

# Caymanian Times

Friday, June 5, 2020 Issue No 555

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## PLANNING A TOURISM RECOVERY PLAN



### West Bay Icon opens 'Deck Dining' and 'To Go'

As many businesses grapple with how to present their goods and services in this new Covid-19 era, the popular Calypso Grill restaurant located at Morgan's Harbour in West Bay is about to fire up its kitchens again for "Deck Dining" and "To Go".

Beginning Sunday 7th June, Calypso Grill will be open with a pared-down but select menu from 11:30 am to 8pm and following from then, Thursday to Sunday only for the summer. Hours for

Thursday and Friday will be from 3pm to 8pm. Saturday and Sunday will be from 11:30am to 8pm. Delivery will be available for customers living from Snug Harbour up to the restaurant's location.

Owners of Calypso Grill said that the more limited menu, which they have dubbed their 'Missed You' menu, would still appeal to customers familiar

... Continued story on page A7



### Hurricane Season joins Virus Concerns



As the Cayman Islands move from full suppression to lesser restrictions in response to COVID-19 and the country emerges from weeks of lock-down, Cayman's leaders are now grappling with the ominous specter of a very active Hurricane Season.

An above-normal 2020 Atlantic hurricane season is expected, according to forecasters with the National Oceanic and Atmospheric Administration (NOAA) Climate Prediction Center.

The outlook predicts a 60% chance of an above-normal season, a 30% chance of a near-normal season and only a 10% chance of a below-normal season.

NOAA's Climate Prediction Center is also forecasting a likely range of 13 to 19 named storms (winds of 39 mph or

... Continued story on page A6

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# EDITORIAL

## Stay-Cation in Paradise. Exploring Cayman's Tourist Attractions

The Cayman Islands is currently fighting its way through the COVID-19 pandemic and even though the worst is behind us the 2nd battle is starting. The task of jumpstarting the economy is on everyone's mind and being frugal with your finances is very important.

For all, the border closures have limited their vacation plans. However, spending the summer at home is not a bad idea. It will be a chance to enjoy the sea and sand, the envy of many countries and the reason visitors come to this island paradise.

Staying at home provides an opportunity to complete those home weekend projects including the painting job, planting a backyard garden and organizing the garden shed. It also creates an environment for bonding which is extremely important to family life.

For those who must get off the ground, consider a trip to the Sister



Islands and participate in domestic tourism by contributing to the local economy.

For the next eight weeks, Caymanian Times will be publishing a series of articles highlighting our local tourist attractions and Staycati properties. Readers will be pleasantly surprised to see the gems that exist on our shores and today we have chosen to highlight our West Bay attraction, the Turtle Centre. 🌐

# COMMUNITY NOTICE

## PREMIER - HURRICANE SEASON IS HERE

"Sometimes I feel like all we have been doing this year is moving from one serious event to the next and now we are into June and the official start of the hurricane season."

The words of Premier Alden McLaughlin as he marked the start of the 2020 Atlantic Hurricane Season.

Cayman, like many other countries in the region, is grappling with the crippling economic and public health impact of the COVID-19 pandemic.

This year's hurricane season is forecast to be more active than normal.

"We are told this year's Atlantic Hurricane Season is likely to be extremely active, so I make my usual plea to you to make sure your hurricane supplies are stocked up, that you have a plan for your family and business and that you stay safe," the Premier said on Tuesday.

But he noted, "my usual plea goes a bit further this year because we still have to be concerned about the impact of COVID19."

With Cayman still reeling from the economic setback of COVID-19 especially how it has triggered unemployment and hit family finances, Mr McLaughlin offered these words of comfort to residents.

"I know that there are many people out there right now who are out of work, so just getting the necessary 3 to 5 days of non-perishable food, water and perhaps plywood for shuttering may be difficult. Government is keenly aware these are very challenging times and we will continue to assist where we can."

He said Government's National Emergency Operations Centre (NEOC) is working to ensure that appropriate social distancing protocols are in place in all emergency shelters and that there will be stocks of masks and Personal Protective Equipment available for everyone.

"We are also aware that normal evacuation options are not readily available, so that will likely result in additional demand for shelter spaces.

Social distancing measures also reduce available shelter space, so we have been actively seeking additional shelter capacity."

The Premier said additional shelter buildings have been identified and are currently being assessed for suitability with the list of approved shelters expected to be updated in a few weeks.

He advised: "If you do plan to go to a shelter, please do take masks, sanitizers and a stock of food and water - but you won't be turned away if you don't have these supplies.

"Whilst shelters are available if needed in the event of a storm, given the shortage of shelter space and the need for social distancing, we ask that you also consider any other sheltering options that may be available to you."



► Premier Alden McLaughlin

Mr McLaughlin suggested going to strong elevated structures of friends or family members, or to resilient office buildings if those options are available.

The extended activation of the NEOC in the national response to the Coronavirus pandemic has added to the state of hurricane season readiness.

"In some respects (it has) created an environment where we are as ready as we have ever been for any threat we face, including a hurricane," the Premier said.

"Here in the Cayman Islands we know we can weather storms; we have a long history of doing so.

We are a strong and resilient people and we are at our best when we are helping one another during a difficult time."

There is also reassurance that the National Weather Service is part of a regional network monitoring storm development.

However, Mr McLaughlin said while those warnings give ample time to make preparations, residents should not wait to prepare their own disaster plans.

"I ask you not to wait to prepare. If we do find ourselves facing another storm this year, I beg you to please pay attention to Government announcements and bulletins.

All of our media outlets - Radio Cayman FM89.9, the Breeze FM105.3, Cayman Islands Government TV, Cayman Islands Government Information Services and <http://www.caymanprepared.ky> - will carry information to tell you what to expect and what to do. Hazard Management Cayman Islands also works with private media houses that have been diligent each time we have faced a storm to get out the important, necessary information."

The Premier said "the memories of Hurricanes Ivan and Paloma still weigh heavily on the mind as do those of the major earthquake we experienced in January this year."

All of these events, he added, taught Cayman the importance of being prepared and having a plan.

"So most of all, please make sure you are prepared, have a plan and join me in my prayer that God will once again spare our three beloved Islands this 2020 Hurricane Season." 🌐

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**Cayman Islands COVID-19 Dashboard**

<b>5</b> Today's confirmed cases	<b>78</b> Recovered*
<b>156</b> Total confirmed cases	<b>12,508</b> Tested
<b>1</b> Death	<b>6,445,457</b> Worldwide confirmed cases   Source: Johns Hopkins, 03/06/20, 2:30pm

**AS AT: 3 JUNE 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.

# PLANNING A TOURISM RECOVERY PLAN

The Ministry of Tourism has announced that it is developing “a multifaceted three-year strategic plan” to guide the country’s tourism industry out of the stagnation caused by COVID-19.

Tourism which accounts for 20% of GDP of the Cayman Islands has suffered a severe setback due to COVID-19, especially the cruise sector.

“The recovery of the Cayman Islands tourism industry and return as a top pillar of the economy is the highest priority,” the ministry says in a statement, outlining what it describes as “a blueprint for success through the next phases of the COVID-19 crisis and the years to come.”

Although no firm date has yet been set for the reopening of the borders which closed in March, the government is banking on slowly returning to tourism to cushion the crippling effects of the

COVID-19 pandemic on the local economy.

Employment is a main area of concern with a focus on the gradual return of visitors - albeit less than 20% of normal high season visitor levels - beginning in the last quarter of 2020.

The three-year strategic tourism recovery plan which is still in the development stage, which will focus on four key points, is being developed in alignment with the gradual unlocking of the economy.

Under a heading of Reinvention for Readiness, it says it intends to identify the challenges faced by the sector and “develop the best methodologies to reactivate the tourism sector in an effective and efficient return to be a top pillar of the economy.”

A key area in bringing tourism back online will be the Domestic Economy, a point previously mentioned by Mr Kir-

connell, especially regarding ‘staycations’ on the Sister Islands as the lockdown loosens.

Regarding the wider Global Economy, the plan will include extensive marketing and promotion with a focus it says on the highest safety and sanitation standards local tourism properties and activities.

With the sector a major source of employment, the ministry says “this adaptation strategy will develop new definitions of roles within the industry, including the necessary retraining of tourism professionals to adapt to a new way of operating in the tourism market.”

Minister of Tourism, Hon. Moses Kirkconnell is quoted as saying:

“As a strong pillar of our economy that contributes highly to our GDP, it is imperative to implement a strategic plan that will restore our tourism industry in the medium and long term and propel our Caymanian tourism employees back into the workplace safely.”

The tourism ministry says “since the closure of borders in March, it has been in collaboration with key stakeholders in government and the tourism community addressing the challenges currently facing the industry, as well as finding solutions for what lays ahead.”

It also says the Department of Tourism (DOT) has conducted extensive stakeholder outreach and implemented programmes specific to industry needs in the early stages of this crisis.

That included includes surveys, the online PRIDE training, meeting with industry associations, business interests and governments agencies linked to the tourism industry.



► Minister of Tourism, Hon. Moses Kirkconnell

The DOT also says it has been working on a Needs Registry development for Caymanian tourism workers.

With even more industry attention on health standards as a result of COVID-19 both at the local and global level, the DOT reports that it has been working on developing further sanitation guidelines for the tourism sector.

Saying the plan is crucial to the recovery of the sector, Tourism Minister Kirkconnell revealed that his team has been working with well-known local economist Paul Byles, founder and director of FTS in developing it.

“We look forward to continued stakeholder engagement to receive their valuable insights and expertise to this holistic recovery plan.

“Together we will engage with the sector to ensure that new policies and safety measures are in place to ensure that our guests know we are ready to welcome them back,” Mr Kirkconnell said.



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CAYMAN ISLANDS GOVERNMENT

# LAST CHANCE TO REGISTER

The deadline has been extended for all displaced Caymanian tourism employees to register with the Ministry of Tourism.

REGISTRATION ENDS  
Sunday, 7 June at 11:59PM

Form must be completed online:  
<http://tourismregistration.ourcayman.ky>

# R3 Cayman Foundation begins grant application process with survey launch

R3 Cayman Foundation is finalising our grant application process and is requesting that organisations and/or individuals seeking funding complete a short survey outlining the type of assistance or services they provide in disaster preparedness, relief or recovery in the Cayman Islands.

Registered as a non-profit organisation last month, R3 was established to support and strengthen Cayman's response in the event of a natural or manmade crisis. The survey is designed to help us develop a more complete understanding of the needs of the local community and identify where R3's resources can best add value, not just in response to COVID-19 but also in preparing for future disasters.

"Since launching last month, our goal has been to define how the funds that

are available to us should be allocated to best add value and have the most positive impact on our community," said Bryan Hunter, Chairman of R3's board of directors. "We have established three committees focused on each phase of the disaster cycle - Readiness, Relief and Recovery - to agree the areas of focus, collaborate with others already working in the field and set up a robust application process that avoids duplication and maximises efficiency and impact. We cannot do this without first understanding what type of assistance is needed most, what support services are currently being providing by others in the community and where we can help fill any gaps."

With nearly \$2 million pledged by the private sector to date, R3 will be making a number of grants this month to

## R3 FOUNDATION

READINESS | RELIEF | RECOVERY

support COVID-19 relief and recovery efforts in the Cayman Islands. As we are now in the 2020 Atlantic hurricane season, R3 is also looking at grants related to readiness to be announced at a later date.

"While the immediate need is to help alleviate the devastating economic impact COVID-19 is having on many in our community, R3 is also looking further ahead to increase the country's preparedness for the next potential disaster and a longer-term sustainable future.

We encourage any individuals or groups who would be open to collaborating with R3 in the areas of disaster readiness, relief or recovery, to complete the survey," said Mr. Hunter. "Our decision-making will be guided by the information we receive."

The current deadline to complete the survey is Monday 8 June. To complete the survey, please click here or visit [www.r3foundation.ky](http://www.r3foundation.ky). To make a donation, or to find out more about R3 Cayman, please email [info@R3foundation.ky](mailto:info@R3foundation.ky).

## First Repatriation Flight to Jamaica completed

The Jamaican Honorary Consulate and the Governor's Office have announced that the first repatriation flight to Jamaica was authorised by the Jamaican Government for Thursday, 4 June 2020. The aircraft will be operated by Cayman Airways.



The passenger list for the outbound flight has been compiled by the Jamaican Honorary Consulate to prioritise compassionate cases. The Jamaican Honorary Consulate will be contacting those passengers who have been cleared to book on Thursday's flight.

The return leg was scheduled to carry a small number of Caymanians seeking to return home, all of whom will be subject to 14 days government quarantine.

Only those persons authorised by the Jamaican Honorary Consulate after registering on the JamCOVID website <https://jamcovid19.moh.gov.jm/> will be eligible to return to Jamaica.

Travellers wishing to travel on subsequent flights are encouraged to register on the website now. The public are requested to refrain from calling the Governor's Office for details of the flight but should call the Jamaican Honorary Consul with any queries.

## Three Prisoners on Hunger Strike

Her Majesty's Cayman Islands Prison Service (HMCIPS) has advised that they are aware that three prisoners have indicated that they are refusing to eat prison food.

The inmates have turned down prison food since yesterday evening (Monday, 1 June) and the matter is now being managed in accordance with internal policy and procedures.

Communication channels between inmates and prison officers remain open and active, and feedback from prisoners, as always, is fully encouraged. It is disappointing that the prisoners did not raise any concerns they have through the internal complaints processes.

The option exists for prisoners to raise issues of concern to the Independent Monitoring Board and they chose not to do this either. This situation was



driven by three prisoners and does not involve any of the other residents.

HMCIPS advised that the living accommodation at the Enhanced Rehabilitation Unit (ERU), where the inmates were being housed, is the very best that HMCIPS has to offer. The current residents of the ERU were moved there as part of the strategy to create some internal space at HMP Northward in light of COVID-19 prevention arrangements. It was made clear to the men that this move would not include opportunities to begin community placements, due to COVID-19.

## Youth Take the Lead During Plastic Free Cayman's Virtual Event

Despite mandatory stay-at-home orders and island-wide curfews, local environmental advocacy group, Plastic Free Cayman, successfully hosted a free screening of a new full-length documentary, *The Story of Plastic*, and brought one of its stars "digitally" to the Cayman Islands on May 30, 2020.

Over 150 local activists and supporters of Plastic Free Cayman, including staff from the National Trust and Guy Harvey's Ocean Foundation, attended the virtual event.

"COVID-19 has impacted so many crucial in-person events that were supposed to take place this spring, over the summer, and even into this fall," recalled Laura Lee, the event's organizer.

"In this unprecedented moment, however, it is critical to ensure that we continue the conversation around the protection of the Cayman Islands' many environmental treasures against the devastating effects of plastic pollution."

"Plastic Free Cayman was thrilled to be able to accomplish this event with technology," Lee explained. "We hosted the free movie screening using the online platform Indie TV and were able to meet up afterwards for our lively community discussion using the Zoom platform."

Two advocacy experts from Oceana, the world's largest organization focused solely on ocean conservation, joined over 50 community members, local volunteers, and Plastic Free Cayman youth ambassadors in the post-movie meet-up. The Zoom group discussed the thought-provoking documentary, asked questions, and met with iconic oceanographer Captain Charles Moore, who was featured in the film.

Moore, who developed the scientific protocols for measuring plastic pollution in the ocean, is widely known in the media as the discoverer of the "Great Pacific Garbage Patch," and continues to lead global efforts to stop plastic waste.

Moore, speaking from his home in California, where he heads up both Algalita Marine Research and Education, and the new Moore Institute, warned that learning about the plastic that is "invading our biosphere" and "shortening our lifespans...hangs on us like a heavy weight."

The environmental star said we "must be critical of the whole system that has created this mess because nature won't let us do any less. She can't absorb our misuse of her and ourselves."

But the real stars of the event were the youth panelists who addressed questions sent in from the community, and confidently spoke out about how citizens can help locally and globally to end plastic pollution.

Many in the audience wondered what steps they should take to help. After all, as the documentary highlights, the plastics industry is a one trillion USD a year juggernaut, and certainly it has more power to influence regulations, politicians and citizens than small, grass-roots organizations.

Youth Ambassadors, Ben Somerville and Dejea Lyons, 17-year old students from CIS who lead the student advocacy group Protect Our Future, and Steff McDermot, a Captain Planet Foundation "Youth Planeteer of the Year" winner, provided some wise answers.

"Implement change first yourself," Somerville recommended to the audience, "then you can begin to advocate. Start practicing it yourself, then you can preach it."

"When you actually start to look, you see, and when you see, you can't unsee," Lyons shared with the group. Expressing how helping to clean up nearly one ton of plastic trash on the Sister Islands in late 2019 inspired the teen, Lyons said, "Once you actually show people [the problem of plastic pollution], that's when their engines start to run."

Lyons also suggested that Cayman's youth can lead the way by putting their ideas out into the world "through the power of social media."

Captain Moore praised the youth and congratulated them for their "profound questions."

Speaking directly to 19-year old UCCI student, Steph McDermot, Moore described how she and other Caymanian sailors can help with pollution data collection as "citizen scientists."

"Truly, a scientist is nobody but a careful observer. Just make careful observations and write them down. That's why scientists carry those little books, why they have pocket protectors, because

they are always writing down their little notes, telling them what they saw. And that's how they become accurate observers."

Numerous attendees asked how they could help encourage governments to take action against plastic pollution. Again, Moore addressed the youth:

"Only by struggling against the existing problems that you all are struggling against will you all develop that understanding of what has to be done. You can't fix a system by using the same methods that created it. The thinking needs to change."

Plastic Free Cayman's Founder, Cayman Prep teacher Claire Hughes, reminded the audience of the advocacy group's three-part motto: "Take action, spread awareness, and educate yourself and others."

Addressing what individuals can do to help, Moore added that people can "reduce their personal use of plastic, think globally but act locally, and support local farmers" who usually provide their produce free of plastic packaging.

To conclude the evening, Moore armed the young people in the audience with words they could repeat as their own: "We're working to clean up your mess. Just wait. We're going to tell you what has to be done. Just give us a little time to get organized, and we'll give you a plan."

Cayman's talented youth advocates seem to be well on their way.

Before leaving the meeting to enjoy his home-grown dinner, Captain Moore asked what local vegetable he has never heard of that farmers might put in his salad. The resounding answer: callaloo.

If you missed this free screening of *The Story of Plastic*, the film can still be viewed for a small fee on Amazon and other streaming platforms.

Plastic Free Cayman is a team of volunteers passionate about reducing



► From left to right, top to bottom: PFC Youth Ambassador Dejea Lyons, Oceana staff Samantha Siegel, PFC founder Claire Hughes, PFC Youth Ambassador Steff McDermot, Captain Charles Moore, event organizer Laura Lee, PFC Youth Ambassador Ben Somerville, Oceana staff Paulita Bennett-Martin, and Guy Harvey Ocean Foundation spokesman Jessica Harvey

single-use plastic in the Cayman Islands. They aim to raise awareness to the growing issues surrounding plastic pollution and help others on their plastic-free journey. Plastic Free Cayman suggests that we can be better citizens by recycling, picking up litter and reducing plastic use. These things are important and still a part of the solution. Zero waste is the ultimate goal.

Visit [PlasticFreeCayman.com](http://PlasticFreeCayman.com) for more information and links to helpful resources.

The *Story of Plastic* is a new documentary by the Story of Stuff Project. The film takes a sweeping look at the man-made crisis of plastic pollution and the worldwide effect it has on the health of our planet and the people who inhabit it. Spanning three continents, the film illustrates the ongoing catastrophe: fields full of garbage, veritable mountains of trash, rivers and seas choked with waste, and skies choked with the poisonous emissions from plastic production and processing. With engaging original animation, archival industry footage beginning in the 1930s, and first-person accounts of the unfolding emergency, the film distills a complex problem that is increasingly affecting the planet's and its residents' well-being.

# The Public Service Pensions Board of the Cayman Islands Selects Sagitec for Pension System Modernization

*Sagitec's pension administration solution Neospin™ will incorporate many enhanced functionalities so PSPB can serve its members better*

The Public Service Pensions Board (PSPB) of the Cayman Islands has selected Sagitec for replacing their current pension administration system. Sagitec's Pension Administration Solution Neospin™ was chosen among other solutions as it meets all PSPB's current business needs and can evolve to accommodate future needs.



PSPB administers both Defined Benefit and Defined Contribution schemes for eligible employees of the Cayman Islands Government, Statutory Authorities, Government Owned Companies, members of the Judiciary and elected members of the Legislative Assembly.

"We at the PSPB look forward to a long and fruitful partnership with the Sagitec team to better serve our members and other stakeholders," said Jewel Evans-Lindsey, Chief Executive Officer with the PSPB, "and we are excited to work towards implementing a system that will offer new features that will continue to demonstrate that the PSPB is a recognized leader in member services."

Neospin™ will incorporate workflow and payroll solutions, implementing new member and employer-facing web portals, and introducing Electronic Document Management (EDM). Neospin™ will comply with data security and privacy standards to meet European GDPR requirements and other stringent compliance needs of the Cayman Islands.

The solution will be hosted on Microsoft's Azure Cloud. Business continuity

planning and disaster recovery are essential for the PSPB, with Cayman being an island nation. Hosting on the cloud will eliminate risks from natural disasters and ensure minimum disruptions to service for the PSPB's members.

"We are excited to partner with the PSPB and deliver a quality system that will serve the PSPB and its members for years to come. We look forward to kick-starting the project soon," said Piyush Jain, Sagitec Chief Executive Officer.

Sagitec and PSPB will start the project after normalizing operations due to the impacts of COVID-19.

The Cayman Islands will be the fourth country where Neospin™ will be implemented after the USA, Fiji, and Canada.

## About Public Service Pensions Board

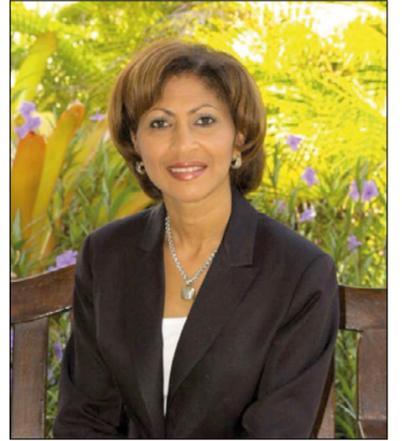
The Public Service Pensions Board is responsible for administering pensions on behalf of the Cayman Islands Government, Statutory Authorities and Government Owned Companies. In addition, the PSPB invests the Public Sector Pen-

sions Funds, communicates with plan employers and members, recommends contribution rates in accordance with the latest actuarial valuation, provides policy advice to the Cayman Islands Government and recommends amendments to the Plans and quantifying their financial impact, as needed.

In 28 years of existence, the PSPB has worked to provide quality and timely service to plan members and stakeholders. In order to best serve such important groups, the PSPB creates a culture that shapes beliefs, values and norms with a focus on our plan members. It is a culture of "Excellence and Pride in PSPB" that guides the work of the PSPB team to have high levels of participation, feedback, engagement and cooperative teamwork in order to achieve organizational strategies and business objectives. Information on the Public Service Pension Board is available on the PSPB website at: [www.pspb.ky](http://www.pspb.ky).

## About Sagitec Solutions, LLC

Sagitec Solutions, LLC, is a global software provider focused on solving complex, business-rule driven problems with domain experts and proven technology. They serve some of the largest public pension organizations in the world. Their fully integrated, web-based pension administration solution supports millions of plan participants, many thousand employers, and administers multiple types of pension plans:



► Jewel Evans-Lindsey, Chief Executive Officer with the PSPB

defined benefit, defined contribution, provident, cash balance, hybrid, and Taft-Hartley.

In addition to serving the pension industry, Sagitec Solutions also designs and delivers software solutions for unemployment insurance, paid family medical leave, disability insurance, and healthcare. With deep industry experience in software implementation and systems integration, project management, knowledge management, predictive analytics, chatbots, cloud services, consulting, hosting, and software support, Sagitec is a partner clients can trust to drive their vision into action. For more information, visit: [www.sagitec.com](http://www.sagitec.com).

# HSA expands pharmacy hours due to soft curfew change



vate insurance members with 100% coverage)  
9:00am - 5:30pm - Monday to Friday  
9:00am - 4:30pm - Saturday, Sundays and Public Holidays

**Faith Hospital in Cayman Brac**  
Faith Hospital in Cayman Brac and the District Health Centres remain unchanged.

8:30am - 5:00pm - Monday to Friday

**District Health Centres** (Subject to clinic operating schedules)

**Bodden Town Health Centre Pharmacy**  
8:30am - 5:00pm - Monday, Wednesday, Thursday and Friday

8:30am - 12:00pm - Saturday  
Closed - Sunday

**West Bay Health Centre Pharmacy**  
8:30am - 5:00pm - Monday - Friday

8:30am - 12:00pm - Saturday  
Closed - Sunday

**East End Health Centre Pharmacy**  
8:30am - 4:00pm - Monday & Thursday  
Closed - Tuesday, Wednesday, Friday, Saturday, Sunday

**North Side Health Centre Pharmacy**  
8:30am - 4:00pm - Tuesday & Friday  
Closed - Monday, Wednesday, Thursday, Saturday, Sunday

When collecting your medication, please provide photo identification along with your current health insurance card. The average wait time for prescriptions to be filled is approximately 30 - 45 minutes, although during peak times such as 10:00am - 2:00pm you may incur extended wait times.

Given the government's latest extension in soft curfew hours (now 4:30am - 8:00pm), the pharmacies of the Health Services Authority (HSA) have changed their opening hours to the following times:

**Cayman Islands Hospital Pharmacy**  
8:00am - 6:00pm - Monday to Friday  
8:00am - 5:30pm - Saturdays, Sundays and Public Holidays

**Smith Road Centre Pharmacy** (This location is refills ONLY for CINICO and pri-

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# Hurricane Season joins Virus Concerns

## Cayman Prepared says Premier

... Continued story from page A1

higher), of which 6 to 10 could become hurricanes (winds of 74 mph or higher), including 3 to 6 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher).

An average hurricane season produces 12 named storms, of which 6 become hurricanes, including 3 major hurricanes.

NOAA provides these ranges with a 70% confidence, according to its website.

Cayman Islands Premier, the Honourable Alden McLaughlin addressed the issue of a busier than usual Hurricane Season coinciding with the fight against COVID-19 in a press conference held on 2nd June.

"I am making my usual plea to make sure your hurricane supplies are stocked and that you have a plan for your family and business and that you stay safe. However, my usual plea goes further this year as we are still concerned about the impact of COVID-19," he said.

"There are many people who are out of work so just getting the necessary 3 to 5 days of non-perishable food water and ply-wood for shuttering may be difficult. Government is keenly aware these are very challenging times and we will continue to assist where we can," added Mr. McLaughlin.

He explained that Cayman's National Emergency Operations Center is work-

ing to ensure that appropriate social distancing protocols are in place in all emergency centers and that there will be stocks of masks and personal protective equipment available for everyone.

However, the Premier pointed out that the inability of some persons to return to their countries, as evacuation options were not readily available, would put extra strain on shelter space and social distancing would make the situation all the more complicated.

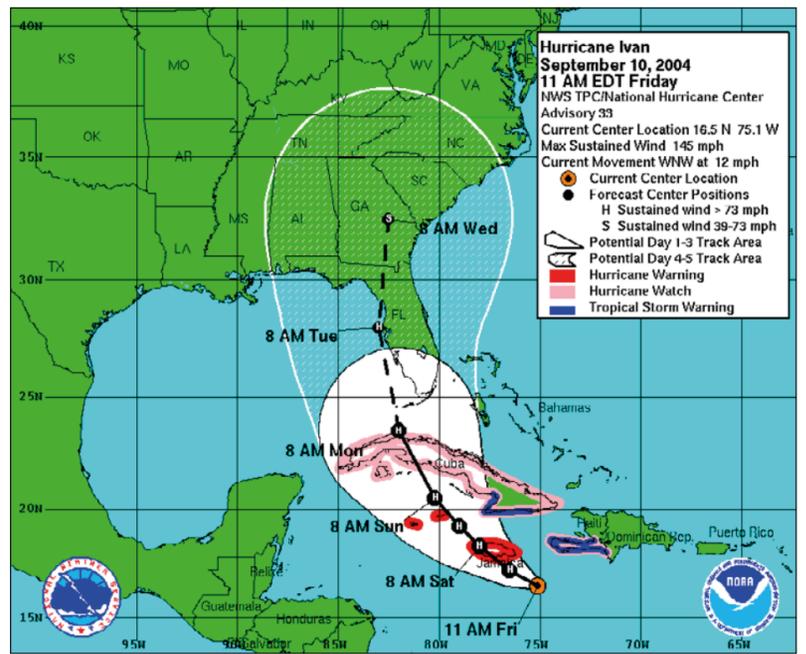
"Additional shelter buildings have been identified and are currently being assessed for suitability," said the Government's top official, who added that the Government plans to update the list of approved shelters in a few weeks.

"If you do plan to go to a shelter please take masks, sanitizers and a stock of food and water... You won't be turned away if you don't have these supplies," he affirmed.

Given the shortage of shelter space and the need for social distancing, the CI Government is asking that persons consider any other shelter options they may have.

The Premier noted that due to the Corona Virus response efforts, "...the Island is as ready as it has ever been for any threat we may face, including a Hurricane."

"Here in the Cayman Islands we know we can weather storms. We have a long history of doing so. We are a strong and



resilient people and we are at our best when we are helping each other during a difficult time. Also we are blessed to have a National Weather Service that is linked regionally and can stay on top of all weather issues, informing us well in advance and giving us time to prepare," said Mr. McLaughlin.

He urged that persons pay attention to Government announcements and bulletins on all the government media plat-

forms for information on what to expect and what to do.

"The memories of Hurricane Ivan and Paloma still weigh heavily on the mind, as do those of the earthquake we experienced in January of this year. These experiences taught us that we should always be prepared and always have a plan."

The Atlantic hurricane season runs from June 1 through November 30.

### POLICE NEWS

# Ombudsman Unit recommends discipline related to the use of the baton

Following an incident involving the Royal Cayman Islands Police Service (RCIPS) which occurred on the 4th of April 2020, videos surfaced on social media that raised questions about the conduct of certain police officers. The Ombudsman decided it would be in the public interest to investigate the matter.

Around 4 p.m. on the 4th of April 2020, the RCIPS received complaints about several motorcyclists riding recklessly, performing stunts and being a nuisance. The police helicopter responded and located seven motorcycles and riders near Lookout Gardens in

Bodden Town. As the police approached, the riders fled in different directions. The RCIPS decided to pursue one motorcyclist who appeared to pose the greatest risk to the public. The pursuit continued for approximately 72 minutes. It ended when an officer was able to grab the motorcyclist's arm and pull him to the ground. The incident was witnessed by several bystanders, some of whom recorded it and circulated their recordings on social media. A struggle ensued and additional officers arrived to assist. Videos of the incident show one officer arriving on the scene and immediately drawing his baton



and striking the motorcyclist on his leg while he was on the ground struggling with the arresting officer, who had him pinned. The officer then moved

to confront a woman standing nearby, he yelled at her and told her to return to her car. This same officer returned to interact with the woman on two further occasions yelling at her and threatening arrest for recording the incident.

The Ombudsman found that the force used by the arresting officer when he grabbed the motorcyclist's arm and pinned him in order to handcuff him was necessary and reasonable to end the pursuit and effect the arrest. However, the Ombudsman was concerned about the second officer's use of his baton to strike the motorcyclist. She found that this use of force was unnecessary and unreasonable given the suspect was on the ground and, although struggling to get up, was not strenuously resisting arrest. She cited several tactical and situational factors which were not considered by the officer.

The Ombudsman also found that the conduct demonstrated by the same officer when interacting with the woman at the scene did not comply with the RCIPS Code of Ethics and Standards of Professional Behaviour. The code sets out expectations for officers concerning self-control and tolerance and treating members of the public with respect and courtesy. The Ombudsman found the conduct to be unprofessional.

The RCIPS "Policy Guidance on Police Pursuits" dated the 16th of August 2010 was examined to determine whether the policy had been followed. As with a previous finding in another case, the Ombudsman expressed her opinion that the pursuit policy is outdated and not fit for purpose because it lacks clarity and is difficult to understand. Senior officers on

duty failed to take charge of the incident which, in the Ombudsman's opinion, led to the pursuit unnecessarily continuing for an extended period, increasing the risk to the public.

The final issue identified by the Ombudsman was the involvement of an off-duty officer who used his private vehicle in the pursuit. The Ombudsman noted in her report to the Commissioner that this officer used his private vehicle to conduct a tactical manoeuvre to intercept the fleeing cyclist. Rather than stopping the fleeing suspect, this manoeuvre resulted in a police motorcyclist crashing into the officer's vehicle. She found this to be in contravention of RCIPS policy and deemed it to have created a high risk as the vehicle was not outfitted with basic police markings or lights and siren and recommended that the officer receive advice and guidance regarding his actions during the incident.

The Ombudsman has made several recommendations to the Commissioner of Police including considering discipline of the officer related to the use of the baton and his unprofessional conduct in his interactions with the woman at the scene. She also recommended that the pursuit policy be updated and implemented as soon as possible and that a debrief of all officers involved occur to review this incident and learn from it. Critical Incident Managers should receive direction with respect to their roles in future pursuits. She also suggested that the Commissioner of Police clarify for all officers whether it is ever permissible for off-duty officers to involve themselves in pursuits using private vehicles.

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# West Bay icon opens 'Deck Dining' and 'To Go'

... Continued story from page A1

with specific favourite items, and some classic blasts from the past would also be revived. It will be posted on their website [www.calypsogrillcayman.com](http://www.calypsogrillcayman.com). Choose from a to go wine list also.

"We've narrowed it down to the classics, so customers can still expect things like lobster bisque, chicken liver pate, fish and crab cakes for appetisers, and a fresh catch of the day and our old favourite from a while ago, paella for 2, for mains," they said. "And don't worry, we still have sticky toffee pudding on the menu for dessert, among others!"

In addition to the reopening of their restaurant, Calypso Grill staff have also been working hard on changing the interior, to comply with social distancing requirements, once in-dining becomes possible again. Ensuring that restaurants are safe places in which to eat will require a big leap of faith, Terry stated, so they have spaced out tables and installed planters to retain a welcoming and cozy feel to the restaurant.

"We have also been preparing a redo of Calypso Grill to comply with require-



ments that will be in place when restaurants are back on stream and our borders opened," the owners explained. "These changes are to ease our guests'

minds and make them comfortable with dining in again, and to make us comfortable with having guests again, something we all are looking forward to."

Please call or email for latest updates:

- 345-949-3948;
- [dine@calypsogrillcayman.com](mailto:dine@calypsogrillcayman.com)

# 'Don't worry be happy' global concert & comedy show

By Christopher Tobutt

The Motivational Messages concert, on Saturday 30 May was a very special evening of entertainment and positive messages, bringing hope and faith through songs and comments and even comedy. It was, like all concerts at the moment, a virtual "Zoom" - based event, and more than 200 people from Cayman joined in, and there were many thousands more from all over the world. The concert was to raise spirits, and give hope, and also raise funds for local charity Resilience Cayman.

There were some big-name singers and choirs from around the world, including the Aeolians from Alabama, the Paul Lee Choir, and Jamaican artist Conkakra and the Tonga Sisters, with Tone6. The show also featured rising

stars from the Cayman Islands, including the Williams Family (who used to be a quartet but have now been joined by a fifth sibling, making it a quintet) who sing beautiful gospel songs in the sweetest harmony you ever heard: "Thank you Lord, for your blessings to me," as well as the contemporary sounds from gospel Rap artist and composer J- Prophyt who sang "Trust in God." Comedy came in the form of Dr. Dexter Thomas, who spent half an hour telling some hilarious stories the concert was the culmination of a month of motivational messages for young people, organised by three different community outreach groups, the Ashley Shillingford Positive Living Foundation (ASPLF); the Salt Light City Ministry ([www.saltlightcity.ky](http://www.saltlightcity.ky)), and the Ebenezer Seventh-day Adventist Church ([www.ebenezeradventist.org](http://www.ebenezeradventist.org)), but it really reached out with a wonderful message of hope and strength to everyone, whether young or old. There was a particular emphasis on faith to overcoming the present, discouraging Covid-19 situation, and a strong message that, as a community 'We shall overcome.' It was a big shout-out to all the people who work on



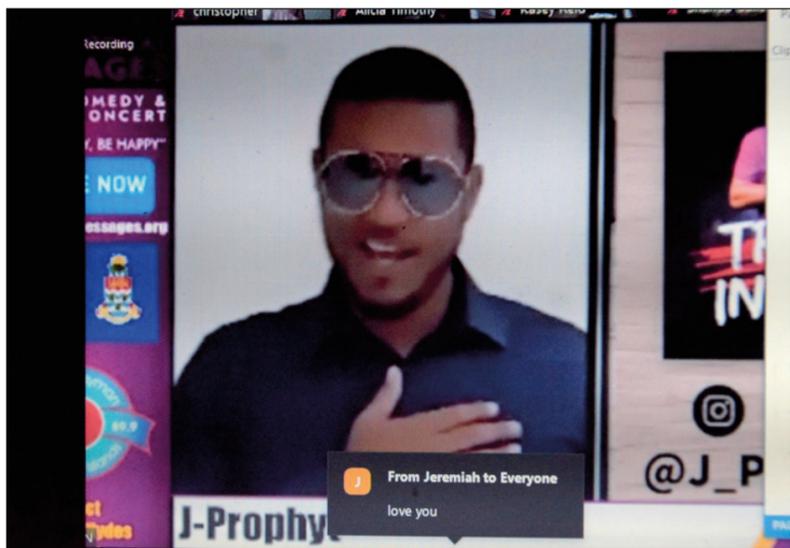
► Kirk Franklin & Friends sin "Smile"



► The Paul Lee Choir



► Comedian Dr. Dexter Thomas



► Cayman Rap artist J-Prophyt

the front line, like doctors and nurses, not forgetting janitors and retail staff. One of the performances was a heartfelt song by Alicia Keys, saying "You're doing a great job," as photographs of behind-the-scenes Covid-19 heroes were shown: "I see you your light in the dark Bless your heart I love you for that. You're doing a good job...the world needs you now," she sang.

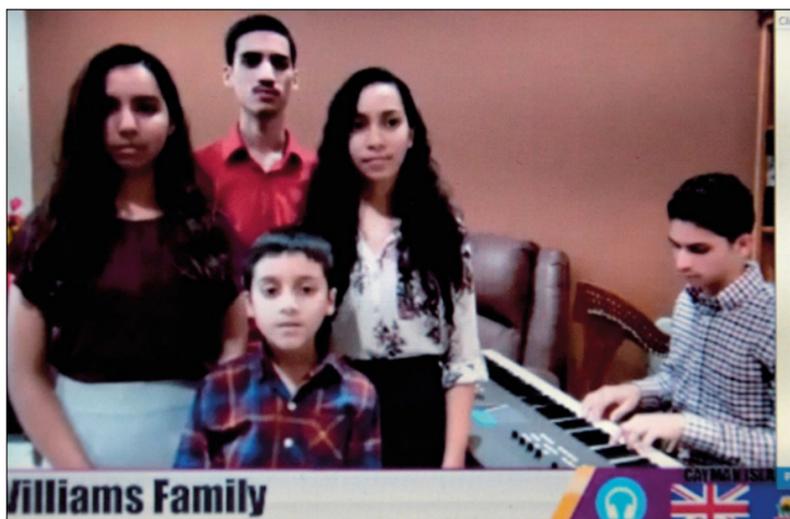
The evening began with a group of American High School students discussing mental health, and what they had learned from the suicide of a class mate. Often mental health is not properly talked about, they agreed, and it was time to be more frank about issues such as depression. There was also a presentation from Jane Panton, of the Alex Panton Foundation, who spoke about the importance of "removing the stigma," attached to mental health issues.

Jan Gupta, Founder of Resilience Cayman, one of the recipients of the evening's fundraising, spoke about how the group, which manages to feed 1000 people a day who are finding it difficult during the Covid-19 crisis, was formed, as a "Journey of faith."

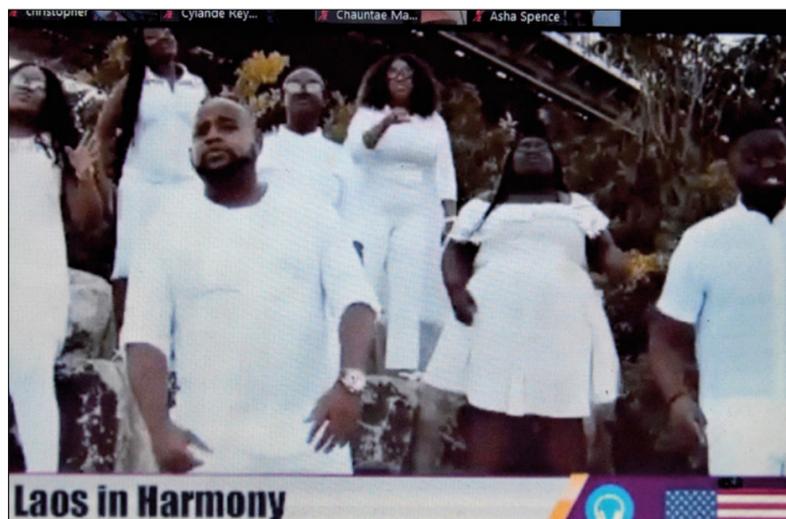
There was music from Lurine Cato & UK Collaboration - a wonderful message of hope for us in Jesus' death and resurrection. Kirk Franklin & Friends came next with a beautiful, multi-star

and multi-harmony Zoom rendition of "Smile," "You look so much better when you smile..." It was a lovely moment, and it must have brought joy into the hearts of everyone who saw it MC'S for the evening Dr. Wrendon Timothy and Shanda Gallego shone like stars themselves all evening, as they introduced the guests from all around the world (all joining in in different time Zones. Pastor G, a pastor with a wonderful contemporary gospel group, was zooming in at 3 O'clock in the morning.)

There were a lot of prizes, such as gift vouchers for local supermarkets and pharmacies, and they went out to audience members on Zoom, that the MCs felt were really smiling and rocking to the music. "This concert is all about unity and togetherness, love and healing and hope and optimism," Ms Gallego said. And it really was, too.



► Williams Family Quintet



► Laos in Harmony

# Butterfield Bank goes the extra mile in payment deferrals

Butterfield Bank has got some great news for customers with mortgages or personal loans – they will be providing an option to defer loan payments by another three months, in addition to the three months already offered, for clients in good standing (that is, current, or less than 30 days delinquent).

Butterfield introduced a three-month automatic payment deferral programme on all residential mortgages and personal loans in good standing in March, meaning customers were not required to make principal and interest payments between 1 April and 30 June 2020 (inclusive), with all penalties waived. But the new move means that the bank is extending the deferral period by another three months, to 30 September. Customers who wish to avail themselves of the new offer should notify Butterfield, as deferrals will no longer be automatic, according to a Butterfield representative.

“Clients already participating in the programme will be contacted directly by Butterfield with instructions on how to opt-in. If, for any reason, participating clients do not receive a communication from Butterfield by 4 June 2020, they can e-mail the Bank on [personal.lending.cayman@butterfieldgroup.com](mailto:personal.lending.cayman@butterfieldgroup.com). Clients who wish to continue or resume their regular payments on personal loans and



► Butterfield Bank

mortgages do not need to take any action,” a statement read.

It is always good to be on the lookout for scams, and Butterfield reminded their customers that authentic emails from them will “Will never ask clients to login to click on embedded links, visit

a website or open an attachment to update, unlock or verify online banking or personal financial information.”

For clients who decide to opt in, interest on the outstanding loan balance at the contractual interest rate, payable during the payment deferral period

(where no loan or interest payments are being made) will be added to the outstanding principal and may result in extension of loan terms. Therefore, the total amount of interest paid over the lifetime of the loan will increase as a result of any payment deferrals.

Automatic payment deferrals on credit cards, which have been similarly in place for the period 1 April through 30 June 2020, will be discontinued effective 1 July 2020. “This means late payments on cards after 1 July will incur penalties as outlined in the applicable cardholder agreements. Any clients who are facing difficulty meeting their card payment obligations should contact the Bank Directly,” a statement said.

Banks and other financial lending institutions have been praised by Premier, Alden McLaughlin, for helping their customers out during this difficult and unprecedented time surrounding Covid-19, by facilitating loan repayment deferral schemes, such as the one that has been offered by Butterfield.

“As the situation evolves, Butterfield continues to review and adjust its COVID-19 response. Details regarding the Bank’s current health, safety and operational measures are available on the Bank’s website, [www.butterfieldgroup.com](http://www.butterfieldgroup.com), as well as the Bank’s social media channels,” a spokesperson said.

# BUTTERFIELD EMPLOYEE TESTS POSITIVE FOR COVID-19

In a release on Tuesday, Butterfield Bank (Cayman) Limited (“Butterfield”) advised the public that as part of their standard on-site employee testing procedure—in compliance with directions from the Cayman Islands Government, the Cayman Islands Health Services Authority (HSA), and participating testing partners—one (1) of their employees has tested positive for COVID-19. They

are in contact with the affected team member who is asymptomatic. They have given their full support and the staff member all the best in their recovery.

As part of their COVID Emergency Response Plan, the 2nd floor of our Butterfield Place location, 12 Albert Panton Street will be closed on Wednesday 3 June in order to conduct additional san-

itation and deep-cleaning procedures on-site prior to re-opening at 9:00 a.m. on Thursday 4 June. Our Butterfield Place, Camana Bay, Governors Square and Midtown Plaza Banking Centres continue to operate as normal as the affected employee had no contact with any of these locations due to the strict split teams protocol in place across buildings and floors in a preemptive measure to minimise the possibility of the virus spreading among employees.

Butterfield has a robust contact tracing process in place for directly identifying the limited number of potentially affected employees that may have been exposed. All identified team members have been sent home and excluded from work where they will remain in isolation for the next 14 days.

The safety of their employees and customers remains their highest priority and the Bank continues to uphold various safety measures and protocols in order to keep everyone on-site safe. This includes the installation of barrier screens at all our teller stations and customer service desks, the mandatory



wearing of masks on-site, social distancing signage and indicators on the Banking Centre floors, access to hand sanitation units at all our locations and increased cleaning.

Their ATM, Online Banking and Mobile Banking services continue to be available.

Card collection and pinning services at our 2nd floor reception at Butterfield Place will not be available on Wednesday 3 June. Normal service will resume on Thursday 4 June at 9:00 a.m.

The 2nd floor of our Butterfield Place location will re-open to customers on Thursday 4 June at 9:00 a.m.

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# Every Little Bit Counts

There's something that the fitness industry doesn't want you to know...

In fact, I believe that this is the biggest secret to attaining that perfectly fit body that you've wanted for so many years.

It's not that you aren't trying to workout and eat right, it's just that you haven't been able to find *that one thing* to take you all the way to success.

Now, finally, I'm going to share *that one thing*.

It's quite simple, and yet stands as the truest and most important fitness advice you'll ever receive...

The big secret is that... *Your daily habits create your body.*

What do I mean by daily habits? The things that you consistently do on a daily basis determine your body's shape, strength and stamina.

That's it.

Nothing else matters as much as those daily habits.

No fitness gadget, or outfit, or pills, or powders will get you results if your daily habits are working against you.

The problem is that most people have bursts of fitness motivation, when you eat clean and workout hard for a short time...but then the motivation wears off and you go back to your *daily habits*.

That familiar routine that gives you comfort and security.

Your only focus, when it comes to shaping up your body, should be to make and keep a handful of healthy, daily habits. When these healthy habits become your comfortable routine, then you've hit fitness gold.

This is great news for two reasons:

1. First, when you do something habitually it no longer requires a lot of brain power or motivation to get it done. It pretty much happens automatically. So once you've settled into your daily habits you'll easily maintain them.

2. Second, once your daily habits have been around long enough to transform your body, you get to give up the struggle of trying to lose weight. That quest, which has taken up so much of your time and mental energy, will be put to rest, leaving you time to go out and enjoy your life.

Once you've achieved that body of your dreams the fun really begins. Your life will take on a whole new dimension of energy, excitement, confidence and adventure.

So let's take a few moments to determine which healthy, **daily** habits you will begin to include in your daily life, and continue to prompt yourself to do these until it becomes automatic and comfortable.



► Ernest Ebanks

While you have unique situations and abilities, here is a list of ideas of healthy daily habits to get you started...

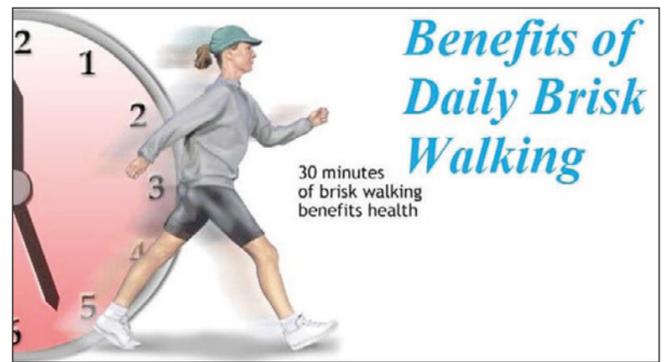
- Daily resistance training workout - same time each day.
- Daily cardio bonus workout (walk, jog, bike etc) - same time each day.
- Daily protein shake to replace breakfast or lunch.
- Daily meal prepped portions of protein, carbs and veggies.
- Daily water drinking - bring your water bottle with you.
- Daily green drink.
- Daily salad.
- Daily bonus push-ups at home.

Go on, get working on your own personal list of daily fitness habits. Make these realistic actions that you could fit into your daily life, and watch as your body effortlessly transforms over the next several weeks.

Quick note for you overachievers: resist the urge to commit to difficult or extreme daily habits.

This isn't one of your fitness bursts that fizzle out shortly - these habits are meant for the long run. So instead of saying that you'll run 6 miles each day, only commit to 2 miles. Do those 2 miles every day for a few months and you'll see the value and truly life-changing powers of a daily habit.

**Call Ernest at Body Shapers Fitness 325-8696 or email me now at [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) and I'll help you with your personalized list of daily habits. Of course one of those habits will be to workout with me each day! Talk about a life changing habit :) 🙌**



## BELLY FAT

With the current situation where almost all of us are locked down, most of us are undoubtedly gaining weight and that too in the most unwelcomed place-around the waist. You see the older we become the worst this problem of belly fat becomes. We try diet after diet, you run like crazy, you starve yourself and yet there is no respite. Frustration sets in and more often than not we throw our hands in the air as a sign of giving up. But you do not have to this. So, here are three simple routines you can indulge in:

1. **AFTER YOU EAT** - After each meal simply take a 10-15 minute walk, a brisk walk. You can take this walk outside and just walk 5-7 minutes one direction, and then turn around and walk back. At the end of the day,

you would have walked 30-45 minutes and by extension 15-20 hours a month. Just like that. Walking is an amazing activity that relaxes your body. In this case your digestion improves. This means that the nutrients from the food will be utilized for energy instead of storing fat.

The stress hormone cortisol is lowered. This means less belly fat, higher testosterone, growth and thyroid hormones- all burning more fat for you. It also lowers blood sugar levels by up to 50%. Another remarkable benefit of this approach is that it aids in reducing high blood pressure.

2. **FIRST THING IN THE MORNING** - Exercising first thing in the morning is better than any other time- on an empty stomach. **NOT WITH WEIGHTS BUT**

**CARDIO.** You see in the morning you have very little glycogen in the muscles and liver. By doing cardio, more specifically fast walking means you will burn much more fat. I suggest not lifting weights at this time.

3. **"The third best time to do your cardio is after your weight training,"** according to Dr. Sam Robbins. You burn less fat and actually lose more muscle when it is done before. So, these are some easy steps to beat quarantine BELLY FAT. 🙌



# LOVE SHOULDN'T HURT

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

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

*24 Hour Crisis Line* - 943-2422

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

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

*Aftercare Programme* - for victims after leaving the shelter

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



CICC.ky  
949 0366  
[info@cicc.ky](mailto:info@cicc.ky)



WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
85° / 82°	85° / 82°	85° / 82°	85° / 82°	85° / 82°	84° / 81°	84° / 81°
A passing afternoon shower	Variably cloudy and windy	Breezy with some sun	Clouds and sun; breezy, nice	Partly sunny with a shower	Partly sunny	Rather cloudy with a shower

# Governor's Updates

**Evacuation flight to Jamaica** - I am delighted to report we arranged a first evacuation flight to Jamaica on Thursday 4 June operated by Cayman Airways. The passenger list for the outbound flight was compiled by the Jamaican Honorary Consulate to prioritise compassionate cases. Travellers wishing to travel on subsequent flights are encouraged to register on the website [www.jamcovid19.moh.gov.jm](http://www.jamcovid19.moh.gov.jm). Please contact the Jamaican Honorary Consul with any queries.



► His Excellency, the Governor, Martyn Roper

This flight also brought back a small number of stranded Caymanians, all of whom will be subject to 14 days in quarantine on return.

**Thank you to Dr. Lee** - I have got to know Dr. Lee well in the last few months. He has consistently demonstrated the very best public service values - integrity, care for our community, passion for his work, compassion and resilience under immense pressure. He is a calm and reassuring presence as CMO. Thank you Dr. Lee.

**67th anniversary of the Coronation of Queen Elizabeth II** - June 2 marked the 67th anniversary of the Coronation of Queen Elizabeth II at Westminster Abbey. What an inspiring monarch who has served us all for so many years and still continues to do so. A much needed symbol of stability and continuity in our institutions.

**BA flight** - The BA flight to London Heathrow on Friday 12 June is now fully booked but there are still seats on the flight from London to Cayman on Thursday 11th June. If you are interested in future travel to or via the UK please register with the travel helpline. Pleased to report BA has confirmed all passengers can now take two pieces of hand luggage.

**Flights to India** - My office is discussing final arrangements for two flights to India - one possibly to Chennai and the other to Delhi. We will announce flight details as soon as we have them.

**Kite for Covid** - On Wednesday afternoon, three students from Cayman Prep and High School did a "Kite for Covid" in aid of Cayman's ARK - Acts of Random Kindness. Jake Fagan, Zach Brooks and Ben Coke, who are all 12 years old, kitesurfed 22 miles - the length of the Cayman Islands! They've already raised C\$12,000 and are aiming to double that amount. A.R.K are currently providing \$10,000 worth of food vouchers per week and over 1,800 meals per day to our community. Further details are available on Cayman ARK's website or Facebook page and if you make a donation, please reference 'Kite for Covid'. A wonderful example of Caymankind from our youth!

**Isolation facilities** - As a reminder, my office is leading on negotiations with foreign governments for flights, but is not in charge of the Isolation facilities or the policy on returnees to Cayman. This sits with the Cayman Islands Government. So, if you have any queries please contact [neoc@gov.ky](mailto:neoc@gov.ky)

**Hurricane Season** - As we all know the hurricane season began on Monday 1 June and next week the Royal Navy ship HMS Medway and Royal Fleet Auxiliary ship Argus will be visiting Cayman, remaining off-shore to provide helicopter cover for the next two weeks and carrying out their annual disaster management preparations. I will have more information on that on Friday.

**Test results** - 850 results over the past couple of days. 10 positive is disappointing. We shouldn't be overly alarmed. They are from our screening programme and apart from one were all asymptomatic. But as we heard from Dr Lee, the symptomatic case is a child. Reminds us we must not let our guard down - there are still isolated cases of community transmission. Many people are asking for restrictions to be relaxed at a faster pace. But we should hold our nerve and keep going with the gradual, phased approach to opening up. We are all agreed and united on the panel, including with Dr Lee, that we have the right strategy. That unity is one of the strengths of our response. As we learn how to live with the virus in a 'new normal' - we must maintain social distancing, basic hygiene and wear masks - that is all fundamental as we go forward.

**Reopening of economy** - Our screening of front-line staff continues to put us in a good position as we open up more of our economy. The construction industry went back to work on June 1 and all retail and real estate businesses returned also. All need to ensure social distancing, mask wearing and basic hygiene. They also need an exemption from Curfew time. Open air non-contact sport (eg. golf, tennis) is allowed. We are taking the opening up step by step. More restrictions will be lifted on Sunday 7 June as announced on Friday - restaurants and bars can open outside for groups of up to 6 from different households. Night curfew will start at 1000pm until 0430am. The hard lockdown of the beach on Sundays will end and you can shop at gas stations and mini-marts on Sundays regardless of surname. A copy of the detailed regulations is on the Government website. By 21 June, if results reflect a low number of isolated cases, we hope to lift many more restrictions including allowing childcare, domestic helpers and hairdressers/barbers. Thank you for your continuing patience. Together we are beating this virus! 🇰🇾

## MOMENTS OF INSPIRATION

### HEARTFELT WORSHIP - EXODUS 15:21

When I first became a Christian, I loved singing the songs of the church. One of my favourites is, "JESUS PAID IT ALL." In our scripture above is another wonderful song, "the horse and its rider He hath thrown I the sea."



In Exodus 15, the Israelites, led by Moses, crossed the Red Sea safely. This miraculous event was nothing short of an act of God to rescue His people. In response to being delivered, Moses led the people in singing praises to God. This impromptu worship acknowledged God's strength and power in the act of deliverance. Moses and the people stood in awe of who God was and

what He had done for them. Are you brought to a place of worship when you recall God's greatness in your life? When was the last time you and your family worshipped God for whom He is? 🇰🇾

## OBITUARIES

**Churchill's** Funeral Home

We have been asked to announce the passing of Mrs. Rachel Hazeline Brown, who passed away on Friday, May 22, 2020. A Graveside 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 Mr. Ernest Montel Reynolds, who passed away on Sunday, May 24, 2020. A Thanksgiving Service will be held privately for Family in accordance with Government regulations. This Service will be livestreamed on the Churchill's Funeral Home Facebook Page on Saturday June 5, 2020.

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

Service of Thanksgiving for the Life of

**Jerry Ray Pantan**  
4<sup>th</sup> February 1943 - 23<sup>rd</sup> May 2020

The Chapel  
Bodden Funeral Home  
George Town, Grand Cayman  
Tuesday, 2<sup>nd</sup> June 2020  
at 2:00 pm

Officiating Ministers:  
Rev. Donovan Myers  
Pastor Garrett Haylock

Organist:  
Sis. Shauna Haylock

The Interment will follow at the West Bay Cemetery

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# Suggested Hurricane Supply List

To prepare for the unknown, each home should have a 72-hour Disaster Survival Kit. You will need to pack some essential items to help you and your family survive, whether you stay at home or leave it during a disaster.

Ensure at least three days (72 hours) supply for each person. Do not forget pets where applicable! The following is a minimum suggested list of Survival Kit supplies:

## Drinking Water:

- One gallon per person/per day in unbreakable containers, Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Don't forget to add additional water for mixing formula if you have children and for your pets. Rotate the drinking water each year.
- Food preparation and sanitation require another two quarts (minimum) per person daily.
- Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food and is not as vulnerable to temperature changes as unsealed water
- **Tip:** Purchase water this year and use it for drinking next year. This allows for rotation on an annual basis and keeps the water fresh. **Yes water can go bad!**

## Water for sanitation use:

- Store extra containers of water to be used for flushing toilets, cleaning, and bathing.
- Purchase water purification tablets (Halazone) to be used if you still have running water but are told to boil water before using it. This allows you to fill the bathtub and other containers without purchasing expensive drinking water.
- **Tip:** Keep plastic containers (milk jugs and other containers) and fill them with water when a storm threatens. You can put these items in the freezer to keep food cold longer in the event that the electricity goes out.

## Non-perishable Food:

- Maintain at least 3-7 days of food for each member of the family.
- Small, preferably single serving cans (should not require cooking or refrigeration). Dried fruit, peanut butter and jelly, coffee, tea, soft drinks and pet foods.
- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples – sugar, salt, pepper in water proof containers.
- High energy foods like crackers, granola bars, trail mix.
- Raw vegetables that do not need refrigeration.
- Fresh bread.
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, **instant coffee, tea bags.**
- Sterno for cooking.
- Vitamins
- Food for infants
- Paper cups, plates, and plastic utensils
- Non-electric can opener
- Aluminum foil
- Plastic storage containers
- Lots of ice (you can freeze your water supply)
- Pedialyte (to restore hydration if needed)
- **Tip:** Purchase only items that you like to eat and would eat even without a storm. Rotate these items by using them Dec-May each year and purchasing new items Jan-May. This allows you to reduce the cost of buying items for a hurricane kit at one time and keeps the items fresh. **Yes even canned goods have a shelf life!**

## Baby Needs:

- Special foods (enough for several days)
- Formula (enough for several days)
- Extra diapers
- Medicines (get a copy of prescription)
- Blankets
- Diaper Rash Ointment
- Baby Wipes
- Powder
- Bottles
- Pacifier
- Favorite toy/blanket

- Medicine dropper
- Diaper-rash ointment

## Sanitation

- Toilet paper, toilet paper, baby wipes, liquid hand sanitizer
- Liquid detergent
- Feminine supplies
- Personal hygiene items (toothpaste, deodorant, shampoo etc.)
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Household chlorine bleach, disinfectant
- Plenty of absorbent towels

## First Aid Kit

- Assemble a first aid kit for your home and one for each car.
- Adhesive bandages various sizes – Sterile gauze pads (various sizes)
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Non-latex gloves – Adhesive tape – Anti-bacterial ointment – Antiseptic spray
- Cold packs (non refrigerated type) – Scissors – Tweezers – Rubbing alcohol
- CPR breathing barrier, such as a face shield – Thermometer, Safety pins.

## Non-Prescription Drugs

- Aspirin or nonaspirin pain reliever, Benadryl, peroxide
- Anti-diarrhea medication, Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

## Prescription Drugs

- Heart and high blood pressure medication
- Insulin (enough for a 30 day supply)
- Hearing Aid and extra batteries
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- **Tip:** If your insurance will allow, get a 90 day supply of prescriptions and have at least a 30 day supply on hand. n't wait until a couple of days before a storm to go to the ppyou may not get your prescription refilled; the lines are very quickly.

## Clothing and Bedding

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Towels
- Rain gear
- Blankets or sleeping bags
- Pillows
- Hat and gloves



- Sunglasses
- Tent
- Lawn chairs

## Entertainment

- Games
- Books
- Cards
- Extra batteries for games/Coloring books, crayons.

## Miscellaneous

- Wind-up or battery-operated clock
- Paper, pencil
- Needles, thread
- Camping utensils
- Map of the area (for locating shelters) and returning to the area.
- Cash or traveler's checks
- **Tip:** Have enough cash to sustain you through a 2 week period. Without electricity, most businesses (if open) will not accept credit cards and may not accept traveler's checks.
- Emergency preparedness manual
- Citronella candles

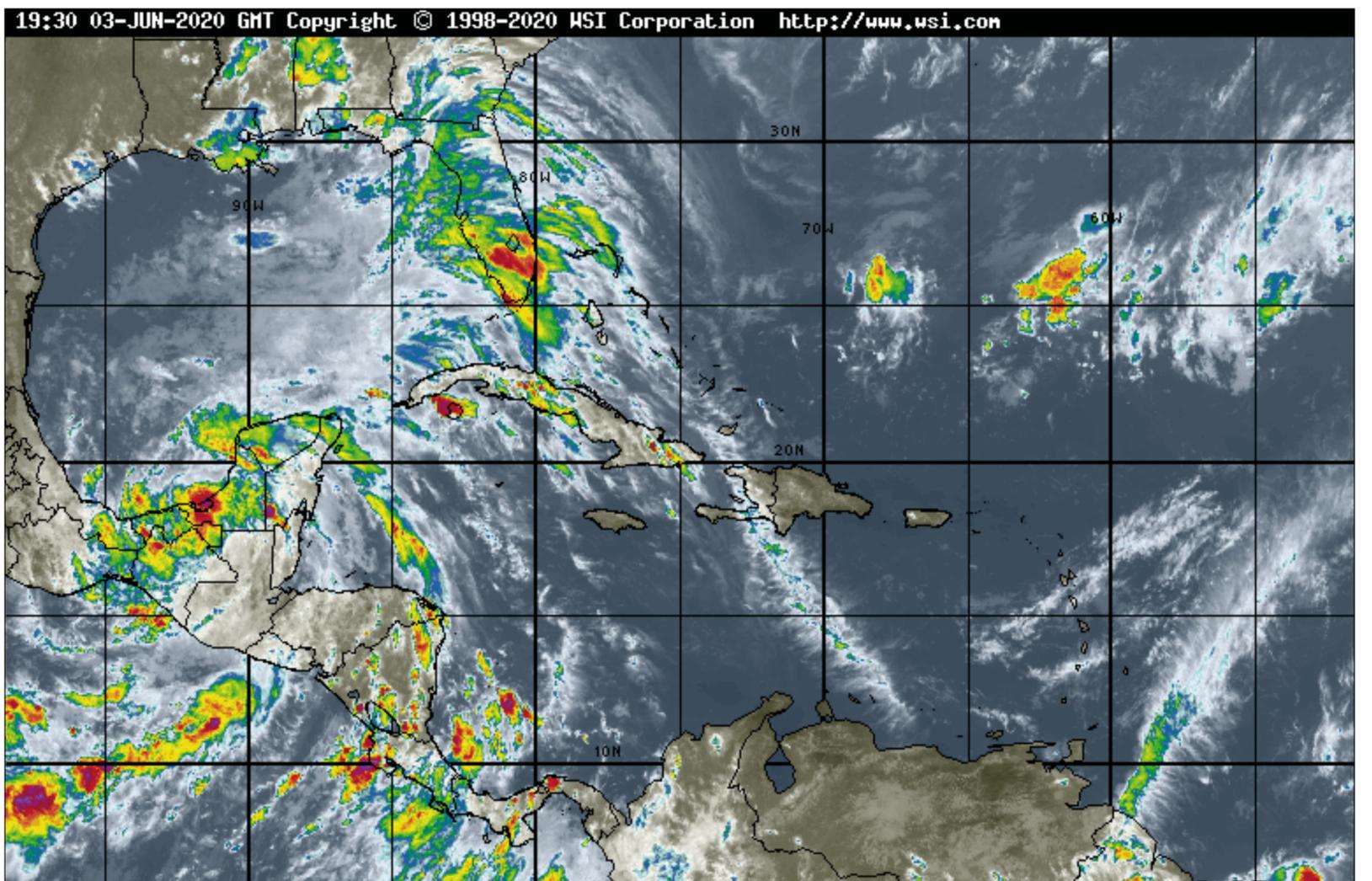
## Not evacuating and staying home?

- Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 2 weeks.
- Turn refrigerator to coldest setting and keep closed.
- Turn off propane tanks.
- Unplug small appliances.
- Fill bathtub and other containers with water for cleaning and flushing. Additional water is stored for drinking.
- Cover all windows and other openings with hardened protections. If you do not have manufactured shutters, cut plywood and secure to protect the windows.
- Close all interior doors and brace outer doors.
- Select an interior room to use as a safe room.
- Plan as though you were evacuating and have enough cash on hand to sustain purchasing of gas, food, and other supplies in the days following the storm.
- If you have a generator, ensure you have enough gas on hand to sustain usage for several days.
- Ensure you have sufficient medications in case you are confined to your home for several days. Post-storm there may not be any electricity and pharmacies will probably closed even with a minor storm.
- Plan to cook on a camp stove or grill in the days immediately after the storm passes. 🌍

## DISASTER SUPPLY CHECK LIST

<ul style="list-style-type: none"> <li>• <b>Water</b> - At least a ten day supply (one gallon per person per day)</li> <li>• <b>Food</b> - At least a ten day supply of nonperishable/canned food</li> <li>• <b>First Aid Kit</b></li> <li>• <b>Flashlight with extra batteries</b></li> <li>• <b>Battery-powered or hand crank radio</b></li> <li>• <b>Medical Supplies</b> (prescriptions, pain relievers, etc.)</li> <li>• <b>Special Items</b> (diapers, formula, glasses, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tools</b> - (wrench, pliers, hammer, tape, etc.)</li> <li>• <b>Sanitation</b> (toilet paper, personal hygiene items, towel, etc.)</li> <li>• <b>Change of clothes &amp; bedding</b></li> <li>• <b>Important family documents</b> (birth certificates, insurance/bank account info, mortgage, pet records, etc.)</li> <li>• <b>Food, water, and medicine for your pets</b></li> <li>• <b>Kennels or crates, collars, &amp; leashes for each pet</b></li> <li>• <b>Cash</b></li> </ul>
---	--

## TROPICAL UPDATE



# City and Arsenal will be first big match

Premier League football will soon return with Manchester City facing Arsenal in the first match on June 17.

It'll be the first Premier League game in three months since the suspension of fixtures in March amid the outbreak of coronavirus.

City want to cement second in the league and Arsenal aim to return to the Champions League positions.

As with any match, there will be several key battles that may decide the outcome. One is the duel between Aymeric Laporte and Pierre-Emerick Aubameyang.

Laporte has established himself as Pep Guardiola's first-choice defender, despite struggling with injury this season. The Frenchman has played just sev-

en Premier League games in 2019/20, but the extended break has given the defender extra time to get back to full fitness.

Should Laporte play, he will come up against one of the league's most in-form strikers in Aubameyang. The Gabon international is second in the goalscoring charts having netted 17 times this season including three goals in his last three games before the suspension of fixtures.

In recent games, Aubameyang has found himself in a wider position allowing academy graduate Eddie Nketiah to take up the central striking role, but that hasn't curtailed his goalscoring credentials and Laporte will need to be alert to stop the Arsenal captain influencing the game.

Sergio Aguero and David Luiz will be another interesting duel. City fans see Aguero as a legend. The Argentinian is one of the most lethal strikers in the competition's history. He is just one goal behind Aubameyang in the scoring charts and three adrift of Jamie Vardy who is leading the race.

Should Pep Guardiola decide to go with Aguero against Arsenal he is likely to come up against former Chelsea defender Luiz.



► Bukayo Saka is a talented Arsenal teenager

The Brazilian has been a mainstay in Mikel Arteta's team since swapping Stamford Bridge for the Emirates Stadium in the summer. The defender's style of play means that he can be prone to mistakes and a loss of concentration at certain times. Aguero will hope to take advantage of that.

Riyad Mahrez against Bukayo Saka could be interesting too. After a mixed first season at the club, Mahrez has come into his own at City. He has already smashed his total number of Premier League assists from the 2018/19

campaign and equalled his total of seven league goals. In the absence of Leroy Sane, the 29-year-old Algerian has stepped up and provided creativity and deadly finishing at appropriate times.

If picked, then Mahrez could come up against makeshift teenage left-back Saka, who has impressed in his new role this season. The 18-year-old Londoner has stepped into the position due to injuries to Kieran Tierney and Sead Kolasinac. His performances could mean that he keeps his position but will have to be at his best to stop Mahrez causing havoc. 🌐



► Aymeric Laporte is Man City's best defender

## Jones hands in belt over pay dispute

Jon "Bones" Jones has relinquished his UFC light-heavyweight title over a pay dispute and is considering a boxing match with a retired UFC fighter.

Former UFC light heavyweight Jimi Manuwa is willing to welcome Bones to the boxing world. Having retired last year, Manuwa, 40, has remained away from competition since then. The American-born Englishman had a run full of ups and downs in the UFC. He signed with the organisation in 2012. During his time in the UFC, he racked up wins over Corey Anderson, Jan Blachowicz, and Ovince Saint Preux.

However, Manuwa's stint with the UFC ended with a rather downward slope. After losing three consecutive fights, he announced his retirement. Jones is one of the most prized possessions of the UFC right now. Despite the glitches that he commits in his personal life, Jones is still considered the greatest mixed martial artist ever. Even Dana White agrees with that. Recently, Jones has been going back and forth with Francis Ngannou. Both wanted to fight each other at heavyweight.

The negotiation for the fight turned out to be a point of conflict. Jones, 32, argued that he never quoted an amount for fighting. He said that the



► Jon "Bones" Jones feels he is underpaid

UFC outrightly dismissed the possibility of an increased payday for fighting Ngannou. Jones went absolute rant-mode on Twitter. He even talked about taking his talents somewhere else.

UFC President recollects the entire incident a bit differently. He said that Jon Jones was demanding the same amount which Deontay Wilder made in his last fight, which was \$30 million. The statement sparked a series of allegations that Jones and White levied upon each other.

A fan suggested Jones to crossover to boxing. Jones said that he would make more money in his boxing debut than he would in his next three UFC fights. At this point, the differences between fighter and president seem to be huge. However, money can play the ultimate peacemaker. 🌐

## NBA saddened by Floyd's killing

America's professional athletes, like the general public, are overwhelmingly appalled by the police brutality witnessed in the killing of George Floyd last week.

One of them is basketball legend Michael Jordan, who said: "I am deeply saddened, truly pained and plain angry."

A white officer in Minneapolis was caught on video kneeling on the neck of Floyd, a black man, for several minutes as three other officers stood by. The four officers involved have since been fired and Derek Chauvin, the officer who was kneeling on Floyd's neck before he died, has been arrested and charged with murder.

Many athletes, including NBA superstar LeBron James, have sent out posts on social media showing support of the mass protests happening across the country.

NBA players have been particularly vocal and active in the days since Floyd's death. Indiana Pacers guard Malcolm Brogdon was in Atlanta giving speeches and walking with other protesters.

"I got a grandfather who marched next to Dr King in the 60s," Brogdon said to the crowd. "He was amazing, and he would be proud to see us all here."

American basketball players Malcolm Brogdon and Justin Anderson joined Jay-



► Malcolm Brogdon marched in Atlanta

len Brown in Atlanta to protest over the death of Floyd. Brown, a Georgia native, says he drove from Boston to participate in the protest. "I drove 15 hours to get to Georgia, my community," Brown said on Instagram. "This is a peaceful protest. Being a celebrity, being an NBA player, don't exclude me from no conversations at all."

Karl-Anthony Towns, an All-Star centre for the Minnesota Timberwolves, was also seen at a press conference in Minnesota, the state where Floyd was killed. Towns was seen in a mask at an event where former NBA player Stephen Jackson was speaking about racial inequality.

The NBA released a statement about the death of Floyd, applauding those who have been supportive. 🌐

## West Indies better than 3 years ago, says coach

West Indies are better poised now than three years ago to carve out a positive series result on their proposed tour of England, according to assistant coach Roddy Estwick.

On their last tour of the United Kingdom in 2017, West Indies pulled off an astonishing victory in the second Test at Leeds but suffered heavy defeats in the two other Tests to go down 2-1 in the series.

However, Estwick said players had gained significant experience since then and with several other players coming through to give the Test squad greater depth, the Windies could prove a serious threat for their higher-ranked opponents.

"For me, I think we might be a better team when we go to England this time," Estwick said while overseeing training sessions at Kensington Oval for the Barbadian group selected in the 30-man provisional squad.

"Three years ago it was a very, very young unit. Now we've got seasoned Test players, we've got players with 50 Test matches so I think once we can hit the ground running and get the preparation in, get some match practice under our belts...we can be a lot better."

"We've got youngsters coming through. We've got Rahkeem Cornwall



► Rahkeem Cornwall is developing as an outstanding talent

who could be a big threat in England especially if the weather stays the way it is. We've got Chemar Holder who just had an outstanding first-class season and we've got Alzarri Joseph who's improving all the time.

"So we've got backup for the first time in a long while — we've got Keemo Paul, another exciting all-rounder, so we're quite solid bowling wise."

He added: "If we can get scores on the board we can really challenge England because I know the bowling will



► Chemar Holder has impressive bowling figures

be good, and the three big men (Jason Holder, Kemar Roach and Shannon Gabriel) are all in the top 20 in the world and that tells you our bowling unit is really improving."

West Indies will travel with 25 players to the UK for the proposed three-Test series in July, which will mark cricket's first-ever tour played in a bio-secure environment due to the outbreak of the COVID-19 pandemic.

The squad is expected to depart the Caribbean on Monday and will be placed

in a two-week quarantine following their arrival in England, before moving to the bio-secure stadia for the duration of the series where they will be isolated from the public.

Replacement players will be chosen from among the travelling contingent, which will also form the opposition for any four matches.

West Indies are holders of the coveted Wisden Trophy after upsetting England 2-1 in a three-Test series in the Caribbean last year. 🌐

**CROSSWORD**

By **THOMAS JOSEPH**

**ACROSS**

- 1 Place for a clambake
- 6 Scientist Curie
- 11 U.S. national symbol
- 12 Tip over
- 13 Salivate
- 14 Backyard barrier
- 15 Sheet music symbol
- 17 Suede shade
- 18 Tennis star Novak
- 22 Days long gone
- 23 Sign up
- 27 Steer clear of
- 29 Walk like a crab
- 30 Experience anew
- 32 Detective's find
- 33 "Isn't anybody interested?"
- 35 Funny fellow
- 38 Vitamin-rich green vegetable
- 39 Suspect's defense
- 41 Boise's state
- 45 "Eat up!"
- 46 Hue
- 47 Bee attack

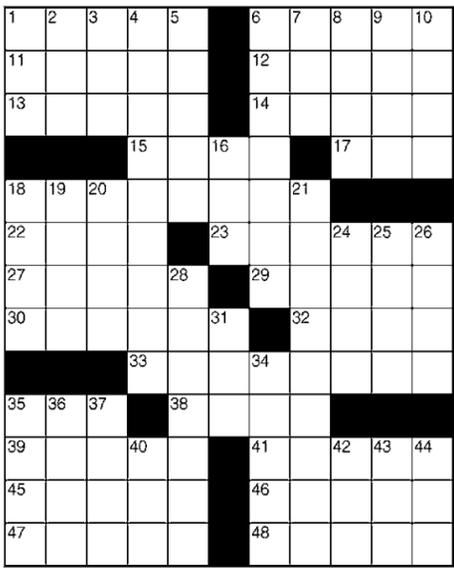
**DOWN**

- 1 Sleep spot
- 2 Lobed organ
- 3 In the past
- 4 Started one's work shift
- 5 Phone greeting
- 6 Bakery buys
- 7 Orangutan, for one
- 8 Tenant's fee
- 9 Machu Picchu native
- 10 Genesis garden
- 16 Genesis woman
- 18 Fabric worker
- 19 Another name for Jupiter
- 20 Spoken on a desktop
- 24 Not busy
- 25 Disparaging remark
- 26 Golf pegs
- 28 Bringing to mind
- 31 Seventh Greek letter
- 34 Wonder-land visitor
- 35 Gum masses
- 36 Stepped down
- 37 Leslie Caron movie
- 40 Storage site
- 42 PC key
- 43 Garden tool
- 44 Hockey's Bobby



**Saturday's answer**

- 19 Another name for Jupiter
- 20 Spoken on a desktop
- 24 Not busy
- 25 Disparaging remark
- 26 Golf pegs
- 28 Bringing to mind
- 31 Seventh Greek letter
- 34 Wonder-land visitor
- 35 Gum masses
- 36 Stepped down
- 37 Leslie Caron movie
- 40 Storage site
- 42 PC key
- 43 Garden tool
- 44 Hockey's Bobby



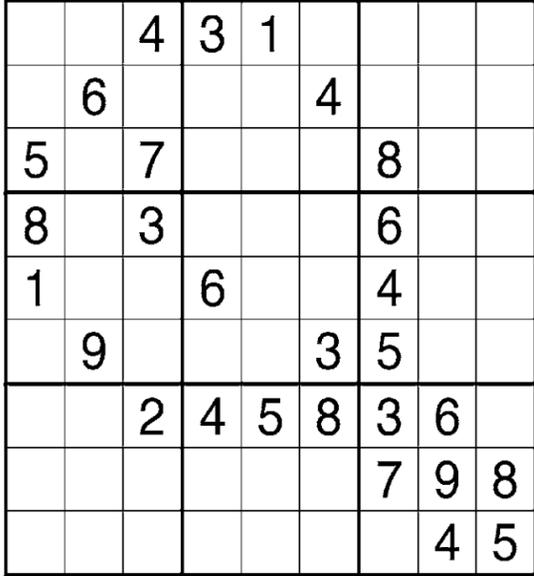
3-11

**SUDOKU**

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

**Conceptis Sudoku**

By Dave Green



Difficulty Level ★★★

1/09

**Answer to previous puzzle**

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

Difficulty Level ★★

**Word Search**

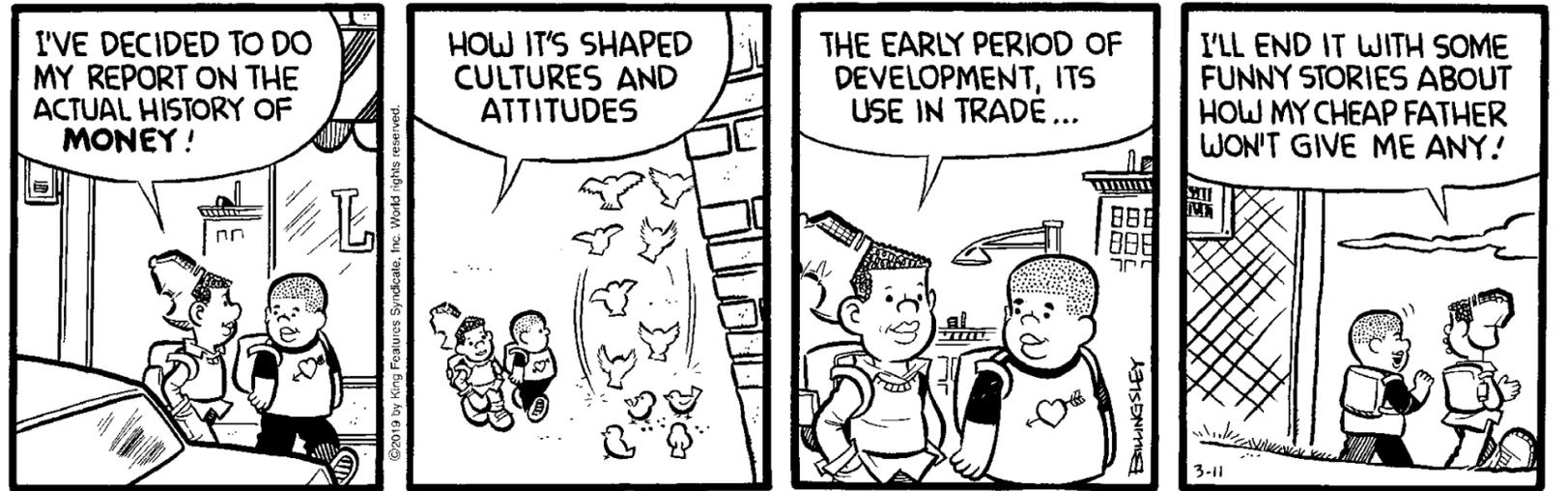
- Biblical
- Logical
- Radical
- Chemical
- Lyrical
- Rascal
- Comical
- Magical
- Stoical
- Conical
- Medical
- Topical
- Ethical
- Musical
- Typical
- Fiscal
- Nautical
- Vocal
- Focal
- Optical
- Local
- Physical



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

**CURTIS**

By Ray Billingsley



**THE AMAZING SPIDER MAN**

By Stan Lee



**JUDGE PARKER**

By Woody Wilson & Mike Manley



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