian Times, we are proud to live by the mantra that we 'Celebrate Cayman'. 🌐



West Bay Concerned Citizens get good news

... Continued story from page A1

got some good news in the form of an email from Deputy Director of Planning Ron Sanderson, which states: "The Departments staff met on site with the owner's architect and verified that the landscaping features were in fact within the public road reserve. Subsequently, there was discussion with the Director of Planning and the applicant's architect was then advised that a Certificate of Occupancy would not be issued for the house until the trees, rocks and landscaping were removed from the public road reserve."

Ms Smith, who says that she originally wrote emails to several government officials in December 2019, but without any initial response, received her reply one day after sending another email on 19 January, said: "It's very good to see that Planning has taken some action, and I hope that the obstructions will be removed immediately also the day that we went onsite the people were already occupying the premises. If the Government doesn't have the time to enforce it then we the group, if they provide us with the heavy equipment, will see that the obstructions are removed."

Another member of the group, Alice Mae Coe also expressed her satisfaction at the response: "It was good to get the email from Mr. Sanderson of the Planning Department. there are a lot of issues that need to be resolved in the Cayman society but it's not for the lack of laws, but the lack of enforcement. So we are pleased that the planning department is moving ahead to deal with the issue of the Mary Mollie Hydes Road, and the encroachment on the roadside and road reserve. We therefore look forward to

this being resolved to the public's satisfaction." Group member Annie Multon also commented: "I just want to say how pleased the group now is after getting a reply so quickly from the Planning Department, and they realized that what we were saying made absolute sense and that the road was being blocked.



► The obstruction at the end of Mary Mollie Hydes' Road

The Caymanian Times also had the following response by email from Infrastructure Minister Hon. Joseph Hew, "My departments have been in touch/ responded to the inquires. The Department of planning has been in contact with the owner's architect and they are committed to ensuring that they are compliant with the law in meeting the necessary set backs."

There was also an email response from a representative of the National Roads Authority (NRA):

"The NRA had a survey done and has noted the encroachment. An encroachment notice was served today, on the landowner via the architect to remove the obstructions." 🌐

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► Councillor Barbara Conolly shares a moment with former honoree Tayvis Walters (left) and current honoree Stephon Wright (right)



► (From left to right) Honoree - Aliyah Meyers, Guest Speaker - Chauntol Clark and Honoree - Shakur Ebanks share a moment

Twelve Extraordinary Young Caymanians Recognised for Reaching Higher in the 'Proud of Them' Youth Initiative

Twelve young Caymanians have been officially named the "2020 Proud of Them Honourees" for their exceptional achievements in the categories of academics, sports, career, and community service.

Abbegale Seymour, Aliyah Myers, Arnold Berry, Lorena Morejon, Neesah Godet, and Zariah Anglin were recognised in the category of academics. John Michael Bodden and Raeanne Ebanks-Hydes were both recognised in academics and sports. Janelle Woods was recognised for academics and community service. Hannah Peralta was recognised in academics and career while Stephon Wright and Shakur Ebanks were recognised in the categories of career and community service respectively.

Ranging in ages of fourteen to twenty-four, the diverse group of young leaders were recognised and celebrated during a banquet ceremony held at the Marriott Beach Resort this past Thursday evening and attended by high-ranking government officials, family and

friends of the honourees. The ceremony was hosted by the Youth Services Unit in collaboration with the Ministry of Education, Youth, Sports, Agriculture and Lands (MEYSAL) as part of the annual Proud of Them youth initiative.

Now in its eleventh round, Acting Director of Youth Services Unit, James Myles gave insight to the programme, "The programme started in 2011 as a discussion at the National Youth Commission based on a problem we saw with our young people not receiving adequate coverage in the local media for their positive contributions to society. The idea of erecting the nation's only roadside permanent billboards, featuring and celebrating exceptional young Caymanians was birthed to change the narrative. I am so proud of how the programme has evolved since and even happier about our Minister's support and the mandate she has given to enhance the programme with a formal affair."

During the ritzy affair, each honoree received a monetary grant of one-thou-



► The honorees arrive at the awards ceremony and pose on the red carpet alongside the Hon. Juliana, O'Connor-Connolly, Hon. Samuel Bulgin, Councillor Barbara Conolly, Chief Officer Cetonya Cacho, Deputy Chief Officer Joel Francis and Tammy Hopkins (Photos by Stacey Anderson, GIS)



► The youngest honoree Raeanne Ebanks-Hydes accepts her award from Chief Officer Cetonya Cacho and previews her billboard

sand dollars and previewed the roadside billboards that have been produced in their honour. Beginning on Friday, January 17, the billboards will be erected for twelve months at key locations across Grand Cayman.

Youth Minister, the Honourable Juliana O'Connor-Connolly, in her banquet address, congratulated the honorees and noted that she was very encouraged by their commitment to excellence.

"As time progresses and our nation evolves, the bar for excellence is continually raised. I am equally impressed with the ability of our youth to set the bar to greater heights. Many former honorees have already elevated to notable members of our society, who now contribute significantly to the social and economic development of our nation," she said.

Ms O'Connor-Connolly also acknowledged the importance of solution-based initiatives such as the Proud of Them awards programme in shaping a bright path for our youth. "Proud of Them rewards, celebrates, promotes and encourages excellence amongst youth of

the Cayman Islands", she noted. "Our youth are the future leaders of the Cayman Islands and will be responsible for its continued growth and sustained development."

Guest Speaker and former honoree Chauntol Clark, gave a spirited motivational speech and highlighted some of the opportunities that would become available to the honorees. The UWI medical student challenged them to not only celebrate the honour bestowed upon them but to view it as an opportunity and responsibility to contribute something even greater to society. "And I leave you with these four important questions that my father gave me to guide my own life. Ask yourself; who am I? Why am I here? Where am I going and how am I going to get there", said Ms Clark.

The honorees were nominated by members of the wider public and selected out of seventy-five nominees. For more information on the Proud of Them initiative, including details about the next nomination period, visit www.proudoftthem.com.

Young Parents' Outreach at John Gray Church

By Christopher Tobutt

Every week in John Gray Memorial Church Hall, the Women's Fellowship, meet to help and support young parents; mostly moms but some dads too. It is called the Young Parents' Outreach Programme.

Everyone who is a parent knows how tough it is to be a good one. Of course it is much tougher if there is just one of you instead of two, and tougher still if you do not have a proper job or steady income. Young parents come every week to get things like diapers, wipes, sometimes some formula, too as well as car safety seats that have been outgrown, and often, especially around Christmas time, some very nice toys, too, which have all been donated. But more importantly, they come to encourage one another and meet with the older women who run the fellowship. The Fellowship is really like a great big family, offering sisterly and motherly advice, and the young parents love to come and listen. Sometimes, too there are visiting speakers who come from different government agencies.

Carol Ann Ebanks, President of the Fellowship, explained: "Every Saturday we distribute disposable diapers and wipes and sometimes formula, as well as odds-and-ends of clothing that the customers bring in, that we share and recycle. Today we had the Family



► John Gray Memorial Church Women's Fellowship, ready with help, advice, and diapers and love. Picture includes Carol Ann Ebanks, Liz, Andrea Ebanks, Amy Burke, Darlene Glidden, and Nelly Welds

Resource Centre representative Miles Ruby and she did a session on Parenting for the young ladies."

Ms Ruby spoke on several topics, including, the importance of parenting from a place of control, and how as parents when we change our response to our children from negative to positive, we can potentially have more positive outcomes. Her talk also covered the way that, when our kids trigger us, how our thoughts directly affect our feelings and behavior towards them, and how we can challenge those unhelpful or unrealistic thoughts about our children and parenting with ones that are more helpful

and realistic, in order to be able to parent from a place of control and calm.

One of the programme founders, Darlene Glidden, said that the Fellowship is planning to partner with the Family Resource Centre more in the future, making a regular date for a speaker every third Saturday in the month. "We also plan to start doing some evening sessions for the girls; maybe they have a job they can go to so they can't stay for the normal session," she explained. We want to give those girls an opportunity to know about the resource Centre and also know about the session on parenting and other things that they need,

because they can't always get to town, to the resource Centre office," she said. "We have also partnered with other areas of government such as WORC. They came and sat with the girls and registered the ones that were unemployed, because the office is in town and the Government doesn't have any district offices for these services; and the girls can't always get to town; and not everyone has a computer.

"A lot of us are older. We have been there. Probably may not have found ourselves in the same position that they're in, but we have been through struggles and situations."



► Visiting Speaker Ruby Miles, from the Family Resource Centre

Airport Relocates Pond Wildlife

... Continued story from page A1

month with the successful removal and relocation of dozens of wildlife from ponds within the airfield perimeter at ORIA. The project forms part of the CIAA's Airfield Upgrade Project to improve operations and safety standards at the Airport.

These ponds, located within the airfield perimeter, were identified during a wildlife study of the airport as attractants. The ponds not only provide a source of food and water for birds, but also a safe place to rest during their annual migration period. The movement of the birds in and out of these areas consequently present a hazard to the safe operation of aircraft. There are several ponds of varying size west of the start of Runway 08, one pond to the south of the runway and one pond adjacent to the fire station.

The project began last month with CIAA staff and local volunteers, led by CIAA Safety Officer Megan Ramnarine of the Airport Safety Office, who all joined forces to rescue and relocate hickatees, tarpon, mosquito fish, crusted goby and tilapia and other wildlife that reside in the ponds west of the runway. Equipped with fishing poles, holding tanks, pole nets and cast nets for this important mission, they successfully removed dozens of species and relocated them to neighboring ponds.

Ms. Ramnarine was recently trained on Hazardous Wildlife Control at Minneapolis Airport in the United States and credits the knowledge gained to assist in the planning and execution of this project. She also gives credit to Mr. Arren McCoy, a friend and local volunteer for the role he played in providing resources, his personal time and knowledge of local wildlife. "We could not have saved these precious animals without the help and commitment of all the volunteers," said Ms. Ramnarine.

Once the ponds are cleared of wildlife, they will be drained and filled with large sized "Rip-Rap" stone. Geotextile fabric is to be placed over the stone, and granular fill material will be placed and compacted over the ponds to allow for extension of the runway into this area.

The Airfield Upgrade Project is expected to be completed in August 2020.



► CIAA staff and volunteers successfully remove and relocate dozens of wildlife from ponds within the airfield perimeter at ORIA



► CIAA staff and volunteers successfully remove and relocate dozens of wildlife from ponds within the airfield perimeter at ORIA

2020
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National Heroes Day

is a time to celebrate our history, heritage, and be inspired for the future!

The Cayman Islands is currently celebrating the 60th anniversary of our first written Constitution. This milestone in our history also culminates the era when women petitioned for and won the right to vote in elections and hold public office.

At the 2020 National Heroes Day Celebrations, we are honouring the people who pioneered the establishment of our first written Constitution; heralding the first four women who bravely stood in the 1959 general election; and reflecting on our journey to modern-day Cayman Islands.

This day is also a time to recognise our National Heroes. There will be a special ceremony to honour and memorialise our National Heroes.

CELEBRATE CAYMAN

60 YEARS
Our First Constitution

In the event of inclement weather, a general public notice will be issued by Radio Cayman. The Celebrations will instead take place at the First Baptist Church, across from the Lions Centre, beginning at 10:00am.

Junior Jennings' Musical Contribution to Cayman

Junior Jennings has blazed a trail in the arena of music in the Cayman Islands over the past 5 decades, touching the lives of countless musicians both as an educator and a professional.

The Caymanian Times spoke exclusively with Mr. Jennings about the honor and what it means to him to be able to play such a pivotal role in the lives of young musicians; in-turn influencing the local industry over the course of generations.

"It's been a great journey and I have had the privilege of playing with some of the top musicians and band in Jamaican and in Cayman over the years," said Mr. Jennings, who also talked about his early years in music and how he got started coming to the Cayman Island from Jamaica as a young boy.

"I started out at a tender age. At that time most folks played music including my grandmother and mother," he noted.

Mr. Jennings explained that he went to basic school to study music and recounts one of his fondest memories from that time being a night when he was called on the play a solo for the first time. He also learned to skill of reading music at this time in his growth; a skill that would serve him well in years to come.

"I was about 12 years old but I guess everyone thought I did a good job and that was really encouraging for me."

It was not long before Junior - as he is known - was playing for notable up and coming acts like Denis Brown.

"Back then, once people knew you could play, they were coming to find you, he reminisced, adding that everyone from that era could read music, so the standard was high in order to be included in any ensemble.

However not everyone was pleased with the company that the music business sometimes put young people in contact with and it was not long until his mother made the decision to send him to Grand Cayman, where his father was working.

"I came to Cayman in 1966 and started going to Secondary Modern here in Grand Cayman, which at that time was behind the Public Library. My mother didn't really like the ideal of my in the musical circles and would have preferred for me to be a Doctor or a Lawyers but I still had the feeling to play music," he said.

As a young boy coming to Grand Cayman at the time, Mr. Jennings joked that his first impression was that it was strange and lots of mosquitoes.

"I wanted to go back," he laughed, noting that it was not long before the music bug had nipped at him again and he started playing with bands in Cayman at the time such as the Humble and the Meek, which included other prominent

members from the Cayman musical fraternity; namely: Edward Solomon; Richard Ebanks and Leonard Bodden.

Though this time, to resolve matters once and for all, his parents sent him to sea, where he would spend the next year, before returning to Grand Cayman.

"I then started working with a gentleman named Mr. Nembhard, who was a band leader that had notable musicians such as Mr. Wesley Howell in the line-up.

The bands would eventually take a backseat however, as Junior realized that many of his peers - though great musicians - did not read music.

"It was then that I started teaching," he explained.

In his role as a teacher, Mr. Jennings has been able to affect the music scene in Grand Cayman in a very unique way, churning out some of the Islands most well known young musicians such as Beneil Miller, Stuart Wilson and Benji Turner and man others.

For over forty years he had constantly been a source of inspiration and knowledge for musicians and at the young age of 71, he seems to be just as determined to assist as many people as he can to better themselves at their craft.

In fact, in 2012, Mr. Jennings received special recognition for years of consistent contribution in the field of music education and development in the Cay-



► Here in 2012, Mr. Junior Jennings stands with an award for years of consistent contribution in the field of music education and development in the Cayman Islands

man Islands; an award sponsored by the Ministry of Education was presented to Junior Jennings and his Jennings School of Music.

He still teaches piano and guitar today and pointed out that he is often surprised at how much 'faster' the kids of today are able to learn.

I think it's the internet; youtube and all of these resources means that many times they can even shoe me new things and we learn from each other.

Mr. Jennings expressed optimism with regard to the talent pool in the Cayman Islands but noted that there were many more venues for live music than there are today in years gone by and lamented that the awesome talent that he sees everyday as a music teacher does not always have an outlet. 🌐

Director Rosa Harris Talks Tourism

Spreading the benefit of tourism throughout the economy of the Cayman Islands through sustainable development was the focus of an exclusive interview with Cayman Islands Department of Tourism Director Mrs. Rosa Harris in advance of the World Economic Forum (WEF) 2020.

The interview series will be aired during the Annual Meeting of the WEF, and in key source markets in the US and further.

Viewed as a thought leader in travel and strategic tourism planning, this

invite only interview is the sole travel focused segment of the series, providing an opportunity for Mrs. Harris to discuss the three island experience and how the Cayman Islands are moving forward as leaders in the travel industry.

This feature will place the Cayman Islands as the only Caribbean nation on this global stage thereby raising the brand profile of the country. To view the interview in its entirety, visit: <https://davosinterviews.com/cayman-islands-moving-forward/> 🌐



US-Caribbean: A fight over an invite or something more serious

By Michael L. Jarvis London UK

Caribbean-US relations were put to a severe test this week over an invitation list for a meeting in Jamaica with the American Secretary of State Mr Mike Pompeo.

The US State Department over which Mr Pompeo presides said the trip to Jamaica, part of a Latin America and Caribbean diplomatic tour, was intended to firm up ties between Washington and the region.

Mr Pompeo was quoted as saying: "I'll gather at an important meeting with many Caribbean leaders to discuss how we can all work together to promote our common democratic values and prosperity for all of our people. I'm looking forward to a fantastic set of meetings."

The objective as stated by the US State Department is to strengthen ties with the region.

However, that goal has been met with scepticism by many Caribbean leaders with Prime Minister Mia Mottley of Barbados, the present chair of the regional Caricom group, leading the charge.

Only six of the 15 regional leaders were been invited to Jamaica to meet the US Secretary of State(foreign min-

ister). They were Bahamas, Belize, Dominican Republic, Haiti, Saint Kitts and Nevis, and St. Lucia, along with host country Jamaica.

No reason was given for the omissions although Mr Pompeo was also due to meet with Caricom foreign ministers, his more direct administrative equals, but whose leaders were not invited.

The reaction to what is seen as a snub by the US government towards many of its regional partners has been swift and direct.

Prime Minister Mottley did not mince words:

"As chairman of CARICOM, it is impossible for me to agree that my foreign minister should attend a meeting with anyone to which members of CARICOM are not invited."

Speaking in Barbados, she charged: "It is an attempt to divide this region."

Prime Minister Mottley received firm backing from several other regional leaders in her stance to boycott the meeting by not sending a representative.

In a statement, Prime Minister Keith Rowley of Trinidad and Tobago said: "PM Mottley has the full support of the Government and the people of Trinidad and Tobago in outlining our principles and vision of Caribbean unity. In the expectation of Caribbean unity, the Prime Minister of Barbados speaks for Trinidad and Tobago."

Speaking for Antigua and Barbuda, Foreign Affairs Minister E.P 'Chet' Greene said: "We are very much in support of, and identify with the sentiments expressed by the CARICOM Chair, PM Motley of Barbados. As a government, we stand in support of this position."

Guyana's Foreign Secretary Carl Greenidge confirmed that his country also was not on the list of invitees.



► American Secretary of State Mr Mike Pompeo

On the assertion by the Barbados prime minister that this was a divide and rule tactic by the US, Mr Greenidge was reported by the Guyana Times as saying: "Once you have groups of States which attempt to operate jointly, there will be such attempts (at division). I don't think that's peculiar to this region."

For Grenada, Prime Minister Dr Keith Mitchell cited his country's stance on Venezuela, a key foreign policy point of dispute between the US and several Caribbean governments, as a probable reason for their exclusion.

The St Kitts-Nevis Foreign Affairs Minister Mark Brantley told local station WINN FM that unlike their dissenting Caricom partners, his country did not regard the move by the US to leave some leaders off the list as dividing the region.

"Well, the secretary of state for the United States has extended an invitation to St Kitts-Nevis at the foreign minister level and we are carefully looking at that because we have some very important bilateral issues with the United States," he said.

Secretary of State Pompeo who called Jamaica as a "good friend of America" was scheduled to have bilateral talks with the Jamaican leader, Prime Minister Andrew Holness.

Last year, Mr Holness along with the leaders of St Lucia, The Bahamas, and Haiti were flown to Miami for a meeting with President Donald Trump, for discussions mainly about the situation in Venezuela.

Policy alignment is at the core of the diplomatic tiff between the US and the Caricom countries which have boycotted the Pompeo meetings in Jamaica.

There are several festering foreign-policy divergences.

Those include relations with China, differences over the candidate to lead the Organisation of American States(OAS), and the Trump administration's reinstatement of sanctions against Cuba which were relaxed by the Obama administration.

There are also deep disagreements on climate change.

Is this spat over an invitation list just a storm in a teacup which is likely to blow over?

Or, does it signal a diplomatic hurricane on the horizon with the potential to blow a cold front over the long-standing warm relations between the US and those of its Caribbean allies who now feel they are being deliberately divided by their powerful neighbour to the north? 🌐



► Prime Minister Mia Mottley of Barbados

RESTAURANT REVIEW

Mizu does Asian right

It was a happy day for us when Mizu in Camana Bay first opened its doors, as huge Asian food lovers who missed the vibe and flavours of brilliant restaurants in the States such as New York's excellent Tao and the ever-popular PF Chang's chain, as well as London's impressive and varied offerings in China Town. Mizu managed to bring that big city feel to this tiny rock and has consistently delivered excellent cuisine time and time again.

Stepping into the restaurant, you cannot help but soak up the décor that includes a curved and inviting bar that beckons you to sit for a while and enjoy

a cocktail or two. Cocktails change on a regular basis but we are happy to try whatever is on the current menu, especially their sake sangrias, that pack a punch of fruity flavour, such as the cucumber + lime, which consists of sake, simple syrup, cucumber, lemongrass, ginger and fresh lime. Drink by the glass or by the pitcher.

Ushered to our table for two, I sit on the long bench seating so I can view the restaurant and people watch. With the restaurant quickly filling up this Friday evening, my initial worries that we might be a little too close for comfort with our neighbouring diners are soon gone once the noise levels in the restaurant increase and we become immersed in our meal.

Creations of habit, we nearly always choose the dynamite tempura maki, which is shrimp, avocado and cucumber rolled in tobiko, which is usually sufficient for two for an appetiser. Tonight, we thought we'd push the boat out and try something new, their alyssa speciality maki that is the dynamite ramped up further - shrimp tempura, cucumber, avocado, tobiko, wrapped with crab, salmon roe, spicy mayo and eel sauce. It was truly fantastic and the plate was cleaned far too quickly for good manners (luckily there was only the two of us).

A favourite meal at Mizu for us is to order a pile of appetisers instead of a main course each, which might have consisted of crispy duck spring



► Mongolian Beef at Mizu



► Sushi at Mizu



► Massaman lamb

rolls stuffed with roasted Peking duck, vegetables and rice noodles, served with hoisin sauce and the absolute favourite pork belly bites that are served on a bed of Mizu's house-made kimchi topped with hoisin sauce and scallions. But this time we chose the more traditional route of a main each. Not usually red meat eaters, we tend to go for the amazing Nasi Goreng, which is Indonesian fried rice with chicken, prawns, pineapple, garlic and chillies topped with a fried egg and sliced tomatoes, their Mie Goreng, which is similar but has noodles instead of rice, or Pad Thai, surely everyone's favourite stir fried noodles, marinated tofu, egg, toasted

peanuts and scallion. But in the mood for change we instead opted for a warming bowl of Mongolian Beef, which consisted of melt-in-the-mouth braised beef with broccoli, red peppers and onion topped with scallions and sesame seeds and also the Massaman lamb curry, with lamb, potatoes, zucchini and onions in a southern Thai curry sauce. Both hit the spot, a great combo of succulent meat, warming but not fiery spices and plenty of sauce in which to immerse the rice.

For us, Asian food is definitely about the savoury and not the sweet, so our meal ended there, on a high night as ever. It won't be long before we are back, though. 🌐

POLICE NEWS

Road Closures for National Heroes Day Celebrations

The Cayman Islands Government, in conjunction with The Honourable Alden McLaughlin, MBE, JP, Premier; The Honourable Dwayne Seymour, JP, Minister for Culture, and Celebrate Cayman, will be hosting National Heroes Day Celebrations in central George Town, on Monday, 27 January (Public Holiday) starting at 9:00AM.

This is a time when the country will reflect upon our proud past and embrace the future as a united people. The 2020 celebration will honour those who pioneered the establishment of our first written Constitution; herald the first four women who bravely stood in the 1959 election; and recognize our National Heroes.

Due to this ceremony, the following roads will be closed from 6:00PM Friday, 24 January, until 9:00PM Monday, 27 January, to allow for setup and breakdown, and temporarily re-opened between 12:00AM and 12:00PM on Saturday, 25 January:

1. The top of Fort Street at the junction of Fort Street and North Church Street
2. The bottom of Fort Street by the Clock Tower



3. Edward Street at the junction of Edward Street and Main Street

4. The end of Edward Street, at the junction of Edward Street and Cardinal Avenue

5. Albert Panton Street at the junction of Albert Panton Street and Cardinal Avenue

Customers will have access to businesses and banking for those establishments opened on Saturday and the Holiday Monday.

We sincerely apologize for any inconvenience this may cause.

If you have any questions regarding this event please contact the Protocol Office via email at protocol@gov.ky or by phone at 244-3613. 🌐

Single-Vehicle Collision in Bodden Town as Traffic Enforcement Continues

Shortly after 11:50PM on Sunday, 19 January, officers responded to a report of a single-vehicle collision on Condor Road in Bodden Town, where the vehicle involved had caught fire. A BMW had been travelling westbound on Anton Bodden Road when it left the roadway in the vicinity of Condor Road and collided with a wall on the roadside. The driver was assisted from the vehicle by a member of the public who had come upon the collision, after which the vehicle caught fire.

EMS and fire officers attended the location and the driver was transported to the Cayman Islands Hospital for treatment for non-life-threatening injuries. The fire was extinguished without incident.

The matter is currently under investigation.

"We would like to commend the member of the public who assisted the driver in this incident," said Superintendent Robert Graham. "Their actions may well have prevented this collision from ending in tragedy, and are a great reminder of what Caymankind is all about."



Meanwhile, over the past four days, 17-20 January, RCIPS officers issued 32 tickets for speeding, 63 tickets for tint, 4 tickets for using a mobile phone while driving, and prosecuted 4 persons for DUI. There were also 35 traffic collisions recorded.

"We continue to urge the public to exercise caution on the roads," said Inspector Dwayne Jones of the Traffic & Roads Policing Unit. "We are still seeing far too many persons speeding or committing other offenses while driving. While we will continue to prosecute these offenses accordingly, we need the public to do their part in making our roads safer." 🌐

EIA Update for Proposed Cruise Project Submitted to CI Environmental Board

An Environmental Impact Assessment Scoping Update for the proposed cruise berthing and cargo enhanced facility was submitted to the Cayman Islands Environmental Advisory Board (EAB) on Tuesday 21st January, confirmed the Cayman Islands Government.

The scoping update document was authored by Baird, the lead consultant contracted by the Ministry of District Administration, Tourism and Transport to execute the initial 2015 Environmental Impact Assessment (EIA) and submitted by Verdant Isle Port Partners (Verdant), the preferred bidders for the proposed project.

It takes into consideration the revised design of the proposed cruise berthing and cargo enhancement project submitted by Verdant after being announced as the preferred bidder in 2019.

The initial 2015 EIA was developed as part of the original RFP process.

According to a press release, the Cayman Islands Government has engaged



Royal Haskoning DHV, an independent, international project management, engineering and environmental consultancy service provider with more than 35 years' experience in delivering Environmental and Social Consultancy Services

worldwide to conduct a peer review of the EIA Scoping Update.

The submission of the Scoping Update represents the next stage in a series of agreed project phases that must occur before Verdant can apply for the Coastal

Works Permits associated with the Construction Activities. This process is also subject to the outcome of the referendum.

Additional studies are scheduled to take place under an 'Early Works Agreement' currently being finalised. 🌐

THE CAYMAN MUSIC & ENTERTAINMENT ASSOCIATION PRESENTS

THE 12TH ANNUAL MUZAICXII

MUSIC & ARTS FESTIVAL

FRIDAY | January 24th | CMEA DJ'S SHOWCASE Free

Featuring Caymans Top Dj's

VENUE: Seven Mile Public Beach

TIME: 5:00 PM - Until

SATURDAY | January 25th | CMEA HEROES SALUTE | Free

CMEA salutes this years Heroes Day Awardees with music and dance.

VENUE: Havana Club

TIME: 8:00 PM - 12:00 AM

SUNDAY | January 26th | CMEA MUZAIC AWARDS | Free

Awards presented for individuals who have contributed long term service and excelled over the past year in teaching, radio, performing and recording as well as our Icon Award.

VENUE: Harquail Theater

TIME: 6:00 PM - 10:00 PM

Monday | January 27th | CMEA LIVE MUSIC SHOWCASE | Free

The best local bands on island perform at the grand finale

VENUE: Heroes Square, George Town

TIME: 12:00 PM - 3:00PM

CMEA MEMBER ARE ADMITTED FREE

For More Info Call

926-6184

929-8646



Cayman Music And Entertainment Association

Sponsored by Ministries of Culture and Tourism, Eyecay.ky, The Ministry of Education, Caymanian Times, Radio Cayman.



The image shows a laptop displaying the Caymanian Times website. The website header includes the logo, a weather widget showing 83°F, and a legal notice for HSM. The main content area features a 'Latest News' section with four articles: 'West Bay Celebrates at Senior Citizens' Christmas', 'More Toronto Flights coming to Cayman', '2019 Top Stories: Prince Charles and Duchess', and 'Tourism Successes Continue for the Cayman'. There is also a 'Most Recent Newspaper' section for Monday, December 30, and an 'Online Poll' section. In the foreground, a cartoon pencil character with glasses and a red cap is holding a notepad and pointing towards the laptop. The background shows a desk with a pencil holder and a potted plant.

For a complete update of Local News, Notices and Events, log on to www.ctimes.ky

The only website that allows you to download your daily news and upload your advertisements

Cayman Enterprise City Strengthens Cayman's Tech Sector Through Digital Cayman Sponsorship

Cayman Enterprise City (CEC) through their technology-focused special economic zone, Cayman Tech City, is pleased to announce a five-year founding sponsorship commitment to the Digital Cayman not-for-profit initiative valued at \$250K.

Digital Cayman was first announced at the Cayman Islands Digital Economy Conference (CYDEC) on 20 June 2019, following a meeting with government representatives and industry professionals held during CYDEC 2018. The initiative emerged due to a growing demand by the Cayman Islands digital sector for a professional body to represent digital industries and support the Cayman Islands Government with relevant policy and legislation development.

"Our five-year commitment and sponsorship of the Digital Cayman initiative has enabled its recent launch and will ensure the initiative's longevity," said CEC's Chief Executive Officer and Digital Cayman executive board member, Charlie Kirkconnell. "The CEC mission is to help diversify Cayman's economy and develop a business community where innovation thrives, so supporting Digital Cayman aligns seamlessly with our goals. We're excited to help drive this project forward and to further positively impact the Cayman Islands community."

The industry body was initially conceived by Paul Byles, Digital Cayman executive board member, founder of the CYDEC conference, and director at FTS, and is now being actively facilitated by a steering committee of 15 prominent technology professionals and industry leaders. "We're on a mission to strengthen Cayman's digital sector by advocating for positive policy changes that will encourage the growth of the digital sector while adhering to appropriate standards for risk and reputational management purposes," explained Byles.

As the voice of the Cayman Islands' digital sector, cultivating Cayman's dynamic and innovative digital ecosystem is at the forefront of the Digital Cayman mission. Since its launch, and together with Cayman Tech City, the initiative has already hosted seven public "Tech Talks" events which have welcomed over 225 industry professionals to discuss tech trends. Topics discussed and actively debated include Facebook's Libra cryptocurrency, building tech ecosystems, IT security systems, product development cycles, smart contracts, data protection, and most recently sector advocacy. Digital Cayman plans to officially welcome members into the association later this year.

Chris Wall, Digital Cayman executive board member, owner of Walzzy Creative SEZC and co-founder of Grappzie, a UK-based digital-first greeting card and invitation platform, explained that to achieve the goals set out by the Digital Cayman initiative they will actively engage and work with government and regulators in Cayman and across the world to ensure that the Cayman Islands and it's people are not left behind. "The digital sector is moving at an absolute rapid pace," he explained during a recent Radio Cayman interview. "There's no reason for the Cayman Islands to lag behind. Through Cayman's growing tech community and through the Digital Cayman initiative, we can be at the absolute forefront of innovation, digital development, and ultimately positive progress."

To date, CEC has contributed over USD \$39K in capital for financial support and services to establish the Digital Cayman initiative. This initial expenditure covered everything from legal to brand development and design to marketing services for the launch of the initiative. CEC's five-year founding partner sponsorship of Digital Cayman is an annual commitment of USD \$50K totalling USD



► Chris Wall, Charlie Kirkconnell and Polly Pickering

\$250K over the five-year period. As part of the commitment, CEC is also providing Digital Cayman with the opportunity to participate in the CEC's Enterprise Cayman outreach initiatives, which includes internships and school programmes, and will enable the non-profit organisation to provide industry knowledge and expertise directly to Cayman's youth, up-and-coming digital professionals, and entrepreneurs.

"The attributes that have made the Cayman Islands so enticing to the financial services sector have also attracted some of the world's top technology entrepreneurs and leading fintech, media, and blockchain businesses to set up a genuine physical presence in the jurisdiction," said Kirkconnell. "While CEC is now home to a vibrant community of

over 250 global special economic zone companies, 170 of which operate from within Cayman Tech City, Digital Cayman membership is not restricted to the special economic zones; it is open to everyone working in the digital sector who is interested in helping to develop a dynamic technology ecosystem in the Cayman Islands."

For more information about the Digital Cayman initiative and to register your interest visit www.digitalcayman.com.

"Tech Talks" take place on the second Thursday of each month and members of the public who are working within the Cayman Islands' technology sector are invited to register their interest by emailing innovate@caymanenterprisecity.com.

Growing Restaurant Revenues: Revenue Management Series. Part 3

This week we conclude our three-part series: Growing Restaurant Revenues: Revenue Management - as we explore five ways to optimize your restaurant's menus for profit, the final revenue management strategy to increase profitability:

Organize Menu Based on Profit and Popularity

Firstly, arrange menu items into the various categories (starters, mains, and dessert). From there, assign them to one of the following four categories—each representing different levels of popularity and profit: Stars -High popularity and high profitability (margins), Work horses - high popularity and low profitability, Puzzles - low popularity and Dogs - high profitability and low popularity and profitability.

You can use your point of sales system (POS) sales data to help you classify all your dishes according to these quadrants. This classification will help you decide the fate of certain dishes, how to place items on your menu, and how to promote them.

Consider these ideas when making important decisions about what to do with the different dishes in the various categories:

Stars: Strategically place these items on your menu to entice customers to buy them. Work horses: These dishes may not be as profitable as the high popularity and high profitability items, but they're likely driving foot traffic to your

restaurant, so keep them. But, don't be afraid to make changes to these dishes, so they become more profitable, e.g., source ingredients from different suppliers, reduce portion sizes and so on. Puzzles: Turn these dishes into customer favorites. A simple reduction in price or a change in flavor profile can help achieve this. Dogs: Unless these dishes appeal to a crucial customer segment of yours, remove them from the menu.

Add Profitable Dishes to the Golden Triangle

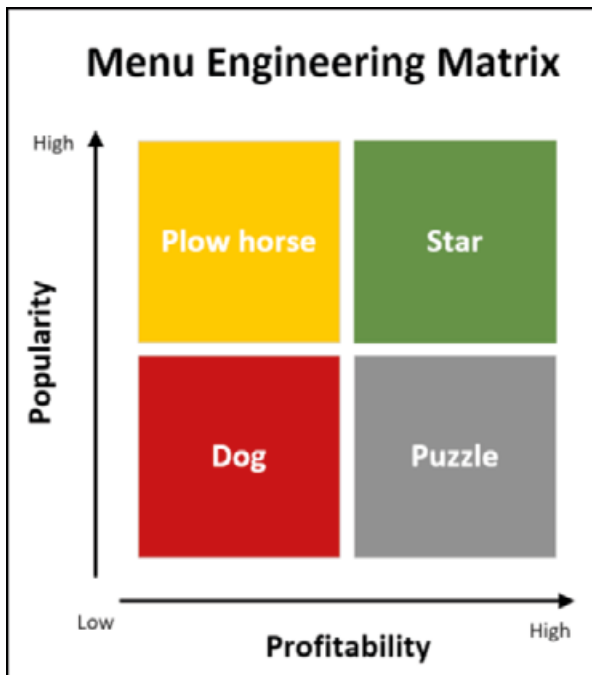
One of the best ways to sell more with your menu is to place profitable menu items in the Golden Triangle.

The Golden Triangle is a prime real estate area on your menu where the diner's eyes naturally gravitate toward first when reading a menu. The movement of the eye leads to the formation of what looks like a triangle.

When we look at a menu, our eyes typically move to the middle first, before traveling to the top right corner, and then, finally, to the top left.

Keep the Menu Lean

Research suggests that giving customers too many options to choose is



► Brooke Meyer is the managing partner of Caymera International

overwhelming and makes it harder to choose. These same principles apply to your menu.

So, reduce the number of options per menu category (starter, main, and dessert). Experts suggest this number be seven or fewer.

Optimize Menu for Cross-Selling

Cross-selling involves encouraging diners to purchase complementary items to boost revenue. Although you should train and encourage servers to cross-sell, your menu can also be a sales tool. For example, you can pair certain wines and meals together by including a wine recommendation just below a dish description.

"Call-Out" Profitable Dishes

Simply placing menu items in the various categories, including the golden triangle, and optimizing it for cross-selling isn't enough. You should also encourage diners to buy profitable dishes by calling them out.

You can "call-out" these items by placing them in italics and bold font or underlining them. Just make sure you don't overdo these callouts as it will contribute to a cluttered and confusing menu that detracts from the entire dining experience.

A Final Word on Restaurant Revenue Management in Your Restaurant

Whether you're a struggling or thriving restaurant, your goal remains the same: To maximize restaurant revenue

and boost profits. Better restaurant revenue management is one solution that can help you do exactly that.

Sure, it's not without its challenges as restaurants have a relatively fixed service capacity, but that doesn't mean it's impossible. Implementing the five strategies we've outlined in this series will help:

Manage restaurant capacity by adjusting table layout and using table management software to optimize your floor plan.

Control table turnover by ensuring both your kitchen and serving staff are trained properly, and you have a strategy to deal with the campers.

Optimize your menu for increased sales by grouping complementary items, strategically placing dishes, and highlighting profitable dishes to guide diner choice.

Caymera International is offering a course in Restaurant Revenue Management. In this course, we will guide you through the restaurant revenue management process, providing real-world examples, strategies, and techniques that will help you apply these tools to your own restaurant. For more information, please contact info@caymeragroup.com.

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



COMMUNITY EVENTS

Prospect Primary School Sports Day

23 January - All are invited to Prospect Primary School's Sports Day which will be held at the Truman Bodden Sports Complex on Thursday 23 January beginning at approximately 9:00am. For more information, call the school at 947-8889.

5th annual Burns Supper - A Jasmine Event

24 January - Jasmine invites you to their 5th annual Burns Supper on January 24th at 6:30pm at Grand Old House. Tickets are \$150 and include dinner, wine, whiskey and Scottish dancing. For more information, call 945.7447 or email info@jasmine.ky.

Traditional Craft Class: DIY Art Workshop with Kara Julian

January 25 - The National Trust will be hosting a Traditional Craft Class to be conducted by Kara Julian. This will take place at The Mission House, 63 Gun Square Road, Bodden Town from 10:00am to 12:30pm. The cost is CI\$35 per person. Contact 749-1121 or info@nationaltrust.org.ky for more information.

Stride Against Cancer

26 January - The Nationwide Stride Against Cancer, a fundraising event to benefit the Cayman Islands is Sunday January 26th starting at Seven Mile Beach and Saturday 25th for the Little Cayman Stride. CI\$25 early bird registration until midnight on January 11th. after which the cost is CI\$30. No registration on the day of the event. Race packets (t-shirts) can be collected from the Cayman Islands Cancer Society offices from January 20th. Start time is 6:00am for the 13.1 mile half marathon timed race.

It's a 6:30am start for the 6.5 mile quarter marathon walk / run. Check <https://www.cics.ky> for more information.

Botanic Park Family Fun Day

26 January - The Garden Club of Grand Cayman invites the public to its annual Family Fun Day held at the Queen Elizabeth II Botanic Park on Sunday 26th January 2020 from 10:00 am to 3:00 pm.

Heroes Day

27 January - National Heroes Day is a public holiday celebrated in the Cayman Islands on the fourth Monday in January. Awards are presented to persons who have made a significant impact to the Cayman Islands.

Astronomy Viewing at Pedro

27 January - Join the CI Astronomical Society for the monthly public Astronomy viewing session on the lawn at Pedro Castle at 6:30pm. Venus and Neptune will stage the closest planetary conjunction of the year on January 27, 2020. The planet Mercury is beginning to come into view after sunset, the lit side of the moon can be used to locate Mercury, the innermost planet, and Venus to locate Neptune, the farthest planet. No equipment is necessary. Get regular updates on <http://facebook.com/caymanastronomy>.

Free HIV Screenings

28 January - Free, confidential HIV screenings sponsored by the Public Health Department are available this Tuesday and every Tuesday at the Cayman Islands Red Cross on Huldah Avenue, George Town from 10am to 2pm. Call 949-6785 for more information.



► Kids enjoyed the coconut shy

Data Protection Law Awareness Session

31 January - The Ombudsman Office is hosting an awareness session on the Data Protection Law on January 31st at the George Town Public Library from 2 to 4pm. Anyone may attend and may register at info@ombudsman.ky or call 946-6283 for more information. There will be two more sessions in February and March.

Traveling Art Exhibit: Horacio Esteban Connecting Our Past to Our Future

1 February - The Brac Heritage Autumn Festival Cayman Air presents a Traveling Art Exhibit: Horacio Esteban Connecting Our Past to Our Future, opening on February 1st at 11am. Email bracautumnfestival@gmail.com for more information.

Hatitude: Tea by the Sea

1 February - The National Trust of the Cayman Islands is having its annual Hatitude event on Saturday 1 February at the Grand Old House from 2-4:30pm. Cost is CI\$75.00 for adult members, CI\$90.00 adult non-members, CI\$45.00 children members (ages 6-12) and CI\$50.00 children non-members (ages 6-12). To buy tickets, go to nationaltrust.org.ky.

Family Skills Programme

6 February - The Family Resource is offering free programmes for parents! Learn effective behavior management strategies to support your children and equip your family with skills to improve family relationships. This programme is only for families with children ages 6-11 and begins at 6pm. For more information about this and other programmes, call 949-0006 or email frc@gov.ky

Valentine's 5K Fun Walk/Run

8 February - The Mothers' Union of the St. George's Anglican Church presents the 4th annual Valentine's 5k Fun Walk/Run beginning at 6am at Smith's Cove Barcadere. The theme of this year's event is "Keeping Families Healthy". Tickets are \$10 for adults and FREE for children under 12. There will be prizes and surprises. Proceeds are in aid of Maple House and other outreach projects. Register online at www.caymanactive.com/registrations or arrive at 5:30am for late on-the-day registration. The route starts at Smith Cove Barcadere, down to "The Avenue" and back to Smith Cove Barcadere. Participants will be timed and water will be available at the finish. Well behaved and on-leash dogs are allowed.

Coco Fest

8 February - Coco Fest is back on Saturday 8 Feb. at Pedro St. James from 12pm to 6pm. You can find coconut inspired food, treats, fresh coconut water, crafts, games, music, and more! Enter coconut cake competition and watch many demonstrations! Admission is only \$5 and FREE for kids under 6. Proceeds from each entry fee benefit Meals On Wheels.

Heart Warriors & Angels Beach Walk 2020

9 February - All are invited to the 2nd. annual Heart Warriors & Angels Beach Walk which commemorates Congenital Heart Defects Awareness Week and in memory of baby Nolan Evans. The walk begins at the Public Beach starting at 7am. Registration fee is CI\$25 and includes an event t-shirt. Warriors and Angels costumes for all ages are welcomed. There will be complimentary refreshments and face painting as well as great prizes and much more. Your contribution will be long lasting in the efforts to fund the support of local families with CHD babies. Your support would truly be an investment in our community! For registration, please email teammolanevans@outlook.com or ailianevas@hotmail.co.uk

Annual Kiwanis Bike Cycle Event

9 February - The Kiwanis Club of Grand Cayman is having their 38th. annual cycling event beginning at 7am. This annual fundraiser is very popular amongst the riding community! The riders bring their bikes to Smith Cove and are then transported with their bikes to the Blow Holes. From there, everyone cycles 20 miles back to the finish at Smith Cove. All proceeds support the Kiwanis Youth Service Clubs. For more information, go to www.kiwanis.ky or email info@kiwanis.ky



TRY THIS IS IN THE NEW YEAR

So, the New Year has begun in earnest. The mad, daily rush to and from work, reading children for school, planning how to pay the bills, and the vicious cycle continues. It would seem as though that we don't have enough time in the day to get things done. For this New Year I hereby encourage everyone to ensure that they take care of themselves. Make time at least three times daily to do **MRT - METABOLIC RESISTANCE TRAINING**.

This is the term used to cover various combinations of intense muscular and cardiovascular protocols. It's a high volume training that works a large muscle group of the whole body, which results in burning a high number of calories. It's tough and not for the **FAINT OF HEART**. Here are some of its benefits.

TIME EFFICIENCY - When you do MRT you are actually doubling your workout in half the time. This is handy for all of us on a busy schedule.

INCREASED VOLUME - One of the key successes to your fat loss or muscle building is the volume within your workout. MRT smashes this with its incredibly high volume.

INCREASE FAT BURN - The calories burnt in a session is seriously high, due to the intensity of the workout. It causes even greater fat burning for up to 48 hours post workout through exercise post-exercise oxygen consumption. This is often referred to as the after-burn effect.

IMPROVES FITNESS WITH LESS CARDIO - MRT is very metabolic, meaning it uses a large amount of energy to build muscle and therefore, burns more fat. It also needs a large amount of oxygen and recovery between sets. It is, therefore, great at increasing cardio health. Here are some MRT'S you can do: **15-20 goblet squats, 15-20 Dumbbell walking lunges, 15-20 Barbell bent-over rows. Remember, it's not for the FAINT OF HEART.**



Simple fitness habit you're not doing

Start the new year off with this easy yet effective fitness habit, something that I can almost guarantee you're not doing. By making this small change to your daily routine you'll quickly find those unwanted pounds coming off quickly and easily.

Warning: This fitness habit is going to sound so easy that you may be inclined to simply dismiss it. My advice is to try it out before writing it off as too easy.

The simple fitness habit that you're not doing is to drink a minimum of 64 ounces of water daily.

Now I know that sounds boring but take a moment to calculate your water intake over the past few days. Did you even get close to the minimum of 64 ounces? Really, for optimal fat loss, you want to be drinking closer to a gallon of water each day.

Why is water such a big deal? Here are 3 serious reasons why drinking a minimum of 64 ounces of water a day will help you drop pounds and achieve a stunning transformation...

#1) Water Helps Fat Metabolism in the Liver

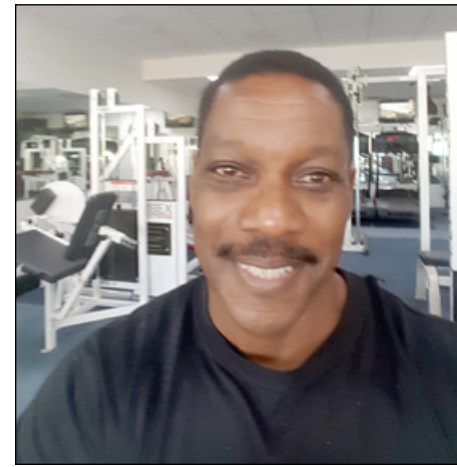
When it comes down to the technical process of losing fat, your liver is where the action is. The key to having a highly functional liver, one that quickly removes metabolic waste and built up toxins, is to be properly hydrated by drinking a minimum of 64 ounces of water each day.

Your liver is a filter for your body. When you aren't drinking enough water, your liver accumulates a buildup of waste product that slows the process of fat metabolism down.

#2) Water Helps Balance Hormones

Without getting too technical about the science of fat loss, it's important that you understand that your hormones play an important role in your body's ability to lose fat. When your body enters a state of dehydration, your organ and digestive functions are compromised, which in turn negatively impacts hormonal balance.

This stress, brought on by dehydration, impacts your adrenal glands, sign-



► Ernest Ebanks

aling the need for an increase in cortisol, which encourages your body to begin storing fat, rather than burning it.

#3) Water Reduces Calorie Intake

By drinking a minimum of 64 ounces of water daily, your desire for high calorie, sugary drinks like soda and high fructose juices will diminish. This decrease in fattening calories really adds up!

In addition to weight loss, drinking water has an infinite number of benefits - including improved skin complexion, boosted immune system, cleansing toxins out of the body, etc.

While it's important to drink plenty of water in general, be sure you're increasing your amount before and after your workouts. The more you sweat, the more water you lose, and it's important to replace that lost water to avoid dehydration.

Does this make sense? Remember: Drink a minimum of 64 ounces of water each day.

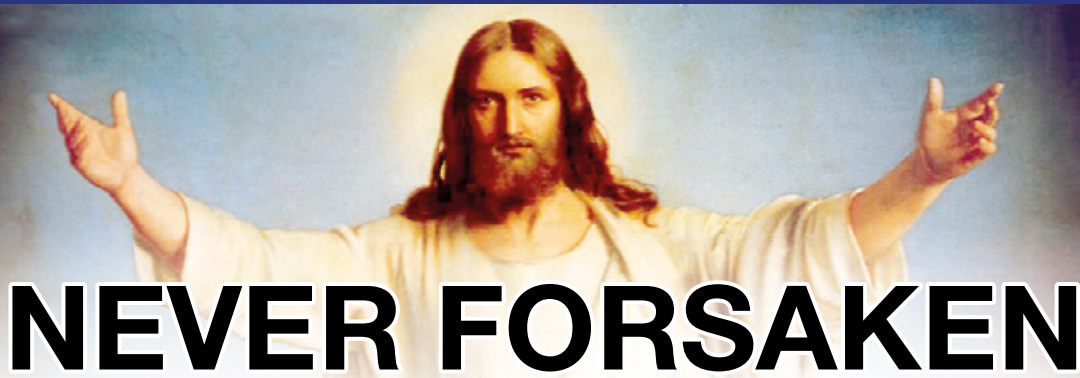
I hope that you find this simple fitness habit to be helpful in your quest for a new and improved you in 2020! Remember that participating in a challenging and consistent exercise program is absolutely vital when it comes to getting into great shape.

I'm here to help you on your fitness journey. Call Ernest at Body Shapers Fitness 325-8696 or email me today at bodyshaperscayman@gmail.com to get started!

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
77°/75°	78°/76°	78°/77°	79°/74°	80°/78°	79°/78°	79°/77°
Partly sunny with a shower	Sunshine with a shower	Mostly sunny	Mostly sunny and beautiful	Mostly sunny and beautiful	Mostly cloudy, a little rain	Mostly sunny

MOMENTS OF INSPIRATION



NEVER FORSAKEN

Russian writer Fyodor Dostoyevsky said, "The degree of civilization in a society can be judged by entering its prisons." In an online article investigating the top 8 Deadliest Prisons in the World, in one of them all prisoners were held in solitary confinement. We are intended to live and relate to one another in communities. Therefore, solitary confinement is truly harsh.

Solitary confinement is the said agony our Lord suffered when He was forsaken on the Cross. Matthew 27:46 He cried, "Eli, Eli, Lama sabachthani." Translated this means, "My God, my God, why hast thou forsaken me? As he suffered and died under the burden of our sins, he has promised us, "I will never leave you nor forsake even to the end of the age."



Jesus endured solitary confinement so to speak so that we can never be alone nor abandoned. 🙏

BURGER KING CAYMAN ISLANDS HOST THEIR THIRD ANNUAL FISHING TOURNAMENT - BK BIG FISH

Burger King is a longtime supporter of the Cayman Islands Angling Club and local fishing tournaments and is thrilled to announce their third annual fishing tournament in 2020, BK BIG FISH. The tournament will take place over three full fishing days, March 6th - 8th, with over \$55,000 in cash and prizes to be won and giveaways for all participants.

In conjunction with the BK BIG FISH tournament, we are honored to be partnering with the International Game Fish Association in their third Cayman Outreach Program, supported by the Cayman Islands Angling Club, the Department of Environment and the Guy Harvey Ocean Foundation on March 7th and 8th at George Town Yacht Club. The aim of the clinics is to educate youths on conservation, as well as the basics of fishing including basic tackle description, knot tying, fish handling, dehooking, fishing safety and environmental stewardship. The camp will conclude with a Family Fishing Derby. In addition to the two-day fishing clinic is the Fishing Family Fun Day organized by Guy Harvey Ocean Foundation and Car City. The day will include virtual reality, snow cones, face painting, games and activities for the entire family. The Fishing Family Fun Day will be on Saturday, March 7th from 12 - 4pm at George Town Yacht Club.

Registration for the tournament will be held on the evening of Wednesday, March 4th at the Barchadere/GTYC, and at Captain's Table in the Brac. BK Big Fish is proud to be partnering with the YMCA of the Cayman Islands to raise much needed funds for this charitable organization (www.ymcacayman.ky).

Burger King aims to create a fun and rewarding tournament that is accessible to fishermen of all levels and demographics. For more information please contact bkbighfish@bk.com.ky, or visit the Cayman Islands Angling Club website fishcayman.com.



PRIZES:

Wahoo, Yellowfin Tuna and Dolphin

- 1st \$5,000
- 2nd \$2,500
- 3rd \$1,000

Junior Angler (Whopper Jr.)

- 1st \$1,000
- 2nd \$750
- 3rd \$500

- Blue Marlin Release - \$5,000
- Grand Slam - \$5,000
- Smallest Eligible Fish Caught - \$1,000 Each Day!
- Heaviest Specified Species Fish - \$1,000 Each Day!
- Lady Angler - \$2,000
- Daily Radio Trivia Gas Vouchers Courtesy of Rubis - Five \$100 Vouchers Each Day 🙏

OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Delroy Percival Auldin McLaughlin, who passed away on Thursday, January 09, 2020.

A Thanksgiving Service will be held at Ebenezer Baptist Church, Cayman Brac on Saturday, January 25, 2020 at 12:00 p.m. Viewing: 11:00 a.m. - 12:00 p.m. Interment at: Creek Cemetery

In lieu of flowers donations can be made to Jasmine Care & Ebenezer Baptist Church.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Carolyn Smith, who passed away on Friday, December 27, 2019.

A Thanksgiving Service will be held at Church of God Universal, Walkers Road, George Town, Grand Cayman on Sunday, January 26, 2020 at 2:00 p.m. Interment at: Prospect Cemetery

A Private Viewing will be held at Churchill's Funeral Home, 328 Eastern Avenue on Saturday, January 25, 2020 at 6:00 p.m.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Jewell V. Forbes, who passed away on Monday, January 20, 2020. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Michael Hydes, who passed away on Sunday, January 19, 2020. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Uriah George Munroe, who passed away on Tuesday, January 21, 2020. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Barbara Reid-Seymour, who passed away on Thursday, January 16, 2020. Details of a Thanksgiving Service will be announced at a later date.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Sariah Natalia Jelysa Stafford (Infant), who passed away on Tuesday, January 14, 2020. The late Sariah Natalia Jelysa Stafford will be repatriated to Trinidad & Tobago.

Condolences can be registered at churchillsfuneralhome.com



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Independence of the Seas	Brilliance of the Seas	Adventure of the Seas	Carnival Paradise	Regal Princess	Caribbean Princess	AIDAdiva
Norwegian Breakaway	Carnival Conquest	Carnival Vista	MSC Meraviglia	Carnival Glory	Independence of the Seas	
	Berlin	Monarch	Costa Luminosa	MSC Armonia	Carnival Legend	
			Norwegian Gateway	Celebrity Equinox		
			Liberty of the Seas			
			Celebrity Reflection			
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GLOBAL NEWS BRIEFS

Canada's malnourished is over 4m

Canadians who cannot afford regular meals are more likely to die early, according to a study released this week, showing that people are dying from hunger even in wealthy countries like Canada.

The study of more than half a million Canadian adults found that hunger was linked to raised mortality from all causes of death except cancer.

But infectious diseases, unintentional injuries and suicide were twice as likely to kill those who faced severe problems finding enough food as those who do not, said the paper, published in the Canadian Medical Association Journal.

"It's like we found third-world causes in a first-world country," lead author Fei Men, a postdoctoral fellow at the University of Toronto, said. "Food insecure people in Canada are facing problems like infections and drug poisoning that we would expect people from developing countries to be facing."

"The results are pretty striking to us as well. In the developed world such as Canada, food insecurity can still cause deaths."

More than 4 million people in Canada struggle to get enough to eat out of



► More Canadians are resorting to food banks

a population of 37 million, which means roughly 11 percent are malnourished. Official data shows this problem ranges from running out of food or skipping meals to compromising on quantity and quality.

Not having enough to eat leads to both "material deprivation and psychological distress" which in turn results in chronic inflammation and malnutrition, it said.

They are also less able to manage chronic conditions, Men said, such as diabetes, where "they are more likely to not adhere to their treatment and drugs so it might have much bigger and harmful effect on them." 🌐

Taal is still a big threat to erupt

Volcano experts in the Philippines are monitoring the Taal volcano closely for signs of a major eruption. At press time, the volcano's activity has eased since it began spewing steam and ash two weeks ago, but the threat of a large-scale eruption remains, say scientists. In addition to the immediate risk to life, such an event could contaminate water supplies and disrupt power generation for millions of people, and halt ground and air travel.

At 2:30pm local time on Jan. 12, Taal — which is on an island about 60 kilometres south of Manila — started ejecting lava and blew a giant plume of rock fragments, known as tephra, up to 15 kilometres high. Ash travelled as far north as Quezon City, some 70 kilometres away, forcing tens of thousands of people living on Taal's Volcano Island and in nearby provinces to evacuate.

The volcano's activity has stalled, but this does not mean the worst is over, said volcanologist Mariton Bor-nas, who heads the division responsible for monitoring and predicting eruptions at the Philippine Institute of Volcanology and Seismology, a govern-



► The Taal volcano could erupt at any time

ment agency in Quezon City, just north of Manila.

The volcano remains at level 4, the second-highest level on the country's volcano-alert system, which means a hazardous eruption could happen any time. Scientists say the threat of a major eruption remains high because analysts have reported hundreds of volcanic earthquakes, as well as the emergence of fissures, and receding of the surrounding lake. The ongoing seismic activity suggests that magma is continuing to rise to the volcano's surface from deep within the Earth. Since the sixteenth century, Taal has erupted about 30 times, including four major events. 🌐

UK blacks feel prejudice more than migrants

Black and Asian people in the UK who are second and third generation immigrants generally feel more discriminated against than recent European migrants, two surveys show.

People born in Britain to migrant parents are more likely to feel discriminated against than migrants who are new to the UK, research suggests.

Evidence from two 2018 surveys points to ethnicity being at the root of any perceived discrimination rather than a person's status as a migrant.

Among immigrants, more than 70 percent say Britain is welcoming and 90 percent believe migrants can make it if they work hard. But more non-European Union migrants feel they face prejudice than those from Europe.

The University of Oxford's Migration Observatory briefing, Migrants and Discrimination in the UK, is based on data accrued in the European Social Survey and the UK longevity household study (40,000 households) in 2018.

Amongst predominantly white migrants from the EU, only eight percent say they feel they are discriminated against in Britain, while those from outside the EU are more than twice as likely to say they were part of a group



► The UK's black population feels discriminated against

that is discriminated against, at 19 percent.

For second generation migrants, born in Britain, the sense of being discriminated against increases to 30 percent.

Dr Marina Fernandez-Reino, researcher at the Migration Observatory and author of the briefing, described the reasons behind the perceived hostility as "complex".

"Some UK-born minorities actually have worse outcomes than migrants, such as higher unemployment," she said.

"Research also suggests that children of migrants, who were born and raised here, have higher expectations and so are more sensitive to inequalities or unequal treatment they encounter.

"By contrast, people who migrated here may compare their experience to life in their country of origin and feel that they have benefited from moving - even if they still face some disadvantages." 🌐

Havana jazz festival ends on a high note

Cuban music lovers had their spirits lifted recently as one of the country's most popular festival was staged.

New Orleans and Cuban brass musicians paraded joyously through Havana two weeks ago as part of the city's jazz festival and in defiance of the Trump administration's efforts to weaken US-Cuba relations.

On a warm, sunny day, passers-by joined in the conga or danced on the balconies above as the trumpeters, trombone and saxophone players marched through Havana's eclectic mix of colonial, art deco and art nouveau buildings.

"The world is so separated right now ... so moments like this are especially important," said US citizen Nicola Fuqua who went to Havana for the festival. "New Orleans and Cuba are so similar."

Music has long formed a cultural bridge between Cuba and the United States regardless of the state of politi-

cal relations, with Afro-Cuban rhythms like the habanera feeding into Afro-American music as early as the 19th century.

"We are hoping that with us coming over, this can open up the door to more collaborations and things the U.S. and Cuba can come together on," Marcus Hubbard, trumpet player for brass band The Soul Rebels said.

Cruises used to regularly connect New Orleans and Havana before Fidel Castro's 1959 leftist revolution that prompted the United States to cut off diplomatic relations and impose a trade and travel embargo on Cuba that exists to this day.

The visiting New Orleans musicians said they were frustrated it was so hard to come to Communist-run Cuba due to President Donald Trump's tightening of restrictions on US travel to the Caribbean's largest island. 🌐



► Havana streets were filled with jazz music

Hernandez claims to be anti-corruption

Honduras President Juan Orlando Hernandez said he is committed to battling corruption after his government ended the mandate of an anti-graft mission in the country backed by the Organization of American States. But it has led to a backlash because the public believe he is trying to avoid new, more effective corruption laws.

Writing on Twitter the day the mandate lapsed for the body known as the Fight Against Corruption and Impunity in Honduras (MACCIH), Hernandez said: "We confirm our steadfast desire to continue our fight against corruption and for transparency."

The president, who critics accuse of undermining the rule of law in Honduras, added that his country would continue seeking support from international partners including the OAS, the United Nations, the European Union and others.

Lawmakers allied with Hernandez voted last year against retaining the



► Honduras President Juan Orlando Hernandez

MACCIH, which was formed in 2016. Around 800 people took to the streets of the capital Tegucigalpa on Sunday to demand Hernandez's resignation and chanting: "We want the MACCIH."

The demonstrators on the march felt without the anti-graft law, politicians would be free to do what they wanted with public funds. The record of Hernandez, an ally of the United States, has come under increasing scrutiny in recent months after his brother Antonio Hernandez was convicted in October in the US of drug-trafficking. 🌐

Guaido defies travelling ban

Venezuelan opposition leader Juan Guaido has defied a travel ban to head to Colombia, where he met US Secretary of State Mike Pompeo, as he seeks to boost support amid a power struggle with President Nicolas Maduro.

Recognised as Venezuela's legitimate president by more than 50 countries, including the United States, Guaido had not left the country since February 2019, when he also defied the court-imposed ban to travel to Colombia.

Maduro accuses Guaido of being a coup-mongering puppet controlled by the White House.

Pompeo, who was in the Colombian capital, Bogota on Monday at the start of a Latin American tour, said Guaido was "the duly elected leader of Venezuela".

Guaido then travelled from Colombia to the annual meeting of the World Economic Forum in Davos,



► Juan Guaido travelled to get support

Switzerland, where he urged European officials to increase pressure on Maduro.

Guaido has been barred from leaving Venezuela since proclaiming himself acting president a year ago and declared Maduro a "usurper" who had secured re-election in a 2018 vote widely considered fraudulent.

Maduro, however, remains in power, backed by the military as well as Russia, China and Cuba and accuses the opposition of stirring up violence. 🌐

Cayman football fans will flock to Miami

NFL fans in the Cayman Islands are probably scraping their savings together to see if they can afford to attend Super Bowl 54 next month. Tickets will be a crazy prize but some are sure to be there.

The San Francisco 49ers defeated the Green Bay Packers 37-20 to win the NFC Championship and will play the Kansas City Chiefs on Feb. 2 in Miami. Even if fans cannot get a ticket for the big game, the city will be buzzing that weekend and well worth being there.

Raheem Mostert was the outstanding star of the two games. He ran in four touchdowns as the 49ers took control, with the Packers, who trailed 27-0 at half-time, scoring two Aaron Jones touchdowns and another from Jace Sternberger.

The Chiefs beat the Tennessee Titans 35-24 in the AFC Championship game earlier on Sunday to secure a first Super Bowl appearance in 50 years.

In Philadelphia, most of the attention in the run-up to the Super Bowl will deservedly be on coach Andy Reid, who will get his second chance to hoist the elusive Lombardi Trophy.

But Mostert's show-stopping game is also significant here because there was a time he suited up for the Eagles, as many have bickered about on Twitter since Sunday's game.

Mostert led the NFL in preseason scrimmage yards in 2015 (351) but the Eagles still cut him. Mostert was signed by the Eagles as an undrafted free agent. He had a strong preseason, got cut, spent some time on the practice squad and was ultimately released. Since then, he's bounced around to the Miami Dolphins, Baltimore Ravens, Cleveland Browns, New York Jets, Chicago Bears and finally landed with the 49ers in 2017.

In a year in which the Eagles relied on practice squad players to scrape their way into the playoffs, Mostert's perseverance is worthy of admiration. Even after he seemed to catch on in San Fran, he suffered a gruesome and nauseating forearm injury that ended his 2018-19 season. Another team might have given up on him, but Mostert was rewarded by the 49ers with a three-year, \$8.7 million contract.

This will be the 49ers' first Super Bowl since 2013 when they lost 34-31 to the Baltimore Ravens in New Orleans. With



► Raheem Mostert was sensational for the 49ers

Mostert in sizzling form, they expect to get over the line this time.

The 49ers have won it five times, but their last success came 25 years ago when they beat the San Diego Chargers 49-26 in Super Bowl 29, which was also held in Miami.

It has been a remarkable turnaround for Kyle Shanahan's side, who had a 4-12 record in the 2018 regular season, compared to 13-3 in this campaign.

They thrashed Green Bay 37-8 in week 12 in November and were completely dominant in the first half against the Packers at Levi's Stadium.

"I just woke up like it was any other game," said Mostert of his stellar display. "It was just one of those games where once we all got in the groove we were

like 'Hey, let's keep it riding, keep it rolling' and that's what we did."

Quarterback Patrick Mahomes threw three touchdowns and ran in another as the Chiefs overcame an early 10-point deficit with 28 unanswered points to beat the Titans.

Kansas City appeared in the first ever Super Bowl and last took part in the big game in Super Bowl IV in 1970 - with their return to the NFL finale representing the biggest gap in Super Bowl appearances in history.

Mahomes said: "We're not done yet, we're going to do it. This is awesome, we go out every day and you see the work coach Reid does. We're going to the Super Bowl and going to play our best football." 🌐



► Patrick Mahomes steered the Chiefs to Super Bowl 54

Bucks are a surprising new force

The NBA season is rolling right along after passing the midway point. In just a few weeks it will be All-Star time, and then soon after, the playoffs will be in sight. In the meantime, the red-hot Milwaukee Bucks are the unlikely dominant team.

Only two teams in NBA history have managed to win 70 games in a season; the 2015-16 Golden State Warriors, who set the all-time record by going 73-9, and the 1995-96 Chicago Bulls, who went 72-10.

This season, the Milwaukee Bucks are on pace to join that club. After 44 games,

they were 38-6, and riding a six-game winning streak.

While reaching 70 wins is a monumental task, this Bucks team has all the ingredients to get there. They have the NBA's best player in reigning MVP Giannis Antetokounmpo, the league's best defence and second-best offense along with a deep supporting cast that lets them absorb injuries and helps keeps key players fresh. They also have a real sense of motivation after last season's failure in the Eastern Conference finals. That last one might be the most key, because it means they never take a night off, and are always out there looking to prove something.

The Bucks have already won 14 games by 20-plus points, and their remaining schedule is not a daunting one. Looking at the opponents they have left, it's hard to find seven games anyone would expect them to lose. 🌐



► The Milwaukee Bucks are rewriting the record books

Werner wants to join rampant Liverpool

Liverpool and Chelsea are going head-to-head in a \$65 million battle to sign RB Leipzig striker Timo Werner. Werner would prefer a move to Anfield than Stamford Bridge, according to a report in Germany.

Werner has been linked with a transfer to the Premier League since last season, but his contract isn't up until 2023. The 23-year-old German has scored 24 goals in 25 appearances

for Leipzig this season and is impressing clubs across Europe with his all-round forward play.

But reports suggest that Chelsea and Liverpool are the frontrunners for his signature. Frank Lampard's Blues need a forward, with the futures of both Olivier Giroud and Michy Batshuayi both uncertain.

According to Bild in Germany, though, Werner would prefer a move to champions-elect Liverpool to play under Jurgen Klopp who has turned



► Timo Werner looks set to join a Premier League club

the Reds into European powerhouses and arguably the best team in world football.

And Werner seemingly wants to be part of the project that Klopp is building. He would easily fit into Klopp's fast-paced system and can float across the front three just like Salah, Mane and Firmino. The striker, who has been capped 29 times for his country, is seen as a main component of Leipzig's attempt to keep at bay big title rivals like Bayern Munich. 🌐

Simmons has eye on World Cup place

Opening batsman Lendl Simmons blasted 10 sixes in an undefeated 91 as West Indies routed Ireland by nine wickets in the third and final Twenty20 International at Warner Park in Basse-terre, St Kitts.

Simmons, the nephew of West Indies coach Phil Simmons, also hit five boundaries in his 40-ball blitz.

It was his highest score in the format and came five days before his 35th birthday.

Chasing a modest 139 to win, Simmons won the match in style with a six over midwicket off spinner Simi Singh whose three overs cost 41 runs.

Fellow opener Evin Lewis made 46 with four boundaries and three sixes as West Indies raced to victory with 54 balls remaining.

"It was a proper batting surface with the ball coming onto the bat nicely," said Simmons whose ambition is to help West Indies defend their World T20 title in Australia later this year.

"I missed out on the last World Cup because of injury but I am looking forward to the one this year."

The three-match series ended 1-1 after Ireland edged a first-game thriller by four runs in Grenada before Saturday's match at Warner Park was abandoned due to rain.

Earlier, veteran all-rounders Kieron Pollard and Dwayne Bravo shared six

wickets as West Indies restricted Ireland to 138 all out. West Indies players return to first-class cricket for the time being before playing England in June.

Fixtures

West Indies in England (Wisden Trophy Series)

- June 4-8: 1st Test - The Oval
- June 12-16: 2nd Test - Edgbaston
- June 25-29: 3rd Test - Lords

New Zealand in West Indies

- July 8: 1st Colonial Medical Insurance ODI - Sir Vivian Richards Cricket Ground, Antigua
- July 10: 2nd Colonial Medical Insurance ODI - Sir Vivian Richards Cricket Ground
- July 13: 3rd Colonial Medical Insurance ODI - Windsor Park, Dominica
- July 15: 1st T20I - Windsor Park
- July 18: 2nd T20I - Guyana National Stadium, Guyana
- July 19: 3rd T20I - Guyana National Stadium

South Africa in West Indies 2020

- July 15-19: warm-up match - Brian Lara Cricket Academy, Trinidad
- July 23-27: 1st Test - Queen's Park Oval, Trinidad
- July 31 to August 4: 2nd Test - Daren Sammy Stadium, Saint Lucia
- August 8: 1st T20I - Broward County Stadium, USA



► Lendl Simmons is in fine form for the West Indies

- August 9: 2nd T20I - Broward County Stadium, USA
- August 12: 3rd T20I - Sabina Park, Jamaica
- August 15: 4th T20I - Sabina Park
- August 16: 5th T20I - Sabina Park

West Indies ICC T20 World Cup 2020

- October 25: vs New Zealand - Melbourne Cricket Ground
- October 28: vs Australia - Perth Stadium

- October 30: vs Qualifier B2 - Perth Stadium
- November 3: vs Pakistan - Adelaide Oval

- November 7: vs Qualifier A1 - Melbourne Cricket Ground
- November 11: Semi-final 1 - Sydney Cricket Ground
- November 12: Semi-final 2 - Adelaide Oval
- November 15: Final - Melbourne Cricket Ground 🌐

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Christie of mysteries
- 7 Hotspot offering
- 11 "Green Eggs and Ham" character
- 12 Piercing tools
- 13 Exiting in large numbers
- 15 Enticed
- 16 Deuce beater
- 18 Pile
- 21 Lacking funds
- 22 Deteriorate
- 24 Sept. preceder
- 25 Do a yard job
- 26 Poseidon's domain
- 27 "Jeopardy!" host
- 29 Depend
- 30 Poker game
- 31 Mechanical learning
- 32 Whole range
- 34 Kicking back
- 40 Walk in the woods
- 41 Golf setting
- 42 Midmonth day
- 43 Main dish

DOWN

- 1 Braying beast
- 2 Mountain pass
- 3 French friend
- 4 Boat part
- 5 "Roots" writer
- 6 In the thick of
- 7 "Das Rhein-gold" composer
- 8 — Jima
- 9 Winter bug
- 10 Follower's suffix
- 14 Impossibly, informally
- 16 Sightseeing trips
- 17 Thesaurus author
- 19 Good quality
- 20 "Get Out" director
- 21 Light touch
- 22 Stir-fry pan
- 23 Opposition vote
- 25 Olympics award
- 28 Taps players
- 29 Cheap booze
- 31 Talk at length
- 33 Cats' quarries
- 34 Greek X
- 35 Concealed
- 36 Mamie's man
- 37 Bruin Bobby
- 38 Wild
- 39 Golf support

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

Yesterday's answer

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

12-18

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

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

Difficulty Level ★★

10:30

Answer to previous puzzle

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

Difficulty Level ★

Word Search

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

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

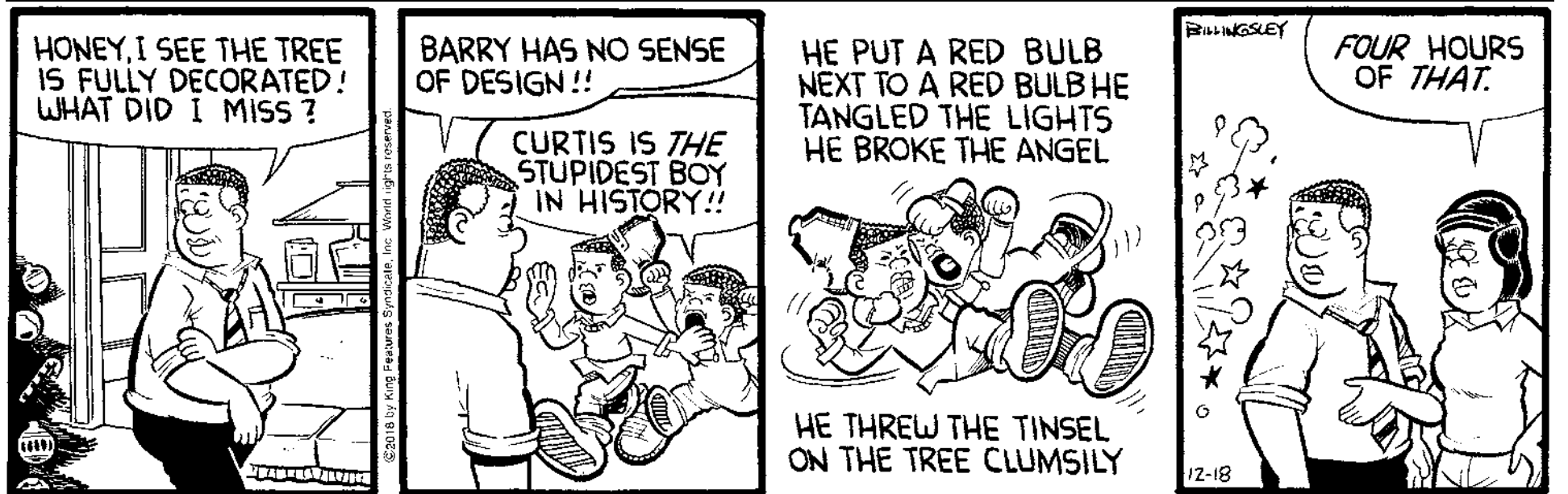
- Arnold
- Auden
- Blake
- Browning
- Byron
- Chaucer
- Coleridge
- Dickinson
- Dryden
- Eliot
- Frost
- Gray

- Hardy
- Keats
- Kipling
- Longfellow
- Poe
- Pope
- Shakespeare
- Shelley
- Tennyson
- Whitman
- Wordsworth
- Yeats



CURTIS

By Ray Billingsley



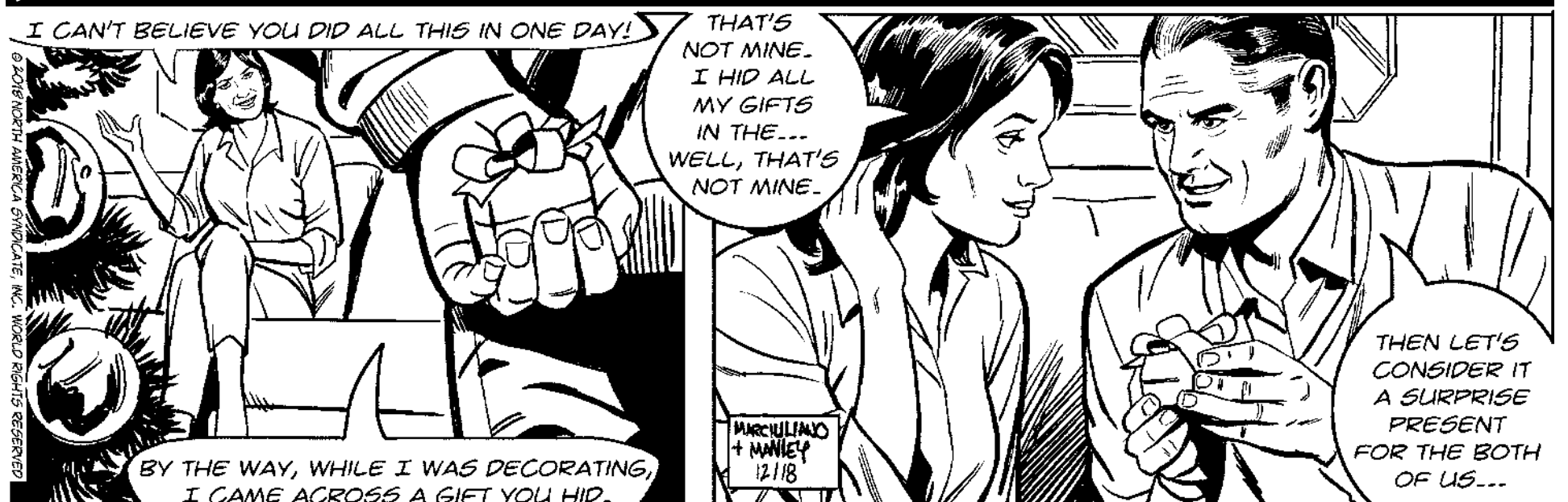
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley





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