





## 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](http://www.caymanairways.com)
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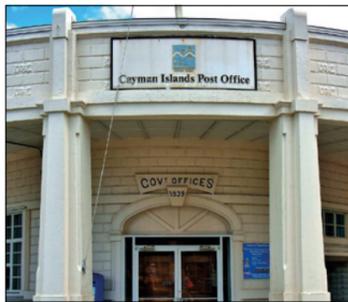
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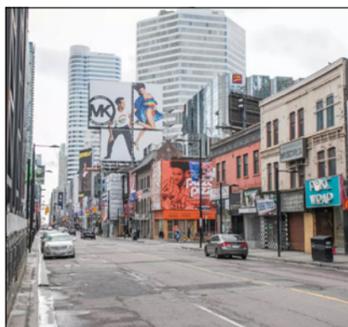
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Toronto still looks like a ghost town despite easing restrictions

## Airport Airfield Upgrade Project continues



► View of the West end of the Runway at Owen Roberts International Airport

The Cayman Islands Airports Authority (CIAA), which owns and operates the Owen Roberts International Airport (ORIA) and the Charles Kirkconnell International Airport (CKIA), announced today the ORIA Airfield Upgrade Project

continues at an accelerated pace due to the current travel restrictions and reduced air traffic as a result.

The Airfield Upgrade Project works commenced in early November 2019 and consists of six sub-projects, including

the rehabilitation of the existing runway surface to increase its strength and durability, a runway extension, a new parallel taxiway, the filling of the ponds

... Continued story on page A8

## Team of volunteers feeding West Bay's needy

By Lindsey Turnbull

All across the islands the community is galvanising into action as necessary restrictions on movement and business take a hold and leave some without basic necessities. The West

Bay Central Community Committee is one such team of people, along with their MLA, Capt. Eugene Ebanks, who are helping out the community by organising the donation of hot meals to

... Continued story on page A5



## We have a plan



► Hon. Premier Alden McLaughlin

Residents and businesses in the Cayman Islands are waiting to hear what the next few days might bring as the government moves to ease the lockdown measures which have been in place for around the past month and a half of an aggressive response to the COVID-19 pandemic.

The encouraging news was offered by Hon. Premier Alden McLaughlin during Monday's government press conference when he hinted at the first signs of a return to a semblance of normality possibly by this weekend.

... Continued story on page A4





1:00 PM - 7:00 PM  
SPINNAKER SQUARE  
SHAMROCK RD.



1:00 PM - 7:00 PM  
PASADORA PLACE  
SMITH RD.

1:00 PM - 7:00 PM  
BATABANO PLAZA  
WEST BAY

# EDITORIAL

## We're all in this together

As you read today's paper, chances are that either you or someone you know has either been laid off from regular work.

These are unprecedented times, not only in the Cayman Islands but across the modern world. The need for us to look after one another has not been this stark in several years.

There have long been those in the community who provide assistance to the most vulnerable among us, but this has been magnified in recent weeks, as those on the fringes of economic survival ballooned almost overnight.

To those who have been on the frontlines of providing relief, whether it be meals or otherwise, we salute your efforts. You are among the true heroes of this crisis.

To those who have been largely unaffected financially so far, still have the means and have not yet offered help to others, we urge you to consider the



plight of your neighbours and extend a helping hand.

There are several noble charitable initiatives out there, including Feed Our Future, Meals on Wheels, Cayman Food Bank, and others. In giving whatever you can, others who are not as fortunate and whose rainy day funds are evaporating as rapidly as a puddle in the Cayman heat will be able to benefit.

Every dollar, every tin of non-perishable food adds up. As our Jamaican brothers and sisters would say, 'one, one coco full basket'.

# Schools Receive Policy Guidance for Continuity of Education During the COVID-19 Pandemic

Further to the announcement of the extended school closure until the end of the academic year, the Ministry of Education, Youth, Sports, Agriculture and Lands (MEYSAL) has issued policy guidance to all compulsory education institutions to ensure continuity of education during the physical closure of school sites. Compulsory education institutions include all primary and secondary schools servicing students aged 5-17 years old. The policy guidance supports education decision-making to develop and implement effective education responses to help reduce learning loss during the COVID-19 Pandemic.

"The necessary social isolation measures implemented will disrupt school-based education for an extended period of time and will limit opportunities for students to learn in a classroom setting during the period of the shelter-in-place and social distancing orders. Recognizing these unfortunate effects of the COVID-19 Pandemic, the Ministry is moving into the next phase of our education continuity planning. Learning loss for students is a crucial area to address as we navigate this pandemic. As this pandemic continues to impact the world, it is essential to attend to the educational needs of our children and youth," said Lyneth Monteith, Acting Chief Officer for MEYSAL.

The policy guidance stipulates that school leaders should report education provision to the Ministry to include steps taken to develop and implement strategies which mitigate learning loss due to the pandemic. This reporting will provide the Ministry of Education and Department of Education Services the information on areas of support for schools. The detailed guidance document presents parameters for the school leaders to follow. The guidance provided addresses the following areas:

- 1. Monitoring and facilitating the health and safety of students and staff** to ensure schools maintain social relationships and actively seek to monitor occurrences of hunger, insecurity, safety, abuse, psychological strain and more amongst staff and students. This includes the continuation of the delivery of health and wellness services including and not limited to; access to counsellors, special needs specialists and services from the Health Services Authority (HSA) Needs Assessment Unit (NAU), Family Resource Centre (FRC), Children and Family Services (DCFS).

- 2. Continuity of free nutrition services** to ensure the provision of free school meals to those students in need.

- 3. Continuity of education instruction** to stipulate that schools must employ one or more of three specific categories of learning in the absence of in-person instruction, based on resource availability and students' individual needs and/or their grade level. The three category options are online, paper-based or combined online and paper-based learning. The importance of maintaining learning, establishing structures and routines, engaging students to create a sense of normalcy and ensuring provisions for special needs students are detailed as vital considerations in the development of education continuity plans during the extended school closures.

- 4. Prioritizing preparation for external examinations** to facilitate students scheduled to take those external



► Lyneth Monteith, Acting Chief Officer for MEYSAL

exams that are still available by the respective bodies.

- 5. Preparing for the re-opening of schools** to ensure operational readiness once the 'all clear' is received from all relevant government authorities. Checks include staff planning, enrolment changes, school sanitation, staff awareness training and provision of special resources to support a range of behaviours displayed by staff and students that are associated with negative affects due to COVID-19 Pandemic.

Both public and private school leaders have received the policy guidance document and a template for weekly reporting.

Principal for Edna Moyle Primary School, Danielle Duran commented, "As a full-time educator and mother of two school-aged children, I wholeheartedly empathize with parents and families in relation to the challenges they now face with supporting distance learning at home. However, I do believe it is crucial that we do our very best to continue providing opportunities for distance learning. We were already pushing extremely hard to get our students up to speed prior to the pandemic. Now we are losing critical face-to-face learning time and therefore cannot afford to suspend all activities. Our teachers are working diligently to support students while also maintaining their own personal obligations. We have had a number of changes over the last few weeks and it is still a work in progress. With this policy guidance, we have added support to review the efficiency of our online learning platform and to provide parents with as much support as possible. Most importantly to ensure the well-being of our students remain our top priority."

"The COVID-19 Education Response Plan will assist schools in preparing for 2020/2021 and provide the best possible education for all students in the Cayman Islands. Considering the current situation and the speed at which education has had to evolve, the Ministry of Education and Department of Education Services (DES) have done an outstanding job in developing a Continuity of Education Policy Guidance for Schools. As Head of School at St. Ignatius, I welcome this Policy Guidance and look forward to meeting the requirements laid out in the COVID-19 Education Response Plan, as well as playing our role in helping to minimize learning loss during the COVID-19 pandemic," added Emily Alexander, Head of School at St. Ignatius Catholic School.

COVID-19 Plans for 2020/2021 and 2021 /2022 school year for public and private schools are due to the Ministry of Education, Youth, Sports, Agriculture & Lands by Friday, 26 June, 2020.

For all official updates and information in relation to Education and the COVID-19 Coronavirus monitor, please visit [www.gov.ky/coronavirus-education](http://www.gov.ky/coronavirus-education)

# Update on 2020-2021 Scholarship Applications

The Scholarship Secretariat Unit would like to remind the public as well as all scholarship applicants and recipients to send all queries to [scholarships@gov.ky](mailto:scholarships@gov.ky) for response as the Unit is operating remotely.

All 2020-2021 Overseas Scholarship Applicants are reminded that their applications are currently being reviewed for Education Council approval. Applicants will be informed by email on the status of their application, or if any additional information is required.

The review of 2020-2021 Local applications will commence immediately after the close of the application period



on 30 April 2020. The Secretariat Unit urges all scholarship applicants to monitor the email address provided on their application forms.

If you have any questions, please email them to [scholarships@gov.ky](mailto:scholarships@gov.ky)

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# COMMUNITY NOTICES

## The Credit Union Rupert McCoy Memorial Education Grant is Now Accepting Applications

Since 1994 (26 years), the CICSA Co-operative Credit Union has awarded many students annual education grants. This tradition continues in 2020. However, this grant will now be known as the Rupert McCoy Memorial Education Grant in honor of the late Mr. Rupert McCoy, a dedicated volunteer, ambassador and advocate for the Credit Union. Applications are now being accepted online and the annual deadline has been extended to 15 May to allow Members additional time to gather the relevant documents.

In total, the Credit Union has provided more than KYD \$2 million dollars in educational grants to Credit Union members. Last year, 2019, the programme awarded over KYD \$200,000 in monetary grants to 166 successful member applicants.

At the 2019 AGM, the Credit Union Members voted to increase the educational grant amount from KYD\$200,000 to KYD\$300,000 in order to expand grant opportunities to those seeking to pursue technical and vocational training. This is an opportunity for Members as young as 17 and older to pursue tertiary, technical and vocational studies overseas, locally or online.

Grant recipients are selected based on their academic record, character references, and area of study. The Rupert McCoy Memorial Education Grant is one of the many benefits offered to Member-owners of the Credit Union and is intended to provide an opportunity for Members to fulfill their education and career goals.

"The Credit Union differs from other financial institutions in that we put our members first. We provide affordable financial services and significant opportunities for lifestyle advancement to all our members. The Rupert McCoy Memorial Education Grant Programme



exemplifies our core value proposition of 'Members Helping Members' and allows us to provide real help to students and their families to achieve their educational goals," - Michael Nixon, Chairman of the Credit Union's Board of Directors.

Credit Union Members in good account standing, or immediate family members to Credit Union Members, pursuing post-secondary studies or technical and vocational training either locally, overseas or online, are invited to apply online by accessing the grant website: [cicsa-creditunion.org/rupert-mccoyleducationalgrants](http://cicsa-creditunion.org/rupert-mccoyleducationalgrants)

The deadline to submit the application via the online form and the related documents is 11:59pm, 15 May 2020. (This is an extension from the original 30 April deadline.)

### CONTINUED

In the Cayman Islands, the CICS Co-operative Credit Union has assisted members for 44 years. It was founded in 1975 by seven Cayman Islands Government Civil Servants and incorporated in 1976 and since, has focused on providing services to members at low fees, encouraging saving and offering competitive loans. It currently has over 14,000 members. CICS Co-op-

erative Credit Union is also a member of the Cayman Islands Banker's Association.

In his more than 30 years of service to the Credit union, Mr. Rupert McCoy was fully committed to not only the credit union movement and philosophy in the Cayman Islands, but also regionally and internationally. As a Credit Committee Chairman and Board Vice President and President, he assisted CICS Co-op Credit Union by offering several tailor-made training courses for members and staff. It is in this spirit of service and dedication to improving knowledge and education, we honor Mr. Rupert by offering students educational grants in his name. 🌐

## CIPS Ready for Limited Re-opening

The Cayman Islands Postal Service (CIPS) is gearing up to re-open to the public on a limited basis this week.

Beginning Wednesday, 29 April 2020, Government will re-open a single post office on each island for two days a week.

The post offices that will reopen are as follows:

- Grand Cayman – Airport Post Office,
- Cayman Brac – West End Post Office,
- Little Cayman – Little Cayman Post Office.

Opening days and hours will be the same for all three Islands.

- Wednesdays (for persons with surnames and businesses with names starting with A – K) – 9am – 1pm,
- Thursdays (for persons with surnames and businesses with names starting with L – Z) – 9am – 1pm.

Services available during the two days post offices are open will include:

- Domestic mail service,
- Sale of stamps,
- Post Box rental payments (Airport Post Office can accept payments for boxes at any post office; West End Post Office can accept for any Cayman Brac or Little Cayman post box),
- Utility bill payments.

Postmaster General Sheena Glasgow notes that, where post offices remain closed in response to the COVID-19 pandemic, work will continue to sort mail into relevant post boxes each week.

Even though public counters are closed customers will be allowed to collect/post mail from external boxes on any day that they are allowed out of their home (i.e. A-K – Mon., Wed., Fri., and L-Z – Tue., Thur., Sat.)

Going forward those who need access to post boxes inside the General Post Office, should email [CIPSCustomer-care@gov.ky](mailto:CIPSCustomer-care@gov.ky), or call or WhatsApp (345) 916-6535, to make arrangements to access their post box on a Wednesday or Thursday.

### Collection of parcels

Furthermore, to facilitate the quickest delivery of incoming parcels that cannot fit into an addressee's mail box, or which have associated fees that must be collected on delivery, customers must updated their details in the CIPS point of sale system before collecting an item.

This can be done by completing a customer details form, available from [caymanpost.gov.ky](http://caymanpost.gov.ky), and submitting the

form and a photo ID via email ([CIPSCustomerCare@gov.ky](mailto:CIPSCustomerCare@gov.ky)) or WhatsApp (345-916-6535).

Once an addressee's details have been updated in the system, the customer will be provided with a customer number, which must be provided at the time of collection. The customer number is unique to each customer, but only needs to be requested once and thereafter can be used to collect all future parcels addressed to this customer.

The Postmaster General emphasises that the Postal Service will be strictly following social distancing protocols at all those facilities that are open.



Looking ahead she adds the Postal Service is actively investigating the feasibility of reestablishing an international mail service and will advise the public as soon as those details are available. 🌐

Cayman Islands COVID-19 Dashboard

<div style="font-size: 2em; font-weight: bold; color: #4a86e8;">73</div> <p>Confirmed cases</p>	<div style="font-size: 2em; font-weight: bold; color: #27ae60;">10</div> <p>Recovered*</p>	<div style="font-size: 2em; font-weight: bold; color: #95a5a6;">1,535</div> <p>Tested</p>
<div style="font-size: 2em; font-weight: bold; color: #e91e63;">1</div> <p>Death</p>	<div style="font-size: 2em; font-weight: bold; color: #e91e63;">3,190,584</div> <p>Worldwide confirmed cases   Source: Johns Hopkins, 29/04/20, 2:30pm</p>	

AS AT: 29 APRIL 2020, 3PM

\*A person who initially tested positive and who has subsequently tested negative for the COVID-19 virus in two tests done at least 24 hours apart 14 days after their positive test, or after their symptoms have gone away, whichever is longer.

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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](mailto: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](mailto: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

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# WE HAVE A PLAN, ASSURES PREMIER

... Continued story from page A1

Projections are that while there are likely to be more positive COVID-19 test results, the balance is tipping in favour of a decrease in the rate of spread of the disease in the community; a sign that the government's strategy is working.

The Cayman Islands government, like other government across the globe, has had to shoulder the enormous financial burden brought on by the COVID-19 pandemic.

At a time of a steep economic decline caused by a widespread business slowdown due to government-imposed lockdowns - some countries declaring a State of Emergency - many businesses have been pressuring the governments to ease restrictions of only to keep them afloat.

It's been no different in Cayman.

## TESTING TIMES

Against that background Premier McLaughlin said Cayman was adopting New Zealand's successful model of "elimination versus eradication", and "testing, isolating and tracing."

Across the three islands, he expected testing in Little Cayman to take about a day and anticipating all negative results much of the restrictions there could be relaxed early.

There's a similar outlook for Cayman Brac where it is hoped that many of the risks there could be reduced as a result of extensive testing aimed at relaxing many of the restrictions, in particular travel, within the coming days.

The situation might be somewhat more challenging for Grand Cayman, the Premier said.

With the current Shelter-In-Place (SIP) order expiring this Friday, Mr McLaughlin said: "We are hoping that if the test results continue on the current (downward) trajectory that we will be able to make some significant changes in the SIP provisions and be able to allow a number of activities which are currently restricted or prohibited to recommence."

In that respect, he declared that "we are increasingly optimistic about the way things are going on that particular front" while maintaining an oft-repeated tone of restraint in his outlook.

While not going into details Mr McLaughlin did offer that the analysis being undertaken was looking at "the areas that posed the least risk based on the number of people and the proximity within which they have to operate in relation to other persons."

Cabinet has been meeting to fine-tune those procedures.

"I still believe we are going to find positive results as we go along with this broader testing," he said, adding, "but I think all indications are that there is not widespread community transmission."

Premier McLaughlin cautioned that "the countries which have gone too quickly to reopen have invariable have had to lock back down because the virus comes back with a vengeance. We are determined not to let that happen here."

How and when the restraints are relaxed depend on the results over the coming days of an intensified series of community-wide tests, starting first with front-line medical staff, persons with a health risk, other customer-facing workers, as well as prisoners.

With well over 1,000 tests already carried out and continuing daily, it is hoped that the early results which are



► Hon. Premier Alden McLaughlin

showing very few positive cases will be an ongoing pattern.

The intensified testing now being undertaken was expected to be boosted with the expected arrival this week of extraction kits from the UK, a critical tool in the COVID-testing apparatus that is in high demand globally.

While there is no current target for the number of tests to be conducted by the labs at Health Services Authority (HSA) and Doctors Hospital, they have the potential to do 1,000 a week.

## THE PLAN

There have been persistent calls from the broad business sector for the government to ease the lockdown measures, especially as the period lengthens and the financial losses threaten to become unsustainable.

Premier McLaughlin said consultations have been ongoing with the business sector and others on this issue.

"We do have a plan," he said but stressed that how it's implemented is contingent on the results of the accelerated testing now being carried out.

"It's subject to amendments and adjustments. We've been working at it for quite some time and it is contingent on how well the results pan out," he explained. "There are points when we will be able to trigger various phases of it."

Saying the plan which is still being fine-tuned is "based on assessed risks", Mr McLaughlin said the more test results are known will give "a better impression of where in the community the virus is" thereby enabling the government to make an informed decision.

"Principally we go slowly and we open where there is the minimal risk of person-to-person contact."

In that context, one of the issues that has been occupying the minds of residents has been the government's decision to close the public beaches.

It's a thorny issue and Premier McLaughlin sought to set the matter to rest definitively now that the easing of restrictions is pending.

The clear message is that the beaches are not yet on the priority list.

"I know that this a very sore point with many, many people," he admitted.

But, he reminded, "anyone who has is being fair about this will know that for weeks and weeks we pleaded, I in particular, pleaded with people to be reasonable about how they operated on the beaches so as not to exacerbate the risk of community transmission of the virus."

Noting that it became impossible for the police to monitor activities on all the beaches, the Premier said the decision - as was announced previously - was taken to close them to the public, largely due to non-compliance, or as he put it; "by the way the way people behaved over the past few weeks on the beaches."

"Until we reach a point where it is reasonably safe for people to gather in clusters, we are not going to be able to reopen the beaches."

Mr McLaughlin was however hopeful that that point comes sooner rather than later" as he felt it the closure out of necessity still penalizes the majority of people who conduct themselves reasonably.

He was however adamant that "what we cannot risk for all the sacrifices that we have made is for people to have a nice time on the beaches for one week-end and then two weeks alter the hospital is overrun with COVID-19 cases."

In the interim, however, it was hinted that there might be an early reprieve for pool owners and pool maintenance companies.

## TENTATIVE STEPS

The first cautious steps on the road back to normality are already been taken.

The vital service of the post office is being restored gradually with limited openings this week with one outlet on each of the three islands providing basic services including mail sorting and delivery to individual boxes within post offices.

The outlook for the tourism industry is less optimistic.

That industry, a pillar of Cayman's economy, has felt the full brunt of the COVID-19 pandemic. The cruise sector was its first real global casualty with numerous deaths and the consequential financial impact which has practically stricken the industry.

Locally, that has thrown up several challenges affecting not just businesses but most of their employees who are work-permit holders.

The government has already taken several steps to alleviate their plight directly including amending to the immigration legislation as well as making arrangements for their repatriation.

## TAKING FLIGHT

His Excellency, the Governor, Martyn Roper, has outlined that early next week, a flight will depart to La Ceiba, Honduras. Those workers and others booked to travel there are advised to take with them a doctor's certificate proving that they are COVID-19 free as required by the Honduran authorities.

A flight to Mexico is now scheduled for Friday May 1st for Mexicans pre-approved by the Mexican Government. They will be contacted directly by Cayman Airways while flights to Costa Rica and the Dominican Republic are expected to be announced for next week.

Governor Roper has also announced that a chartered British Airways flight for this Tuesday had been fully booked with 40 Philippine nationals working here among the passengers.

Flights destined for Miami on May 1st are also full while a private charter to Canada (which will allow for pets) is being organised by a private individual.

The Governor said further flights will be considered based on demand.

An announcement is also expected regarding private sector funding to assist with repatriation flights to help those in need of financial assistance. 🌐



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# Team of volunteers feeding West Bay's needy

... Continued story from page A1

the needy. Partnering with restaurants in the location, the community team have been able to provide up to 150 hot meals and soups each day, dropping them off door-to-door.

Junilee Brooks is Capt. Eugene's personal assistant. As an active member of the West Bay community, Junilee could see the need for such a service early on in the lockdown process.

"I felt the need as people were calling me. I spoke to Capt. Ebanks and we set about organising hot lunches for people," she said.

Junilee works with fellow Committee members Jeana Ebanks, Glenda Ebanks-Lee and Sophie Bryan, collecting meals each day from a slew of local restaurants.

"On Monday and Wednesday, we collect around 150 meals from Morgan's. Out of those meals there are about 125 children's meals, so we are able to work with the schools to get children fed," she explained. "On Tuesday and Thursday, we get between fifty and sixty meals each day from Calypso Grill and on Friday we get about fifty from Agua. Pansy's Kitchen provides us with meals on Wednesday as well, and a lady called Sharon Spencer gives us meals on a Friday. On Saturday we receive meals from the Ministry of Peace church (Pastors Mitch and Sarah Exctain). We would love to deliver meals on Sunday as well, but we are unable due to the hard lockdown."

Walter Fajette, co-owner of Agua said they reached out to see if they could be of help.

"I've known Capt. Eugene since I came to the island. We were happy to jump in and help. Even though the restaurant sector is hurting the most at the moment we can still show that we have a heart," he said.

At the time of this interview, Walter's team were preparing fifty boxes containing a hot lunch of baked pasta, along with a quarter of a roast chicken with roast vegetables.

"It is a hearty meal that will fill people up," he confirmed.

Calypso Grill established their Calypso Cares Programme at the beginning of April, designating three essential employees to cook a hearty soup to be donated to the feeding of West Bayers. Chefs Paul Furze, Rashitha Sanjaya Eeshwarawari and Chaminda Hewa Pathirana are all working hard to deliver fifty to sixty hot soups on their allocated days to the Committee for distribution among the local community.

Junilee said all the donors were doing a really important job for the community.

Jeana added: "We want to highlight these partners who provide these meals free of charge and eagerly offered their services. We truly appreciate their selfless work to assist the cause."

In particular, the Committee have been able to help out watersport's employees.

Jeana advised that they were placing a special emphasis on assisting these individuals, many of whom hailed from West Bay, who were heavily impacted by the downturn in the economy. Homeless people in West Bay are also being made a priority.



Even though they are managing to feed a good number of people, Junilee said there was still more need. "An example of that came to my attention just yesterday where I was told that two boys were in need as their parents were stuck in Miami. We managed to source some hot food for them and I took groceries round to them. There are still some people out there," she informed.

In addition to free meals, the Committee is assisting the Sir John A Cumber Primary School with much needed electronic devices to keep students current with their schoolwork. In particular, they are looking for any donations people can make of tablets and laptops, to

assist with students' studies. Just twenty would be a big help, Junilee confirmed.

"We are also looking for gift cards from Foster's which is our nearest store," she said. "These would be extremely useful for women who are in need of personal hygiene items and mothers in need of items for babies."

While restaurants say they are happy to help out, they need donations to ensure they can continue this free service to the community, even if it is just for them to break even. If you are able to assist with donations for any of the above-mentioned causes, please contact Junilee Brooks on 925-2417 or Jeana Ebanks on 924-8255.



# Governor's Updates

• **Testing Materials:** We are in a much better position on testing materials than we were a week ago. A lot of work has taken place. We are now confident we have sufficient swabs and extraction kits here on Island or coming soon to enable our step up on testing. My thanks to Dawn Cummings at the HSA and to Matthew Forbes in my office for their outstanding work on this. My office has focused on swabs and extraction kits and Dawn on PPE. The UK diplomatic network has been a great support - our mission in Guangzhou in China has helped us procure the latest order.

• **New online form for the emergency travel helpline:** We are pleased to announce a new online form for the emergency travel helpline. You can now upload your details directly to [www.explore.gov.ky/travel](http://www.explore.gov.ky/travel) and the data will be used to gauge demand for further flights. You do not need to re-register on the online tool. If you have already called or sent emails, your details are on the system.

• **Work permit amnesty and the travel helpline:** There has been some confusion around the work permit amnesty and the travel helpline following news reports. Please only contact the travel helpline to register your interest in leaving the Islands. They cannot answer specific questions on work permit extensions etc, these should continue to be sent to WORC. The amnesty will allow you to look at your options for leaving the island while this situation continues.

• **Shout out to AG and SG and the legal drafting team:** The AG is my legal adviser and I get excellent support. The team have continued to provide high quality legal advice while continu-

ing with court cases. Thanks for all their help during the Covid 19 crisis.

• **Honduras Flight:** There will be a flight to La Ceiba early next week. Details of how to book and cost per passenger will be announced shortly. Please do not call the emergency travel helpline. Caymanians and PR status holders looking to get back from Honduras will be required to go into a Government Isolation facility for 14 days, no exceptions. Passengers going to Honduras have to ensure they have a medical certificate saying they are free from COVID-19 symptoms. The Honduran Government have advised that many of the islands are closed off and you may have to remain in La Ceiba until further notice.

• **Flight to Mexico:** The flight to Cancun, Mexico with Cayman Airways has been changed to Friday 1st May. Passengers on this flight are those from a pre-approved list from the Mexican Government and will be contacted directly by Cayman Airways over the course of today and tomorrow. This is an outbound flight only. We will not bringing anyone back on this flight.

• **Private charter to/from Canada:** A Canadian citizen, Nikole Poirier, is working on a private charter to Toronto for end of May which will allow pets and additional baggage allowance. The cost will be approximately 1300 Canadian \$ (circa 750CIS\$). If you are interested please contact Nikole directly. Caymanians or PR status holders looking to get back from Canada send an email to [emergencetravel@gov.ky](mailto:emergencetravel@gov.ky) if you haven't registered already. For social media Email: [nikolepoirier@yahoo.com](mailto:nikolepoirier@yahoo.com) Phone: 517-0628

• **Costa Rica and Dominican Republic flights:** Flights are being finalised and are likely to leave next week.



► His Excellency, the Governor, Martyn Roper

More details of cost and how to book to be announced later this week.

• **Thanks to the Honorary Consuls on island, Cayman Airways and Airport Authority:** They have been working very closely with us on these flights, for all their help. Thanks to Fabian Whorms and staff at Cayman Airways and to Albert Anderson and staff at the Airport Authority for everything they

are doing. Maria, Simone, Gill and Lisa in my office have also worked incredibly hard on this. We recognise that people want to leave the Islands and we're doing everything we can to assist that. Commercial flights are likely to remain closed for foreseeable future (subject to Cabinet decision) so if you want to leave do take advantage of these evacuation flights now. 🌐

## COVID 19 and Reading

'If you spend just 15 minutes a day, reading at the average rate of 300 words a minute, you will read a million and a half words a year—or an average of 20 books! But, of course, you have to devote these 15 minutes every day,' says Ralph M. Besse, writing in the **Foundation of Economic Education**, 1952. He is correct.

Among other opportunities, the COVID-19 lockdown presents an ideal time to catch up on our reading, encourage our children to devour books and to make it a life-long habit, if they have not yet done so.

Marcus Garvey, who became the leader of the larg-

est social movement among American blacks prior to the civil rights movement led by Martin Luther King Jr, gives some advice on when and how much to read: 'Use every spare minute you have in reading. If you are going on a journey - carry something with you to read... If you are sitting down waiting for somebody... read until the person comes. Don't waste time... study words whilst waiting or travelling. Read through at least one book every week, separate and distinct from your newspapers and journals... At the end of one year you will have read fifty-books. After five years...

two hundred and fifty books. You may be considered then a well-read man or a well-read woman and there will be a great difference between you and the person who has not read one book,' **Marcus Garvey Said** - Ken Jones, p 61. He was correct.

Schools, irrespective of the level, don't 'educate us'; they prepare us for an education. To say that one is 'educated' is too static an idea, out of sync with a fast-moving world where knowledge is constantly being added, interrogated, and modified. New ideas and concepts are constantly emerging impacting whatever areas we

work in. Education is a continuous process made possible through reading. Irrespective of the era in which he lives - the educated person studies for a lifetime.

Good advice on how to make sure we keep reading is that we always carry a book or a serious magazine, to read more than one book at a time as our moods are changeable. Premier Alden Mclaughlin, in his online biography, says he usually has two or more books reading at the same time. Having a variety of books helps us to keep reading.

Back to Garvey 'The world's greatest men and women... educated themselves outside of the university... you have the same opportunity of doing the same things the university student does - read and study' Garvey was writing before the widespread opportunities for online opportunities, kindle and so on.

Obama, himself an avid reader, knows the benefits of getting our children to love to devour books. 'At the moment that we persuade a child, any child, to cross that threshold, that magic threshold into a library, we change their lives forever, for the better. It's an enormous force for good' (See Obama's 'Bound to the Word' speech delivered in 2005, at a conference of the American Library Association (ALA).

The benefits of reading are numerous and important, and it is a wonder more of us do not; some persons read practically nothing.

While it is true that we only learn in three ways: from others, by thinking things out ourselves and by experience, it is reading, as Besse writes, that has the most to offer 'Reading is the most complete, most available, cheapest, quickest and most current source of learning.'

Descartes says that 'The reading of all good books is like a conversation with the finest minds of past centuries.' And to quote further from Besse: 'Books present the finest of all reading opportunities. The greatest thinking of the finest minds, the finest expression of the greatest writers and the most profound learning of qualified experts in every field



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

and every age is available in books.'

Reading is necessary for self-improvement - in fact, indispensable. Many cannot formally return to school - but they can read. After all, the work of a lifetime is often recorded in a single book!

In reading we are exposed to the views and perspectives of various authors, it broadens vocabulary, provides information, exposes us to better forms of expressions and, of course, there is an entertainment value as well. It also encourages good habits of thinking, promotes mental health, improves writing skills, and improves focus and attention. Of particular value are newspaper editorials, magazines and books.

It is not surprising that a common characteristic of the world's most successful entrepreneurs - billionaires - is that they tend to be voracious readers. Book worms include Warren Buffett who is said to devote about 80% of each day to reading - some 600-1,000 pages per day, as reported by Andrew Merle, **The Reading Habits of Ultra-Successful People** - HuffPost. Other such reading billionaires are Elon Musk, Oprah Winfrey, Mark Zuckerberg and Bill Gates. Gates is said to read fifty books per year!

Successful people read widely as the believe that books are gateways to learning and knowledge - for self-improvement, education, and success. Reading is part of their success. Let's get reading! 🌐

### 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 clean 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

For everyone in self-isolation:

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](http://HSA.ky/public-health/coronavirus) or [gov.ky/coronavirus](http://gov.ky/coronavirus)

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
83° / 80°	84° / 79°	85° / 79°	84° / 79°	85° / 81°	85° / 80°	84° / 81°
Sun and clouds with a shower	Partly sunny with a t-storm	Variable cloudiness	Mostly sunny with a shower	A shower in the afternoon	Showers around in the morning	Mostly sunny

# Don't put off urgent non-Covid health issues

The Covid-19 corona virus is dominating headlines all over the world right now, an incredibly infectious virus that has the possibility to kill, especially the elderly and those with other health issues. But people experiencing other health issues that are worrying them should not be put off from visiting hospital, if they believe that they are in urgent need of treatment.

At a press briefing held on Thursday, Dr Archita Joshi from Health City Cayman Islands said that people did not

stop having heart attacks or strokes just because there was a pandemic going on.

Her advice to the general public was if they had emergency concerns or acute symptoms, it was best to seek advice.

"The safest way is to call a hospital ahead and find out how they should address their symptoms," she explained.

If they were mild symptoms, a physician could advise them over the phone or via other electronic means, however for acute symptoms, such as severe

chest pains or suspicion of a stroke or some kind of a major injury, it was best to show up at a hospital, she said.

"All measures are being put in place at most hospitals to ensure patients safety when they arrive. All hospitals have put in place infectious control policies and procedures to address and maintain the safety of patients and healthcare professionals," Dr Joshi said. "Most hospitals have defined zones where people suspected with Covid are placed and there are zones where people who show up at

the hospital with non Covid-19 symptoms would be placed and treated. I'm quite sure it's quite safe."

Dr Joshi added that just because Covid-19 was a pandemic right now, it did not mean people should neglect other healthcare concerns.

"There have been unfortunate events of late where people have delayed their treatments and that has led to permanent disability or poor outcomes in their management. That's not advisable," she warned.



► Dr Delroy Jefferson, Medical Director of the HSA



► Dr Archita Joshi from Health City Cayman Islands



► Dr Stephen Gay, anesthetist and pain management specialist at Doctors Hospital

## OBITUARIES

### Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Leslie Carlyle Hydes Jr. who passed away on Tuesday April 21, 2020.

A Thanksgiving Service will be held Privately for family in accordance with Government Regulations.



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

### Churchill's

Funeral Home

We have been asked to announce the passing of Mrs. Hilary B. Ebanks AKA "Kee Kee", who passed away on Thursday, April 23, 2020. A Thanksgiving Service will be held privately in accordance with Government regulations.



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

### Churchill's

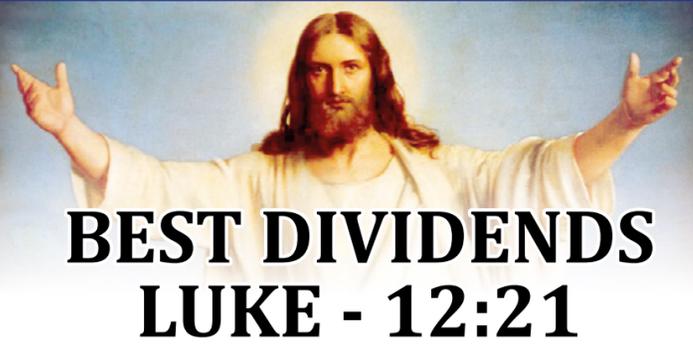
Funeral Home

We have been asked to announce the passing of Mr. Robert Anthony Stewart, who passed away on Saturday, April 25, 2020. Details of a Thanksgiving Service will be announced at a later date.



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

## MOMENTS OF INSPIRATION



### BEST DIVIDENDS LUKE - 12:21

These days it is very difficult to find and acquire a secure investment. Daily, billions of dollars are traded by those requiring the biggest bang for their bucks, and at the same time want security. In reality there's nothing like a safe high-end option on this side of reality. I learnt this the hard way recently with an investment.

In today's lesson the Rich young ruler met this reality. His portfolio was

based on his abilities and continually made flawed plans. Christ stressed that true riches- safe investments with eternal, high yields can only be found to the priorities of His Kingdom. "Seek first the Kingdom of God and its righteousness is true today more than ever."

The only true option, true investment that yields eternal rewards is your trust in Christ Jesus. That's for sure.



### Advertise here!

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

# CAL confirms repatriation flight to La Ceiba, Honduras

Cayman Airways Limited (CAL) is advising the public that a repatriation flight from Grand Cayman to La Ceiba, Honduras, has been confirmed for Monday May 4, 2020, in partnership with the Cayman Islands Government.

Flight KX3882 is scheduled to depart Owen Roberts International Airport (ORIA) on Grand Cayman at 12pm and arrive at Golosón International Airport (LCE) at 12:25pm La Ceiba time.

A return flight, KX3883, will depart La Ceiba at 1:25pm and arrive on Grand Cayman at 2:50pm (Cayman time), for a limited number of Caymanians and Permanent Residents wishing to return home.

The following connecting flight from the Sister Islands will be available for those in Cayman Brac or Little Cayman who wish to travel on the repatriation flight to La Ceiba: flight KX4331 departs Little Cayman for Cayman Brac at 9:45am, arriving at 9:55am. The flight then departs the Brac at 10:10am and arrives on Grand Cayman at 10:50am, in time for the 12pm departure to La Ceiba.

Persons travelling to Honduras must be Honduran nationals. Passengers are responsible for ensuring that they have the necessary travel documents for entry into any foreign country. Additionally, the Honduran Government is requiring that passengers travelling to Honduras on flight KX3882 provide a medical certificate from a local doctor confirming that they are not exhibiting any symptoms of Coronavirus (COVID-19). This certificate must be presented at check-in for their flight. Passengers who do not present a medical certificate will not be able to travel.

All passengers arriving in Grand Cayman from Honduras are required by the Cayman Islands Government to be



transported directly to a Government quarantine facility, where they must stay for 14 days.

### Baggage Allowance

Passengers (except infants) will be allowed two free checked bags up to 55lbs per bag (not exceeding linear dimensions of 62 inches per bag), plus one carry-on bag not exceeding 11" x 16" x 24". Passengers who expect to have additional bags must prepay for excess bags at the time of booking. Passengers' first two bags will travel confirmed, but any excess bags will be travelling space-available and may take several weeks to reach the passenger should baggage space not be available on the repatriation flight.

### Pets

Pets will not be allowed on this repatriation flight to Honduras.

### Health and Safety Measures

Various measures will be in place for the health and safety of passengers and crew, including:

- Middle seats will be left empty
- No Business Class seats will be sold or assigned
- All passengers must present at check-in and boarding with their own face mask, which they must wear for the duration of the flight
- CAL airport staff will be wearing protective gear for the check-in and boarding process, and check-in coun-

ters will be sanitized frequently during the check-in process

- Social distancing rules will be enforced for the boarding process (6-foot spacing between each passenger)

### Booking process

- One-way tickets for these flights will be available for purchase online at [www.caymanairways.com](http://www.caymanairways.com) or by calling Cayman Airways Reservations on 345-949-2311 or 1-800-2791-9422 (toll free in Honduras) between 9am and 6pm weekdays
- Only credit or debit cards will be taken over the phone for bookings
- Passengers with existing tickets for travel to and from Honduras will be able to use them for these repatriation flights

# Cayman Airport Airfield Upgrade Project Update

... Continued story from page A1

within the airfield perimeter, establishing an airfield perimeter road and expanding the aircraft parking ramp in an easterly direction to provide additional aircraft parking. The apron expansion work was the first of the sub-projects to begin late last year, followed by the runway rehabilitation, additional taxiway and extension in February 2020.

"We are very pleased with the progress we have made in bringing big improvements to service, operations and safety standards at our airports and remain committed to enhancing the services and amenities we provide to our traveling public," said CIAA CEO Albert Anderson.

"As a result of the Cayman Islands Government's temporary suspension of international flights to and from Owen Roberts International Airport, announced on 16 March 2020 in an effort to slow the spread of the Coronavirus (COVID-19), some aspects the Airfield Upgrade Project works are moving ahead of schedule due to the increased availability of the airfield to perform the works," he added.

The runway strengthening consists of three layers of new asphalt, and the paving of the second layer was completed in mid-April 2020. The third and final layer, which will include paved runway shoulders, will take approximately three weeks and is scheduled to be completed

by mid-May 2020. The runway extension and blast deflector is ongoing and is scheduled to be completed by late June 2020, and the new taxiway is currently under construction and is scheduled to be completed by mid-July 2020.

The Apron Expansion works continue, but could potentially reach a temporary halt due to the current travel restrictions, which could prevent a specialist concrete crew from being able to enter the Cayman Islands from the United Kingdom until the Island's borders reopen.

The filling of the airfield ponds work is completed on the west end of the runway with the remaining two ponds expected to be filled by mid-May 2020,

and the perimeter road is expected to be completed by the end of May.

"During these challenging times, we are more proud than ever of our dedicated teams working behind the scenes to provide our customers with professional, innovative airport services and facilities in a safe, efficient manner, and we look forward to being able to share in this airfield transformation with the community going forward as we all work together to bring normalcy back to our daily lives," said Mr. Anderson.

The Airfield Upgrade Project works' final completion date remains at mid-September 2020 due to the unknown completion date of the Apron Expansion works.



► Easterly view of the new Apron Expansion at Owen Roberts International Airport, which will have the capacity of parking four aircraft



▶ Seven year old Kendall Morgan's Earth Day art project



▶ (L to R) Marley (age 9), Kendall (age 7), and Georgia (age 8) with their Earth Day art creations

# South Florida Stories: Earth Day Week ends as questions loom about equitable resource access and how to safely re-open at the epicenter

*Part two of two in Earth Day series*

By Raquel Garcia

Earth Day week began with a record high temperature of 97 degrees in Miami-Dade County. Steady light winds brought a dull acrid scent into the city from brush fires bordering the Everglades. A few thunderstorms had hit by week's end and more tornadoes wreaked havoc across the south.

Although worldwide public events commemorating the 50 year anniversary to honor the planet and address environmental shortcomings were cancelled due to the global pandemic; earthday.org called this year "a global digital mobilization to address climate action."

Satellite images demonstrating a thirty to fifty percent reduction in nitrogen dioxide and carbon monoxide air-polluting-clouds over heavily-populated cities made frequent headlines. A serendipitous temporary benefit of the sharp decline in vehicle emissions due to so many cars remaining in park during this international crisis.

The latest Covid-19 numbers at press time show Miami-Dade remains the coronavirus epicenter for Florida with the most confirmed cases at 11,351 (of a 31,528 state total). Reports of possible undercounting are attributed to pending cases from private labs and limited categories for qualifying numbers. The Miami Herald said only 346,365 of Florida's nearly 22 million people have been tested. Research indicates communities of color are more likely to get seriously ill.

Statewide there is no cohesive re-opening strategy as many in Duval County welcomed the beach access begun in Jacksonville for limited hours of walking only. While in Tampa, former New England Patriots quarterback Tom Brady got booted out of a local park and cited for exercising on the grounds, according to the Sun Sentinel.

Governor's office figures showed that of the nearly one million validated unemployment applications received by

mid-April, six percent of claimants had gotten their checks. The broken system continues to crash while food donation lines grow at designated pick-up stations run by volunteers. Local media outlets reported cars breaking down or running out of gas while their occupants waited hours for testing at drive-up sites like those at Marlins Park and Hard Rock Stadium.

Miami-Dade County Mayor Carlos Gimenez is planning a tempered re-opening of parks, marinas, and golf courses, to take effect imminently. Law enforcement are to ensure safe social-distancing compliance, in addition to 400 new personnel hired to patrol phase one of re-opened public-access areas. Beaches are to remain closed indefinitely.

The backlash from Fisher Island--aka America's richest zip code--scoring Covid-19 antibody testing for all of its residents and support staff through a University of Miami health system program made it to the national television news.

Cable News Network anchor Anderson Cooper interviewed Superintendent of Miami-Dade County Public Schools Alberto Carvalho after Carvalho's disapproving tweet went viral April 13. "I cannot reconcile the shoeless, maskless, hungry children we fed today with this headline," read his Twitter post.

The average resident age on the private-island only accessible by watercraft is said to be 65, and they had one of the first coronavirus cases in the county. Residents recently declined a two million dollar Covid-19 small business recovery loan offered them from the federal government.

Across the bay in downtown Miami, police kept crowds from gathering and looking up along Brickell Avenue sidewalks as French DJ David Guetta spun at a rooftop pop-up performance. The benefit was said to have raised over \$700,000 for charities like Feeding South Florida and the World Health Organization's Solidarity Response Fund.



▶ Miami-Dade County Public Schools Superintendent Alberto Carvalho being interviewed by CNN News television anchor Anderson Cooper

On April 15 the Centers for Disease Control's "No Sail Order" for cruise ships was extended 100 days, to terminate July 24, or until "the secretary of health and human service declares Covid-19 is no longer a public health emergency." Nearly 80,000 crew and about 100 ships are still in limbo at or near U.S. ports per the CDC in a recent Washington Post story.

As a somewhat muted 2020 Earth Day week sets, digital discussions continue to flourish. The twenty-fifth session of the United Nations Framework Convention on Climate Change (UNFCCC), from whence the 2015 Paris Climate Agreement came, is still scheduled for November in Glasgow.

Robert Mackey is a project manager for a mosquito-control company that uses all plant-based misting to fight disease-transmitting insects. He said being at home on South Beach this Earth Day has been inspiring.

"I see families out walking, riding bikes, enjoying the outdoors like nev-

er before. Neighbors are helping each other out and there is a great sense of community spirit pulsing through the beach."

From their home further north in Pembroke Pines, the Morgan girls, ages 7, 8, and 9, were led by artist mom Judy to create an Earth Day art project and share their thoughts on the holiday:

"Earth Day is about caring for our earth and making sure we recycle," said Marley. "We can celebrate Earth Day by planting more plants in our garden," said Kendall. "We have to take care of the earth so we can keep living here," said Georgia.

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



▶ The view from Rosa Legcevic's Brickell Bay Road condo balcony shows clear waters and quiet streets. "I'm appreciating nature much more these days," said Rosa



▶ Robert Mackey at home on Miami Beach with his golden doodle Harry

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## Stay-at-home strategies for your best body

You know that diet and exercise are important when it comes to creating your best body, but you may be overlooking other techniques for getting into the best shape. Even while stuck at home!

Try out the following 13 simple habits and watch as your body transforms.

### 1. Eat a Smart Breakfast

Most people load up on carbohydrates and simple sugars for breakfast. Cereal, pastries, smoothies and juice are all poor choices when it comes to starting your day off right. Center your breakfast around protein and healthy fat, and you'll have energy for hours. Try a protein shake, eggs, lean breakfast meat, or a handful of nuts.

### 2. Get More Sleep

If you're not getting at least 8 hours of sleep each night, then you could use more sleep. This is especially true if you've reached a plateau with weight loss. Give your body the 8 hours of sleep each night and make weight loss easier.

### 3. Just Do It

If you're really ready to achieve your best body ever, then dig down deep and commit. As Woody Allen famously said, "80% of success is showing up." This is absolutely true when it comes to fitness. Show up to your workout. Even if you're tired. Even if you'd rather be doing something else. Just do it.

### 4. Plan Ahead

Take one day each week to plan your healthy meals for the following week. You don't have to do all the shopping and cooking on that day, simply jot down what you plan to eat. This small act of planning ahead will keep you on track with healthy meals even when the week gets crazy busy.

### 5. Cut Out Gluten

Many people don't realize that they have a certain level of sensitivity to gluten, which causes intestinal inflammation and bloating. Also, gluten-filled foods are typically high in carbohydrates, which contribute to weight gain. When you cut gluten-filled items from your diet don't fall into the trap of simply replacing those items with other high-carb items. Choose non-packaged, whole foods instead.

### 6. Believe In Yourself

Do you believe that you have what it takes to transform your body? If you want to succeed in weight loss, then you have to believe that it's possible. Give yourself a pep talk and dig down deep for the courage and



► Ernest Ebanks

discipline to apply these healthy changes to your life.

### 7. Eat Less Dairy

Dairy products like cheese or cream add extra fat and calories to your meals. Pass on the dairy and you'll eliminate unnecessary calories, making weight loss quicker.

### 8. Sleep and Wake at the Same Time

This tip sounds so simple, and yet it's a powerful way to increase your daily energy. Get your body on a schedule and watch how much more productive and energetic you become.

### 9. Include Veggies at Every Meal

Most people aren't too crazy about vegetables, and probably eat less than they should. Make it a point to include a vegetable with each of your meals – even breakfast. The increase in fiber and other nutrients will give your body that extra boost that you're looking for.

### 10. Ditch Packaged Food

Throw out those packaged foods! This is one of the easiest things you can do to achieve quicker weight loss results. Packaged foods contain chemicals and additives that will slow your fitness results.

### 11. Drink More Water

Being hydrated is key when it comes to creating your best body. Drink water throughout your day and limit caffeinated beverages to once daily.

### 12. Forget Artificial Sweeteners

Sure, these sweeteners don't contain calories, but they are known to increase your appetite and cravings for carbohydrates. In the quest for your best body, put down the diet soda and reach instead for some water.

### 13. Exercise With a Pro

Are you exercising as efficiently as possible? Do you challenge your muscles enough during each workout? Are you keeping the routine new and fresh? These are all factors that will be taken care of for you when you work with a trained fitness professional. Working with a pro ensures that you make the most of your exercise time.

So there you have it, 13 tips that will take your results up a notch.

If you haven't joined one of my programs yet, now is a great time to start. Together we will get you focused on your goals with my results-driven method.

**Call Ernest at Body Shapers Fitness 325-8696 or email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) today to get started from home.** 🌐



## GREAT ANTIVIRAL HERBS

Most of us are currently shuttered inside. We may become bored and even frustrated because we are not accustomed to this type of lifestyle. Our eating patterns have surely changed as well. We are probably moving less now than before. In the midst of all these setbacks we can still play our part in staying healthy. Today, I am sharing the virtues of some natural **HEALING HERBS** that you can use. These can be traced back to as early as Ancient Egypt and China.

**Oregano** - It offers far more than a zesty flavour. The extracted oil contains significant amounts of antiviral properties. Mexican Oregano has been shown to be most effective against certain viruses.

**Echinacea** - This is about the best when it comes to fighting viruses and bacteria. It boosts the immune system by stimulating the production of cells to help fight infections, but also contains phytochemicals that fight and help reduce infections once they occur.

**Astragalus Root** - This is well-known as an adaptogen whose role is to help improve the body's reaction to stress. Research has also shown that it contains powerful antiviral properties. This can be your best friend if you're looking to stop a virus from multiplying or getting worse.

**Olive Leaf** - This is one of my favourites. Its main compound oleuropein has been shown to inhibit the spreading of viruses by not allowing them to attach to healthy cells. In addition, studies have shown that exposing certain viruses to oleuropein in the early stages reduced the infection potential by almost 30%.

**Cat's Claw** - Hailing from a woody vine in the Amazon rainforest, this is powered by many spectacular antiviral properties. Specifically, it works to supercharge the immune system, while at the same time repairing damaged DNA and boosting your virus-fighting white blood cells.

So, while you are stuck inside, try adding 1 tsp of any of these herbs into a cup of hot water and steep for 10 minutes. Add raw honey and enjoy. 🌐

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# UFC 249 moves to Florida next month

The UFC is so determined to get back to action that president Dana White's bullish attitude will pay off in a couple of weeks.

Only a few weeks after White was told to scrap UFC 249, he has secured a bumper card for an event with a new venue.

Tony Ferguson and Justin Gaethje are on course to battle it out at UFC 249 in Florida on May 9.

The coronavirus outbreak suspended the UFC from operating with Disney and ESPN executives pulling the plug on the show set to feature Ferguson vs Gaethje.

But now White and Co have come up with a new date when the pair will meet in the Octagon - although it's not on the UFC boss's private island.

UFC 249 was originally set for Saturday, April 18.

Khabib Nurmagomedov was due to face Ferguson, but fight night was thrown into dispensary when it emerged the Russian would be unable to travel due to lockdown restrictions.

Gaethje was drafted in as replacement, before the Covid-19 crisis put pay to any chance of the event going ahead.

UFC 250 was set for Sao Paulo in Brazil - and this new event sees the cards from 249 and 250 combine for a stunning night of MMA action.

The event is at the VyStar Veterans Memorial Arena in Jacksonville and will be filmed behind-closed-doors, with no crowd in attendance.



► Tony Ferguson will top the bill at UFC 249



► Justin Gaethje is the underdog against Ferguson

Two more UFC nights will follow on May 13 and 16, with the cards still to be confirmed.

White explained: "I can't wait to deliver some great fights for the fans.

"I want to give a big thanks to Mayor Curry, VyStar Veterans Memorial Arena and Florida State Boxing Commission executive director Patrick Cunningham for getting this thing done and giving us a venue to put on these incredible cards, as well our media partners including ESPN and ESPN+, for bringing it to fans.

"My team is ready to go, and the fighters are excited to get back in there with these back-to-back events."

The director of Florida's division of emergency management amended its list of essential services, adding "employees at a professional sports and media production with a national audience". This has allowed World Wrestling Entertainment WWE to hold televised events in the state and allows UFC to do the same.

White has insisted he can safely go forward with events but has provided almost no details about how that can be achieved. He did not confirm whether the UFC has obtained Covid-19 tests, whether fighters and other personnel will be tested or quarantined, or what

will happen if a fighter does become infected.

"We are going to spend a lot of money to make sure the people are safe," White said adding that there was a possibility for another event on 23 May and the plan to hold bouts on a private island outside the United States in June was moving forward, though he gave no details.

On the undercard, Anthony Pettis will do battle with Donald 'Cowboy' Cerrone in a welterweight bout. Pettis prevailed when they previously faced each other in 2013. In a featherweight bout, Jeremy Stephens will face Calvin Kattar.

## NBA may return to practice soon

The NBA plans to reopen team practice facilities on Friday for players in cities and states that have loosened stay-at-home orders during the novel coronavirus outbreak.

The facilities will only be open for individual workouts — not any group workouts or organised team practices.

Texas and Georgia have reopened businesses while emphasising social-distancing practices. But many states have still maintained stay-at-home practices because of the ongoing lack of testing and a vaccine for COVID-19.

Had NBA teams still closed their facilities, those that lived in Texas and Georgia could both have an unfair competitive advantage to train and become more vulnerable to COVID-19.

Before NBA teams shut down their facilities last month, they only allowed individual workouts and had each player take his temperature upon entering the gym. Since then, players have trained in their respective homes



► NBA stars are itching to get back to practice

through Zoom workouts with equipment the training staff has provided them. It is not clear to what extent which NBA players have had access to a hoop or a private gym during the pandemic.

NBA Commissioner Adam Silver suggested in a conference call last week, however, that the league would pay less attention to what state governments are doing and more on what the federal government and health officials are advising.



► West Indies tour of England is delayed

## West Indies postpone England tour

West Indies were scheduled to tour England for three Tests in June, but the tour has now been postponed over "uncertainty for the safe resumption of cricket".

The England versus West Indies Tests are the latest in a long list of cricket series around the world that have been affected by the COVID-19 pandemic. The West Indies Cricket Board said in a statement that the tour is likely to be held in a window between July and September, although those plans remain tentative.

"The decision to postpone the tour came as a result of the uncertainty for the safe resumption of cricket in the United Kingdom, as well as international air travel," the statement said.

"It was a logically mutual decision to postpone the tour to a later date until

clearance is granted by the UK government. The proposed window for the likely staging of this series is now July until the end of September."

Johnny Grave, the Cricket West Indies chief executive, said that the two boards are in discussion, and will take a final decision on the rescheduling of the series only once the situation is managed adequately to ensure the safety of players.

"We continue to be in regular dialogue with the ECB on when and how we might be able to rearrange the Test series," he said. "Clearly playing in June is now not possible and we will continue our discussions with the ECB and other international boards on trying to find new dates. We will only travel to England to play the series if our players can be assured that it is safe to do so."

## Aubameyang stalls over staying at Arsenal

Arsenal have reportedly pulled out of contract talks with Pierre-Emerick Aubameyang - despite the player's father hinting that he should sign a new deal.

Aubameyang has been linked with a move away from the Emirates this summer, with Manchester United, Inter Milan, Barcelona, Real Madrid and Chelsea all interested in signing him.

The Gunners hitman is second only to Jamie Vardy in the Premier League scoring charts this season with 17 goals, and as he enters the final year of his contract, Arsenal are concerned they could lose him for nothing at the end of the next campaign.

Negotiations had been ongoing over a new deal, but the 30-year-old Gabon international is wansan upgrade to his \$200,000-a-week wages - which could prove difficult given the financial ramifications of the coronavirus pandemic.

And Arsenal have now pulled out of the talks with Inter reported to be the new frontrunners to sign him this summer.

Nerazzuri boss Antonio Conte is keen to take Aubameyang to Milan, and the Gabon international is reportedly eager to hear what Inter have to offer.

This is despite the player's father having urged his son to sign a new contract



► Pierre-Emerick Aubameyang is unsettled at Arsenal



► Willian, 31, wants better than a one-year contract

at the Emirates by suggesting he stays on social media.

Arsenal are keen to keep their wage bill down, but know they face difficulties given the club's top earner, Mesut Ozil, is on a \$350,000-per-week deal.

Arsenal are reportedly leading the race to sign Chelsea winger Willian on a pre-contract agreement. The Brazilian is out of contract at the end of the season and negotiations over a new deal at Stamford Bridge came to an end last month. Chelsea are keen to keep Willian, but he wants a longer deal than the 12-month extension the Blues are

offering. Willian is happy in London, describing the capital as his "home". That has alerted Arsenal, who are searching for bargains this summer due to the financial impact of the coronavirus crisis.

Willian's representatives believe Arsenal are the most viable destination for the winger and have put the Gunners at the top of their list of interested clubs. Willian, 31, has been linked to the likes of Liverpool, Dortmund and Paris Saint-Germain but joining Arsenal would afford him the chance to stay in London.

David de Gea has signalled his intention to stay as Manchester United's No

1, saying he wants to remain at Old Trafford for "many years".

The Spaniard's position could come under serious threat with the emergence of Dean Henderson, the young United goalkeeper who has impressed on loan at Sheffield United.

But De Gea, who signed a new long-term contract in September worth \$375,000-a-week, has no plans to leave the club even though he turns 30 in November and will celebrate the 10th anniversary of his \$19 million move from Atletico Madrid next summer.

## GLOBAL NEWS BRIEFS

## Canada caution over lifting lockdown

Canada is gradually reopening its economy after weeks of strict physical distancing measures amid the COVID-19 pandemic. Normal life in Canada ground to a halt, but some provinces are now offering frameworks for how things will inch back toward a semblance of normalcy.

The federal government is leaving each province to decide its policies leading to some stark differences in timing and specificity as they start to roll out across the country. Prime Minister Justin Trudeau said that every region in Canada is facing a different situation when it comes to the virus.

"The provinces have the authority to determine what is in their best interests," Trudeau said. "It's not up to the federal government to check or oversee the provinces in their areas of jurisdiction. They have the responsibility to do what is right for their citizens."

Ontario was the latest province to offer up such a framework, when officials released a plan Monday to gradually reopen the province's economy. But that plan was vague on specifics, offered no firm dates, and gave few details about when that effort will begin — though



► Toronto still looks like a ghost town despite easing restrictions

it did say large-scale public gatherings like concerts and sporting events "will continue to be restricted for the foreseeable future," even once the plan is well underway.

Case counts in Ontario are still higher than in much of the country, with 424 newly confirmed COVID-19 cases announced Monday. Premier Doug Ford said the province's plan is "about how we're reopening, not when we're reopening. That's why I won't set hard dates until we're ready — because the virus travels at its own speed," he said. Officials in Ontario say they plan to gradually reopen all workplaces and public spaces, but with continued physical distancing practices. 🌐

## Duterte offers \$1m for vaccine creator

Philippine President Rodrigo Duterte is so desperate to find a virus for coronavirus he has offered a reward of 50 million pesos (\$986,000) to any Filipino who can create a vaccine.

Duterte extended until May 15 a lockdown in the capital Manila, stretching to eight weeks one of the world's strictest community quarantines to curb coronavirus infections.

The measures will be expanded to other regions with big outbreaks but modified in lower-risk areas, which would see a partial resumption of work, transport and commerce.

Television broadcast images of a crisis panel meeting where Duterte made the decision. "We are all at risk, but do not increase the odds or chances of getting it," he said, warning against complacency.

Manila, a heavily congested city of at least 13 million people and millions more informal settlers, accounts for more than two-thirds of the country's 8,000 infections and over 500 deaths.



► Manila will not open until May 15

After China and Italy, but just a few days before Spain, the Philippines became the third country to order tight lockdown and home quarantine, even though it had only a fraction of the infections and deaths of nations that took similar measures.

The Philippines introduced curbs on immigration, travel, commerce, gatherings on March 12, five days after the first case of domestic transmission, and expanded on March 16. It is closed to all except repatriated Filipinos.

The approach aims to keep overstretched health services from being overwhelmed and create a window to ramp up testing, which started slowly to gain ground in recent weeks. 🌐

## Evicted Hondurans are becoming homeless

Poor Hondurans who were barely eking out a living selling basics on the capital's gritty streets prior to the coronavirus outbreak are now sleeping on those same streets as they can no longer afford their rent. Many had previously lived in tenements in the historic centre of Tegucigalpa or in neighbourhoods on the city outskirts.

One newly homeless person is Perla Maradiaga, a 35-year-old mother of two, had been selling water from a street stand. She now begs for donations after her sales collapsed since the government last month ordered offices and schools closed to contain the pandemic.

"This way you can get some food, so your stomach isn't empty," she said, sitting on the ground with her 2-year-old daughter in her arms. "But sometimes we can't get nearly enough to buy milk or diapers."

Maradiaga is one of what locals say are at least three dozen informal economy workers in Tegucigalpa who can no longer afford the apartments they had previously been renting and are now forced to spend the night on the streets, with no means of protecting themselves from infection.



► More poor Hondurans are living on the streets

She is especially worried that her kids will suddenly fall ill and will not be able to access proper care. "If they get sick, are we going to just wait until they die?"

Since March 25, the government has been delivering care packages of basic foodstuffs door-to-door, which include items like beans, rice, hand sanitizer, and face masks. They estimate that some 3.2 million people had received the packages. But the newly homeless who said that without their own place, they had received nothing.

Honduras has reported nearly 600 confirmed coronavirus cases to date, as well around 50 deaths. Roughly 40 percent of the population was already living in extreme poverty, with half of those subsisting on \$1 or less a day, according to data from the national statistics institute. 🌐

## Cuban medical team sent to South Africa

Cuba has sent around 1,200 healthcare workers largely to vulnerable African and Caribbean nations but also to rich European countries such as Italy that have been particularly hard hit by the novel coronavirus.

Cuba's latest medical team has been to South Africa, the latest of more than 20 medical brigades it has sent worldwide to combat the coronavirus pandemic, in what some call socialist solidarity and others medical diplomacy.

The administration of US President Donald Trump has urged nations not to accept Cuba's medical missions on charges it exploits its workers, which Havana denies.

But the calls have largely gone unheeded as overwhelmed healthcare systems have welcomed the help.

Cuba, which has confirmed 1,400 cases of the virus at home and 55 deaths, has one of the world's highest number of doctors per capita and is renowned for its focus on prevention, community-oriented primary healthcare, and preparedness to fight epidemics.

"The advantage of Cuba is that they are a community health model, one that



► Cuba has sent 21 medical teams to virus hotspots worldwide

we would like to use," South African Health Minister Zweli Mkhize said.

South Africa has recorded 4,500 cases, including 100 deaths, with over 170,000 people tested for the virus.

The country has a special relationship with Cuba, which supported the fight against apartheid, a conflict that included Cuban troops who fought and died in southern Angola. After Nelson Mandela was freed from prison in 1990, he repeatedly thanked revolutionary leader Fidel Castro.

South Africa sent medical supplies to Cuba to assist in the fight against coronavirus in the plane that returned with the 216 Cuban medical brigade. 🌐

## Outrage as Venezuela lifts mining ban

Venezuela's move to allow gold and diamond mining in six rivers in its Amazon region may worsen the environmental damage from a state-backed mining effort while also fuelling the spread of the coronavirus, according to activists and lawmakers.

Venezuelan President Nicolas Maduro's government has lifted the long-standing prohibition on mining in the rivers, with the opposition-controlled National Assembly condemning the decree last week.

Though such mining is already taking place illegally, critics said lifting the probation will encourage wildcat mines that for years have been a hotbed of infectious diseases just as the country is seeking to keep COVID-19 from spreading.

"There is a direct relationship between mining and the growth of some epidemics such as malaria, measles and others," said Luis Bello of Wataniba Amazon Socio-Environmental Working Group, an environmental activist group.



► Venezuela's unregulated mines spread viruses and damage the ecology

"So in the context of the coronavirus, mining activity in these rivers can create an environment conducive to contagion."

The official resolution authorises mining in the Cuchivero, Caura, Aro, Caroni, Yuruari and Cuyuni rivers. They are in the government-created Orinoco Mining Arc, an area of more than 42,800 square miles in the Venezuelan Amazon.

Maduro's government since 2016 has supported small-scale mining there to bring in revenue amid an economic crisis, an effort that has expanded as the United States has increased sanctions meant to force him from power. 🌐

## UK's minute tribute to health workers

The UK observed a minute's silence to commemorate the key workers who have died with coronavirus. Millions of people around Britain honoured the fallen.

Prime Minister Boris Johnson, who returned to work on Monday, joined the tribute at 11am on Tuesday.

More than 100 NHS and care staff have died with the virus, as have many transport and other key workers.

There has been an alarming rate of black and Asian key workers dying which has caused much concern in ethnic communities.

Families of doctor and nurses who died has called on the government to issue a public apology for issues with personal protective equipment (PPE).

People across the country paused to join the minute's silence. Dame Donna Kinnair, head of the Royal College of Nursing, said she was "heartened to hear how many people took part".

In Northern Ireland, assembly members halted business to observe the silence, in Wales First Minister Mark



► Millions in the UK paid their respects

Drakeford and other Welsh ministers were among those paying respects in Wales, and in Scotland, First Minister Nicola Sturgeon led the tribute in Edinburgh.

The latest daily figures on Monday show a further 360 people died with the virus in UK hospitals, taking the total number of deaths to 21,092.

This number includes 82 NHS staff and 16 care workers who were confirmed to have died in hospital in England. A separate BBC News analysis of published figures found that at least 114 health workers have died with the virus across the UK. It is not known where they contracted Covid-19. 🌐

**CROSSWORD**

By THOMAS JOSEPH

- ACROSS**
- 36 Online periodical launcher
  - 1 Pathfinder Old PC monitors
  - 9 Last letter
  - 11 Enlists again
  - 13 Rat's home
  - 14 Like Poe tales
  - 15 Yale student
  - 16 Under-ground conduit
  - 18 Choir members
  - 20 Bush-ranger Kelly
  - 21 Insurance seller
  - 22 Pvt.'s superiors
  - 23 Wrestling need
  - 24 Farm father
  - 25 Bender
  - 27 Humidor item
  - 29 Series-ending abbr.
  - 30 Threats
  - 32 Swimming groups
  - 34 Sold-out show
  - 35 One of the bases

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

- DOWN**
- 1 Attendance count
  - 2 Activist Bloomer
  - 3 Seamstress's need
  - 4 Long time
  - 5 Salad green
  - 6 Film unit
  - 7 Hypothetical computer
  - 8 Harpsichord's cousin
  - 10 Silver, in heraldry
  - 12 Canary chow
  - 17 Tricky
  - 19 Equipment
  - 22 Long story
  - 24 Freed of suds
  - 25 Lab work
  - 26 Rembrandt, for one
  - 27 Animation frame
  - 28 Control
  - 30 Manners
  - 31 Holds back
  - 33 Words of approximation
  - 37 Last letter, in London

**Yesterday's answer**

**SUDOKU**

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

**Conceptis Sudoku**

By Dave Green

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

**Answer to previous puzzle**

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

Difficulty Level ★★★

12/26

**Word Search**

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

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

- Acid
- Basie
- Bebop
- Blues
- Chick
- Clubs
- Down Beat
- Duke
- Ella
- Festival
- Free
- Funk
- Improvise
- Jam
- Latin
- Miles
- Mingus
- Monk
- New Orleans
- Ornette
- Satchmo
- Sax
- Swing
- Yardbird

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- Contractor Claim Evaluation: Assess progress of contracts against claims for payment. Certify payments by site observation, measurement and review with contractors. Review monthly subcontract claims and prepare payment certificates
- Evaluate and prepare Change Orders.
- Records, maintains and document register and control document issue. Record and track requests for Information (RFIs), communicating as required with Suppliers, Manufacturers, Consultants and contractors.
- Assist the team members with Cost Management and invoice records.
- Prepare monthly cost reports and document control

#### Qualifications:

A minimum 5 years' experience in fast-track residential and commercial construction with a B.Sc. Quantity Surveying or similar. Must be organized, must have attention to detail able to multi-task and must be a good team player. A clean police clearance is also required.

Salary range will be CI\$45K – CI\$50K per annum depending on qualifications, knowledge and experience. Health Insurance and Pension provided.

Please send your resume to Ellie Mae Go at jobs@affinity.ky  
Ref.: Quantity Surveyor  
Preference will be given to Caymanians and Status Holders.

call 345 943-2020 | affinity.ky

### Agile Fitness Facility

Agile Fitness is on the lookout for a part-time Fitness trainer/ Group Fitness instructor to join our team. We are looking for a motivated and passionate trainer to provide the best possible member experience, and to help build a fitness community and grow the Agile fitness business.

Key responsibilities include delivering high energy high intensity interval group training sessions, whilst motivating members and ensuring correct form and technique at all times. As a Fitness Trainer, you will also be required to complete fitness appraisals for new members, and conduct fitness testing of current members.

A major aspect of this role will also include business and membership development, through actively promoting the business to the local community, seeking new members and through the sale of memberships.

#### Skills and Experience:

- Certified Personal Trainer Qualification.
- Experience setting up, leading and delivering group fitness sessions for 15+ members.
- Extensive knowledge of the business and workout structures.
- Proven experience in generating membership sales and hitting specific membership/sales Targets.
- Proven experience in advertising sales and marketing including the implementation of Corporate Programs and marketing via social media and traditional methods.
- Computer proficiency – Microsoft Office
- Ability to develop strong relationships with members
- Exceptional customer service, interpersonal and communication skills and attention to detail
- High level of fitness required

The successful applicant will be expected to work flexible hours, including early mornings and late nights, weekends and public holidays. Remuneration will be commensurate with experience and between CI\$10,000-20,000 per annum, health insurance and pension included.

Please send detailed cover letter and resume to [INFO@AGILEFIT.KY](mailto:INFO@AGILEFIT.KY)

# we're hiring

## Market CEO

Digicel Group is a total communications and entertainment provider with operations in 31 markets in the Caribbean, Central America and Asia Pacific.

After 18 years of operation, total investment to date stands at over US\$5 billion worldwide. The company is renowned for delivering best value, best service, and best network.

Digicel also runs a host of community-based initiatives across its markets and has set up Digicel Foundations in Haiti, Jamaica, Papua New Guinea and Trinidad and Tobago which focus on educational, cultural, and social development programmes.

Visit [www.digicelgroup.com](http://www.digicelgroup.com) for more information.

#### Job Summary:

This opportunity requires a proactive and innovative, hands-on Chief Executive with a proven ability to build relationships and initiate change. A key element of the role will be building external relationships and representing Digicel at Corporate events and building community relations.

You will be responsible for leadership and general management of the business to ensure that the revenue and EBITDA targets are achieved.

#### Main Duties and Responsibilities:

- Oversee quality control throughout the company, establishing goals for each department in partnership with division managers
- Develop a high-quality business strategy, ensuring they are aligned with short-term and long-term objectives
- Work closely with government and regulatory bodies to ensure compliance and contribute to the development of new regulations and policies.
- Engage senior level contacts and business partners in government, corporate entities and the media
- Enforce adherence to legal guidelines and in-house policies to maintain the company's legality and business ethics
- Work closely with the CFO (Chief Financial Officer) to prepare annual budgets
- Review financial and non-financial reports to devise solutions or improvements
- Make high-quality investment decisions to advance the business and increase profits
- Maintain a management team that drives and supports employee development, revenue generation and customer loyalty
- Be the guardian of the company's brand equity and public image to consumers, government and other stakeholders and the wider business community

#### Required Qualifications & Experience:

- Bachelor's Degree in Business Administration or equivalent
- Minimum 5 years Commercial experience
- Minimum 3 years General Management experience in a Telecoms environment
- Track record of success in aggressively meeting targets
- Proven experience and expertise in Sales or Business Development.

#### Functional Skills:

- Strong leadership qualities with the ability to build high performance teams.
- Commitment to excellence and high standards
- Ability to work in a deadline-driven and fast paced environment
- Versatility, flexibility, and a willingness to work within constantly changing priorities
- Excellent interpersonal skills
- Effective negotiator
- Strong decision-making skills and customer focus

Remuneration package range is KYD\$100K to KYD\$146K per annum plus an annual bonus depending on qualifications and experience. Digicel offers 100% health coverage for the prospective employee along with a discretionary performance-based bonus.

To apply for this position, please email to [tony.james@digicelgroup.com](mailto:tony.james@digicelgroup.com) and [jobs.cayman@digicelgroup.com](mailto:jobs.cayman@digicelgroup.com)

**PLEASE NOTE THAT ONLY SHORT-LISTED CANDIDATES WILL BE CONTACTED.**

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**Caymanian Times Classifieds** [www.ctimes.ky](http://www.ctimes.ky)

# 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](https://HSA.ky/public-health/coronavirus) or [gov.ky/coronavirus](https://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](https://HSA.ky/public-health/coronavirus) or [gov.ky/coronavirus](https://gov.ky/coronavirus).



DATED: 13 MARCH 2020