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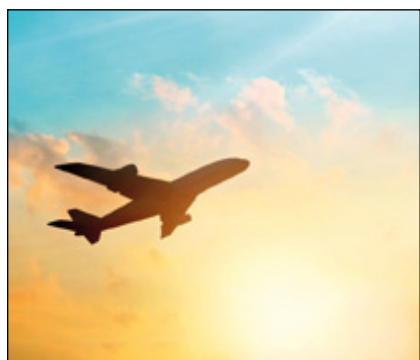
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Canadians steer clear of cruise ships over virus

## Smith Barcadere Project will not proceed



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## Coronavirus: 'Stay informed'



► Hon Premier Alden McLaughlin

"We can and will overcome this public health threat," said Health Minister Hon. Dwayne Seymour at a special public meeting on the threat of the coronavirus. 'Stay informed,' and 'everybody do your part,' were also the take-home message at the meeting at Mary Miller Hall on Tuesday 10 March, where over a hundred people came to hear the latest updates and advice that will help stop the spread of the virus when it arrives in the Cayman Islands. The best source of trustworthy information could be found on the government website: www.gov.ky.coronavirus, Mr. Seymour said, and everyone was encouraged to refer to this site frequently, as new information was being added.

... Continued story on page A3

## UK GOVERNMENT'S £30 Billion COVID-19 BATTLE PLAN

By Michael Jarvis, London UK

On the day when the coronavirus (COVID-19) recorded its highest increase in the UK - jumping by 83 to 456 cases - the Chancellor of the Exchequer (Finance Minister) Rishi Sunak set out to add muscle to the government's battle-plan to tackle the disease.

Against mounting concerns over the threat to the economy and public health, GBP30 billion (KYD31 billion/US\$38 billion) has been allocated in the budget to combat the outbreak.

In the job for just one month following the abrupt resignation of his predecessor Sajid Javid, new Chancellor Sunak might have felt that he was inheriting a budget already drafted for the most part and all he had to do was present it.

... Continued story on page A7



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WEST BAY

# COMMUNITY NOTICE

## Update on Investigation of Fuel Tank Leakage at Rubis Terminal

The investigation into the leakage at the Rubis Jackson Point Terminal that occurred in November 2019 remains under investigation by the Utility Regulation and Competition Office (OfReg).

Investigations of this nature typically take between six and nine months to complete, with final analysis provided at the conclusion of the investigation to ensure adherence to safety regulations and formalised accident prevention plans.

According to the Chief Fuel Inspector, who is overseeing the investigations, "Rubis's fuel tanks are critical infrastructure for the sustainability and reliability of fuel storage in the Islands. OfReg is committed to conducting thorough investigations of incidents such as these and taking measures,

where necessary, that will safeguard the wellbeing of those in the community as well as our economy."

After discovering the leak, the tank was immediately emptied by transferring its content to other tanks, and the incident was subsequently reported to OfReg as part of the requirement under the Dangerous Substances Law. The tank remains under the direct supervision and control of OfReg to facilitate the ongoing comprehensive investigation. Rubis was recently allowed to conduct a technical inspection on the tank to inform critical requirements to allow the tank to be back in service after the investigation, maintenance and repairs are completed.

A further statement will be released by OfReg once the investigation is completed. [🔗](#)



**Rudolph W Douglas**

**I, Rudolph W Douglas is no longer responsible for my wife Aneita Lois Douglas (Buddha) for any debts she has incurred or may incur.**

# EDITORIAL

## Let fear not become the driving force

Fear can cause us to react and perform greater than par but that is often the exception not the rule. Around the world people are living in fear and letting that underlying emotion drive their decisions.

Pragmatic thinking and planning can be critical in ensuring the safety of our community amidst a global outbreak of the COVID-19 Coronavirus. Let fear not be our guide but let calm and logic prevail.

Our local public health officials and medical practitioners have been dispensing quality advice that should be heeded ([www.hsa.ky/coronavirus](http://www.hsa.ky/coronavirus)).

Images of panic buying of cleaning and disinfecting supplies elsewhere have become a reality on these shores in recent days even though we have been advised that some of the same procedures we should employ daily outside of an outbreak are the same ones for times like this.

Frequent hand washing, covering our noses and mouths when coughing



or sneezing, and avoiding contact with people who have symptoms are tips we share with our children when they start school to avoid the common cold and the flu, yet panic has now set in at a time when cool heads should prevail.

Our message is not to take the necessary steps to protect ourselves from what has been growing into a global pandemic. It will quite likely reach these shores but as noted motivational speaker Simon Sinek has pointed out "panic causes tunnel vision" whereas "calm acceptance of danger allows us to more easily assess the situation and see the options." [🔗](#)

### Symptoms of COVID-19

(coronavirus disease 2019)

#### Systemic:

- Fever
- Fatigue

#### Kidneys:

- Decreased function

#### Intestines:

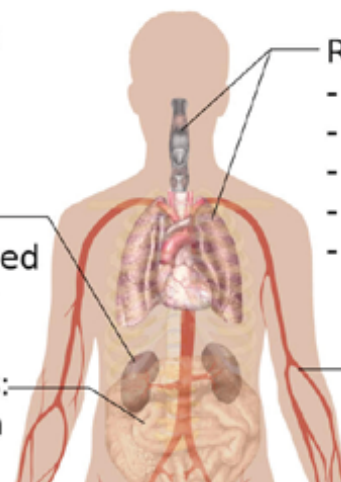
- Diarrhea

#### Respiratory:

- Sneezing
- Runny nose
- Sore throat
- Dry cough
- Shortness of breath

#### Circulatory system:

- Decreased white blood cells



We're looking for Innovators

## The Thomson Leadership and Innovation Award Scholarship Programme

### What is The Thomson Leadership and Innovation Award?

The Thomson Leadership and Innovation Award is a scholarship designed to recruit and support Caymanian students who are driven to improve the Cayman Islands in areas including, but not limited to, entrepreneurial studies, emerging technologies, design and creative arts and/or the sciences.

### Who are we looking for?

To become a Thomson Leadership and Innovation Award scholar, you are a creative thinker and innovator. You have created, lead and/or inspired others to make a measurable impact of change in a community project or in a business. You are passionate and driven to succeed in an emerging field that is underrepresented or wholly not represented in the Cayman Islands, or you desire to bring a completely new perspective to a traditional and longstanding field or industry and require further education to do so.

### What does the Scholarship cover?

The award is valued up to a maximum of US\$30,000.00 per annum, is renewable within limitations and applicable towards the completion of the course of study. The award will be paid directly to the institution of study and allocated to the student's account. The award can be used to fund travel, tuition, student and course fees, course texts, materials and supplies and/or housing/living subsistence on campus.

### How do I apply?

To review the General Rules and Guidelines and apply, visit the "The Thomson Leadership and Innovation Award" page under the "Careers" tab on CUC's Home Page ([www.cuc-cayman.com](http://www.cuc-cayman.com)). Click the "Apply Here" link, complete the online forms and follow the instructions. Applications must be submitted not later than Tuesday, March 31, 2020. Hard copies will not be accepted. For more information, e-mail [pntscholarships@cuc.ky](mailto:pntscholarships@cuc.ky).



The Economics and Statistics Office

## Labour Force Survey 2020

Starting Sunday, 8th March 2020

The 2020 Spring Labour Force Survey (LFS) will be conducted by the Economics and Statistics Office (ESO) starting Sunday, 8th March 2020.

The LFS collects data on the employed and unemployed persons, as well as those who are not in the labour force.

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

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



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

# Coronavirus: 'Stay informed,' and "We can overcome by working together," messages at Mary Miller Hall

... Continued story from page A1

Hon. Alden McLaughlin described the virus it as, "Without question a national threat." The first effort has be keep virus from entering our shores, he said, "But it is inevitable that it will arrive on our shores...I say that because as of this evening we have tested and sent abroad for analysis samples from six persons here who have presented symptoms corresponding to the virus and so with that reality facing us we have to continue to consider how best we prevent the spread of this virus by proper hygiene efforts and also by considering what else it is that government needs to do, and what else the private sector needs to do to limit the spread if it is found to be here," he said.

"Methods which seem to work best involve restricting the movement of people and the congregation of people. We have put in place at the borders protocols that have the public health authorities checking on people depending on how people present, depending on their travel history, and we have banned all but essential travel for all public servants and for all members of the Cabinet and the legislative assembly I have also urged the private sector to also limit travelling as much as possible," Mr. McLaughlin continued.

But it wasn't all bad news, as Chief Medical Officer Dr. John Lee said: "It is absolutely not the case that everybody is going to be desperately ill. Please be reassured by that. Up to 90 percent of



► Minister of Health Dwayne Seymour



► Chief Medical Officer Dr. John Lee

people have either a mild condition or will not be affected at all. You may be in bed for a day or two you may have a fever. It's only that 10 percent who may struggle and need additional care."

Minister of Health Hon. Dwayne Seymour stressed the importance of everyone's role in keeping the spread of the disease to a minimum, when it comes. "Please do your part to protect yourselves, your family and the community by avoiding sources of fake news, and spreading rumors and misinformation," he said. The Global situation is chang-

ing are constantly preparing to step up our response ng rapidly and this means we have to be on our toes. You the people must be fully engaged in this fight against the virus alongside us. The Government the public health's message must be complimented by individual actions to follow advice of health experts.

"Please follow proper cough, sneeze and handwashing procedures Consider also making small adjustments to your social behaviors we Caymanians are an affectionate nation, but I would urge you to follow advice from the health professionals to try to keep between 3 to six feet away from people displaying flu-like symptoms.

"Businesses should do their part to consider remote working, and making flexible provisions for sick leave. Pol-

icies like these have been extremely effective in other countries where the spread has been contained. We must remain vigilant in taking personal steps to avoid our own health, and to also avoid close contact with persons who have symptoms of a respiratory illness. Don't be surprised if we have to cancel carnivals large gatherings, lockdown schools work from home or even stagger shifts for staff, so that too many are not gathered together closely in the same place. Please remember to work together as a community, each of us doing our part, we can and will overcome this public health threat."

Persons who are worried they might have the flu-like symptoms of the virus can call the flu hotline on 1-800-534-8600, where they will get advice about what to do next. 🌐



► Attendees at the Mary Miller Hall

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Avoid touching your eyes, nose, and mouth unless you have just washed your hands

Cover your coughs and sneezes with a tissue or your arm, not your hand

If you are ill and need to visit a healthcare provider, call ahead or tell them right away when you arrive that you have a respiratory illness and wear a mask while waiting to be seen

Avoid visiting people in hospitals or long-term care centers if you are sick

# RAUL NICHOLSON-COE RESIGNS AS CEO OF DIGICEL CAYMAN

*Nicholson-Coe becomes Senior Advisor to the Digicel Cayman Board*

Raul Nicholson-Coe has resigned from the role of CEO of Digicel Cayman to focus on family investments.

Raul joined Digicel in March 2009 as Director of Business Development before being promoted to Chief Operating Officer in 2012, and then to CEO in 2017. Although stepping down from his role as CEO, Raul will still be involved in the business as a Senior Advisor. In this capacity, he will provide the Company with support on a wide range of issues, including legal and regulatory matters, strategic technical initiatives and business development strategies.

“My time at Digicel has been truly amazing and rewarding. I have expanded my expertise and knowledge in all areas by being the CEO of Digicel, which has provided me with the skills and experience required to take on these new opportunities. I look forward to working with the Digicel Board as an advisor to ensure that Digicel is properly positioned in this market to take advantage of future growth opportunities,” said Raul.

As the first Caymanian CEO, Raul brought a refreshing local perspective to the company and under his leadership Digicel Cayman achieved some notable accomplishments, including the completion of the upgrade project to provide full island wide LTE and 3G network coverage.



Another big accomplishment under Raul’s tenure was the focus on corporate social responsibility and community development, resulting in the

establishment of term partnerships with the Special Needs Foundation, Women’s Resource Centre and the International College of the Cayman Islands.

Raul added, “As Digicel continues to invest in the people and the country to provide the cutting-edge technologies and services to ensure the Cayman Islands maintains its leadership position, I would like to take this opportunity to thank everyone at Digicel especially our staff who have helped in one way or another during my tenure. Special thanks also to our Group Chairman, Denis O’Brien, and local Directors, Conor O’Dea and Michael Alberga, for their support, guidance and encouragement over the past years. It’s been an immense privilege working with Digicel

and serving the people of the Cayman Islands.”

Digicel Cayman Board Chairman, Conor O’Dea, commented: “It has really been a pleasure working with Raul over the years and we look forward to him joining us in his new role as Senior Advisor to the Digicel Cayman Board. Based on his experiences, not just with Digicel but also prior to joining, he has a lot to offer and his support will be immeasurable. While he isn’t completely leaving the Digicel family, I still want to thank him for his years of service and also to wish him luck in his other future endeavors.”

A successor to Raul will be announced in due course, and in the interim Raul will continue as CEO in order to ensure a smooth transition. 🌐



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## 2020 CUC

# YOUTH & CARIFTA

# TRACK & FIELD

# CHAMPIONSHIPS

**Friday, March 13th**

**5:00 p.m. to 8:00 p.m.**

---

**Saturday, March 14th**

**3:00 p.m. to 7:00 p.m.**

**Truman Bodden Sports Complex**

**Free Admission**

2020 marks CUC’s 41st year of sponsoring track and field in the Cayman Islands.

As a nation, we have enjoyed many successes on the track throughout the 41 years. From the Cayman Islands’ first appearance in the 1979 CARIFTA Games in Jamaica to our hosting of the 1995, 2010 and the 2019 CARIFTA Games.

We encourage everyone to come out this weekend and support our young athletes as they attempt to qualify for the 2020 Cayman Islands’ CARIFTA Team and a place in history.



► Caribbean Utilities Company was among the corporate supporters of the FRC'S International Women's Day Brunch on Sunday, 8 March

# FRC'S International Women's Day Brunch Fundraiser a Success

The Family Resource Centre (FRC) marked International Women's Day at the Kimpton Seafire Resort Hotel on Sunday (8 March).

The brunch for a cause, hosted as part of FRC's Honouring Women Month, celebrated the diversity, strength, complexity and resilience of women past and present.

The event attracted 150 women from all walks of professional life. Their support will give to single parent families access to FRC programming. They also attended to network with like-minded individuals and to hear from LaShonda Coleman, Associate Dean of Student Affairs and Title IX Coordinator for Students at Pepperdine University.

Before the keynote speaker took to the stage, attendees mingled, took pictures at the photo booth and reviewed the silent auction items.

Once seated, they were entertained by young opera singer Daniella Shibli. A favourite from last year's IWD Luncheon, the teenager received a standing ovation.

Mistress of Ceremonies Erin Kaufman introduced Ms Coleman, who



► LaShonda Coleman was the keynote speaker at the Family Resource Centre's International Women's Day Brunch during Honouring Women Month on Sunday, 8 March (Photos by Elphina Jones)

gave a powerful address on 2020's IWD themes: #EachforEqual and "Empowered Women, Empower Women." The keynote speaker asked attendees to take on leadership opportunities within the community and at work



and cited education as one of the key factors in securing gender parity. Furthermore, Ms Coleman suggested that the path to empowering women was to "honour, educate, lead and persist (HELP)." While acknowledging that not everyone's route through formal learning is easy or indeed straightforward, she reasoned that persistence was paramount and encouraged attendees to share their education story with others on their table. Ms Coleman also chose three women from the audience to share their instructive stories with those present.

Following the well-received keynote address, the FRC sold off items in their silent auction. These included four original oil paintings (including a picture painted at the brunch by artist Kay Smith), a spa treatment and a basket of best-selling feminist literature.

The champagne brunch included a carvery and buffet stations with seafood options, cheeses, fruit and a variety of desserts.

The dance troupe, Dream Chasers gave a mesmerising performance of an original piece devised by their founder and choreographer Melisha McField.

Director of Counselling Services Judith Seymour gave a vote of thanks. She acknowledged the generous sponsors who support the FRC's major public awareness campaigns and year-long

programmes, in particular this year's IWD Platinum Sponsor the Ministry of Health, Environment, Culture and Housing. She also welcomed Community Affairs Councillor Austin Harris.

"The IWD Brunch keynote address reinforced the message that everyone has a role to play in forging gender parity," she commented.

"I was heartened to see so many people at the celebration who are truly invested in being a part of this movement. It requires advocacy, inclusive mind sets and concrete action from each of us to collectively bring about further change," Ms Seymour concluded.

Charmaine Miller, FRC's Programme Coordinator was also pleased by the support received for the fundraising brunch.

"This event has raised approximately \$15,000 that will directly benefit single parent families accessing FRC's clinical programmes," Mrs. Miller advised.

"This year, the funds will help alleviate some of the stressors these families experience at times, which are additional barriers to making positive changes in their lives. Thanks to the monies raised several single parent families will now have access to further education, as well as specialised academic support and free summer camps and aftercare programmes for their children," she concluded. 🌍



► Dance Troupe Dream Chasers performed at the FRC's sold-out International Women's Day Brunch at the Kimpton on Sunday, 8 March



► Dance Troupe Dream Chasers also got into the spirit of this year's IWD theme #EachforEqual, meaning an equal world is a balanced one, at the Family Resource Centre's International Women's Day Brunch on Sunday, 8 March



► Attendees at FRC's International Women's Day Brunch enjoyed the event



► Landfill site 11/03/2020 – crews continue to tackle fire on scene (Photos by CIFS)

As at press time on 11 March 2020, crews from the Cayman Islands Fire Service (CIFS) and the Department of Environmental Health (DEH) had made good progress overnight at the scene of a fire at the George Town Landfill.

The situation remains dynamic with varying smoke density at the site as crews continue to excavate, dampen down and cap affected areas.

Earlier that morning, Wednesday, 11 March 2020, waste located close to the landfill boundary flared up during excavation of the site. The decision was quickly made to close one lane of the Esterley Tibbetts Highway (ETH) to allow fire trucks

# Landfill Fire Update

to be strategically deployed and the area to be doused.

Crews were able to contain the flare up and reduce the smoke density for motorists' safety quickly. As at 9am this morning, both lanes of the ETH are open and will remain open as long as it is safe for motorists.

Commenting from the scene, Chief Fire Officer, Paul Walker QFSM said: "I am extremely proud of the work CIFS and DEH crews have done over the past few days

under some very challenging conditions. Everyone at the scene is very grateful for the community's support to date and ask for their continued patience as we work to resolve the situation as quickly and safely as possible."

Given the progress made on site, fewer strategic operation meetings will be required from now onwards. The next meeting is scheduled Wednesday, with an update to the public released shortly thereafter. 🌐

# CCMI NOW ACCEPTING APPLICATIONS FOR THE YOUNG ENVIRONMENTALIST LEADERSHIP COURSE

*Programme helps to train young Caymanians to be skilled and enthusiastic environmental ambassadors*

For the ninth year, the Central Caribbean Marine Institute (CCMI) will offer the Young Environmentalist Leadership Course (YELC) for local students ages 15-19. Applications for this intensive six-month programme are currently being accepted by CCMI through 1st April 2020. In past years, participants have come primarily from John Gray High School, Clifton Hunter High School and the Cayman Islands Further Education Centre, with more students applying to the programme each year due to the growing interest in and the recognition of YELC within the Cayman Islands. Interested students must first submit an

application to CCMI then participate in an interview process. A maximum of 10 students will be selected to participate in YELC, which runs from 2nd May – 25th October 2020.

The YELC programme started in 2012, and was created to provide an opportunity for local students to continue their educational pathway in the marine sciences. Over the course of the spring, summer and fall semesters, YELC participants complete their PADI Open Water, Advanced, and Rescue Diver certifications and they attend a nine-day immersive, hands-on experience with our education and research

staff at the Little Cayman Research Centre. Students work on field projects, take part in night dives, lionfish dissections, CV workshops, mock job interviews, and assist with CCMI's ongoing research.

The YELC programme works to build skilled and enthusiastic environmental ambassadors while bridging an important gap for local students that may not have access to post-school education in the Cayman Islands. Participants complete the course, leaving with tangible dive and emergency first responder qualifications, as well as real-life, skills-based experience that not only helps guide them in the future but also provides excellent references for CVs and interviews with potential educators or employers. As the programme has been running for eight years, CCMI is seeing YELC alumni flow into professional roles in the dive tourism and environmental science fields.



Sponsored by Foster's and Cayman National Bank, the YELC programme has supported more than 80 students on their journey to learning about the marine environment while also helping to develop important soft skills that will serve participants well in any career path they choose.

The application can be found on CCMI's website ([www.reefresearch.org](http://www.reefresearch.org)). Students who are interested in participating in the programme should complete and submit their application materials to CCMI's education department at [education@reefresearch.org](mailto:education@reefresearch.org).

For more information about CCMI, the YELC opportunity, and other education programmes available at CCMI, visit [www.reefresearch.org](http://www.reefresearch.org). 🌐



Kaled Giron    Lisaida Swaby-Oliva    Alexander Elias  
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APPLICATION DEADLINE: 30 APRIL 2020

# Smith Barcadere Project will not proceed

The Ministry of Commerce, Planning and Infrastructure on Wednesday announced the decision not to proceed with the proposed Smith Barcadere project.

The Smith Barcadere Committee agreed that the project should not be pursued.

The Ministry commissioned the project on land that was purchased by the government at Smith Barcadere in 2016. The Public Works Department was in charge of project management and consultancy services for the project.



The project was in an early stage of development, with the tender review process completed in February.

No project works have been undertaken on the site and none are planned for the future. 🌐



# UK GOVERNMENT'S £30 Billion COVID-19 BATTLE PLAN

... Continued story from page A1

But the coronavirus outbreak has quite literally turned what was intended as Mr Javid 'spending and levelling-up budget' on its head.

With projections that up to twenty-percent of the UK workforce could be sidelined by the disease hitting production targets and triggering an economic slowdown, it was left to new Chancellor Sunak to redesign the budget and deliver the government's response.

To a large extent, he has addressed the challenge of COVID-19 with an elaborate funding package - although how to pay for it is already a point of debate.

The new Chancellor would have had considerable input the pre-coronavirus planning of the budget as Chief Secretary to the Treasury under then-Chancellor Javid from July last year.

He was handed the role when his then-boss abruptly quit in February in protest over moves by Prime Minister Boris Johnson political advisors to scale back the autonomy of his ministry - putting more control over budget and financial management with the Prime Minister.

The budget would have already been in an advanced draft form reflecting the Conservative government's election-winning political pledges from last December's election, and following up on huge spending promises made in the autumn 2019 Spending Review which underpinned the election campaign which immediately followed.

Back then the novel coronavirus was just making its presence known in Wuhan, China as a local issue. No one had anticipated the globally disruptive effects it would have in a few short months.

"Since emerging in China in December 2019, COVID-19 has spread widely, with a significant number of cases reported worldwide, including an increasing number in the UK," Chancellor Sunak reported to a packed House of Commons on Wednesday.

"The impact of the outbreak of COVID-19 on the UK economy is highly uncertain, and while the effect could prove significant, it is expected to be temporary."

In outlining the framework for the emergency financial measures he was putting in place in his first outing at the parliamentary Despatch Box, Mr Sunak stated:

"As an open economy, the UK will be affected because of the wider impacts the outbreak is having on the global economy. In a domestic outbreak, there could also be direct economic impacts in the UK driven by health-related factors, including how many people are infected and the persistence of any outbreak."

He explained that "a disruption could include temporary absences from work and interruptions to global supply chains, both of which would constrain the UK's productive capacity for a temporary period. In addition, the economy could be affected by demand-side impacts through a reduction in consumer spending, and lower business investment and exports."

It was against that background that Chancellor Sunak outlined what amount to an elaborate plan combining financial easements and support to the National Health Service(NHS), the business sector and workers.

"The government's Action Plan on Coronavirus sets out the potential scale



of these effects in the event of a severe outbreak. Together, the government is taking £30 billion of policy action in 2020-21, equivalent to approximately 1.3% of GDP."

Particularly for the NHS which is at the front line in the fight against COV-19, Chancellor Sunak has set aside £5 billion to fund "pressures in the NHS, support local authorities to manage pressures on social care and support vulnerable people, and help deal with pressures on other public services."

He announced that "the size of the fund will be reviewed as the situation develops, to ensure all necessary resources are made available."

Sick-pay support for workers and their employers is being expanded in the interim and there are a series of measures being out in place especially for small businesses.

Mr Sunak admits that the coronavirus outbreak will have potentially a significant effect on the UK economy but believes that it will only be temporary.

The relief in the face of the coronavirus outbreak, while welcomed, has raised several questions including; the outlook for economic growth and whether the relief measures go far enough especially for the NHS which was struggling before COVID-19.

There are also concerns for the hordes of self-employed (or gig economy workers) who now make up a significant slice of the labour force but are not eligible for Statutory Sick Pay.

The government's offer of making it easier for them to access welfare benefits was not seen as inadequate.

The criticisms were led by the opposition Labour Party which, while welcoming the coronavirus response plan, called it "too little, too late".

Outgoing Labour leader, Jeremy Corbyn, said the challenges thrown up by the coronavirus crisis were made worse because of the government's previous austerity policies.

(We'll have more on the UK 2020 budget) [🌐](#)

## Ways to Get to Ahead of Coronavirus Impact on Tourism Industry

The growing fears and concerns over coronavirus could wreak havoc on one of Cayman's number one economic drivers, tourism.

Americans who were busy making plans for spring and summer trips are thinking twice. A survey of 1,200 adults conducted by the Kaiser Family Foundation found that one in eight have already changed their travel plans due to concerns about the virus.

As a tourism destination, we may have a low probability of the virus itself coming to the Cayman Islands, but it is the overall perception of its-dangerous-to-travel-anywhere that could change the mind of future visitors.

According to a World Bank estimate, 90 percent of economic losses during any outbreaks arise from the uncoordinated and irrational efforts of the public to avoid infection.

As individuals we've been educated how to care for ourselves and families during the spread of the virus, but as tourism-related businesses, we should also have plans in place to take care of our businesses should we need them.

### MONTHS FROM CRISIS START TO RECOVERY

In recent case studies, destinations with disease cases such as MERS, Zika, and Ebola had average (economic) recovery times of 19.4 months, with a range between 10 and 34.9 months. Natural disasters have the greatest range of (economic) recovery time, from just one

month to 93 months depending of the severity of the disaster.

To try to get in front of cancellations or recover from any loss business, a plan of action for your tourism-related business is something to think about and could look like this.

### RESPONSIVENESS TO ENSURE A SPEEDY RECOVERY

#### 1. Invite the world to the destination / business

As destinations work diligently to maintain the confidence of travelers, local businesses also must do the same. This requires transparency and ownership of the health crisis; with a clear and honest articulation of what's happening, what has been done in your business in the wake of the crisis and the promise of what the business will do in the future to keep health risks at bay.

Effective communication and marketing will also motivate travelers. In today's hyper-visual era, pictures and videos to show that a destination or business is open and eager to welcome tourists can play an important role in illustrating that it's business as usual in the Cayman Islands.

#### 2. Entice travelers to book future reservations

Beyond communications, if needed, governments can put in place a variety of policies, ranging from travel facilitation to travel insurance, so as to persuade trav-

elers to come back to destinations. Destinations and businesses can sometimes shorten the road to recovery by providing incentives that can overcome hesitations.

#### 3. Know your travel segments

Following a health crisis, destinations should develop a strategic marketing plan based on the new market situation. Look for opportunities to diversify your market segments. For instance, with the recent challenges the cruise market has faced, it's a sensitive market segment at the moment, so some businesses may need to put a new focus on other segments of their business such as locals and stayover visitors until the cruise business rebounds.

Individuals, not just destinations, can communicate and share information on the state of a destination with the rest of the world. In fact, in some cases, the testimonials of travelers are likely to resonate more than official marketing campaigns. Let's give them something good to talk about! Businesses should also keep track of the total number of cancellations, which represent concerns and fears, and look at new bookings, which highlights new-found confidence and relief. Constant monitoring of data will enable businesses to track the turn of tides, namely, when new bookings overtake cancellations.

#### MOVING FORWARD

Industry experts say the overall impact of an outbreak depends on how



► Brooke Meyer

long the outbreak continues. Past health crises, such as SARS epidemic, indicate people will be willing to start traveling as normal again soon after there is a sense that is safe to do so. It's important to keep conversations to the facts to avoid growing fears.

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. [🌐](#)



# COMMUNITY EVENTS

## Learn to Stilt walk

**13 March** - Registration is still open for a stilt walking workshop put on by the Cultural Foundation. The cost is CI\$25 and is open to everyone 8 years and over. The workshop will take place from 4 April to 8 May. Places are limited so call 949 - 5477 to register or download a form at [www.artscayman.org](http://www.artscayman.org).

## Food Vendor Registration for Adult Batabano

**13 March** - Food vendor Registration for Cayman Carnival Batabano's Food Festival continues at Le Classique in the Strand. Only 28 booths are available, so all are encouraged to register early! Prospective Food vendors must present an up to date Food & Safety Certificate upon registration.

## Friday Fish Fry Nights!

**13 March** - Back by popular demand is the St. Ignatius Youth Ministry Lenten Fish Fry Nights! This Friday and every Friday up to 3rd. April, come to the school canteen from 5 - 8pm and enjoy a menu of fried or baked snapper or mahi - mahi served with fries or rice, cole slaw, grilled onions and festival. You can dine in or take out with prices from \$8 - \$15 with free

dessert. All proceeds go to the Parish Religious Education & Youth Ministry. Call 949 - 6797 for more information.

## Dress for Culture Day

**13 March** - Dress for Culture Day is CNCF's annual 'dress up, dress down' fundraiser. Each year schools, businesses and individuals across the Cayman Islands are invited to get creative and display their homeland pride and cultural attire on one day. Apart from raising cultural awareness and celebrating diversity, donations from the participants in Dress for Culture Day are used to support various CNCF youth programmes. Want to get involved? Contact [info@artscayman.org](mailto:info@artscayman.org) to register or call 949 - 5477.

## Cayman National Choir Performance

**13 March** - The Cayman National Choir & Orchestra's Royal Variety Performance takes place at the Harquail Theatre. Featuring music from Handel and Walton to the royalty of the pop world including Queen and Elvis Presley, this is a concert that will stir the heart, lift the spirits and set the feet tapping with something for everyone to enjoy. The concert is at 7:30pm. Tickets are \$25/10 from EventPro.ky or from choir and orchestra members.

## PAWS fundraiser dinner

**14 March** - The 9th Annual PAWS fundraiser dinner will be held at Grand Old House in South Sound on March 14th. Tickets are \$150 and can be purchased by calling 916.1731.

## Annual Women's Day Symposium - Cayman Brac

**14 March** - Faith Hospital Women's Health in association with Rotary Club of Cayman Brac and Brac Insurance Associates presents their Annual Women's Day Symposium on March 14th from 6:30am to 11am at the Aston Rutty Center.

## HWM Color Me Purple 5K Walk/Run

**15 March** - In celebration of Honouring Women Month - the Family Resource Centre (FRC) is having its Color Me Purple 5K Walk/Run starting at 6:30am at Safe Haven and finishing at Holiday Inn. Registration is CI\$25 and includes a t shirt and light refreshments. Call 949 - 0006 or email [frc@gov.ky](mailto:frc@gov.ky) for more information.

## Cayman Heart Fund Symposium

**19 March** - The symposium will be held at the Margaritaville Resort Grand Cayman from 5pm to 9 pm. and registration is free, and CME credits are available. The Cayman Heart Fund's 13th Annual International Symposium welcomes internationally renowned Hospitals and Doctors specializing in cardiovascular disease. Attendees will receive information on the latest research, current technology and advancements in cardiovascular medicine. Refreshments and food will be provided. To register for the event please paste and copy this link: <https://www.surveymonkey.com/r/M936ZXS> For more information about the conference please contact the Cayman Heart Fund at (345) 916-6324 or [info@caymanheartfund.com](mailto:info@caymanheartfund.com).

## Guy Harvey Ocean Foundation's Ocean Affair

**20 March** - Be part of the Ocean Affair Cocktail Party at The Westin, 7-10pm. Enjoy live music, refreshments and rum tasting, food stations, and bid on live and silent

auction items. Tickets are \$175 or \$150 for groups of 4 or more. Dress Code: Ocean-Inspired Cocktail. Visit [www.ghof.org](http://www.ghof.org) or email [events@guyharvey.com](mailto:events@guyharvey.com) for more information.

## Triple C School Memorial 5K

**21 March** - Triple C School, in partnership with the Theda Whittaker Foundation and GreenTech Solar, is holding the 2nd Annual Theda Whittaker Memorial 5K Walk/Run/Roll which raises funds for the Ena Merren Scholarship Fund. The foundation will receive 20% of the registration profits from the event. People of all ages are invited to come out to walk, run or roll on bikes, scooters, wheelchairs, etc. Registration is available on CaymanActive.com in advance. On the day of the event there will be a registration table at the school. Pre-registration costs are adults \$25, children 5 - 12 years old \$20, children up to 4 years old \$10. Event Day costs are adults \$30, children 5 - 12 years old \$25, children up to age 4 \$10. Visit <https://triplecschool.org/> or call 345-949-6022.

## St. Ignatius School Spring Fling

**27 March** - The St. Ignatius HAS invites everyone to the school's annual Spring Fling. Come and enjoy the food, fun and games for all ages. Buy a ticket for a chance to win one of over 20 prizes with the grand prize being CI\$2,020. All proceeds will go toward the school's STEM & Robotics programme.

## Cayman Brac Agricultural Show

**28 March** - The eagerly awaited Cayman Brac Agricultural show takes place on Saturday 28 March



► Stilt walking

at the Agricultural Grounds, off Soundbird Dr., The Bluff from 8am - 5pm. Tickets are CI\$10 and includes the chance to win many prizes including the 1st. place prize of USD\$2,000. There will be live demonstrations, a variety of displays and exhibits, delicious local and international food and live entertainment. Contact [chevala.burke@gov.ky](mailto:chevala.burke@gov.ky) or call 948 - 2222 for more information.

## Orchid Show

**28 - 29 March** - The Management and staff of the Queen Elizabeth II Botanic Park and the Cayman Islands Orchid Society invites the public to the annual Orchid Show and fundraising plant sale on Saturday and Sunday, 28th and 29th March from 9:00am to 4:30pm at the Botanic Park on Frank Sound Road, North Side. Educational talks, music and food will on offer throughout the day. Orchids will be available from Carter and Holmes Orchids, H & P Orchids, Hamlyn Orchids and Living Colors Orchids. Admission is \$10.00 for adults while entry for children 12 and under is free. To learn more, email [Manager@botanic-park.ky](mailto:Manager@botanic-park.ky) or call 947-9462. 🌐



► Triple C School Memorial 5K

# Want to be more flexible?

Ready to get started building a more flexible you? Here's how...

## 1) Use a Foam Roller

For many years, it was common practice to stretch before working out. In recent years, folks have ditched that advice for something better: lightly performing whatever you plan to do. Going to run? Walk and then jog before getting into a run. For those who want to take their routines to the stretchy limit, it's time to use a foam roller.

With a foam roller, you work to gently stretch your muscles before working them out, and better yet, you stretch them out safely. Essentially a massage for your muscles, foam rolling helps your muscles relax and stretch. This, in turn, allows your entire muscle to be worked out in the gym afterward and prevents an already tight muscle from growing tighter through your exercise routine. Once you knock out a little foam rolling, the time is right for a round of body-weight exercises or light activity before going full force.

## 2) Go All the Way

As you exercise, you can help your flexibility by working throughout your entire range of motion. Initially, you may have a harder time squatting your full range of motion, but sticking with it will allow your muscles to work all the way and will lead to their being more flexible.

To get to where you can squat or perform other exercises as deep as your body allows, you will probably want to reduce the amount of weight you use. As your body grows accustomed to going through a fuller range of motion, you can increase the weight and enjoy improved flexibility.

## 3) Stretch Afterwards

Your routine winds down, and your muscles feel tight and want to stay that way. Folks who are new to working out often enjoy the feeling. It lets them know their body has worked hard, and so they allow the tightness to remain as they leave the gym and return to their daily routines.

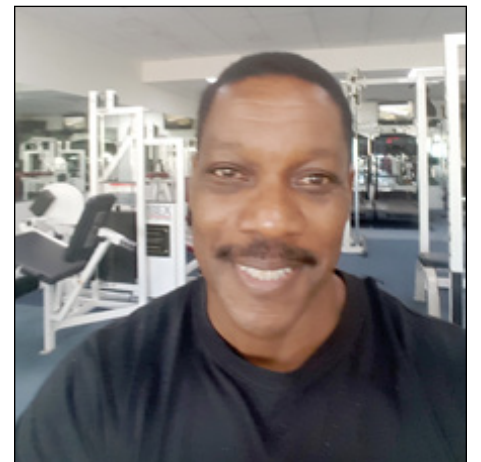
However, this is when your stretches become most important. By taking 10

minutes to slowly stretch, you can take a huge step toward your overall flexibility. A good post-workout stretch will focus on the areas worked during your routine, but will provide a little stretching for the entire body. You can also finish your stretching with more foam rolling if you have time, as this will help further your flexibility goals.

## 4) Take It Slow

When stretching for increased flexibility, you may be tempted to push it as far as you can. But don't give in. Instead, you should relax and take the slow and easy-going path to flexibility. Going too far too fast will actually have the opposite result that you want, as your body will have to repair itself from small injuries that occur from stretching and won't want to stretch further in the future. Instead, take your time and allow your body to ease into stretches.

Feel an uncomfortable burning sensation that actually hurts? That is not your body's way of thanking you. Back off and stretch to the point of slight discomfort. Accept that you can't increase your flex-



► Ernest Ebanks

ibility overnight, and you will make better headway than beating your muscles into flexible submission.

Call Ernest at 325-8696 or email me at [bodyshapercayman@gmail.com](mailto:bodyshapercayman@gmail.com) today to get started on a challenging and consistent exercise plan to increase flexibility as well as reduce your body fat and increase your energy levels. Let's do this! 🌐

# IGNORED FOR TOO LONG!

I know many people are not fans of prunes. My family and I love it. Prunes are basically plums that have been dried naturally in the sun without undergoing any fermentation process. Researcher Bahram H Arjmandi of Florida State University says, "I have tasted numerous fruits over my career including figs, dates, strawberries and raisins. None of them comes close to having the effect on bone density as does prunes."

This fruit that's all crinkled and wrinkly is packed with fiber, vitamins and minerals including iron and retinol. Here are some reasons to have at least 3 per day.

**IMPROVES VISION** - They are a great source of vitamin A. Just one prune delivers 3% of the RDA intake of this vitamin. Not bad I would say.

**ANTIOXIDANTS** - Blueberries are high on this scale but prune surpasses them by far. Researchers from Tufts University, Boston, ranked prunes, or dried

plums as the number one food in terms of antioxidants.





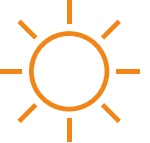


**HEART HEALTHY** - "They are high in potassium, an important mineral that ensures proper functioning of the heart and nerve response throughout the body," according to Dr. Adarsh Kumar, Internal Medicine, National Heart Institute. Daily intake of potassium helps lower blood pressure and reduce the risk of problems such as dizziness.

**RELIEVES CONSTIPATION** - Recently our son had a bout of this. It was painful and uncomfortable. We recalled that prunes were useful for this. We had him eat 3 for the day. And indeed he was freed up. You see they help the body in digesting food properly and enhance regular bowel movement. 1 prune provides 3% of the RDI of fiber. Sorbitol, the natural sugar present in the prune functions as a laxative. Prunes are also great for the enhancement of the health of your hair and skin. So, make sure that you enjoy this awesome fruit daily. 🌐





**WEEKLY WEATHER FORECAST**

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
81° / 78°	82° / 78°	81° / 77°	80° / 77°	80° / 78°	80° / 79°	79° / 78°
Partly sunny and pleasant	Mostly sunny and pleasant	Sunshine, breezy and pleasant	Sunshine and breezy	Partly sunny	Partial sunshine	Mostly sunny and windy

# Global Medical Center & Laboratory

Dr. Joan Harriott and Dr. Alice Blavo are two doctors that can be found at the Global Medical Center & Laboratory, located by the Countryside Shopping Village in Savannah. "We just want the people of Grand Cayman to know that we are easily accessible, and we try to provide the highest quality care that we can with lots of dedication and commitment," said Dr. Harriott. "I am an internal medicine specialist or a specialist that takes care of adults, essentially the adult equivalent of a pediatrician."

The center offers a general practitioner service, as well as being internal medicine specialists. It is also able to treat both common, and complex medical problems as well as undertake routine examinations and tests of the kind required for work permits, for example. "We also have a very advanced

commercial laboratory which uses the latest technology and equipment to process about 250 samples per hour," Dr. Harriott explained. "The laboratory does most of the lab tests that are done in Grand Cayman from most of the hospitals, and the good thing about it is that most of the results can be obtained in one day. We test for complete blood counts, and blood chemistry. We test for common diseases such as diabetes, high blood pressure, high cholesterol, and hormonal problems."

"Patients can come to us directly for our lab services, or they can bring a request from their doctor for their lab tests to be processed. It's convenient that they don't have to be flown off the island because they have the lab right here and the results are accurate and affordable," said Dr. Blavo.



▶ Dr. Harriott and Dr. Blavo of the Global Medical Center & Laboratory

## KRW Personal Services

KRW Personal services is really a one-stop-shop for all those things that many people are just too busy to do by themselves. It was established in 2011, but really has extensive experience of getting things done, both for individuals and in the corporate world, going right back to the 1990s. As Kerry Whittaker, Principal CEO, explained:

"We are a personal service, real estate and recruitment company. We are all in one, and we provide services, that include passports for CI, UK, and permit, status, naturalization, British citizenship, notary and JP services as well. We also do business licenses, local company incorporations, business coaching and QuickBooks accounting. We can also train you so that you can do that for your own business or your own person home affairs."

"We also do housekeeping and grocery and personal shopping. We are a temporary staffing agency as well, and we do property rental sales and management. We are a One-stop shop. by catering to that on an individual basis, I tend to keep my costs very low. A lot



of the services I offer you can pay a fraction of the fees, than if you went to a law firm to get it done. We see a lot of micro and small businesses that are not capitalizing on their profits, and we spend time to make sure they are profiting. We do that in our business coaching; we find ways to cut costs for them and streamline them to be more efficient and more supportive of their customers as well."

## Quintessential Life

Jaslyne Bridges runs Quintessential Life, which is all about using essential oils from plants for just about every aspect of living: "I believe that you have five areas of wellness," she said, "You have the mind, the body, the spirit, your home, and mother earth, and if any one of those are out of sync, then you can't have true wellness."

"I do essential oil education, and teach people how to incorporate natural products into their wellness routine. You can create green cleaning products with oils; you can use them for skincare; you can use them for digestion, or for good sleep. There are all these different ways of incorporating these natural products into wellness," Ms. Bridges explained.

Giving an example, she continued: "Let's take Wild Orange: This is simply the distillation of the rind of oranges. Every kind of plant matter has different chemical constituents; and it is natural; and we are natural beings too. So we work synergistically together with plants. We ingest plants through food and that is how we get all our nutrients. So ingesting or using topically



(on the skin) essential oils also brings in that value of the nutrients and those chemical constituents that those plants hold.

"Oregano which is an antiviral, and we have On Guard which is a blend of cinnamon and clove and Eucalyptus which helps your immune system. We have Frankincense which has biblical references, and it's known as the 'King of oils,' because it has lots of cellular repair properties."

Quintessential Life is an online company, and can be found on face book, with descriptions of all the products, or by email at Qliffeky@gmail.com

## MOMENTS OF INSPIRATION



Have you ever misplaced a large amount of money? That sense of panic is unimaginable. The ensuing search for it becomes priority. You would do everything necessary to recover it. Like the woman in this account. She searched endlessly until she found the lost coin. It was of tremendous value to her. What relief! Jesus focus here was not on the money but the soul of the woman. He says, "I came to seek and to save that which is lost." Just like the shepherd who has 100 sheep and one falls into a hole. He leaves the 99 and goes in diligent search until it is found. We are all like this sheep. "Lost and dead in trespasses and sin." But there's hope.

As Christians, do we have this same urgency for our lost families, friends,



relatives and co-workers? Jesus expects us to everything to get them **SAVED.**

## OBITUARIES

### Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Michael A. McField AKA "Mickey", who passed away on Wednesday, March 04, 2020.

A Thanksgiving Service will be held at First Baptist Church, Crewe Road, Grand Cayman On Saturday, March 21, 2020 at 12:00 p.m.

Viewing: 11:00 a.m. - 12:00 p.m.  
Interment at: Prospect Cemetery



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

### Churchill's

Funeral Home

We have been asked to announce the passing of Ms. Esther Sivia Connor AKA "Ms. Sylvia" who passed away on Monday, March 02, 2020.

A Thanksgiving Service will be held Privately at Churchill's Funeral Home, 328 Eastern Avenue, George Town, Grand Cayman Interment at: Prospect Cemetery



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

# HOW TO AVOID THE VIRUS

## STAY HEALTHY



**Get enough sleep**  
*(at least 7 hours per night)*



**Exercise**



**Eat healthy food**



**Take vitamins that help boost immunity**  
*(Vitamins B12, C, D3, Zinc)*

## STAY CLEAN



**Avoid unnecessary physical contact**  
*(no handshaking)*



**Keep hands away from eyes, nose, and mouth**



**Wash hands after going out in public**



**Use disinfectants on hands and surfaces**

## STAY READY



**Keep hygiene products available at home**  
*(soap, alcohol, sanitizer)*



**Have common medicines handy**  
*(paracetamol, antihistamine)*



**Create emergency contact list**



**Monitor temperature of members of household, signs of respiratory infections**

## STAY AWAY



**Avoid crowded places**



**Avoid hospitals unless necessary**  
*(consult your doctor first)*



**Avoid public gatherings**  
*(unless necessary)*



**Avoid unnecessary travel to countries and territories affected by COVID-19.**

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• Implants • Athletic mouthguards & night guards  
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CELEBRATE CAYMAN 60 YEARS  
60 YEARS. 60 PLAYERS. ONE CELEBRATION FOR THE  
CELEBRATE CAYMAN Constitution Weekend  
FREE ADMIS SATURDAY, GATES OF KICK TRUMAN BODDEN SPORTS

**CRUISE SHIP SCHEDULE — WEEK — MARCH 15 - 21**



**TOTAL SHIPS - 17**  
**TOTAL PASSENGERS - 50,376**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
Veendam	Sky Princess	Rhapsody of the Seas	Independence of the Seas	Celebrity Infinity	Carnival Legend	Veendam
Island Princess	Carnival Paradise	MSC Seaside	Carnival Horizon	MSC Armonia	Celebrity Edge	
		Disney Fantasy	Norwegian Breakaway	Carnival Sunrise		
			Nieuw Statendam			
<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>
3,579	5,652	10,575	15,927	7,972	5,042	1,629

# LOVE SHOULDN'T HURT

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

The Cayman Islands Crisis Centre offers services to help victims of domestic violence.

*24 Hour Crisis Line* - 943-2422

*24/7 Safe Shelter* - safe house for women and their children

*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.**



CICC.ky  
 949 0366  
 info@cicc.ky



## GLOBAL NEWS BRIEFS

## Filipino babies sold illegally rises sharply

The Philippines has an acute problem with desperately poor parents selling off their babies for adoption to wealthy foreigners.

Though commercial adoption of children is a serious crime in the Philippines, recent developments have shown that social media sites are facilitating the practice. The commercial adoption black market that traffics infants and children has spread widely to the online platform in recent times, reports state.

The trade has been active in southeast Asia and East Asia for decades and has gained a considerable amount of attention because of the difficulty in catching the people behind the trade. Today, a simple Google search gives several hits for several Facebook pages that have details about children who are up for 'adoption'.

There have been several instances where couples from the Philippines and other southeast Asian countries were arrested while trying to sell their babies. Most of the parents trying to sell their babies come from extreme poverty.

The trade happens behind fake accounts and the anonymity of the inter-



► Babies are sold in the Philippines for as low as \$100

net. Typically, adoptions happen when women from the slum regions are not able to take care of the child. Children out of wedlock are also put for adoption in a predominantly Catholic country. Most of the women end up selling the child instead of placing the child under a proper facility. Women, through their fake accounts, deal with the basic details of the adoption with the brokers and then arrange for the transaction to happen.

The price of an infant is relatively low, ranging from US\$100 to \$1,000. Commercial adoption is seen as child trafficking in the Philippines. A person can be charged with life imprisonment and a fine of \$40,000-\$99,000. 🌐

## Canadians steer clear of cruise ships over virus

As Canadian passengers boarded the Grand Princess cruise ship wait for a chartered plane to take them back home from Oakland, California, Canadian health officials are warning them to avoid travelling on all cruise ships to prevent the spread of COVID-19.

Chief Public Health Officer Dr Theresa Tam said, while she had previously "asked Canadians to think twice about going on cruise ships," now the message is unequivocal. "Today the Public Health Agency of Canada is recommending that Canadians avoid all cruise ship travel due to COVID-19." The update came as Canada prepared to repatriate 237 Canadians aboard a cruise ship set to dock in California on Monday. Tam pointed out that six of Canada's confirmed cases are connected to individuals from the first leg of the Grand Princess' voyage, which occurred between Feb. 11 and Feb 21.

"The virus can spread quickly on-board cruise ships, due to the close contact between passengers," she said. Since the novel coronavirus started spreading in December, Canada has had 72 confirmed and presumptive cases: 34 in Ontario, 27 in British Co-



► The Grand Princess had a coronavirus outbreak

lumbia, four in Quebec, and seven in Alberta.

Ontario's tally rose to 34 on Monday with the announcement of three new cases.

"Most of Canada's cases include travellers from an affected area, or their close contacts," Tam said. British Columbia is investigating several cases that have spread in the community among individuals with no known contact to travellers.

There were around 3,500 people on board the Grand Princess. The ship had previously been forbidden from docking in San Francisco due to evidence that it was linked to existing cases.

On Friday, the US government confirmed that 21 people on the ship had tested positive for the virus, including 19 crew members. 🌐

## Held Cuban activist incites petition

Hundreds of artists and intellectuals have signed a petition demanding that the Cuban government release Luis Manuel Otero Alcántara, who was arrested last Sunday while on his way to an anti-censorship protest organised by the local LGBTQ community. The artist and activist could face between two and five years in prison.

"This attack is not only against Otero Alcántara, but against all of the artistic and intellectual community, and against Cuban civil society in its totality," reads the petition, started by artist and writer Coco Fusco and signed by nearly 900 cultural figures so far. "It's an offensive that feeds itself on fomenting fear in order to win the complicity and silence of all Cubans."

Currently in custody at Villa Grande, Otero Alcántara is scheduled to appear in court for an "abbreviated trial process," according to the non-profit organisation PEN America, which condemned his detention in a press release.



► Luis Manuel Otero Alcántara is a popular Cuban activist

"The charges against Luis Manuel are the most disturbing iteration yet of the Cuban government's ongoing attempts to terrorise him into silence," said Julie Trébaud, Director of the Artists at Risk Connection at PEN America. "The baseless charges levelled against Luis Manuel and sheer lack of due process he has received are part and parcel of the Cuban authorities' ongoing efforts to muzzle dissent, intimidate artists, and restrict freedom of expression. We call on the Cuban government to drop all the charges against him and to cease the harassment and censorship of independent artists, writers, and thinkers." 🌐

## US claims Honduras president traded drugs

United States authorities allege that a recently arrested drug trafficker relied on protection from Honduras President Juan Orlando Hernández and his brother Tony to manufacture hundreds of kilograms of cocaine per month, broadening the scope of the narco-politics network in the Central American nation.

US authorities arrested Giovanni Daniel Fuentes Ramírez at the international airport in Miami, Florida, on March 1 on drug and weapons charges, the Justice Department announced.

Prosecutors allege that beginning in 2009, Fuentes Ramírez began operating a cocaine laboratory in the coastal town of Omoa in northwest Cortés department along Honduras' Caribbean coast with the capacity to produce up to 500 kilos of cocaine per month.

Omoa and Puerto Barrios are large port towns on the main cocaine trafficking route in the Central American corridor.

In order to ensure protection and the safe passage of drug shipments, Fuentes Ramírez allegedly bribed members of the Honduran National Police, as well



► Honduras President Juan Orlando Hernández

as high-ranking politicians and members of congress, according to authorities. He is also believed to have reported directly to Tony Hernández, the former congressman and brother of President Hernández who was convicted on US drug charges in October 2019.

Fuentes Ramírez and Tony Hernández were drug trafficking associates since at least 2012. Fuentes Ramírez also had relationships with several Honduran politicians and officials.

In addition to the drug lab, Fuentes Ramírez also reportedly used a clandestine airstrip near Cortés department to receive and transport shipments of Colombian cocaine, as well as to move drug shipments manufactured inside the lab itself, according to authorities. 🌐

## Royal pair complete their official duties

The Duke and Duchess of Sussex have made their last public appearance as working members of the Royal Family.

Prince Harry and Meghan joined the Queen and other senior royals at the Commonwealth Day service at Westminster Abbey on Monday afternoon.

The couple have been carrying out a series of public appearances in the UK before stepping back as working royals.

From 31 March, they will stop using their HRH titles and receiving public money.

The duke and duchess joined the Queen - who is head of the Commonwealth - the Prince of Wales, the Duchess of Cornwall and the Duke and Duchess of Cambridge in the central London church.

Last-minute changes meant the Cambridges and the Sussexes were led straight to their seats - rather than waiting for the Queen and taking part in the procession as they did in 2019.

Kensington Palace and Buckingham Palace have not said why the late amendment was made.



► Meghan and Harry will soon not be official royals

It was the first time the Sussexes have appeared with other members of the Royal Family since announcing their intention to "step back" as senior royals in January.

The service included Rwandan dancing and drumming as well as songs from Craig David and Alexandra Burke, hymns, and a reading from Prime Minister Boris Johnson.

Prince Harry bumped forearms with singer Craig David when they met at the end of the service - while Meghan opted to hug him.

Members of the congregation had been advised not to shake hands in greeting, to help reduce the spread of the coronavirus. 🌐

## Venezuela fire puts elections in doubt

Venezuela's next general election, scheduled for later this year, is in doubt after the electoral council said a fire in its main warehouse near the capital, Caracas, destroyed most of the voting machines held there.

Almost 50,000 voting machines and 582 computers used in the country's elections went up in flames, electoral council chief Tibisay Lucena said. She did not say if parliamentary elections could be affected by the loss of the machines and asked prosecutors to investigate the cause of the fire.

The fire broke out in the 65,000 sq ft warehouse in Mariche, east of Caracas, on Saturday.

While the warehouse is the main storage facility of the National Electoral Council, Ms Lucena said: "The electoral process is far from being destroyed." She said electoral procedure in Venezuela consisted of three steps and "only two of its processes" had been affected.

However, she did say that "little" had been salvaged from the fire despite great efforts made. "Nothing is be-



► The cause of the fire in Venezuela is still unknown

ing ruled out," Ms Lucena said, telling reporters that ahead of elections for Venezuela's National Constituent Assembly, the CNE and its infrastructure had been targeted.

Recent elections in Venezuela have been beset by allegations of fraud. The company that provided the voting system in the 2017 election for the constituent assembly said that turnout figures had been inflated by one million, an allegation the CNE denied. The CNE say it is made up of stooges of the government.

There were also allegations of vote-rigging in the 2018 presidential election in which incumbent President Nicolás Maduro won another six years in power. 🌐

# Shields reigns as queen of the ring

Claressa 'T-Rex' Shields is undisputedly the queen of women's boxing. Yet she is relatively unknown. That's despite being a two-time Olympic champion and holder of world titles in three divisions after only 10 bouts.

Unsurprisingly, she is brimming with confidence and in her last bout she entered the ring while her entourage performed a choreographed routine to Beyoncé's 'Run the World (Girls),' which fittingly ended with Shields being crowned and gowned.

The 24-year-old bruiser easily outpointed the Croatian Ivana Habazin to add the unified WBC and WBO light middleweight championships to her undisputed middleweight crown.

Shields has become the fastest boxer - male or female - to win world titles in three weight classes, bettering Vasiliy Lomachenko, who achieved the feat in his 12th pro outing. Admittedly, women's boxing is not as competitive as the male version, but it is still a remarkable feat for someone so young and inexperienced.

Her ring savvy, brilliant technique and supreme confidence has inevitably drawn comparisons with Floyd Mayweather Jr, another Michigan-born fighter. Mayweather was raised in Grand Rapids while Shields grew up in Flint.

At each of her fights, Shields stands in solidarity with Flint residents by wearing 85-inch royal blue braids to highlight the city's ongoing water crisis.

In February, Shields was among six women honoured with a sculpture in Flint - part of a project entitled, 'Honouring Heroines and Humanitarians - Women Who Have Contributed to a Better Life for All in This Community.'

"I'm overwhelmed," said Shields. "I dreamed about achieving certain things in my life, but some things are happening to me that I haven't dreamed about. I'm honoured to be recognised with a sculpture in Flint. I'll take this recognition and raise Flint higher."

Comparisons with 'Money' are not misplaced outside the ring either. Floyd Snr was a small-time drug dealer, Shields' mother struggled with alcohol.

Shields would often get into fights at school so, for her, like so many other fighters throughout history, boxing was a constructive way of channelling her aggression.

But Shields' troubled start in life did not stop her from being ambitious. "I call myself the GWOAT. I have manifested it my whole career," she said. "Now, I've made history. Whatever I think I can do; I can do it. With prayer and hard work, I've accomplished everything so far and will continue to do so."

Whilst she reigns as the undisputed middleweight (160lb) champion and unified light middleweight (154lb) champion, Cecilia Braekhus is the undisputed welterweight (147lb) champion. Shields is prepared to



► Claressa Shields is already a three-weight champion

boil down to meet Braekhus at a catch-weight of 150lbs but wants her rival's signature first because of hydration issues that she may not be prepared to go through.

There is no love lost between the two. "I don't want Cecilia's belts; I want her heart. In the ring, I'm super-competitive and I want to destroy her."

But a recent online spat involving Shields has ushered in an unexpected rivalry from a bygone era. On her Instagram account, Shields curiously welcomed the possibility of a fight with 42-year-old retired ex-champion, Laila Ali, sparked on exchanges on Instagram.

Other than a career-highest payday for Shields, it is difficult to see what she would have to gain from fighting a long-retired Ali.

Ali aside, if Shields were to participate in a "fantasy fight" with a female fighter from a different era, she says she would match herself with former three-weight world champion and hall of fame inductee, Anne Wolfe, who is widely considered to be the greatest fighter in the history of women's boxing.

"I'd choose the Wolfe fight because she had everything I have - skills, power and speed," says Shields. Wolfe is 49 and long retired.

Shields has only lost once, aged 17, in the amateurs, to Savannah Marshall who later started her pro career with Mayweather Promotions. It was at the 2012 World Championships in China.

Shields said: "I'd love to avenge the loss, but that isn't my motivation. I train every day just to be a better fighter - to grow mentally and physically. So, I'd love to smash her but, if I never get the chance to, I'll still die happy with all I've accomplished."

Shields has stated that her ultimate ambition is "to go down in history as one of the best women fighters, to be on the pound-for-pound list and to fight on pay-per-view."

But boxing supremacy is not the sole goal. Outside the ring, she is an ambassador for equal pay and opportunity in women's boxing, including pay-per-view exposure, more TV fights and undercard spots on the biggest cards.

Shields plans to pursue a career in the octagon by next year and is targeting UFC women's bantamweight and featherweight champion, Amanda Nunes.

"I just want to be a two-sport combat athlete and champion," said Shields. "I love fighting, so why not try it? I like to challenge myself. I'll prepare for MMA as hard as I prepare for boxing."



► Floyd Mayweather Jr is a firm Shields supporter

## Unfit Woods unlikely to defend Masters title

Tiger Woods is missing the Players Championship this week at Sawgrass after withdrawing because of a back injury which means he is unlikely to defend his Masters title next month.

The 15-time major winner has not played since the Genesis Invitational last month. He missed the Arnold Palmer Invitational last week, citing back stiffness.

Referred to as the unofficial "fifth major," the Players Championship traditionally acts as a warmup to the first major of the year, the Masters. Woods stunned the world last year to win his fifth green jacket. It was heralded as one of the greatest sporting comebacks ever.

Woods, 44, has battled back injuries throughout his career. He has undergone four back surgeries and had a fourth knee operation in August.



► Tiger Woods is hampered by his back again

## Robinson gives Heat hopes for future

Miami Heat may be having another humdrum season but at least they can boast some of the finest youngsters in the NBA, particularly the much-improved Duncan Robinson.

Robinson, a second-year wing is in fine form and has made remarkable progress since entering the league as an unfancied draft pick.

Robinson, 25, is one of the NBA's more intriguing turnaround stories in recent years. Although he was a good 3-point shooter at the University of Michigan, he was otherwise unremarkable.

Every NBA team passed on him during the 2018 NBA Draft. A few weeks later, the Heat decided to take a chance by signing him to a two-way contract.

They saw enough promise to convert his deal into a standard one in April of last year. This year, he has reciprocated that trust and belief.

Robinson is averaging 13.0 points a game on 46.5 percent shooting and 44.6 percent from 3-point land.



► Duncan Robinson has progressed remarkably

Robinson was at his best as the Heat beat the Magic last week. He finished with 27 points on 9-of-12 shooting, with every attempt coming from three-point range. It was the third time Robinson had hit nine or more threes in a single game — joining Stephen Curry, James Harden, Klay Thompson, and Buddy Hield as the only players to ever do it.

Along with Bam Adebayo and rookies Kendrick Nunn and Tyler Herro, Robinson has helped comprise one of the league's most promising crops of young talent.

## Maguire wants more from rampaging United

Manchester United aim to step up their new-found mean machine status in the campaign's two-month finale.

The Reds added to an ever-growing list of clean sheets in their brilliant 2-0 derby win against City at Old Trafford on Sunday.

Led by captain Harry Maguire they have now built a 10-game unbeaten run, including eight shutouts. The platform has taken Ole Gunnar Solskjaer's side to the Emirates FA Cup quarterfinals, the last 16 of the Europa League and to within three points of the Premier League top four.

But Maguire wants more. "We need to build on clean sheets. It is a foundation. If we keep a clean sheet, it is a cliché, but, if you keep a clean sheet, it gives

you every chance of going on and winning the game," he said.

"Eight in 10. Defensively, all season, we have not been a team that has been all over the place and conceding numerous chances. We have never been that team.

"We have conceded sloppy goals at sloppy moments. Set-plays, long-range shots, special goals but, lately, we have cut it out. We have been defending set-plays and I can tell you that is a big bonus. It is the key to start picking up good results and that is what we have done."

United faced Austrian side LASK in the Europa League on Thursday night and play Tottenham in the Premier League away on Sunday.



► Harry Maguire has steadied United's leaky defence

CROSSWORD

By THOMAS JOSEPH

ACROSS 43 Tragic king

1 One or more

5 Fires

9 Under-world bosses

10 Bush's successor

12 Turn away

13 Permitted to Oz

16 Curator's topic

17 Epoch's kin

18 Raptors' home

20 Gambler's secret

22 Flag creator

23 Digression

25 Surgery memento

28 Get snug

32 Haitian island

34 Bowler, e.g.

35 Circle section

36 Sub weapon

38 Piece of land

40 Alarm sound

41 "Sexy" Beatles girl

42 Bakery workers

44 X-ray units

DOWN

1 Appetizing

2 Met shows

3 Eve's opposite

4 Manor settings

5 Tone

6 Penny prez

7 1998 Winter Olympics site

8 Know-how

9 Phoebe of film

11 Choir group

15 Singer Placido

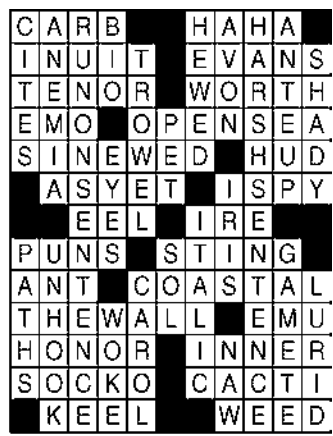
19 Metal sources

21 Bakery buy

24 Letter opener

25 Sports figures

26 Mus-tang holder



Yesterday's answer

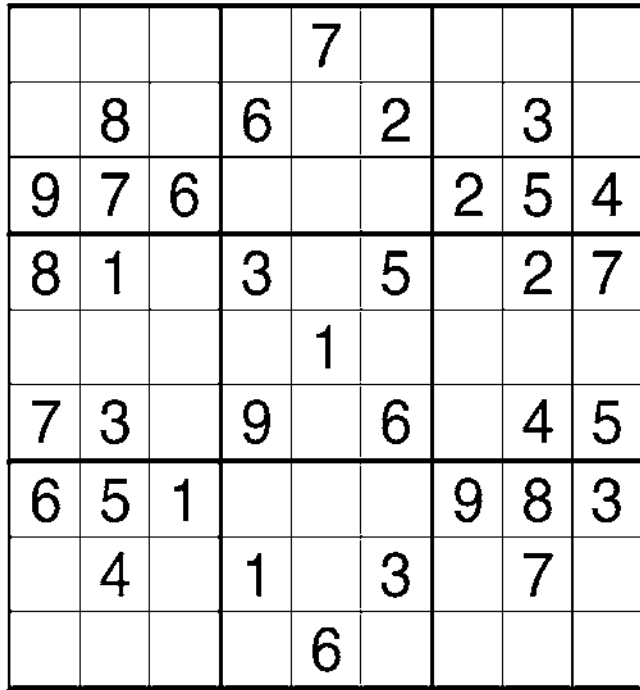
- 27 Gaming spot
- 29 Nickname for Eric
- 30 Steve-dores, at times
- 31 Short jackets
- 33 Say
- 37 Print unit
- 39 Snoop group: Abbr.

SUDOKU

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

Conceptis Sudoku

By Dave Green



Difficulty Level ★

12/03

Answer to previous puzzle

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

Difficulty Level ★★★★★

Word Search

- Soak
- Soapbox
- Soccer
- Social
- Society
- Socket
- Socks
- Sodium
- Solace
- Solid
- Solo
- Solver
- Sonata
- Sonnet
- Sorbet
- Sorrel
- Sorrow
- Sortie
- Sound
- Source
- South
- Soviet
- Sower



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

Have fun with CAYMANIAN TIMES

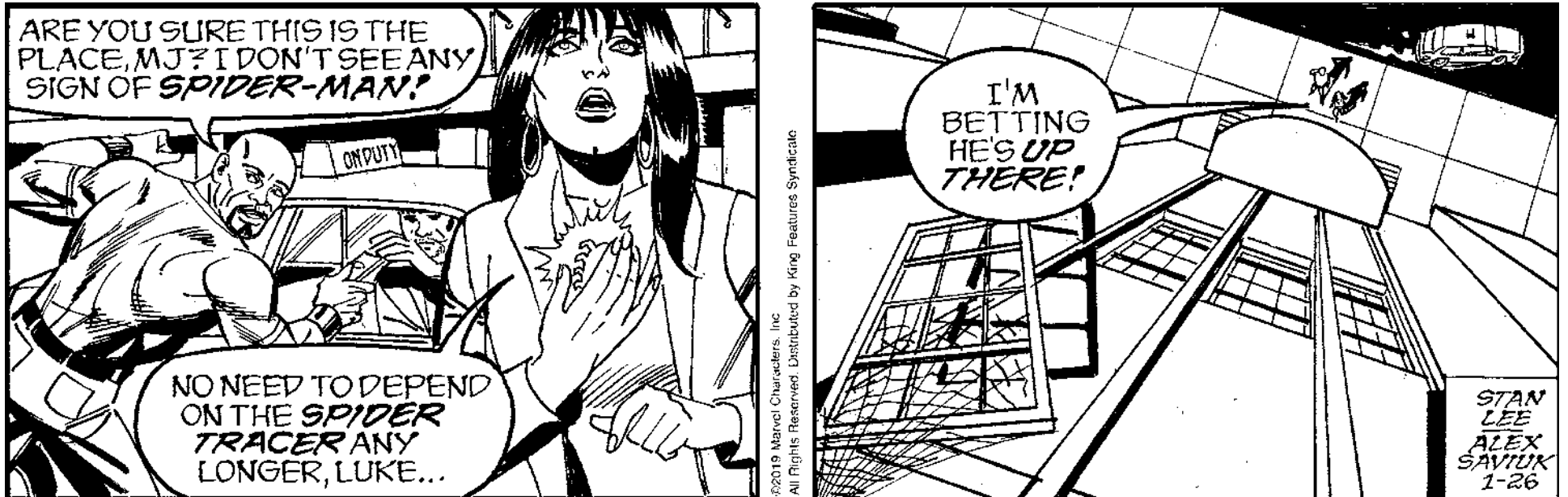
CURTIS

By Ray Billingsley



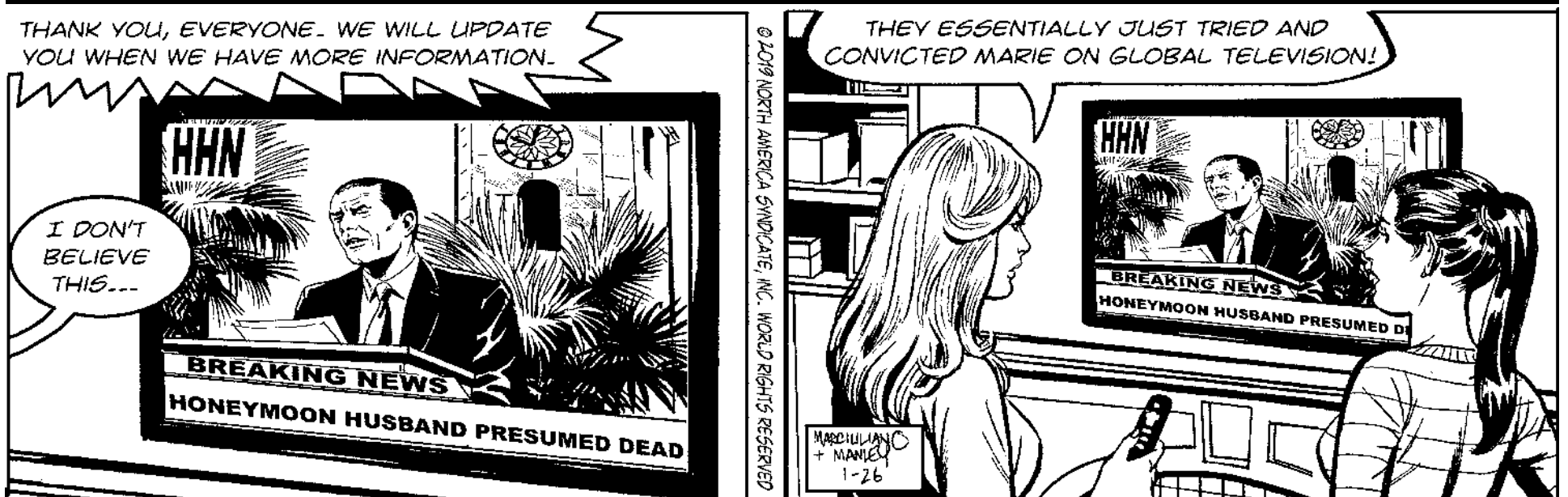
THE AMAZING SPIDER-MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley





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