

GET THE FACTS

For the latest, accurate information on the Coronavirus (COVID19), please visit

gov.ky/Coronavirus

Complimentary

NOTICE

Due to the Cayman Islands Government's curfew now in place, all Cayman Airways Ticket Offices are closed until further notice.

- For new bookings, visit www.caymanairways.com
- For reservations queries, email reshelp@caymanairways.net
- For urgent matters, call 949-2311, 10am - 3pm, Monday - Friday only



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PREMIER PUSHES BACK AGAINST CRITICS

Government Assistance: A lifeline in time of need



After initially assisting taxi drivers and tour operators directly affected by the Cayman Islands Government's 60 day cruise ship ban with a small stipend, Cabinet is now throwing out a much needed life-line to micro and small businesses during the larger scale Coronavirus lockdown, which has caused grave uncertainty for companies in the British Territory over the past weeks.

Business owners have battened down the hatches to weather the financial fallout caused by the strict measures the country has put in place to 'flatten the curve' of new infections in the wake of the worldwide pandemic of Corona Virus/COVID-19.

As part of the Government's plan for small businesses, help is now coming in the form of low-interest loans; techni-

cal assistance; training and a minor and small grant programme.

With regard to low interest loans, organizations will be provided with support to help meet their operational cashflow requirements. This part of the programme is being administered through the Cayman Islands Develop-

... Continued story on page A5

APARTMENT CONTAINMENT LIFTED

Health authorities have declared an apartment complex in George Town COVID-19 free after extensive investigations over the past 48 hours.

The 26-unit complex was placed under containment on Monday following a development in which a householder had to be placed into government-supervised isolation for COVID-19.

Chief Medical Officer Dr John Lee updated on Wednesday that elaborate contact-tracing has not shown any evidence of anyone else at the premises showing symptoms consistent with the virus which might have been acquired via the isolated individual.

The preventive measures were taken over concerns about the risk of community-transmission in the close quarters of the residential complex.

Meanwhile, Dr Lee also reported on Wednesday that an

... Continued story on page A5



► Chief Medical Officer, Dr John Lee

South Florida Stories



► Easter Sunday in the City Beautiful: the mostly desolate streets of Coral Gables' Miracle Mile, and the intersection of Ponce de Leon Boulevard and Alhambra Circle (Photo by Raquel Garcia)

By Raquel Garcia

It is an atypically steamy-hot bright Tuesday in Miami with temperatures running in the mid 90's.

The mid-day local television news is broadcasting aerial shots of the South

... Continued story on page A8

Come in WE'RE NOW **OPEN** Sundays

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EDITORIAL

Being our brother's keeper

When the biblical character Cain was asked by God about the whereabouts of his sibling, Abel, he replied "I know not; am I my brother's keeper?". At that time, Cain was feeling guilty, having already murdered his brother.



Fast forward thousands of years into the future and the Cayman Islands is showing that unlike Cain, it is indeed looking out for its brothers and sisters.

Long a friend of neighbouring countries, the team running the administration of these Islands displayed true "Caymankindness" when, after having received a helping hand to procure test kits for the deadly Coronavirus virus, has been helping Caribbean brothers and sisters acquire the same.

Bermuda, Barbados, and others including Belize, Jamaica and St Lucia have reached out and either received or are working out the details of how to move forward with accessing some of the excess kits the Cayman Islands Government recently bought from South Korea.

Although this is not a case of gifting, as these are being sold "at cost", this is still a noble gesture, as reports are that the Cayman Islands has in excess of what is required for testing the local population. However, the gymnastics and sweet talk involved in sealing the deal to get the kits proved this was not an easy task. Small Caribbean countries can very easily be left behind as the world rushes to get such a hot commodity.

However, we are trusting that while Premier Alden McLaughlin and his team are lending a helping hand, they have not miscalculated their stocks and will not run out any time soon.

Here's to being your brother's keeper; and here's to showing our Caribbean neighbours what Caymankind is all about.

COMMUNITY NOTICES

Fake News Alert

Water Authority-Cayman is aware of a false message claiming that the water supply will be shut off due to contamination. **This is completely untrue.** The Authority's water supply has not been compromised, and undergoes daily quality control testing to ensure its safety. The public is urged not to open this message or click on the link. The public is also reminded



to visit the Authority's website www.waterrauthority.ky for accurate and true information.

POLICE NEWS

Man Arrested Following Collision with Police Vehicle

On Monday evening, 13 April, an officer on vehicle patrol in the vicinity of Godfrey Nixon Way, George Town, had cause to stop and speak to members of the public. While the police vehicle was stationary, a person at the location got into a vehicle and drove it in a reckless manner, striking the police vehicle and then colliding with a building. The driver of the vehicle, a man age 43 of Bodden Town, attempted to flee the scene on foot but was apprehended



and arrested on suspicion of several offenses including damage to property and DUI. The officer in the police vehicle was uninjured.

Cayman Islands COVID-19 Dashboard



AS AT: 14 APRIL 2020, 3PM



Self-isolation

Advice for persons with & without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside & outside of your home from infection.

Isolate yourself



stay in your home or temporary residence, do not go to work, school or other public areas



separate yourself from others in your home or temporary residence



use separate facilities if sharing, these should be cleaned before use by others



have food, medication & other supplies delivered to you



do not have visitors in your home or temporary residence



there is no evidence that pets can be infected with coronavirus however, it is good practice to wash your hands after contact

Prevent the spread of infection



frequently cleanse hands with soap & water or an alcohol-based hand sanitizer



cough or sneeze in a tissue & bin it



use separate household items such as towels, bedding, cups & dishes



wear a mask when you are around others, **only** if you have been told to do so



wash hands with soap & water after using the restroom



wash hands with soap & water before cooking & eating

Take care of your health & wellbeing

For those with symptoms of infection:



get plenty of rest until you feel better



drink enough fluids so that you pass urine regularly



take paracetamol as advised, to reduce pain & fever



keep in contact with friends & family by phone, video & online



carry on hobbies & interests within your home if you are able to



take regular exercise within your home if you are able to

Seek help if you develop symptoms or existing symptoms worsen (eg. difficulty breathing) by calling the flu hotline on 1-800-534-8600 or 947-3077. For emergencies call 911.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus



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Former George Town Primary School Students Donate to School's Lunch Programme

Michael Myles and Alric Lindsay are Caymanians who attended George Town Primary School (GTPS). After completing their university education in the United States, both gentlemen returned to the Cayman Islands and began their respective professions. While achieving their goals, however, they never forgot the contributions made to them by the teachers of GTPS. On 7 April 2020, Michael and Alric gave back to GTPS in the form of a monetary Easter donation to

the GTPS Parent Teachers' Association (PTA). The money will be used to provide lunch to students in the GTPS lunch programme who are now required to stay at home while schools are closed during the Covid-19 pandemic.

When asked why the donation was being made at this time, Mr. Myles had this to say: "I grew up in a single parent home while attending George Town Primary school. I have personal experience with my mother's struggles to provide meals and keep my siblings and I safe. In our time of need, the village supported us. It's an honour to serve the children and their families who attend George Town Primary school."

Agreeing with Mr. Myles, Mr. Lindsay noted that "my mother made sacrifices so that we could have food on the table every day. But losing our home to a fire at a very young age made me realise how quickly circumstances can change. Parents may be trying in ways we cannot imagine. This donation is an appreciation of their efforts to provide the best environment as possible for school children. Without food to fuel the mind, learning can be a difficult task."

Melissa Maize, GTPS PTA President, thanked Mr. Myles and Mr. Lindsay for their donation saying "as a PTA body, we always strive to meet the needs



of our students. Over the past years we have taken note that the needs of our students are varied hence the partnership with stakeholders to help make the learning experiences of our students rich while supporting parents in the process. The Covid-19 pandemic has impacted many of our families and as a PTA we wanted to continue the support for our families. We have to thank many business persons as well as past students who step up and joining the many individuals showing care and support at this time. The PTA is confident that this donation will undoubtedly touch several lives in these difficult times. It is our nature to serve our students. We will continue to assess our situation and looking into other ways to support our students."

Mr. Myles and Mr. Lindsay hope that child hunger can be eradicated completely from the Cayman Islands within two years, however both appreciated that that goal may be overly optimistic given the implications and impacts of the spread of the covid-19 virus. "Post-covid, there will be a lot of work to be done. But the goal must be to change the set of circumstances facing parents and students so that the reliance on charitable giving is only temporary, with the next step being parents taking advantage of training and educational opportunities like the ones offered by Inspire Cayman. The benefits earned from these opportunities can be passed onto children and be utilized to help change the set of circumstances faced in the home and school environment." 🌐

RBC Royal Bank donates over USD \$330,000 to support food security across the Caribbean

Today, RBC Royal Bank (RY on TSX and NYSE) ("RBC") announced a donation for non-profit organizations across the Caribbean who are supporting food security for at-risk families and those in need during the ongoing novel coronavirus pandemic.

RBC is donating over USD \$330,000 to Red Cross societies across the region; Hands for Hunger in The Bahamas; and Cayman Feed our Future and the Cayman Food Bank in the Cayman Islands, all to support food security initiatives. This donation is in addition to RBC's global commitment of more than CAD \$2 million to fight COVID-19 through various partners such as the World Health Organization's COVID-19 Solidarity Response Fund, Feeding America, and Food Banks Canada.

Quotes

"COVID-19 has had an impact on every country and territory where RBC operates in the Caribbean," said Rob Johnston, Head of Caribbean Banking, Royal Bank of Canada. "Across the region, we are seeing how NGOs and other organizations are stepping up to provide for those in need during these uncertain times. We are proud to stand with these groups and to help support them in their vital work."

"We are all in this together and we all must do our part," said Johnston. Practice good health hygiene including washing your hands and if you're feeling unwell, please stay home. If you're unsure of what to do, listen to local health authorities, practice social distancing, and

follow the rules and guidelines put out by governments across the region. RBC has a long history of standing by our Caribbean communities through challenging times and this commitment will continue throughout this crisis and beyond."

"This is an evolving situation which requires a coordinated and sustained response," added Johnston. "That is why, globally, RBC is actively working with our community partners, subject matter experts, and the public and private sectors to understand and determine where the greatest community needs are and how to continue delivering the right support where it is needed most."

About RBC in the Caribbean

With more than 110 years of dedicated service to the region, RBC has a presence in 17 countries and territories, with 52 branches and over 3,000 employees serving more than one million clients. As one of the Caribbean's leading diversified financial services companies, RBC provides personal and commercial banking, wealth management, corporate and investment banking, insurance and trust and asset management services to a wide range of clients, including individuals, small businesses, general commercial entities, regional and multi-national corporations and governments. For more information, please visit rbc.com/caribbean.

About RBC

Royal Bank of Canada is a global financial institution with a purpose-driven,



principles-led approach to delivering leading performance. Our success comes from the 86,000+ employees who bring our vision, values and strategy to life so we can help our clients thrive and communities prosper. As Canada's biggest bank, and one of the largest in the world based on market capitalization, we have a diversified business model

with a focus on innovation and providing exceptional experiences to our 16 million clients in Canada, the U.S. and 33 other countries. Learn more at rbc.com.

We are proud to support a broad range of community initiatives through donations, community investments and employee volunteer activities. See how at rbc.com/community-sustainability 🌐



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- 2) Like our Facebook Page and keep up to date on other virtual fundraisers that will take place during this time. [Facebook.com/ncvo_caymanislands](https://www.facebook.com/ncvo_caymanislands)

Once permitted:

- 2) Donate Food.
School Students: healthy (individually wrapped) snacks for children under 5 (to help feed 55 students)
Group Home Residents: sealed ingredients for meals to be made in the group home (6 residents+3 Care workers)
- 3) Volunteer to beautify the Group Home and Schools by painting, gardening, carpentry. Visit <https://signup.com/go/RtSJAGc> to sign up!
- 4) Contact 3 Girls & a Kiln (3girlsandakiln@gmail.com) and paint a Love Bank for the NCVO at home. The banks are used to collect funds for the NCVO all year.

Please call (345) 525-2797 or email ncvo@ncvo.org.ky for more details.

Kind Regards,



Miriam Foster
Chief Executive Officer

"There can be no keener revelation of a society's soul than the way in which it treats its children." ~ Nelson Mandela

P.O. Box 1140 Grand Cayman KY1-1102 CAYMAN ISLANDS
Tel: (345) 949-2124 Fax: (345) 945-8180 email: ncvo@ncvo.org.ky
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UCCI's Summer Semester 2020 offers online classes and flexible payment options

Summer classes at the University College of the Cayman Islands (UCCI) start May 11 and are being held online. Registration is now open.

Faculty and Staff are successfully wrapping up the Spring Semester and, following the rapid move to an online format in mid-March, there were no significant interruptions in courses. This approach was necessary following the closure of the campuses in Grand Cayman and Cayman Brac.

But, even as the world encounters the challenges presented by COVID-19, studies continue in full force at UCCI. The opportunity has never been better to expand your knowledge and/or re-invent your career. As the public higher education institution of the Cayman Islands, UCCI offers a range of online programmes with flexible schedules that you can take from home. All you need is an internet connection and a computer.

You can further your education by engaging in a quick course, completing a certification, finishing an associate/bachelor's degree, or investing in a post-graduate master's programme.

Classes at UCCI are being taught online and will continue this way throughout the summer semester. Enrolment is now open, and applications can be submitted on the University's new online application portal, which allows any current and prospective student to register for the Summer Semester con-

veniently from home. Applying is simple, and all required documents can be uploaded online.

One of UCCI's core values is equal educational opportunities, with multiple pathways of entry to accommodate students' various strengths. It also provides an affordable, quality education.

Financial burdens are an increasing concern at this time in the Cayman community. UCCI can assist students with educational continuity by offering payment plans through its "Flex Finance" payment options. The options can be adapted to each student's budget. The support allows students to achieve their goals while staying on track with personal finances.

UCCI has also worked with numerous organisations and community partners to offer scholarships and financial assistance to eligible students. Some scholarships are needs-based, while others are merit-based. In the upcoming weeks, UCCI will be announcing a list of scholarship opportunities. Please visit the UCCI webpage or contact the Student Life office for more information. If you are a qualified Caymanian, you can also apply for Government Scholarships and available financial aid, visit <http://www.education.gov.ky/> to learn more.

Application for the Summer Semester has been extended until May 15, and summer classes commence on May 11. Interested students should submit



their applications as soon as possible to secure a spot. Visit the online portal <https://connect.ucci.edu.ky/apply/> to get started and to access the complete list of summer courses offered.

UCCI's regular business hours will continue while the campus operates remotely: 8:30 a.m. to 5:00 p.m., Monday through Thursday and 8:30 a.m. to 4:30 p.m. on Friday. To contact UCCI, email info@ucci.edu.ky or call 1-345-623-8224. The university's Office of Student

Life can also be contacted via email studentlife@ucci.edu.ky for continued student support. Students or parents who would like to consult with a member of the admissions team can do so by emailing admissions@ucci.edu.ky or calling at 1-345-623-8224. You are welcome to schedule a meeting to discuss your interests, programme of choice, admissions criteria, class schedules, and any other questions you have about the application process. 🌐

UCCI Professor Dr. JD Mosley-Matchett wins IACBE-Peregrine Leadership Best Paper Award



► UCCI Professor Dr. JD Mosley-Matchett

University College of the Cayman Islands (UCCI) is honored to announce that professor Dr. J.D Mosley-Matchett recently won the IACBE - Peregrine Leadership Best Paper Award for 2020 at the International Accreditation Council for Business Education (IACBE) Virtual Conference on 2 April 2020.

Dr. Mosley-Matchett was recognized by the conference for her paper "Meeting the Diverse Challenges of Educating Today's Business Students." Sponsorship of her award includes attendance at a two-day workshop conducted in Gillette Wyoming with a \$1,500 travel reimbursement stipend.

"It is humbling to know that educators all over the world are struggling with the same desire to improve education accessibility for their students," Dr. Mosley-Matchett said. "Accessibility isn't simply something we do to accommodate students with physical challenges, it's what we must do for every student regardless of the many challenges that they all face: time challenges, financial challenges, family challenges. When educators make knowledge accessible, it becomes more useful for everyone."

Dr. Mosley-Matchett has a strong record of accomplishment and leadership in the field of education. She joined the UCCI faculty in 2009 and has served as dean and director of graduate studies and professional development. She has been instrumental as part of UCCI's Strategic Planning Steering Team and in leading accreditation efforts. Her work is supported by the qualifications of a PhD in business administration, in addition to degrees in law and engineering.

UCCI is proud of all Dr. Mosley-Matchett's recognition and congratulates her for the well-deserved award. 🌐

Non-Profits in Cayman Receive a Boost



The Royal Bank of Canada (RBC) announced on Tuesday, 14th April a donation for non-profit organizations in the Cayman Islands that are supporting food security for at-risk families and those in need during the ongoing novel coronavirus pandemic.

The donation comes in the wake of a larger program in which the banks is assisting nonprofits across the Caribbean region.

Included in the recipients of the USD \$330,000 are Red Cross societies across the Caribbean; Hands for Hunger in The Bahamas; Cayman Feed our Future and the Cayman Food Bank.

All funds will be used to support food security initiatives, according to those involved with the initiative.

"COVID-19 has had an impact on every country and territory where RBC operates in the Caribbean," said Rob Johnston, Head of Caribbean Banking, Royal Bank of Canada.

"Across the region, we are seeing how NGOs and other organizations are stepping up to provide for those in need during these uncertain times. We are proud to stand with these groups and to help support them in their vital work," he added.

Mr. Johnston encouraged organizations and citizens throughout the Caribbean and gave and reminded persons of the importance of working together at this time.

"We are all in this together and we all must do our part," said Johnston.

Mr. Johnston explained that COVID-19 and the response to it is an



evolving situation, which requires a coordinated and sustained approach.

"Globally, RBC is actively working with our community partners, subject matter experts, and the public and private sectors to understand and determine where the greatest community needs are and how to continue delivering the right support where it is needed most," he noted.

Other institutions to lend a helping hand in the Cayman Islands include First Caribbean Bank, which recent-

ly donated CI\$25,000 Government to assist with supplies.

A slew of measures have been taken by many of the banks in the Cayman Islands, including mortgage holidays.

RBC has also recently made a global commitment of more than CAD \$2 million to fight COVID-19 around the world, through various partners such as the World Health Organization's COVID-19 Solidarity Response Fund, Feeding America, and Food Banks Canada. 🌐



APARTMENT CONTAINMENT LIFTED - and other COVID-19 updates

... Continued story from page A1

additional six persons have tested positive for COVID-19 bringing the total to 60.

Of those, four were persons who'd had previous contact with known carriers of the virus, while the other two were locally acquired pointing to community transmission.

In giving the results for 56 additional tests, the CMO said this takes the overall number of persons tested to 636 with 576 returning negative results.

THE ECONOMY

Meanwhile Hon. Premier Alden McLaughlin has revisited the issue of calls to reopen the economy.

He said "it would be nothing short of an act of absolute lunacy" to consider returning to normal business activity at this stage.

"If we yield to pressure to reopen Cayman, it could end up looking like a miniature New York, Italy or Spain."

Premier McLaughlin feared that unless the virus was suppressed in Cayman, opening up the economy prematurely could mean that unlike the metropolitan countries where bodies lie unclaimed, "there won't be any unclaimed bodies in Cayman" because of the size and closeness of the community.

Once again defending the strategies the government has adopted to restrict



public movement, Mr McLaughlin said had that not been done, the projection was for at least 1,000 deaths in Cayman from COVID-19.

To date, there has only been one death; a cruise ship passenger who had acquired the virus elsewhere.

TESTING, TESTING, TESTING

In a related development, Premier McLaughlin disclosed on Wednesday that widescale testing for COVID-19 was expected to get underway as early as next week.

This is in line with the World Health Organisation recommendation to "test, test, test".

The CMO Dr Lee also disclosed that protocols are being reviewed to broaden to base for testing.

This would mean that tests could be carried out at a wider range of sites and would allow medical professionals broader discretion in determining at what point COVID-19 might be necessary.

Arrangements, including training, are being put in place to facilitate as Cayman's response to the COVID-19 outbreak steps up another notch.

MASKS

Dr Lee also announced that the wearing of masks could soon become a norm in the community during the crisis with local production lines coming on stream.

He said the Red Cross has been manufacturing masks in large quantities and those could soon be available to the public.

Hon. Minister for Health Dwayne Seymour has been a strong advocate for wearing masks, making it a regular feature of his contributions during the press conferences.

Government Assistance: A lifeline in time of need

COVID-19 Crisis Puts Businesses in Dire Straits

... Continued story from page A1

ment Bank and will benefit businesses that are 100 percent Caymanian owned.

Each borrower will be provided with a Government guarantee, with micro businesses being eligible for \$20,000 and small businesses being offered CI\$50,000.

There will also be a six month moratorium during which time the bank will not collect principal or interest payment on the loan, which will be given for a period of five years at 1 percent interest in the first year and subject to increase thereafter.

Applications are being fielded by the Cayman Islands Center for Business Development.

Criteria for assistance is still to be announced and persons interested are being urged to send an email to loan.cicbd@gov.ky.

Businesses owners such as Cindy Oostvogels of Polished Nail Salon in the Galleria Plaza, which has been in business for over 10 year spoke exclusively to the Caymanian Times and outlined what the loan would mean to them being able to continue.

"The small business loan would be a life saver for us because after the first week back, the staff will need to be paid and the revenue will take time to build. There is also permits, medical insurance, rent, utilities and trade and business licensing fees that need to be paid."

She added that general living expenses while the business has not been operational has meant that many business owners have had to go into savings while there has been no revenue.

"Many small business owners will have to seek employment to get through until they are able to open again to make up the immediate shortfall and try to service some personal expenses as well as those business expenses that cannot be deferred, though at Galleria we have had a decrease in rent during this time," she explained.

The Government is also offering a Technical Assistance Programme, which will use qualified accountants and other professionals to provide technical guidance and coaching to micro and small

businesses in order to keep their financial obligations to financial institutions.

Technical Assistance will initially be provided for one year and will include areas such as document preparation to access financing, grants and other stimulus products, preparation of business plans and strategic plans, business forecasting and business impact analysis.

Additional aid to businesses will include a training and Handholding Programme, which seeks to help organizations prepare for a post COVID-19 world.

Modules in the Handholding Program range from managing cash flow in a crisis to managing change and business model innovation. Training will be provided at no cost to participating businesses.

Businesses must complete at least one of the sessions of the Handholding Programme as a prerequisite for accessing low-interest loans being offered.

The Micro and Small Business Grant Programme targets three thousand vulnerable micro and small businesses and is intended to provide initial assistance of CI\$1000, monthly to selected businesses for three months.

Objectives of this program are to provide working capital assistance to micro and small businesses affected by COVID-19, which have enough domestic market to render the business recoverable, as well as to aid in the re-purposing and transition of business that had a large tourist market and have demonstrated the ability to transition to a larger domestic market.

In order to be eligible for the grant programme, a business must have been operational for at least twelve months prior to March, 2020. It must also meet the definition of micro and small business as set out in the Trade and Business Licensing Law and must evidence an increase in receivables and/or a decrease in sales related to COVID-19.

Ms. Oostvogels noted that though the CI\$3000 is generous, her business is counting on the small business loan.

"We will have to secure one of the low-interest loans to make it.

"After the first week back, the staff will have to be paid and all the deferred



bills will have to be paid, meaning general revenue may not be able to make up the shortfall, despite the assistance of CI\$3000."

There is also the matter of possible layoffs for small businesses to consider, as those who have been in business for some time will have to pay long-term employees severance; a reality many are unable to face in these difficult times.

This has meant that small businesses have been reluctant to let staff go in order to save for other bills; a situation that is all the more precarious given that

the government is recommending that some of these workers consider going home.

In many instances home countries of some staff have travel restrictions in place adding to a logistical nightmare for the Cayman Islands Government, who may have to take care of these workers. The situation is also a major concern for landlords.

Workers themselves say they are concerned about general living expenses and with no access to money remittance services, the prognosis seems stark from all vantage points.



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Covid-19 and the Roll out of Online Education

At the time of writing this article, there were close to two million people infected with this virus and every country on the planet has been putting in place various strategies to reduce the incidents and deaths that have come with this pestilence. The race for a vaccine is on.

Here in the Cayman Islands, strong and decisive leadership has been helpful in limiting its impact. Information has been easy to access and there has been transparency on the various plans and processes.

Various writers have opined that our lives have been forever changed. One area of change is certainly the way in which education is delivered. While the offering of courses on online platforms was nothing new, the extent and dependence on these platforms is certainly unprecedented. At the University level, preparation and training done by the UCCI, enabled this institution to switch to online delivery very rapidly and to make the necessary adjustments to ensure effectiveness.

The online delivery of a course can be a challenging prospect, as switching from on-site to online is a significant change. As with most aspects of the teaching and learning enterprise, it is the professor in the 'classroom' who is most important in determining outcomes.

Positive guidelines from those who have had success in this method are helpful and are outlined below.

It is important to reach out to each student to find out how each of them is doing as they too are adjusting to a new learning environment even while they do to the changes in their personal lives

and in their communities caused by the corona virus situation. Students must be encouraged to stick it out even with the challenges that the new environment brings.

Students should be enabled to feel that they are part of a collaborative atmosphere with the professor as well as other students. This helps with the retention and performance of students in the course. When students are asked what is working for them and what is not working, the necessary adjustments can be made.

The use of online settings provides many opportunities to engage with students in frequent dialogue. Some lecturers are finding opportunities to create an engaging classroom such as setting up virtual discussion groups to assist students in working together. When students are encouraged to ask questions, they get more directly involved. Discussion boards work great for student questions as they may feel more comfortable typing their questions which the facilitator can easily answer.

Online settings provide many ways for students to engage with course content, get to know each other and have stimulating discussions. Students can respond by using the discussion board or work with small groups in a chat room and then provide the group's response.

Experts in the field emphasize that online delivery requires more than providing outstanding course content and challenging assignments. It is crucial that students stay engaged and feel that the facilitator is constantly present in the course. The dialogue, they point out, should be varied and can include video

chatting, discussion boards, emails and voice-recorded comments providing feedback on assignments. An advantage of using such methods is that the students need to log in to the course frequently, and frequent logins help keep students on track and aware of assignment due dates.

With practice and experience, much of what is done in a face-to-face classroom can be adapted to the online classroom.

Success in online teaching requires considerable effort on the part of both the teacher and student. The teacher must be responsive and provide timely feedback. Jean Dimeo's article 'Transforming Teaching and Learning' published November 2017 in **Inside Higher Education**, is correct in pointing out that students are often submitting discussions and assignments into an online campus management system, which can seem impersonal and create a sense of anxiety for some. Faculty responsiveness can alleviate some of that tension and truly make learners feel supported.

The use of strong rubrics and the setting of clear expectations and proficiencies help to guide the learning process. It goes without saying that the use of humor helps students to enjoy lessons. When key points are summarized and main conclusions and learning outcomes emphasized at strategic times throughout the lesson, students have a sense of completion and achievement. This also helps them to focus on what is important.

The switch to the virtual classroom comes with challenges for both the teacher and student. It also comes with significant opportunities for educators



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

to learn more about how to be effective using this mode of delivering education. Some of us may not get the technicalities right immediately but it is hardly necessary that the emphasis be on perfection, but instead, on ensuring that the students love the course being taught and that their curiosity is stimulated to continue to engage with learning even after the course formally ends.

My personal congratulations to all educators who are using online platforms currently. Enjoy this time with your students. Make it a great experience for them and for you! 🌐

Governor's Update



► Cayman Islands Governor Martyn Roper

• **Stay positive:** Despite tougher measures, please try and remain positive and retain hope. We are in the fortunate position of being able to watch from afar countries who are ahead of us – we can learn from them as they gradually re-open their economies.

• **Thanks to frontline workers:** My heartfelt thanks to everyone who continues to work on the front line – health professionals – RCIPS, CBC and Special Constables amongst them.

• **Beach closure:** I appreciate that many people will be disappointed about the closure of the beaches, but it is clear that we have no choice but to implement this measure to help suppress the spread of the virus. It is tough for those who want to exercise there, but I have received plenty of messages from people who understand why we've had to close them to the public.

• **Message on the mugs:** Thanks To Jay at the Cayman Islands Tourism Association for the mugs you saw in the press conference. They have a clear message "Stay Home and Stay Safe".

• **George Town Complex:** The news about the George Town apartment complex will understandably be concerning, but please be assured that we have thrown a lot of resource towards managing the risk to isolate the people there, supervising the complex very carefully

and testing everyone. We believe we have caught it early.

• **Evacuation flights:** A lot of work continues behind the scenes on the evacuation flights and we've made good progress. We'll soon be announcing details on potential flights to Miami, Canada and Nicaragua. We're also working on a Jamaica flight which is a bit more challenging. Unfortunately, airports in India will be closed for at least three weeks which means we'll be unable to look at immediate flights there. However, we will monitor and keep that route under review. Work also continues on the next British Airways air-bridge to the UK. I am aware that people have raised the issue of transporting pets on that flight and this is being looked at.

• **National Recovery Fund:** I have been asked how the community can donate to the National Recovery Fund. Please hold fire for now while discussions continue within the private sector and civil society and more details will be announced as soon as possible.

• **Home fitness:** For those who want to try some fitness from home you might want to check out Joe Wicks on YouTube. He has gone viral in the UK with his 'PE with Joe' YouTube videos – <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>. Something for all the family! 🌐

PREMIER PUSHES BACK AGAINST CRITICS

Premier Alden McLaughlin has given a strident pushback against critics who question his government handling of the COVID-19 crisis.

In his strongest defence to date of his administration's approach to the dual challenge of managing locally the most devastating global public health emergency in recent history while keeping the economy afloat, the doubled down on the steps put in place.

Priority number one, as he explained it, is suppressing the spread of the virus which has already claimed one life in here and has spread to 54 people to date.

"Some people say they want to know what the Government's plan is. I say again the Government does have a plan. The plan is aimed at the suppression and the ultimate elimination of the virus within the confines of the Cayman Islands. All of the measures that we have taken so far and the ones that we are still taking are aimed at that ultimate goal."

The second aspect of the government's two-pronged approach is the economy, he reiterated.

"We are deeply conscious that our actions have grave financial impacts and indeed is causing and will continue to cause major hardship to many, many people, in fact almost everyone that is here. But it is necessary if we are to be able to effectively employ the only known means of containing and attempting to eliminate the virus."

BIG GLOBAL ISSUE, BIGGER LOCAL CHALLENGES

Looking at the dual global public health and economic impact of the COVID-19 pandemic, Premier McLaughlin said:

"No country in the world has yet succeeded in eliminating it – not even China with all of its great efforts, I've just read some stats that cases are still popping up.

"Essentially the most important thing we can do, is to adhere to physical or social distancing - keeping people apart from each other. So everything we are doing is aimed at that," he added.

... Continued story on page A7



► Cayman Islands Premier Alden McLaughlin

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
85° / 79°	84° / 79°	83° / 79°	83° / 79°	81° / 79°	83° / 80°	83° / 79°
Mostly sunny and nice	Partly sunny and nice	Mostly sunny and nice	Partly sunny, showers around	Mostly sunny	Sunny to partly cloudy	Sunny to partly cloudy

PREMIER PUSHES BACK AGAINST CRITICS

... Continued story from page A6

In the absence of a vaccine, social distancing and reducing the extent of public gatherings has been the most effective strategy to date.

However, compliance by some members of the public has been a challenge resulting in many governments instituting complete lockdowns for limited periods.

The other proven method, while a vaccine is in development, is testing.

"Testing, testing, testing" has been the mantra of the World Health Organisation since it declared the COVID-19 outbreak a pandemic on March 12th.

"TESTING, TESTING, TESTING"

Premier McLaughlin reports that the government is on the verge of considerably ramping up its testing capability.

"Until very recently we haven't had the ability to test widely and we're still not quite there because although we've got more test kits than we need, there are still other aspects of the process that are still being worked through," he stated.

However, this is now expected to change in the next few days.

"Hopefully by next week we will be able to go very aggressively into testing of frontline personnel and just about anybody who we think, or they think, need or warrant being tested. That is the Government's approach to this, suppression and ultimate elimination of the virus within the broad community, the Premier informed."

He said that once that is in place, the expectation is that the current restrictions on public gatherings including the curfews will be gradually relaxed.

"Once we are able to do that we would be able to slowly release most of these restrictions that are currently in place and to allow the local economy to restart in a limited way."

LIVES OR LIVELIHOODS

The burning question of restarting the economy is a huge challenge for governments around the world.

Some have resisted putting tough measures in place with a consequential risk to their citizens' lives.

On the other side of the coin is the threat to the economy and wrecked livelihoods.

It's a matter which has also been occupying the Cayman government as Mr McLaughlin disclosed.

In his assessment of the global situation, he said: "We've seen what is being attempted in many other countries. Spain is now trying slowly to restart its economy. Looking at it with my inexperienced eyes, I still think it's very early for them to do that. We've seen though that they are successfully doing it in China."

Locally, the challenge is even more acute and the risks greater as seen by the Premier from his unique vantage point.

"Cayman, of course, is a much smaller place and it is almost impossible for us to not have interaction with many, many people regardless of where they come from. This is a very small place and we all tend to congregate in many of the same areas."

And he cautioned: "Trying to reopen Cayman district by district would be an absolute impossibility, we have to eliminate the disease as far as possible, within each of the islands, and even then unless we absolutely restrict travel between Grand Cayman, Cayman Brac and Little Cayman we're still potentially spreading the virus if it still remains within the local community."

According to Premier McLaughlin, "the only way that we can effectively restart this economy is if we are able to effectively stamp out the virus here. Otherwise, nobody is going to want to move about these islands doing business, at least no sensible person, with the real risk that the virus is still there and that they might contract it."

COMMENTS THAT CAUSE CONCERN

On that critical note, Mr McLaughlin directly questioned comments which in his view seem to suggest natural selection, which he considers abhorrent.

"It is deeply concerning to me and to us all, when we see and hear some of the very narcissistic comments that are made which contend that essentially we should just let the elderly and the vulnerable people die. Just accept they are casualties in this particular war and we just let them die off and the strong will survive and we can just get on with business," he lamented.

"That is absolutely not the approach of the Government, and it's absolutely not my approach," he declared.

"Whatever measures that we have to employ, that gives every person that lives and breathes here an opportunity to survive this very difficult, very chal-

lenging, very dangerous time - we are going to employ."

He further illustrated his point by referring to the decision to close the public beaches.

"Though it is with the deepest of regret that we have had to take the decision to close the beaches and access to the water. It is because there continue to be significant numbers of people who are absolutely reckless or completely blind to what is appearing on their television screens every single day about the ravages of this virus right across the world."

"Believe you me, I've seen some stuff written by ostensibly sensible people that left me absolutely shaking my head. I don't know how anyone can believe that they are somehow immune to this virus because they are 35 or 40 years old."

"No-one knows how your body is going to respond to the virus, but it's not just about you, you may survive it but you may be the instrument of another's demise because you passed it to someone who passed it on to them. That's the bit that some people just don't seem to get."

DEATH BY A THOUSAND CUTS

Invoking a particularly gruesome ancient Chinese method of execution as a metaphor, the Premier reinforced his appeal for people to adhere to social distancing and other measures put in place to halt the spread of COVID-19 in Cayman.

"If we can adhere to these protocols that have been put in place, we have a chance of being able to eliminate this in relatively short order. Otherwise it's going to be one of two things: Death by a thousand cuts because the virus just slowly creeps through the community and it takes months and we're under this set of restrictions or even more stringent ones for a much longer period of time."

Or we move to a full 21 day lockdown like they've had to do in some other places where only one member of the household is allowed out once a week to get necessary supplies."

"It's going to have to be one or the other," he said, "because we can't get into July and August under these restrictive provisions that are currently in place which are constantly being breached by a minority."

Premier McLaughlin noted that most people are complying with the measures, but pointed out that "it doesn't take more than a few to cause this virus to spread."

PLEA AGAINST COMPLACENCY

He cautioned against complacency considering the large number of negative cases compared to those declared positive.

(Chief Medical Officer Dr John Lee's latest report positive showed that overall to date there have been 526 negative results and 54 confirmed positive).

"Those stats might give people a sense of complacency," Premier McLaughlin said, "but believe you me the situation that we have with the apartment complex in George Town that has just been reported should make everybody extremely concerned, it certainly makes us very concerned. And until we can go through the process of tracing and testing we all need to be absolutely on our guard."

He again pleaded with residents of Cayman: "Do not leave your home unless you absolutely have to, it is the safest place you can be. That is the simplest message I can deliver, the most straightforward I can deliver. Stay home Cayman, we keep saying it over and over again. If we can suppress this virus effectively, we will be able to start doing all the things that we want to do again."

In the same breath however, he again warned:

"If we continue the way we are with increasing positive cases, this is going to stretch out interminably and if you think you're frustrated now, if you feel your liberties are being impinged upon, it is only going to get worse because the Government is resolute and determined that we are not going to allow this virus to spread right through this community."

Mr McLaughlin gave a commitment that his administration is "going to give it every single effort we possibly can, employ every possible measure that we can, to keep that from happening."

He ended his prepared statement with this emotive plea:

"Please my people work with us, I beg you, work with us. Let's collectively be the only country in the world that effectively eliminates this virus and to get on with our domestic activities while the virus burns itself out around the rest of the world." 🌐

OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Edward Patrick McField better known as "Pat", who passed away on Tuesday, March 24, 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. Sharon Roselyn Watler, who passed away on Tuesday, April 7, 2020. A Thanksgiving Service will be held Privately for family in accordance with Government regulations.



Condolences can be registered at churchillsfuneralhome.com

MOMENTS OF INSPIRATION



WE NEED PURPOSE!

Without purpose it sure feels like we are just wandering away. Often times we fall into destructive patterns. A marriage that has no purpose is on the brink. What then, is the purpose of marriage?

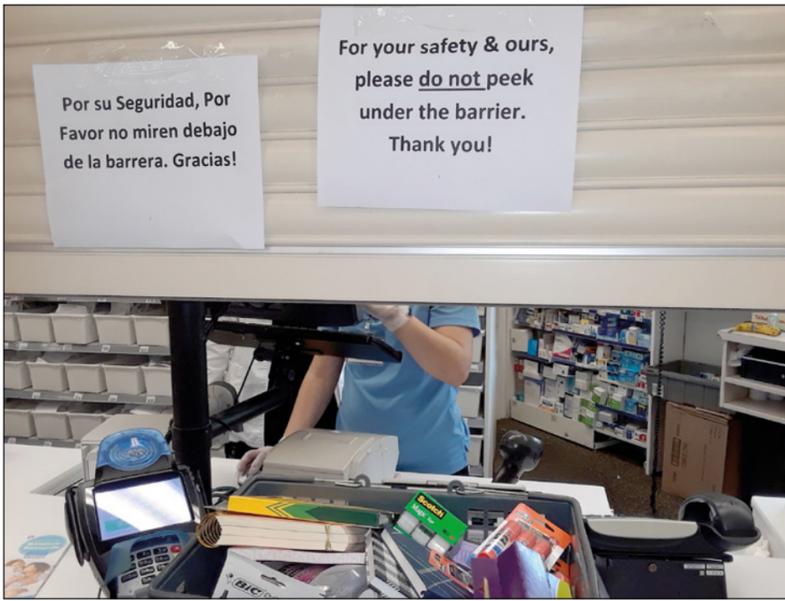
This passage tells us the answer. It is His plan. But, according to His word, the primary purpose of marriage is not to have children, is not to present a picture of the gospel of the relationship of the church and Christ. The relationship of the church and Christ illustrates that between a husband and wife. CHRIST IS WHERE WE START. NO WHERE ELSE!

A marriage would have it ups and downs. Not every marriage would have children. However, a husband and wife who trust the Lord's purposes for their marriage will not only endure hardships but GLORIFY HIM IN IT ALL. 🌐

The ultimate purpose of marriage is not to make us happy, but to glorify God.

Nancy Leigh DeMoss





► The dystopian reality of the A.C. (After Covid-19) new normal on display at a Miami Walgreens pharmacy counter (Photos by Raquel Garcia)



► Easter Sunday in the City Beautiful: the mostly desolate streets of Coral Gables' Miracle Mile, and the intersection of Ponce de Leon Boulevard and Alhambra Circle

South Florida Stories: Reports and personal accounts from the Covid-19 new normal reality

... Continued story from page A1

Florida coastline looking as crystal clear blue pristine as the revered beaches of the Caribbean that residents here forever long to visit. Dolphins are captured at play near the shores of Biscayne Bay and two rare sawfish sharks are also spotted swimming together. These stories of nature reclaiming her ground present a bittersweet irony but welcome respite from the daily gloom of global pandemic updates.

Today is April 14 and I've been mostly sequestered at home for nearly 21 days. The Florida Department of Health's stated Covid-19 daily numbers are at 21,367 total cases with a death count of 524. Miami-Dade County leads with the highest number of cases at 7,712 confirmed. Neighboring Broward County is second at 3,243. Together they make up fifty percent of all tested and documented (by Centers for Disease Control definition) individual Florida cases. The global numbers are currently almost two million, with the United States leading in the highest numbers of novel coronavirus cases worldwide; just shy of 600,000.

One of the real people behind those daunting statistics was reported about in the morning's Miami Herald. Danielle DiCenso is a 33-year-old ICU nurse at Palmetto General Hospital in Hialeah, and a wife and mother with no known underlying conditions who apparently succumbed to the virus yesterday. She was said to have run a fever for the past few days but her test results were "inconclusive." Husband David was quoted as saying "she looked peaceful...like she just went in her sleep."

Week Three in "safer at home" South Florida community quarantine decreed to help "flatten the curve" of the novel coronavirus global pandemic follows a Holy Week stateside that saw the highest number of reported casualties to date rising ominously amidst prognostications of worse to come.

This portentous moment in history is hard to deny as it happens in stark contrast with the most sacred spring-awakening holidays of the three largest world religions: Easter, Passover, and Ramadan. Recent earthquakes in the Midwest and tornadoes slicing through the South magnify the natural disaster headlines like deadly exclamation points to a plan-

etary crisis exposing man's requisite humility before nature.

Politicians have begun planning their best-laid-plans to end quarantine and open society back up for business while Florida Surgeon General Scott Rivkees tells reporters social distancing measures should remain the status quo until a vaccination is discovered.

Next week's anticipated Earth Day (April 22) events are of course off other than nature's own spontaneous healing celebrations that we humans are not privy to. Gaia, or Earth Mother, does appear to have thundered us away indoors with our sterile technology, intimate family company, and one's own internal cultivated resilience being the only assets available to overcome this phase of the new, new, normal, A.C. (After Covid).

I am immeasurably grateful for the company of my two dogs and a cozy one bedroom apartment equipped with so many wonderful books, my heretofore treasured solitude, the discipline of meditation, a functional television set, internet access, art supplies, and enough food and essentials to pass the hours away here as the planet (mostly) pauses in unison.

These comforts of societal privilege help to assuage the inevitable moments of panic I must breathe through from time to time. The lapses of reason when my lesser angels create running scenarios in the mind like a flickering newsreel of impending doom and destruction forecasts for an apocalyptic tomorrow.

Many saw the clandestine videos from early February of Chinese governmental enforcers dragging Wuhan citizens suspected of being infected by the virus from their homes. Then the entire boot of Italy subsequently locked down with 60 million souls sequestered...yet still singing and clapping from their balconies above the ancient streets. It was inevitable that America would soon learn her role in this growing global pandemic drama.

So, the novel coronavirus' protein molecules secretly stowed away on their human hosts from abroad and eventually bounced over to U.S. shores, spreading quietly in South Florida and beyond. New York erupted into the national epicenter with a disquieting nod to the Spanish Flu of 1918 demonstrated by field hospitals once again occupy-

ing Central Park. I did my feeble best to prepare.

The greatest feat was convincing my stubborn elderly parents to stay in their suburban western Miami-Dade County home, and they somehow allowing me to arrange to pick up three months of their prescribed medications and enough provisions to get through for now; hurricane style with a doomsday twist.

Back in my neighborhood in the city of Miami proper, our mayor became the first South Florida public figure to test positive for the virus after hosting Brazilian diplomats at City Hall (he has since recovered well and donated his plasma toward treatment efforts). The additional good result of Francis Suarez announcing his illness was it brought the new reality home to our communal doorstep. It seems to have also guided the prescient decisions of elected local leaders to begin unprecedented shutdowns of upcoming iconic signature events as announced via a press conference on March 6.

Cancelled: The Ultra Music Festival was to be back at Bayside Park this March 20 after a disastrous relocation to Virginia Key last year and roughly 50,000 revelers were expected daily for the highly-hyped three-day electronic music dance-a-thon. The international Calle Ocho street party hosted by the Kiwanis Club of Miami was set for Sunday March 15 when over 100,000 attendees celebrate Cuban culture in an annual spring tradition since 1978.

Dismissing the burgeoning spring break throngs taking over Miami Beach and Fort Lauderdale became an unwieldy clunkier affair but was accomplished albeit piece meal by more-or-less the end of March. First with the closing of streets on Ocean Drive and Las Olas Boulevard, respectively, then hotels and restaurants in both counties were shuttered. Schools closed around the same time. Checkpoints opened into the Keys where only residents and workers got a pass.

The city-wide 10pm to 5am nightly curfew for Miami began March 28, about when residents were also requested to stay home unless working at an essential business or running essential errands. As of last week (April 8), anybody out in public is now required to don a face mask of some sort. It is the only way one

has access to witness the new dystopian reality happening at the neighborhood grocery store or pharmacy.

The first resident to die from Covid-19 in Miami-Dade County was a fit 40-year-old man, Israel Carreras, who had attended the Winter Party Festival in Miami Beach before city officials recanted their early March declaration that the city was still "open for business." He passed away two weeks after the event, on March 26.

The cruise ship chaos at Port Everglades and Port of Miami continues although much more subdued from the harbinger vessel Diamond Princess experience after departing Japan that soon forecast ill tidings ahead for the industry with infections run amuck on board and a litany of port arrival denials.

At one point around mid-March there were 15 cruise ships circling the coastal waters. They were allowed to venture into port only to replenish fuel and supplies as passengers and crew waited anxiously for disembarkation clearance while some got sicker and sicker.

The passengers aboard (including dozens of Floridians) along with the sick and the dead would mostly, eventually, be granted clearance to disembark for area hospitals or to be transported privately to their home states. However, some crew remain marooned onboard these now largely abandoned and defunct anchored luxury liners.

The clearance would come too late for the Maa family as their 71-year-old patriarch, Wilson Maa, traveling on the Coral Princess passed away on Sunday April 5. He was told by personnel that there were no local taxis nor hospital beds available to move him. It would become tragically clear later that both accounts were wrong.

As humanity approaches the end of these first four months since the novel coronavirus first announced itself following the--perhaps bygone era--of worldwide celebrations heralding a new decade, much has gone wrong. Yet spring persists ahead optimistically in the flowering garden blooms and in the innumerable stories of one person helping another, so much has gone right.

The doctors and nurses and paramedics and police officers and pharmacists and grocery store check-out clerks and journalists and others who are out there on the front lines braving this invisible and potentially fatal contagion while working intrepidly in daily service to help their fellow man heal and stay safe and healthy and well-fed and informed, regenerates the spirit of kindness, love, and self-sacrifice, that color every soul.

South Florida Stories: reports and personal accounts from the Covid-19 new normal reality, seeks to regularly report (safely from home) and exclusively for Caymanian Times about how the community is managing in the affected voice of personal experience presented as a historical documentary account through local storytelling.

Raquel Garcia received her Master's degree in Journalism from the University of Florida. She is an Edward R. Murrow Radio and Television News Director Award recipient and has been a community beat reporter for years and served as an NPR, PBS, and print media journalist, producer, and editor.



► Bike riding along Brickell Bay Drive in quarantined downtown Miami reveals a strikingly serene Biscayne Bay

BOOSTS IMMUNITY

"Eating a variety of different types of nutrient dense foods will help ensure we are getting the proper amounts of vitamins, antioxidants, and inflammation - fighting micronutrients needed to help our immune system function optimally. Not to mention help make our white blood cells work even more efficient," says Dr. Walding. Now as we are all in shuttered mode we need to ensure our immune system is enhanced. Here are some essential nutrients you need to have on a daily basis.

ZINC - Essential for DNA synthesis, and cell proliferation. Several studies have found the elderly to be deficient in Zinc. Studies have shown that adequate amounts of zinc is essential for prevention of pneumonia. Consume 2-3 servings of zinc rich foods daily. Grass fed lamb, pumpkin seeds, hemp seeds, chickpeas and cashews are delicious sources.

VITAMIN C - This is no stranger to boosting our immune system especially in these times. Its major function is to fight and stave off free radicals. Powered with antioxidants they protect the cells from damage due to free radicals. It helps encourage the production of white blood cells known



as lymphocytes and phagocytes which help protect the body against infections. Kiwi fruit, bell peppers, orange, strawberries and other berries are powerhouses of vitamin C.



VITAMINE - Research has shown that healthy levels of this is crucial to a healthy immune system, especially amongst the elderly. Sunflower seeds, almonds, hazel nuts, mango, avocades, butternut squash,

are all foods that we should consuming in these times.

OMEGA 3 FATTY ACIDS - The most common benefit of this is reduced risk of heart disease. According to Dr. Walding, "this may also help protect and boost the health of the immune system." This also reduces the production of molecules and substances linked to inflammation. Atlantic Mackerel, Salmon fish oil, walnuts, chia seeds, herring, and flax seeds are what you should consume daily.

So, when next you step in to the grocery make sure you have this list with you. Be safe and stay healthy. 🌍



Choices, choices, choices...

When the social distancing mandate is lifted and we all emerge from our homes, you're going to notice that many people put on weight during this stressful time. And it's hard to blame them.

Because fitness is hard.

It's hard when life is normal, let alone when the world is on lockdown causing our stress to steadily rise and tempting us to turn to comfort food.

Every day we have choices to make, and these choices take us closer to a fit and lean body or farther from a fit and lean body.

Exercise or NO Exercise?

Lace up your shoes and take a run or do a body weight workout instead of getting extra sleep, watching TV or doing whatever else it is that you'd rather be doing. Do this 3-5 times each week for 30-60 minutes.

OR
Spend your spare time being as sedentary as possible. The less that you use your muscles, the more aches, pains and mobility limitations you'll experience. Oh, and if you're consuming more calories than your natural metabolism burns then you'll steadily gain weight.

Eat for TASTE or for NUTRITION?

Choose your meals based on the nutritional makeup rather than following your taste buds. Limit your intake of simple carbohydrates and get lots of protein and fiber in each meal.

OR
Eat whatever sounds and tastes good. The human palate is naturally drawn to items that are high in sugar, salt and fat. Your eat-whatever-diet will be filled with these fattening foods and will be lacking in protein and fiber. You'll find your weight increases, and your energy levels plummet, accordingly.

Say YES or NO to Junk Food?

Turn down your favorite junk foods - even when you really, really want it. Cut simple sugars and harmful, processed fats out of your diet completely.



► Ernest Ebanks

OR

Solve your stress with your favorite junk food. As I mentioned above, your favorite foods are likely high in sugar, salt and fat. Or, more likely, your faves are high in all three! Your indulgent eating is going to raise the number on your scale higher, and higher, and higher.

Push HARDER or Get COMFORTABLE?

Push your body to be stronger, faster and better during each workout. Don't simply go through the motions in your routine - consistently challenge your muscles to do more each day.

OR
Your goal is to be comfy. This means use as little muscular strength as you can on a daily basis. When you don't use your muscles they begin to atrophy (shrink!), leaving you with less lean tissue. Since lean tissue raises your metabolism, a drop in lean tissue means you'll be burning fewer calories at rest than ever before.

Count Calories or More is Better?

Limit your total calories to within an appropriate range for your size and goals. Remember, even healthy calories can add up to weight gain when you're not careful.

OR
There's no limit on how much you eat - in fact more is better. As a result you often feel sluggish from your overloaded digestive system. And your motivation to exercise get fit becomes dimmer and dimmer.

So which choices will you make? And just because you're stuck at home right now doesn't mean that your body won't be seen in the near future.

Concentrate on discipline, motivation and determination. Do the right thing rather than the easy thing. Most of all, constantly strive forward.

You can do this!

Call Ernest at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com and ask to be added to my newsletter list.

Stay safe, Stay Fit Cayman 🌍

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



Harper tempers Windies World Cup chances

West Indies still have “a good shot” at winning this October's Twenty20 World Cup in Australia, even though their recent form has seen them slump in the international rankings. That's the view of chief selector Roger Harper who was a brilliant all-rounder in his playing days.

Many current and former players are talking up their chances of defending the title they were won in 2016 but Harper has a more tempered view.

West Indies are the lowest ranked of all the major Test-playing nations at tenth, only above minnows Zimbabwe, Ireland and Scotland.

Inside the last two years, the reigning T20 world champions have won just two of nine series and won just eight of 26 matches.

“We have to be realistic here. We are the defending champions, yes, but at the same time we are not the number one-ranked team in the world – so that in itself tells us what has transpired since we won that last World Cup,” Harper said.

“While my memory doesn't tell me where we ranked, I'm sure we were ranked much higher.

“That team we put out for that World Cup was filled with a lot of very experienced T20 specialists, and now we have a little blend of a few of the experienced T20 players in there and some of the young guns coming through.”

He added: “But don't get me wrong, I still think that we have a good shot



► Kieron Pollard will lead the West Indies World Cup bid



► Darren Bravo invested in practice equipment

of winning the tournament, but I don't think we'll be going into the tournament as the overwhelming favourites.

“It's a matter of getting what we think our best squad would be together, picking our best XI for each game, and looking forward to them performing at their best and making smart decisions, and winning the critical moments of the game.”

West Indies underwent a change of leadership last September when seasoned campaigner Kieron Pollard replaced Carlos Brathwaite as captain. That move is yet to reap dividends, however, with West Indies winning just one in four series.

Significantly, since the successful 2016 campaign the Windies have undergone several changes in personnel, with An-

dre Russell often side lined with injury and questions remaining over the form and fitness of superstar opener Chris Gayle and off-spinner Sunil Narine.

In fact, of the XI which featured in the 2016 final against England, only Lendl Simmons and Russell featured in the most recent series against Sri Lanka.

Harper said any squad chosen for the Oct. 18 to Nov. 15 event would comprise a blend of experienced and emerging players.

Australia expects to be over the worst of the coronavirus outbreak and be able to stage the tournament as scheduled.

Meanwhile, a decision to invest in cricket nets at his home has paid dividends for West Indies marquee left-hander Darren Bravo, especially

with the COVID-19 pandemic having halted competitive cricket in the Caribbean.

The 31-year-old Trinidadian, who recently returned to the West Indies side for the one-day tour of Sri Lanka, said he had been able to stay fit during the break to be ready for whenever domestic or international cricket resumed.

“A couple months ago I decided to build my own cricket nets at my home. I invested in a bowling machine and stuff like that,” Bravo said.

“So I've been training. My brother (Dwayne) comes across from time to time and we do some physical training as well but more, so I tend to spend a lot of time in the nets with the bowling machine.”

Raptors determined that VanVleet stays

The Toronto Raptors can start planning for the off-season as it looks unlikely this season's NBA schedules will not resume. In doing so, their top priority should be locking up centre Fred VanVleet long-term.

The Raptors and the rest of the NBA face uncertain times right now. The NBA has discussed the possibility of resuming this season in one central location. But for the Raptors, a level of uncertainty will follow them into the off season.

Several players are set to hit free agency. The Raptors may bring back either Marc Gasol or Serge Ibaka who has expressed a desire to re-sign with the Raptors. However, the team will likely have to look elsewhere to find a backup centre.

The Raptors' front office is watching video and preparing for the upcoming draft. But another key issue that needs to be addressed is Fred VanVleet's free agency.

A lot has been written about VanVleet's journey from an un-



► Fred VanVleet is vital for Raptors success

drafted player to shutting down Steph Curry in the NBA Finals.

This season, he has averaged 17.6 points, 6.6 assists, 3.8 rebounds and 1.9 steals per game. VanVleet is hitting almost 39 percent of his shots from three-point range (on seven attempts per game). VanVleet also started all 48 games he played this season. At 26, VanVleet is just entering his prime. He is also the heir apparent to Kyle Lowry, arguably the greatest Raptor of all time.

VanVleet has proven that he can be a starter in this league. He claims he loves the city. The Raptors now just need to decide how much money they are prepared to commit to VanVleet to keep him there.

Real wants three top strikers

Real Madrid have some ambitious plans to rebuild their attacking options. Erling Haaland and Kylian Mbappe are two of the top young attacking talents in world football and Real hope to have both at the Estadio Santiago Bernabeu by the end of next summer's transfer window.

The ambitious plan is to sign Haaland this summer and then Mbappe in 2021. Liverpool's Sadio Mane is also a target for Real.

With Luka Jovic not making an impact, there is a need for a killer striker to join Karim Benzema in attack and Haaland's excellent return in front of goal this season has piqued Los Blancos' interest.

The Norwegian is a natural No.9, whereas Mbappe can play elsewhere in attack, and Haaland could be available this summer, whereas Mbappe won't be able to leave Paris Saint-Germain so soon, especially due to



► Kylian Mbappe is wanted at Real Madrid

the complications posed by the coronavirus crisis.

Haaland only just arrived at his current club Borussia Dortmund in January and his agent Mino Raiola explained that the original plan was for the striker to stay at the Bundesliga club until at least 2021, his rapid maturity and the fact that he has a release clause of \$75 million means that a summer move to Real Madrid is on the table.

Even though Liverpool are interested in Mbappe, Real are the favourites to sign the 21-year-old.

He hasn't shown signs of putting pen to paper on a new deal in the French capital, so Real know that PSG could feel the pressure to sell Mbappe in 2021 rather than let him leave for free in 2022. Mbappe has long expressed his admiration for Real Madrid and for head coach Zinedine Zidane.



► Erling Haaland is a teenage sensation

UFC's secret show will be on island

UFC president Dana White is so determined to keep his fighters active that he has almost finalised the island location to stage future fights. UFC shows around the world are staged twice monthly but since the coronavirus lockdown there has been no work. White wants to redress that.

UFC 'BMF' champion Jorge Masvidal, Francis Ngannou, Dustin Poirier, Yoel Romero and Paige VanZant could all feature on White's first 'fight island' card.

The UFC will have a secret location ready to stage fights within a month amid the coronavirus outbreak and the first ever card could be seriously stacked.

White is desperate for the promotion to resume some sort of normality having cancelled four shows due to the global pandemic. There's a backlog of fights to be scheduled once business is back to usual. From blockbuster title fights to tasty No.1 contender bouts.

UFC 249 was set to take place on the tribal lands at the Tachi Palace Hotel and Casino in California after the initial plan to host the event at the Barclays Centre in Brooklyn was scrapped. But things couldn't be arranged quickly enough. Although there won't be any audience, the show will be streamed live to millions, providing an invaluable pay day for the fighters.



► Kamaru Usman wants to be on the island show



► Jorge Masvidal enjoys taunting opponents

The UFC needs a championship contest to headline the card. Most likely it will be the welterweight crown. A bout between title holder Kamaru Usman and Masvidal was mooted for UFC 249 before the card's cancellation. Both men are keen to get square off after months of trading taunts on social media, so it makes sense to book the match for the island.

If not, UFC middleweight champion Israel Adesanya needs to get back on the good side of the fans after a disappointing fight last time out against Yoel Romero.

The Nigerian-New Zealander admitted he is excited by the prospect of fighting on

this show. His problem though could be travelling that far with so many borders closed or partially open.

A last-minute middleweight tussle between Yoel Romero vs Chris Weidman was in the works for UFC 250 so that's another big tilt which could be added, too.

Brazilian women's strawweight contender Amanda Ribas also challenged VanZant to a bout on fight island with the two originally slated to fight in March.

And, of course, there's still the heavyweight clash between Francis Ngannou and Jairzinho Rozenstruik which has

bounced from a few cards because of the disease.

How the UFC fight island card could look:

- Welterweight title: Kamaru Usman vs. Jorge Masvidal
- Lightweight: Tyron Woodley vs. Colby Covington
- Heavyweight: Francis Ngannou vs. Jairzinho Rozenstruik
- Lightweight: Dustin Poirier vs. Dan Hooker
- Middleweight: Yoel Romero vs. Chris Weidman
- Women's strawweight: Paige VanZant vs. Amanda Ribas

GLOBAL NEWS BRIEFS

UK economy takes big dip

Britain's economy could shrink by 35 percent in the second quarter and see unemployment jump by two million, according to a scenario published by the Office for Budget Responsibility.

The UK fiscal watchdog published an estimate of the potential impact of the pandemic based on a three-month lockdown followed by a three-month period when restrictions are only partially lifted.

It sees Gross Domestic Product bouncing back quickly after its sharp contraction in the April-June period but estimates that the jobs market will take longer to recover.

The big increase in joblessness would take the unemployment rate up to 10 percent a level not seen since the early 1990s. The rate currently stands at 3.9 percent.

The OBR scenario sees government borrowing for 2020-21 climbing significantly, at least 14 percent - the larg-



► Millions of UK jobs will be lost

est single year deficit since the Second World War.

That is based on an assessment of the devastating economic impact of the lockdown on tax receipts as well as the additional spending by the government to try to address the crisis.

Those interventions will support individuals and businesses through the period and boost the availability of finance, the OBR said. 🌐

Philippines allows medics abroad

The Philippines is easing a ban on overseas deployment of health workers, allowing those with existing contracts abroad to leave, according to Foreign Affairs Secretary Teodoro Locsin.

"Further applications frozen until further notice," Locsin said on his official Twitter account.

The Philippines, which sends thousands of medical practitioners to work overseas, had barred doctors, nurses and other health workers from leaving for overseas work to reinforce its healthcare system amid the Covid-19 (coronavirus) outbreak.

The Philippines reported on Monday 284 new infections from Covid-19, bringing the total number of the cases in the country to 4,932. The Department of Health also reported in its daily bulletin that 18 more Covid-19



► Filipino medics can now work abroad

patients have died, bringing the death toll from the virus to 315.

Forty-five more patients have recovered from the disease, the highest recorded so far, bringing the total recoveries to 242. Health Undersecretary Maria Rosario Vergeire said in a nationally televised media briefing that the DOH would start on Tuesday an expanded and targeted mass testing for the disease. 🌐

Honduran drug snitch fears for her life

A Honduran drug smuggler has been released in the US after serving her prison sentence and is now fighting not to be deported knowing that if she returns to her homeland she will be murdered because she gave evidence against other dealers, including her own brothers.

When Digna Valle Valle touched down in Miami's international airport from Honduras on in 2014, plans she might have had for pool-side business meetings and drug deal negotiations were ruined.

Valle, 53, a rare female face in the hierarchy of international drug trafficking organisations, was arrested on arrival by United States law enforcement, the culmination of years of investigative work by the Miami division of the Drug Enforcement Administration.

She might not have been completely surprised by her detention. The drug trafficking operation that she ran with her brothers, Miguel Arnulfo and Luis Alonso, and her son Gerson Stanley—collectively known as Los Valles—had been operating for some 20 years by then.

Nearly six years later, after having acted as a key cooperating witness in a massive investigation that brought down some of the strongest drug trafficking networks in the region, includ-



► Digna Valle Valle is fighting deportation

ing her family's organisation as well as corrupt political elites, Valle now finds herself facing imminent deportation back to her home country—and almost certain death.

There is very solid evidence of Valle's contribution to the legal investigation into her drug trafficking operation. Just months after her arrest, for example, her brothers were detained in Honduras and extradited to the United States. Honduran authorities also moved on and seized more than 50 properties owned by Los Valles that year and have since also arrested her daughter Tesla on charges of money laundering. Her son Gerson eventually turned himself in to US authorities after years on the lam thanks to his mother, who convinced him to do so, according to local press reports. Her brothers and son have all since been convicted on drug-related charges. 🌐

Cuba may need equipment from US

Cuban government officials say the six-decade US embargo on the island has been an obstacle to purchasing the medicine and equipment they need to fight the coronavirus pandemic, though they say they have managed to acquire all the supplies they need for now.

"At this moment, we have all the resources and are purchasing additional supplies as we continue," Doctor Lázaro Silva, vice president of MediCuba, the purchasing department in the Ministry of Public Health, said.

Cuba has 620 confirmed coronavirus cases and 16 fatalities on Saturday. The government has taken measures to help stop the spread of the virus, like closing its borders and telling Cubans to only go out if necessary.

But the dramatic decline in tourism and remittances from Cubans overseas, grappling with job losses and lockdowns, have starved the communist-run country of the cash it needs to import basic goods. Shortages have worsened and Cubans line up in long queues outside stores to buy products, like chicken, when they become available.

Silva said the government began working on importing medical supplies



► Cuban hospitals are coping for the time being

a while back in order to be prepared once COVID-19 cases began to pop up in Cuba.

Tweets by Cuban Foreign Minister, Bruno Rodríguez, paint a slightly different picture and suggest a more challenging situation.

The US embargo is "the main obstacle to purchase the medicines, equipment and material required to confront the pandemic," he tweeted last week. The US government denied that's not the case.

According to a US State Department spokesperson, in 2019 the US exported \$3.7 million worth of medicine and supplies to Cuba, including diagnostic equipment and supplies "to support the Cuban people." They also authorised the export of hundreds of millions of dollars' worth of medical goods in 2019. 🌐

Venezuela fears US military attack

The US is building up military arms in the Caribbean in what looks like preparation to attack Venezuela.

With much of the world focused on the coronavirus pandemic, the Trump administration has begun a major military build-up in the Caribbean, sending US warships and aircraft to the region while planning to oust Venezuelan President Nicolás Maduro.

The Trump team has already placed significant pressure on the Venezuelan government by implementing harsh sanctions, encouraging Venezuelan military officers to seize power, and making military threats.

"We're deploying additional Navy destroyers, combat ships, aircraft, and helicopters; Coast Guard cutters; and Air Force surveillance aircraft, doubling our capabilities in the region," Trump announced at the White House on April 1.

Administration officials say they are increasing the US military presence to deter the flow of drugs into the United States. But they acknowledge being particularly focused on Maduro, whom the Justice Department indicted at the end of March on drug trafficking charges.

Maduro denies the charges, saying they are part of a politically motivated



► Venezuela is aware of US military build up

plan to undermine his leadership and overthrow the Venezuelan government.

It is no secret that the Trump Administration has been trying to overthrow the Venezuelan government. In February, Secretary of State Mike Pompeo boasted in a major address that the administration is "leading a 59 nation coalition to oust Maduro."

Already, the Trump team has placed significant pressure on the Venezuelan government by implementing harsh sanctions, encouraging Venezuelan military officers to seize power, and making military threats. The administration has worked closely with the country's opposition, pledging funding for various programs while portraying opposition leader Juan Guaidó as the true leader of the country. 🌐

Canada's Take Out day works a treat

Canada is dedicating Wednesday nights to helping struggling bars and restaurants by encouraging the public to buy take out food from them.

It started this week and is working well for many small businesses. Restaurant owners and chefs countrywide are joining Canadian culinary leaders in the new movement to support the food service industry during COVID-19.

Canada Takeout, a movement by Canadian restaurant owners, leaders and chefs, has declared every Wednesday to be "Takeout Day" and encouraged Canadians to support local restaurants by ordering take-out or delivery, with a Canada-wide kick-off on April 15.

Shanna Munro, president and CEO of Restaurants Canada, said that "restaurants are vital to the social and economic fabric of communities across Canada" and that the food service business can be tough even during the "best of times."

"Not only was our industry among the first to feel the impacts of COV-



► Canada's Take Out Wednesday help businesses

ID-19, we've been one of the hardest hit so far, with nearly two-thirds of our workforce now lost."

"We would love to see Canadians embrace #TakeoutDay and support those restaurants who are still able to operate through takeout or delivery."

During the kick-off, Canada's Great Kitchen Party hosted a live variety show with music entertainment via Facebook.

The show was headlined by performers including Jim Cuddy, Alan Doyle, Ed Robertson, Barney Bentall and Tom Cochrane. 🌐

Gas Price



Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	4.17	—	4.30
NorthSide	Jack's Esso (Jack's II)	4.60	4.96	4.44
Bodden Town	Lorna's Rubis	3.91	4.34	3.93
Bodden Town	Mostyns Esso	4.16	4.51	4.06
Savannah	Savannah Rubis	4.17	4.49	4.00
Red Bay	Barcam	4.12	4.50	4.10
Red Bay	On The Run (Brown's Red Bay)	4.17	4.45	4.06
George Town	Peanuts	4.22	4.59	4.35
George Town	Jose's Escape	4.22	4.94	4.35
George Town	Refuel	3.89	4.14	3.59
George Town	Esso Tigermart Shedden Rd. (H&B 11)	4.09	4.49	4.05
George Town	Eastern Avenue Rubis	4.17	4.49	4.05
George Town	Walkers Rd. Rubis	4.19	4.51	4.03
George Town	On The Run (Mike's Walkers Rd.)	4.09	4.49	4.00
George Town	On The Run (Brown's Industrial Park)	4.09	4.44	4.06
George Town	On The Run (Mike's 7 Mile)	4.04	4.49	3.75
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	4.09	4.49	4.05
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	3.99	4.29	3.63
West Bay	Hell Esso	4.00	4.54	4.14
West Bay	Esso 4 Way Stop (Four Winds)	4.20	4.39	3.81
George Town	Scotts Landing	—	4.59	4.18
Cayman Brac	West End	—	4.39	4.40
Cayman Brac	Tib Mart	—	4.89	
Little Cayman	Village Square	—	5.82	6.05

Lowest Prices	Grand Cayman	3.89	4.14	3.59
Highest Prices	Grand Cayman	4.60	4.96	4.44

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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.

Concepts Sudoku

By Dave Green

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

Difficulty Level ★★★

12/20

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Answer to previous puzzle

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

Difficulty Level ★★★

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CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Sped perch
- 6 Chance to swing
- 11 Psychiatrist Alfred
- 12 Beetle's boss
- 13 Even though
- 14 Healer Barton
- 15 Still of films
- 16 Highway scofflaw
- 18 Museum focus
- 19 Plopped down
- 20 French article
- 21 Clarinet part
- 23 Takes the bus
- 25 Ventilate
- 27 Coquettish
- 28 Useful skill
- 30 Flat-bottomed boat
- 33 Diner order
- 34 Role for Angelina Jolie
- 36 Common bill
- 37 If all goes wrong
- 39 Outdated
- 40 Complete
- 41 Lukewarm

DOWN

- 43 Pigeon's perch
- 44 Dancer Castle
- 45 Egypt's Anwar
- 46 Gave a hoot
- 9 Concurs
- 10 Sign of sorrow
- 17 Birdie beater
- 22 Slight, in slang
- 24 Twice uno hands
- 26 Shake with again
- 7 Yarn
- 8 "The Mule" co-star
- 28 Tennis great Gibson
- 29 "My country — of thee"
- 31 One way to shop
- 32 Kind of bliss
- 33 Blubbers
- 35 Top story
- 38 One of Chekhov's "Three Sisters"
- 42 Geologic period

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

Yesterday's answer

Word Search

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

- Buffoonery
- Burlesque
- Clowning
- Comedy
- Drollery
- Farce
- Gags
- Japes
- Jests
- Jocularly
- Jokes
- Nonsense
- Parody
- Puns
- Raillery
- Satire
- Slapstick
- Wisecracks
- Witticism

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

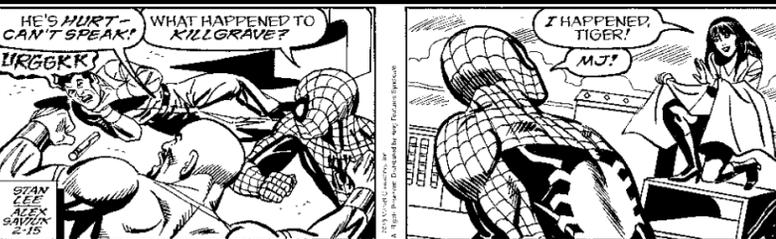
CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
15					16	17				
18					19			20		
21			22		23		24			
		25		26		27				
	28				29		30		31	32
33				34		35		36		
37			38					39		
40							41	42		
43							44			
45							46			

2-15

Caymanian Times Classifieds

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A minimum of 5 years' experience is required. Must have excellent math skills and the ability to use Threading Machine and Pipe Groover. It may also include grooving black steel and galvanized pipe from 2" to 10". Must also be handy with drills, saws and general carpentry hand tools such as hammers, measuring tape, levels and screwdrivers. Must be able to take and follow precise orders from their supervisors. Must be a team player, must have clean police clearance and able to work weekends and public holidays when needed.

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- Corresponding with regulators
- General client servicing

Candidates must possess an internationally recognized accounting qualification, or other relevant professional qualification, with a minimum of 2 years PQE and at least 2 years relevant insurance experience. The successful candidate will also possess the following qualities to align with our corporate core values - be competent and capable, have fun, have a "can do" attitude, be creative, and act with integrity.

Deadline of applications: 24 April 2020.
Contact: info.ky@dentons.com

Advertise here!

Contact a staff member to find out how you can advertise in this spot!



Cooling Pros is now looking to hire **Senior HVAC Technician** for Residential and Commercial markets.

Job Responsibilities:

- Service, maintain and diagnose central split, mini split, package systems, VRF, and chilled water air conditioning, ventilation and refrigeration equipment, as well as other products in accordance with company requirements and manufacture specifications
- Complete all paperwork in a neat, accurate, thorough and timely manner
- Deliver excellent customer service and sustaining high levels of customer satisfaction
- Follow standard procedures and process to ensure that the company vehicle is properly stocked, returns defective and unused parts to the division and orders and replenishes vehicle stock as needed

Qualifications:

- A minimum of 10 years' experience is required.
- Must have valid driver's license
- Must be able to use smart phone for company software
- Must have excellent verbal and written communication skills
- Must be able to meet short deadlines with the ability to work beyond normal office hours, if required

Benefits (eligible immediately upon hire)

- Hourly wage between KYD\$15 - KYD\$20 per hour
- Medical Insurance
- Dental Insurance
- Vision Insurance
- Pension

Interested applicants may send in their resume to Ellie Mae Go at jobs@affinity.ky. Ref.: Senior HVAC Technician
Preference will be given to Caymanians and Status Holders.



We are now accepting applications from qualified Caymanians to fill the positions of:

RECRUITMENT CONSULTANT

The successful candidate should have:

- Minimal of 5 years recruitment agency experience, preferably working with clients in the financial, banking, hedge funds, accounting and insurance industries.
- Minimal of Bachelor's degree
- Experience conducting client sales calls including speculative cold calling as required to generate leads for placements within local firms.
- Ability to meet and exceed demanding monthly sales targets.
- Ability to work on own initiative.
- Ability to work with determination, ambition and drive to meet and exceed personal and company monthly sales targets.
- Quality and negotiate job placements on behalf of the candidates and clients.
- Screening, interviewing and short-listing candidates to fill client orders.
- Marketing candidates to clients, assisting with follow up queries and concerns and providing resolution to both candidates and clients in a satisfactory manner.
- Frequently liaise with clients to maintain Agency's business relationships with clients in a professional and satisfactory manner
- Attend social events and functions for marketing purposes.

Salary in the range of CI\$40,000 - \$46,000 per annum with commissions based on threshold achievement of sales targets. Benefits as required by law.

Submit all resume's to careers@personnel2000.com



Pastry & Baker Assistant/ Assistant Cook

Required Min. of 5 years' Experience, Knowledge of Bakery, Confectionary design, Multi cuisine & kitchen knowledge.
Salary: USD \$7.00 onwards/Hour+Grats, Medical & Pension.

Food & Beverage Servers

Requirements: Min. 2-5 years' F&B Server experience, Knowledge of specialty coffees and POS Systems
Salary: USD \$5.50/Hour + Tips +Grats, Medical & Pension.

Kitchen Helper

Minimum 3 years' experience needed, Able to help with cooking and baking.
Salary: USD \$5.50/Hour + Grats, Medical & pension.

Customer Service/Events & Office Coordinator

Required Min. 3 years' of related experience. Good knowledge QuickBooks, Payroll, Website & Cash Handling. Knowledge of Bakery, pastries, Cakes and Beverages would be an asset.
Salary: USD \$7.00/Hour + Grats, Medical & Pension.

Please forward CV's and references to:

Treats Restaurant
P.O. Box 30291, Grand Cayman, Cayman Islands, KYI-1202.



Sales Associate/ Clerk I.T Solutions Sales Rep. including A3 and A4 Devices

The applicant should have a minimum of 5 years' experience and proven successful track record in Sales. Preferable in digital multi-function devices, A4 devices & A3 Devices and electronic printing. Sales history In Computers, software Solutions and related IT equipment.

Responsibilities:

Sales Account relations, customer training on products, Sales forecast and report while maintaining customer satisfaction. Must be computer literate. Contribute to the results of the company by achieving growth of revenue and profit of his assigned quota. Increase profitability of the company by efficiently following company processes and striving to improve productivity and quality in every activity that he performs, focusing on cost and expense reduction. Taking care of and protecting the customer portfolio under his responsibility to ensure growing market share. Manage and analyze installed equipment base to identify new application, services and product opportunities selling. Identify new products opportunities and customer new requirements to generate new revenue streams that allow healthy growth of revenues and profits. Weekly Reports i.e. Metrics & Outlook Make daily calls, customer visits, Attend Meetings, Attend Training

Requirements:

1. Strong leadership capability and Team skills.
2. Capable of establishing business relationships with high level management.
3. Capable of managing by objectives and goals
4. Knowledge of business computing software
5. Capable of planning, organizing, executing and controlling his tasks, & reporting daily/weekly/monthly on time
6. Experience with a CRM is mandatory
7. Must have a car

Salary: CI 1800-2500.00 (monthly Base Salary plus commissions).

Please send your applications via email to laura.johnston@grouppbs.com

The Agency Group Ltd. is now accepting applications for the following position:

Legal Secretary

RESPONSIBILITIES:

- Support the Partners and Associates with typing letters and other documents, typing detailed amendments into bulky transaction documents, organizing client conference meetings, typing transactional documents and precedents, and other legal secretarial duties.
- Must be able to assist with the preparation and editing of legal documentation and contracts, tracking and organizing document turnaround, preparation of written correspondence, planning and scheduling meetings/appointments, maintaining complex spreadsheets and drafting of board meeting minutes.
- Must be able to deal with corporate procedures, including maintaining corporate records and minute books, and must be able to multi-task to balance the needs of team members and clients operating in various time zones across the globe.
- Billing and matter management including invoicing duties ensuring accuracy of submissions as well as preparing invoice cover letters if/when required.
- Demonstrated ability to effectively liaise with third parties including clients.
- Personal Assistant skills are required such as experience in diary management, booking meetings and organising travel arrangements.
- Ability to be flexible and carry out a broad range of duties including office support, Court searches, filings.

REQUIREMENTS:

- The successful candidate will be highly skilled with a minimum of 5 years of legal secretarial experience with a corporate law firm/department.
- Experience working with Senior Associates, Partners or Head of Department strongly preferred.
- Excellent typing speed and experience in drafting legal correspondence.
- Legal-related certifications would be advantageous.
- Must have an excellent knowledge of Microsoft Office, Excel, and PowerPoint.
- This post requires attention to detail, professionalism and strong organisational skills.
- Must be able to use own initiative, work well under pressure to meet deadlines and be able to maintain confidentiality at all times.
- Overtime may be required at short notice and occasionally on weekends

Salary: US\$65,000 to US\$70,000 per annum based upon experience plus benefits.

Please forward resume and professional references to hello@theagency.ky. The deadline for applications is May 1st, 2020



Talent Acquisition Specialist

CUC is an equal opportunity Company with over 230 employees who are committed to meeting the electrical needs of Grand Cayman and to providing quality customer service.

Reporting to the Manager Human Resources & Employee Development, the successful candidate will be responsible for:

- ▶ lead the Company's staffing needs through the recruiting and selection process including drafting job advertisements, arranging and participating in the interview process and partnering with Managers to attract and select the best talent available;
- ▶ managing the 'on-boarding' process through orientation to ensure new employees become fully effective and assimilated to the Company's culture and values;
- ▶ managing the on-going intern/student recruitment drives ensuring suitable candidates are appropriately placed in departments;
- ▶ continuously updating training materials to reflect changes in standards, policies, processes, structure and principles as well as coordinating with vendors to develop and deliver curriculums that meet corporate standards, policies and procedures;
- ▶ partnering with and supporting Supervisors and Managers ensuring that they are fully compliant and aware of local Labour Law requirements;
- ▶ carrying out broad and complex assignments to interpret and apply organizational policies; developing recommendations to change policies or procedures ensuring that they are relevant to business, current and reflective of best practices; analysing workforce demographics on age, education, salary, etc., to make recommendations to senior management;
- ▶ researching and preparing statistics and data to compile monthly Human Resource (HR) Management reports on employees, training, disciplinary matters, performance management and all HR activities;
- ▶ responding to requests from Managers and customising statistical summaries and special reports from HR Management Systems;
- ▶ leading a committee to design, develop and implement the Company's Employee Wellness Programme with a view to improving employee well-being.

Applicants must possess a Bachelor's degree in Business Administration, Human Resources or a related field OR a certificate in HR studies; five years work experience in HR or a similar role; experience in applicant tracking systems or human resource information systems (HRIS) would be an asset; and an understanding of labour, employment, health insurance, workman's compensation and other applicable laws.

Salary is from CI\$4,740 to CI\$5,926 per month.

CUC offers a very competitive benefits package including pension, health and life insurance. Caymanians, Cayman Status holders and permanent residents need only apply. To apply, visit the Company's website (www.cuc-cayman.com), click on the tab "Careers" on the Home Page, navigate to "Job Opportunities", click on the designated job title and follow the instructions. Applications must be submitted not later than **Friday, May 1, 2020**. Applications through recruitment agencies will not be accepted. Only candidates who are short-listed will be contacted for an interview.



The Environmental Management System at the North Sound Road Power Plant is registered to ISO 14001



Sustainability Manager

On behalf of our client, **McCormick Global Ingredients Limited**, we are now accepting applications from suitably qualified applicants for the above position.

McCormick Global Ingredients Limited (MGIL), located in the Cayman Islands, is a global leader in the buying/selling of culinary spice and herb raw materials. MGIL has direct involvement with supplier development and product quality management at the source country to ensure product purity and integrity.

The role will be responsible for the execution, monitoring, reporting and stakeholder engagement of any projects/initiatives related to the implementation of the strategy. The secondary purpose of this role is to assist the Director of Agriculture to develop MGIL's Sustainability Strategy whilst ensuring alignment within the scope of McCormick's larger Purpose Led Performance program and 2025 targets.

RESPONSIBILITIES

1. Driving implementation & oversight of Sustainability & Donor supported initiatives that would not only deliver on McCormick's 2020, 2025 and 2030 Purpose Led Performance Targets but also ensure long term sustainability of supply.
 - Support MGIL's Director of Agriculture to craft sustainability strategies that would help to achieve McCormick's Purpose Led Performance Targets
 - In concertation with MGIL's Agriculture & Spice Commodities Directors develop annual sustainability implementation plans & budgets tied to business objectives & outcomes.
 - Once approved are responsible for the execution & implementation of all plans to ensure intended outcomes are reached on plan and on budget. This would necessitate frequent international travel and stays in origin countries up to 2-3 weeks at a time.
2. Responsible for systematic monitoring & frequent reporting on progress for all plans to MGIL's leadership team as well as relevant internal & external stakeholders. Develop & Manage stakeholder engagement initiatives to help scale up/fast-track McCormick's Purpose Led Performance ambitions.
 - Leverage strategic relationship with vendors to mobilize in-country engagement through vendor sustainability/ag teams
 - Lead donor community engagement in all origin countries to galvanize direct donor & customer support/engagement to directly benefit McCormick Purpose Led Performance projects in the form of accelerated implementation, exponential multiplication of impact or sustained cost savings.
 - Develop & Coordinate project proposals for new sustainability initiatives which includes managing all donor grant submission/approval processes.
 - Explore new innovative funding opportunities that are aligned to the business units' interests, for example direct customer sustainability engagement initiatives
 - Support the roll out a McCormick Sustainability Standard that would encompass all elements under MGIL's responsibility as part of a Sustainable & Responsible Procurement function
 - Providing support to Marketing and Communications teams for all Purpose Led Performance matters

REQUIREMENTS

- Master's Degree, French an asset
- 5-10 years project management experience in relevant developing countries with focus on agricultural value chain development/sustainability. Specific experience on spice commodities project work would be an advantage. Track record of working with donors considered an advantage
- Agroforestry, Sustainable development, Value Chain Specialization, Social Science, Environmental Science, Climate Change Resilience)

SALARY: US\$130,000 - \$140,000 per annum plus pension & health benefits.

How to apply: Send resume and references to: info@baraud.com
The deadline for applications is May 1st, 2020.

Call + 1 345 945 1781 | baraud.com

Lainston is inviting applications for the role of

Account Manager

Responsibilities include:

- Preparation of financial statements and investment schedules within tight deadlines.
- Coordination of financial statement audits.
- Presentations at Board and Shareholder meetings.
- Managing the day to day responsibilities of a portfolio of captive insurance companies
- Communications with clients and service providers.
- Regulatory compliance including client due diligence.
- Maintaining corporate records including communications with the Cayman Islands Monetary Authority, and Registrar of companies.
- Filing of resolutions, amendments to corporate documents, statutory returns, and registers.
- Liaising with banks and investment institutions.
- Reviewing insurance and reinsurance policy documentation.
- Ensure compliance with regulatory requirements including, requesting and obtaining approvals and providing notices.
- Preparation and filing of statutory returns.
- Requesting, reviewing and following-up on client due diligence documentation.

Requirements:

- An internationally recognized professional accounting qualification (CA, CPA, ACCA or equivalent).
- Minimum 8 years' experience in the Captive Insurance industry.
- Strong knowledge of and ability to prepare financial statements under IFRS or US GAAP.
- Strong knowledge of latest regulatory requirements pertaining to compliance including the Cayman Islands Beneficial Ownership Register Regime, Economic Substance Regime, and the Anti-Money Laundering Regulations.
- *(Testing will be conducted)*

Remuneration will range between US\$90,000 to US\$100,000 based on experience.

Resumes with references may be submitted to:

The Directors, Lainston International Management, Ltd.
PO Box 31298, George Town, Grand Cayman, KY1-1206, Cayman Islands.
Email: info@lainston.com

All applications must be received by April 24, 2020.



Company: Davenport Development Ltd.

Job Title: Carpenter

The successful applicant will be able to construct, erect, install and renovate structures, fixtures and equipment of wood, plywood and wallboard using carpentry tools and wood-working machines. Must be an experienced finish and form work carpenter having the ability to install structures and fixtures, such as windows and molding, having the capability to measure, cut or shape wood, plastic and other materials as well as making of frame work as required to specification.

As well as includes finishing, jointing, hand chipping, patching, grouting, end pointing, screed setting, plugging, filling bolt holes, dry packing, setting curb forms, planks, stakes, lines and grades. Also includes grinding of concrete done as preparatory to patching or when done to produce a finished concrete product.

This position requires the individual to be a team player whilst capable of working on own initiative, always practicing workplace safety, and a minimum of 10 years working experience. Good communication skills, physically fit with good hand-eye coordination, knowledge of mathematics. Ability to stand for prolonged periods, climb, pull, and lift heavy objects. Able to read and adhere to labels, safety warnings, and guidelines. Ability to comprehend schematic diagrams, blueprints, sketches, building plans and other specifications. Excellent written references required. Individuals maybe be required to work weekends, public holiday and extended hours to meet deadlines. Health Insurance and pension in accordance with the relevant laws.

Years' Experience: over 10 years

Rate of Salary: CI\$ 12 – CI\$14 P/H

Hours Per Week: 45

Individual is required to have:

1. Clean police record
2. Clean Driver's license
3. Random Drug testing will be carried out

Company: Davenport Development Ltd.

Job Title: Insulated Concrete Form Mason Installer

An insulated Concrete Foam Installer is needed to work full time in a fast paced environment. The successful individual should be an expert, and have the capability to read plans, understand structural building requirements, possess a clear understanding of building concepts from inception to reality. Responsibilities will include but not limited to:

Installation of ICF Foam Blocks, which will require sizing and cutting of the blocks corners, brackets and braces to fit as is required by the plans. Ability to read and use a measuring tape is a must. Attention to details required.

This position may require working long hours, public holidays and weekends in an effort to meet deadlines. Proficiency in computer skills including Microsoft Word, Excel, and Outlook will be an added bonus. Excellent communication skills

Years' Experience: 6-7 years

Rate of Salary: CI\$ 10-14 P/H depending on proven experience.

Hours Per Week: 45

Individual is required to have:

1. Clean police record
2. Clean Driver's license
3. Random Drug testing will be carried out

Please send cover letter & resume to:

Davenport Development Ltd
P.O. Box 65
Grand Cayman, KY1-1102
Or email: info@davenport.ky



We're looking for a:

DRIVER

Kirk Market is seeking a hardworking and dependable Driver who has a positive "can-do" attitude, to join our Logistics Team. Do you have what it takes to be a part of our driving force?

KNOWLEDGE, SKILLS & ABILITIES:

- ✔ Minimum of 3 years experience as a Delivery Driver.
- ✔ Knowledge of Customs Clearance process a definite plus.
- ✔ Must have exceptional customer service, positive attitude and professional demeanor.
- ✔ Must be detail-oriented and take pride and care in all areas of work and handling of company property.
- ✔ Must be able to operate a forklift.
- ✔ Must be able to fluently speak, read and write English, and have good communication skills.
- ✔ Requires ability to lift up to 50 pounds.

REQUIREMENTS:

- ✔ High school diploma or GED equivalent required.
- ✔ Must possess a Group 3 license.
- ✔ Must have a clean driving record and follow safe driving practices.

WORK HOURS:

45 hour work week. Willingness to work evenings, weekends, public holidays and flexible hours if required.

COMPENSATION:

CI\$8-\$14.00 per hour, depending on experience.
Kirk Market offers its team members a company-sponsored pension plan, health insurance plan, vacation and other competitive benefits.

DEADLINE FOR SUBMISSIONS: APRIL 23rd, 2020

CAYMANIANS ARE ENCOURAGED TO APPLY. ONLY QUALIFIED CANDIDATES WILL BE CONTACTED FOR INTERVIEW.

APPLY ON-LINE: kirkmarket.ky/careers



Anglin-Lewis & Associates Ltd.
Your Immigration Solution!
Over 25 years experience in the Cayman Islands

(Anglin-Lewis & Associates Ltd.)

We are currently accepting applications on behalf of our Client
Creative Tech Ltd
for the following position:

Electronics Technician

Creative Tech Ltd is Cayman's premier source for high quality audio and video products. We specialize in total turnkey solutions for residential, commercial and hospitality applications.

Job Description:

- Responsible for the installation of audio/visual systems and related equipment in residential, commercial or hospitality environments: installation of TVs, TV mounts, in-wall and ceiling speakers, projectors, amplifiers, etc
- Knowledge of pre – wiring and cabling installation: Efficiently pull, terminate, label, and test cables between audio, video, data, and control equipment
- Assist in full-service test of equipment installed or serviced before leaving site visit
- Knowledge of home automation solution
- Clean installation debris after all installation and service visits
- Perform other duties as required to meet the company's targets and goals

Requirements

- Minimum of 5 years' experience required
- Exemplary customer service skills
- Able to work flexible working hours, including weekends
- Able to work in various environments: construction sites, offices, high end homes etc
- Have a High School Diploma
- Able to lift 50lbs objects
- Have technical training, certification or experience in the Audio/Video field.
- Have a great attitude, eagerness to work, excellent communication skills (written and verbal)
- Always maintain a professional appearance and demeanor
- Ability to work with little or no supervision

Salary: CI\$22,800.00 to CI\$25,200.00 per annum commensurate with experience.
Benefits include: paid vacation and sick leave, Health Insurance and, Pension as required by Law.

Applications in writing via mail or email by **April 30th, 2020.**

Qualified Caymanians, status holders, persons legally and ordinarily resident are invited. All CV's should be addressed to:

Managing Director
PO Box 10154 –Grand Cayman KY1-1002- CAYMAN ISLANDS
E-mail: resume@anglinlewis.ky



Financial Advisor

On behalf of our client, **LOM Financial Ltd.**, Baraud invites applications from suitably qualified applicants for the above position.

The LOM Financial Group is a publicly-held, international financial services company, providing a complete range of private and institutional investment services and products. Headquartered in Bermuda, with offices in the Bahamas, Grand Cayman, Asia and the UK, LOM truly has the global presence to meet client needs.

We are recruiting a Financial Advisor within Cayman Islands reporting into our Global Head of Sales. The contract is full time, however, due to the nature of the role, our Financial Advisors are expected to be flexible to meet our clients' needs.

RESPONSIBILITIES

- Achieve established targets for new clients, net portfolio growth, assets and revenues;
- Build new relationships/clients through networking and cold calling. Develop existing relationships, increase client investment in LOM products and maximize commercial outcomes for LOM;
- Provide clients with expert financial advice and planning, including investments, banking products and credit;
- Deal with clients' complex queries and support clients with products through the Group; including (structured credit, derivative margin trading, direct access to trading desks for equity and FX forwards);
- Assist clients with many other issues including assisting them with introductions to professionals in the trust, corporate service or tax advice areas including giving them advise on residency relocations;
- Ensure full compliance with regulatory and internal requirements, and industry best practice;
- Control, and monitor risk of a client's portfolio as a trusted adviser;
- An advisor for all global LOM wealth and portfolio products;
- Maintain up to date and global knowledge of financial products, economics, markets and risk. Use the information to support clients by identifying concerns and opportunities.

REQUIREMENTS

- At least five years' experience within wealth management/financial services and with a real possibility of bringing a portable client base of offshore clients;
- Candidates must have experience in portfolio management, wealth structuring, financial planning, long-term relationship management and with an international clientele;
- Knowledge of all investment products in all asset classes is essential as well as an industry qualification including but not limited to: CFA or similar is essential. During the interview process you will need to demonstrate that you have acquired the skills that we are looking for in a methodical and focused way;
- Remuneration is determined by the amount of funds under administration, the salary range below is starting salary only. Our most successful Financial Advisor can expect to earn substantial compensation and bonus.

Salary Range: US\$ 80,000 – 100,000 per annum depending on experience

LOM is regulated by and licensed to conduct investment business by the Bermuda Monetary Authority in Bermuda and Cayman, and The Securities Commission of the Bahamas in the Bahamas.

How to apply: Send resume and references to Info@Baraud.com
The deadline for applications is April 24, 2020

Coronavirus Information and Advice for Vulnerable People

Prevention Tips

- frequently **cleanse hands** with soap and water or an alcohol-based hand sanitiser
- **cough or sneeze** in a tissue and bin it
- **if a tissue is not available** cough/sneeze into your elbow not your hands
- **avoid close contact** with people suffering from fever or cough
- **avoid travel** if you have a fever, cough, or flu-like symptoms
- **avoid wearing a surgical mask** unless advised by a medical professional

Extra Steps You Can Take To Avoid Covid-19

If you have a **chronic illness** (e.g. respiratory disease, diabetes, heart disease, COPD, hypertension or cancer), are **elderly** (over 60) or have a **compromised immune system**, you can further protect yourself with the below extra precautionary steps in addition to the prevention tips above.



1

limit guest visits at home to a few family and friends or your district community officer during an outbreak



2

avoid guests who show signs of flu-like symptoms



3

remain 3 – 6 feet away unless being checked by your healthcare provider

Most importantly, remember **you are supported.**

Call the H.S.A. helpline on **1-800-534-8600** or **947-3077** if you have any questions.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus



DATED: 12 MARCH 2020

Coronavirus – Self-Isolating

Do

- Stay at home
- Try not to be in the same room as other people at the same time
- Only allow people who live with you to stay
- Stay in a well-ventilated room
- Ideally, keep two weeks of food, drink, medication and cleaning supplies at home
- Ask friends, family members or delivery services to carry out errands for you such as getting groceries, medicines or other shopping
- Make sure you tell delivery drivers to leave items outside for collection
- Clean toilets and bathrooms regularly
- Think about a bathroom rota if a separate bathroom is not available, with the isolated person using the facilities last, before thoroughly cleaning the bathroom themselves
- Use separate sheets and towels from anyone else in the household and launder at the hottest temperature possible for the material
- Wash crockery and utensils thoroughly with soap and water. Dishwashers may be used to clean crockery and cutlery
- Stay away from your pets — if unavoidable, wash your hands before and after contact

Do Not

- Invite visitors to your home or allow visitors to enter
- Go to work, school or public areas
- Use public transport or taxis
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in your home

Self-Isolation and Mental Health

Stay in touch with friends and relatives on the phone or by social media. You may find it helpful to talk to them. Most importantly, remember you are supported.

For the latest updates and information, please visit HSA.ky/public-health/coronavirus or gov.ky/coronavirus.



DATED: 13 MARCH 2020