

Economic RECOVERY SALE

BOOST YOUR SALES REVENUE

5- star Advertising Package

- ★ Website Banner
- ★ Full Page Advertisement
- ★ Newspaper Banner
- ★ Advertorial
- ★ Newspaper Insert
- Free Graphic design •**

For more information, Cost and Payment Plan
Contact **Ralph at 916 2000**
or email sales@caymaniantimes.ky

Visit our new location at **#19 Walkers Road**

INSIDE THIS ISSUE

● LOCAL NEWS — page 4



PREMIER AND GOVERNOR ACCUSED OF BLAME GAME BY OPPOSITION

● LOCAL NEWS — page 5



NRA ROLLS OUT SHARROWS ON ROADS

● BUSINESS — page 6



SMP Group rebrands to Suntera Global

● LOCAL NEWS — page 8



CAACI employees donate to local charity

● INTERNATIONAL — page 11



UK \$5m for Caribbean virus help

Students take new safety measures in stride

Back-to-school after the summer break can often be a challenge for students under normal circumstances as they get their brains back into gear after the long recess period, but this year they have had the added challenge of dealing with a raft of safety measures put in place throughout their school in a bid to combat the coronavirus.

Major changes have been implemented in schools to keep students and staff safe, but Cayman's youngsters seem to have taken them in their stride as they go back to the new normality of school life.

Even though Cayman is currently Covid-free, schools have been required to put in place a variety of safety measures in or-



... Continued story on page 3

THE 'BUSINESS' OF MEDIA



The COVID-19 crisis has been a double-edged sword for the local and global media.

This is as much evident in Cayman as it is in other countries. The press thrives on news but is driven by business. That's the bottom line.

That 'business' comes from advertising in its various iterations from both the private sector and government.

The media, the necessary Fourth Estate in any progressive society, traditionally assumes the vital role of informing, educating and entertaining.

The modern media is required to go beyond that and function as a conduit between the government and the governed, the business sector and its customers and clients, and to function as a forum for society to interact with itself.

... Continued story on page 2

OPPOSITION LEADER MAINTAINS TOUGH STANCE ON USE OF SECTION 81

The Hon. Leader of the Opposition, Arden McClean, has suggested that there are inconsistencies in the justification given by the UK Minister of State for Overseas Territories, Baroness Liz Sugg, and how HE Governor Martyn Roper utilised his reserve powers to institute the Civil Partnership Law.

There has been an exchange of correspondence between the Leader of the Opposition and the Minister for the OTs over issues surrounding the Governor's decision to resort to Section 81 of the Cayman Islands constitution which gives him the authority to override the Legislative Assembly.

Mr McClean had challenged the basis on which Governor Roper exercised that power in a previous letter to Baroness Sugg.

In reply, she had defended her instruction saying it was necessary to ensure that rule of law is maintained in the jurisdiction.

Now, Opposition Leader McClean doubled down on his objection to the UK's handling of the issue on several aspects including invoking Section 81, the original period of consultation, and the British government's policy regarding



► Hon. Leader of the Opposition, Arden McClean

... Continued story on page 4

Caymanian Times

1/4 Page \$149
1/2 page \$299
Full page \$499

We deliver 5,000 free newspapers twice weekly across the Islands with no returns

Buy ads in bulk and use any time before December 31, 2020
Email sales@caymaniantimes.ky or call 916-2000 or 945-8463

Sale ends August 31, 2020
Print is here to stay

EDITORIAL

THE 'BUSINESS' OF MEDIA

... Continued story from page 1

Nowhere has this been more evident than the Cayman Islands governments COVID-19 updates.

And one topic which brought all of the above to the fore was the exchange between the local media and CIG over the Workforce Opportunities Residency Cayman (WORC) agency.

Participating remotely in one of the press briefings, a WORC team, led by Deputy Director Jeremy Scott, shared with the community via the media, how their unit has been functioning to realise its vision of "Leading the pursuit of full Caymanian employment and economic prosperity for all through service excellence."

The focus on jobs for Caymanians is laudable and becomes even more necessary in the current COVID-constrained economic environment.

It's must be all hands on deck to make sure WORC works because if WORC works, then Caymanians get work, ideally first.

It is that all hands on deck aspect that itself seems to require some work. And that's where the media and government come into the picture together.

The pellucidly clear fact is that WORC will struggle to truly realise its potential for Cayman, unless the media is fully engaged - not just reporting on its efforts in placing Caymanians in work, but as a business partner.

It was very refreshing and encouraging to hear Hon. Premier Alden McLaughlin espousing his love for media, especially the printed media in this case, during a revealing exchange about WORC and where it places its job advertisements.

Amidst the probing questions and well-informed answers by the WORC's Deputy Director Scott and his team, it was clear that WORC and the media need to work closer together on a business footing.

The department reported that since it (re)launched last year, 1,355 job seekers had registered as of June 1st 2020 with 83% of them being Caymanians.

It further reported that 1,097 employers had registered on the site and successfully advertised 1,697 jobs.

In the current economic environment, based on anecdotal evidence, that is a drop in the bucket of WORC's potential, notwithstanding the government's laudable efforts with the Ready-2-Work and Passport-2-Success schemes.

This where a truly joined-up efforts between government and media across all platforms can derive that mutually beneficial 'win-win' objective.

Cayman's business community has undeniably taken body blow as a direct result of COVID-19.

Some businesses have been struggling to keep their heads above water and for many others, especially those reliant on tourism, their future seems uncertain at best.

Ditto the media, recognised by the government as an essential service worthy of curfew exemptions at the height of the lockdown when the government's Curfew Time was flooded with around 19,000 requests.

It's said where's there no vision the people perish. Heaven forbid the absence of 'a media presence'.

In response to a question of concern about the real challenges facing the business base of the media in Cayman, the Premier ventured into a long-settled debate about the future of, especially the printed media, in the face of digital online technology.

The matter being discussed was the impact on local media revenues of government advertising, which has been massively scaled back.

Premier McLaughlin was partly right when he said: "I think more innovative means will have to be found to ensure that it (media) can be funded by consumers."

Indeed the media including the press-printed and online - must explore innovative ways to generate business.

Funded by consumers as proposed by Premier McLaughlin might be debatable. Newspaper are increasingly distributing free but are heavily supported by business advertising.

Those focused on uploading their content online are finding out that in some markets, paywalls and other forms of subscriptions are a challenge.

But the Premier misses the point when he suggests: "I don't think that's something the government can fix without it being perceived that the government is controlling media."

The issue is not government subsidy of the independent media. In fact, most media owner would frown at that prospect as compromising their editorial independence (Mr McLaughlin would agree), and the business manager would at best scoff at such a suggestion.

Caymanian Times publisher Ralph Lewis was on point with this observation regarding the WORC job advertising issue:

"The timing of the changes has put a damper on the effort of the private sector, in this case our business, to operate. However, I do believe that there is a way of getting things done and we are already looking into strategies of how we could diversify our revenue sources to make sure that there is free media in Cayman whether in print or online."

In this respect, what the press/media wants is freedom (not just press/editorial freedom), but freedom to compete on a level playing field as a business.

It's an accepted norm the world over, and legislated in many places, that governments advertise certain services in the media.

Government should not even be seen to compete with businesses but regulate them and create that 'enabling environment' for them to compete and grow.

It's good for the economy. It's good for society. 🌐

COMMUNITY NOTICES

East End Post Office Reopening Update



The East End Post Office has reopened to the public today (Monday, 7 September 2020).

Opening hours are Mondays - Thursdays 9am - 4pm and Fridays 9am - 4:30pm until further notice. 🌐

Fall 2020 Labour Force Survey Starts 27 September

The Fall Labour Force Survey (LFS) conducted by the Economics and Statistics Office (ESO) will begin on Sunday, 27 September 2020.

The LFS seeks to collect data on employed and unemployed persons in the Cayman Islands, as well as those who are not in the labour force.

Trained interviewers with ESO ID cards will administer the surveys to a total of 1,500 randomly selected households. These interviewers will exercise appropriate COVID-19 protocols using personal protective equipment (PPE).

The ESO thanks the households that have already participated in the previous surveys, and is asking for the support of the general public in this Fall 2020 exercise.



The data collected is kept in the strictest confidence as mandated by the Statistics Law (2016 Revision). Individual data will not be published or used outside of the ESO and is exempted from the Freedom of Information Act.

For further information on any aspect of the survey or results of previous surveys, contact the Economics and Statistics Office at 516-3329, 949-0940 or visit www.eso.ky. 🌐

Cayman Islands Softball Association to host a Memorial League in remembrance Mr. Rex Whittaker

The Cayman Islands Soft Ball Association (CISA) will be hosting A Memorial League in remembrance of Mr. Rex Whittaker from 13, September 2020 through November 29, 2020 at the West Bay Playing field, (next to Liberty's Restaurant, adjacent from the Jimmy Powell Cricket Oval).

The opening ceremony will be held on Sunday September 13, 2020.

Games will kick off at 1:00pm. There will be both all-male and all-female teams playing.

All are welcome to attend the games and we look forward to seeing you at



the West Bay Field cheering on your favorite teams.

Admission is Free. There will be both Local and Latin refreshments on sale. 🌐

POLICE NEWS

Man Charged Following Assault in George Town

Shortly before 6:00AM on Sunday, 6 September, officers responded to a report of an assault at an address near the junction of West Bay Road and Eastern Avenue in George Town. It was reported that a woman and man were assaulted by another man known to them. The male victim was injured with a machete, and was transported to the

Cayman Islands Hospital by private vehicle, treated for non-life-threatening injuries, and subsequently released.

A man, age 24 of George Town, was arrested and has been formally charged with Wounding, Common Assault, and Damage to Property, in relation to the incident. He was scheduled to appear in court on Tuesday 8 September. 🌐

Ashley FURNITURE HOMESTORE

You're invited!

our doors are open again, visit our showroom today.

Store Hours
Monday thru Friday 9am until 5:30pm
Saturday 9:30am until 5pm

We can't wait to see you!
* Face masks are required

SHOP SAFE

World's most versatile camera.

Hero 8 Black	US \$420	CI \$344.40
Hero 7 Black + 32GB	US \$420	Now: US \$370
		CI \$303.40
Hero 7 Silver	US \$320	Now: US \$270
		CI \$221.40

CathyChurch's Photo Centre
THE PHOTO EXPERTS IN CAYMAN SINCE 1972

OPEN 10AM - 4PM MONDAY - SATURDAY
CALL HERB FOR INFO 327-4828
CATHY@CATHYCHURCH.COM

Caymanian Times
Issue # 584

Publisher: Ralph Lewis
Company: Lewis Cayman Islands Ltd
#19 Walkers Road (next to Tomlinson Furniture)
Telephone: 345 916 2000
Email: sales@caymaniantimes.ky, or info@caymaniantimes.ky
Website: www.caymaniantimes.ky



Students take new safety measures in their stride

... Continued story from page 1

der to ensure safety first. These have included the installation of plexiglass at each reception area, limiting who can actually access the classrooms (limited to students and teachers only), and redesigning classrooms to maintain social distancing (even though it is not a requirement, but still a good idea).

In preparation for the return of students, school have been thoroughly cleaned and sanitised, and this includes the A/C units, which have been cleaned for mould and other contaminants.

Prospect Primary School Principal Matthew Read advised that students have been educated in the need for giving each other space within the school, including the bathrooms where only three students are allowed at any given time, and also in corridors. In addition, desks are wiped down twice a day and



playground time and space is divided into classes playing among themselves in their own separate space. Teachers are also being encouraged to take their



lessons outside wherever possible and practical.

The traditional water fountains placed at the entrance to schools have been replaced with hand washing stations, to ensure that students have access to hand cleaning facilities easily. New hand sanitiser stations have been installed throughout schools as well.

Mark Ray, Head of Business Services with the Department of Education Ser-

vices, explained that while staff creating meals for students would still be wearing masks and gloves as usual for health and safety, students would now sit in class to eat their meals, rather than all together in a dining area, as an extra precaution. Schools will have different policies as to how the food would get to the students, but each meal will be safely delivered covered, for enhanced hygiene purposes.



PAUL THOMPSON
 345 525-1714
 345 945-6001
 paul.thompson@eracayman.com

A&A ROSE VILLAS H2 **MLS# 409884**

CI\$ 450,000

Savannah, Cayman Islands
 Unit#: 2

Property Features		
Location: Savannah Type: Residential Year Built: 2020 Den: N	Bl/Par: 28B / 70H2 Area: 40 Bed Rooms: 3 Square Feet: 1,680	View: Garden View Status: Current Bath Rooms: 3

Building Features			
Oven: Electric Refrigerator: Yes Pets: Yes Fence: Yes Septic: Yes Kitchen: Yes Porch: No Security / Alarm System: No	Dishwasher: Yes A/C: Central Elevator: No Cistern: No City Water: Yes Living Room: Yes Garage: 1 Occupant: None	Microwave: Yes TV: Cable/Sat Pool: No Well: No Dining Area: Yes Utility: Yes Car Port: 1	Disposal: Yes Washer/Dryer: Yes Tennis: No Sewer: No Breakfast: Yes Family Room: No Dock: No

Additional Features

Strata#: No Pest in Maint. Costs: Yes Pool in Maint. Costs: Yes Stories-Bldg: No Furnished: Partially Construction: Block Foundation: Slab	Insurance in Maint. Costs: Yes TV in Maint. Costs: No Gardening in Maint. Costs: --- No# of Units: 5 Water Frontage: No How Shown: By Appointment/List Title: Freehold	Sewage in Maint. Costs: Yes AC in Maint. Costs: No Floor Level: 2 Approx. Water Frontage: No Land Certificate: Not Issued Class: Existing Possession: At Closing
--	--	--

Directions

From Shamrock road turn onto Spotts Newland Rd. Make right on Meadow Lark Road. Development on right

Description

Modern newly-built town homes on 16 Acres of landscaped grounds- affording easy living in a green countryside setting....Features: 3 Bedrooms with built in wardrobes. 3 Bathrooms, Living Room, Kitchen, Central Air Conditioning, Ceiling Fans, Internet, Parking. The eat-in kitchen located on the entry level, features Wooden Cabinets , Granite Countertops, Stainless Steel Appliances, Dishwasher & Garbage Disposal. The Bedrooms, located on the second floor offer affords green views of the countryside. The Master bedroom is en-suite. Attractively offered @ CI \$450,000.00. Perfect for a family, this development is ideally positioned to enjoy the proximity of a park, beach, school, clinic, shopping and all amenities. An escape from the hustle and bustle of the city but within easy access to George Town and the Eastern Districts. Don't miss out on this opportunity!

The information contained herein has been furnished by the owner(s) and or their nominee and represented by them to be accurate. The listing company, agent and CIREBA MLS disclaims any liability or responsibility for any inaccuracies, errors or omissions in the represented information. All the information contained herein is subject to errors, omissions, price changes, prior sale or withdrawal, without notice and is at all times subject to verification by the purchaser(s).

A heartfelt thank you to all who called with a donation. Your good deed will help raise funds for our charity of the month.

GOOD DEEDS Thrift Shop
 Small shop. Big heart.

NOW OPEN 10-3 Mon-Sat
282 Eastern Ave. (beside CDG)

SEPTEMBER DONATION TO: FEED OUR FUTURE

FREE donation pick-up
George Town to West Bay
917-1136 922-9778

OPPOSITION LEADER MAINTAINS TOUGH STANCE ON USE OF SECTION 81

... Continued story from page 1

of same-sex marriage in the OTs outlined in 2018.

According to him, the Governor had acted contrary to instructions, "where you authorised him to publish in a Government Notice bills on domestic partnership which is in compliance with the Court of Appeals judgment of 7th November 2019."

The Opposition Leaders also says "I have also noticed that there were many changes to the original bill that was published which now begs the question of the legality of his actions."

Where the OTs Minister speaks of "upholding the rule of law", Mr McClean counters by stating that "the judicial process should have been allowed to reach its natural conclusion or establish a working commission to find an acceptable solution."

That was in reference to a related matter at the Privy Council seeking recognition of same-sex marriages in Cayman.

The Leader of the Official Opposition accused the British government "of the blatant double standard being applied here has everything to do with race and ethnicity just like the treatment of the Windrush generation" (of Caribbean migrants in the UK).

Responding to Baroness Sugg's statement that she was "disappointed that the Legislative Assembly felt they could not comply with the Cayman Islands Court of Appeal judgment, notably as the remit of the Legislative Assembly is to uphold the law", Mr McClean referred to the 2018 position of the British government to a recommendation UK Parliament's Foreign Relations Committee.

The FAC had recommended that the British government impose same-sex

legislation by decree on the OTs which refused to do voluntarily enact the law.

At that time the government of ex-prime minister Theresa May had stated that such decisions were devolved to the OTs.

"Our relationship with the Overseas Territories is based on partnership and therefore as policy on marriage law is an area of devolved responsibility it should be for the territories to decide and legislate on."

Using that policy as a reference point, the Opposition leader McClean argued that "if that position has changed under current UK prime Minister Boris Johnson then it needs to be clearly spelt out to the people of the Cayman Islands and not done by duplicitous means."

On the matter of the public consultation for the law which Baroness Sugg felt was adequate, Mr McClean differs, drawing comparisons with the duration

of public consultation in some situations in the UK - citing pavement parking as an example.

The Cayman Islands Leader of the Official Opposition said he was looking forward to a response from Baroness Sugg, "particularly when the UK government's position of working to encourage those territories that have not put in place arrangements to recognise and protect same-sex relationships, changed to forcing their hands and overriding the will of the democratically elected representatives."

Opinions continue to differ in Cayman on the Civil Partnership Law which gives legal recognition to same-sex couples as the equivalent of a martial union except for the religious ceremony.

Those who oppose it say it disregards and offends Cayman's deeply held religious convictions and cultural norms. 🌐

PREMIER AND GOVERNOR ACCUSED OF BLAME GAME BY OPPOSITION

The Official Opposition in the Legislative Assembly has accused Hon. Premier Alden McLaughlin and HE Governor or Martyn Roper of playing a blame game over the enactment of the Civil Partnership Law.

In a release on Tuesday stating that they were "utterly disappointed by Premier's blame game", the group of MLAs have called Friday September 4th - the date on which Governor Roper single-handedly authorised civil partnerships into law - as "indeed a sad day for the Cayman Islands and its people."

"It was the day that saw the culmination of the Governor's and the Premier's ill-conceived plan to impose the Domestic Partnership Bill (DPB) into law using colonial heavy-handedness," the statement said.

The MLAs claim that "indeed, it is now obvious that this was planned well in advance of the proposed legislation being introduced by the Premier to the Legislature."

They state that as early as February this year, "it was reported in the House of Commons that the Premier was preparing to introduce the legislation, this year."

An Appeal Court ruling in November last year on a case seeking legal recognition same-sex marriage had directed that the government should introduce legislation granting same-sex and other couples a "legal status equivalent to marriage".

Tabled as the Domestic Partnership Bill, it was defeated by a one-vote margin resulting in the Governor's intervention passing what's now the Civil Partnership Law.

Hon. Premier Alden McLaughlin who had admonished his fellow MLAs of the likelihood of the law being imposed by the Governor using his Reserve Power, subsequently said he was "utterly humiliated that



► HE Governor Martyn Roper



► Hon. Premier Alden McLaughlin

because of our failure to do our duty as a Legislature, the UK Government has been forced to legislate for us".

But in its statement on Tuesday the Official Opposition took exception to that declaration by the Premier.

"(We) would like to assure the Premier, that like a great many Caymanians, we too are humiliated by his lack of leadership and petulant behaviour

which has now resulted in this unfortunate set of circumstances."

The statement quotes Leader of the Opposition, Arden McLean, as saying: "The Premier's attempt to blame the opposition and other members has not gone unnoticed. We remind the Premier of the fundamental tenet of democracy that 'majority rules'. He has leadership of the majority in the Legislature; hence he is the Premier and accordingly the Legislature is subject to his direction."

He said the Premier should "stop blaming everyone else, and undertake some introspection."

Mr McClean also directed remarks at Governor Roper saying he "must bear no less blame."

"Despite his protestations that he did not want to find himself in this position and his love for the people of this country," Mr McClean stated, "it is alarmingly obvious that he too used this opportunity to fulfil a personal agenda."

"This is borne out by his total lack of respect for the members of the Legislature who voted against a bill that was flawed and rushed."

He further criticised the Governor for publicising a letter to him from the Minister for Overseas Territories Baroness Liz Sugg.

"The Governor's actions and disregard for our Caymanian way of life, attests to the saying, 'A man can't serve two masters'."

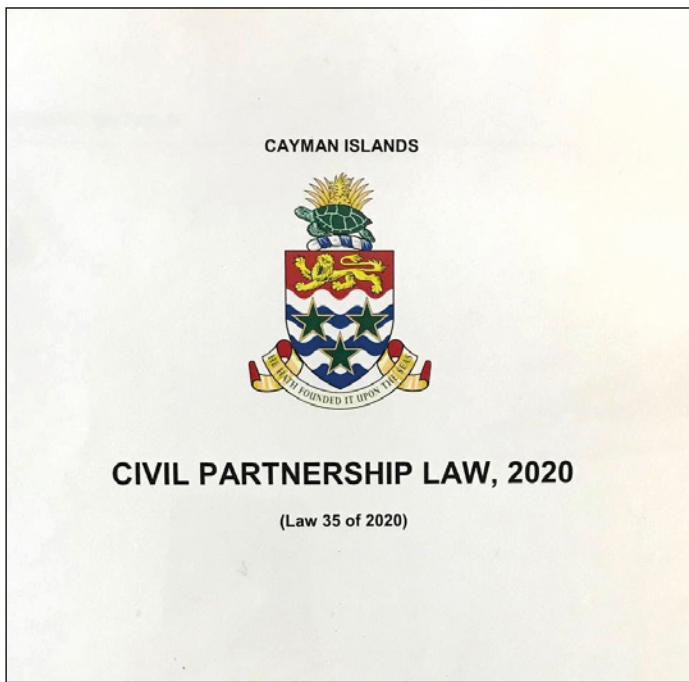
"While the Cayman Islands public purse is paying for his salary and lifestyle, he remains very much a devoted UK public servant," the Opposition leader added.

He also repeated his criticism that the government did not allow sufficient time for public consultation on the bill in its original form then.

According to Mr McClean, "It should be noted that the Opposition assisted with a survey on the question of whether the people supported the DPB (Domestic Partnership Bill) in its original form, and of the over 1000 people who responded 90+% rejected the proposed legislation."

He also listed a range of socio-economic issues impacting Caymanians and called on the Premier to prioritise them.

"The Premier needs to put his personal ego and pride aside and instead feel some level of humiliation for the many Caymanians" Mr McClean said were struggling. 🌐



943-2355

Cellular World

323-2355

SAMSUNG iPhone PHONE REPAIRS

AUTHORIZED SERVICE CENTER
BAYTOWN PLAZA,
WEST BAY ROAD
MON - SAT 10.00AM - 5.00PM

945-2355

Cellular World

325-2355

PHONES & ACCESSORIES

CELLULAR WORLD RETAIL SHOP
BAYTOWN PLAZA,
WEST BAY ROAD
MON - SAT 10.00AM - 5.00PM

NRA ROLLS OUT SHARROWS ON ROADS



► Standard sharrows

In its continued effort to improve safety for all road users, the National Roads Authority (NRA) will be rolling out sharrows on roadways across Grand Cayman, starting today (Monday, September 7).

Sharrows or shared lane markings are either white or green symbols showing two chevrons and a bike, used to indicate a shared lane environment for cyclists and motor vehicles.

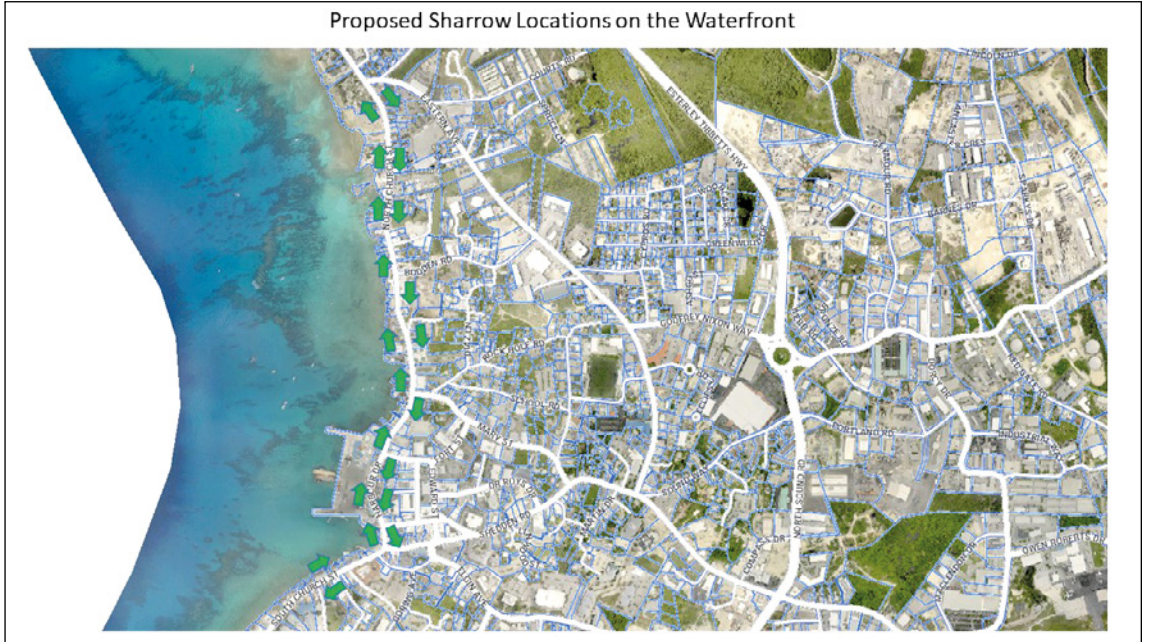
The first sharrows will be located along South Church Street by Paradise Restaurant and on North Church Street by Delworth's Esso.

Infrastructure Minister Hon. Joey Hew commended the NRA for utilising various measures in support of road safety while

highlighting that it is important that the community works together to ensure that everyone stays safe. "For motorists, sharing the road begins with the understanding that cyclists and motorcyclists have the same rights as you. They face unique safety challenges, such as being smaller and less visible. We all have a duty as motorists, pedestrians and cyclists to look out for each other to prevent road offences and injuries," Minister Hew said.

Transportation Planner at the NRA, Marion Pandohie noted that studies have found that shared lane markings provide a significant benefit to cyclists by encouraging them to move out of danger. "They also reinforce the legitimacy of bicycle traffic on the street, recommend proper bicyclist positioning, and may be configured to offer directional and wayfinding guidance," she emphasised.

Additional sharrows will be added to other roads in the upcoming weeks.



► Sharrow locations along South Sound Street and North Sound Street

OFFICE SPACE FOR RENT

#19 Walkers Road

Ideal for a Small
Professional Business
Board Room Facilities and
Wifi available

Starting from \$500 per month
plus utilities

Contact Ralph at 916 - 2000
for more information

FIRST 100 PEOPLE
TO TURN UP GET
A FREE T-SHIRT

HOPE FOR TODAY FOUNDATION 5K WALK/RUN FOR RECOVERY

27th September 2020

Starting at Seven Mile Public Beach
Walk: 7am / Run: 7:15am

TICKETS: \$10

Prizes: Staycation at the Holiday Inn • Staycation at the Westin
Dinner for 2 at the Lobster Pot • Plus many other prizes!

Contact: Brent 928-9099 or Chris 326-6783 • www.caymanhopefoundation.com

All proceeds to benefit our halfway house programme

THANK YOU TO OUR SPONSORS

Caymanian Times Newspaper

WEDNESDAY
FRIDAY

Description	CIS	Size (Inches) W x H	Maximum # of words
Newspaper Advertisement Full page	900	10 x 20	1 800
Newspaper Advertisement 2/3 page	600	Customized	1 200
Newspaper Advertisement 1/2 page (horizontal)	500	10 x 9.9	900
Newspaper Advertisement 1/2 page (Vertical)	500	4.9 x 20	900
Newspaper Advertisement 1/3 page	400	Customized	700
Newspaper Advertisement 1/4 page	300	4.9 x 9.9	450
Newspaper Advertisement 1/5 page	225	4.8 x 7.4	350
Newspaper Advertisement 1/8 page	150	4.9 x 4.85	250
Newspaper Advertisement 1/12 page	105	4.9 x 2.35	200
Newspaper Advertisement 1/32 page	75	Customized	150
Newspaper Advertisement Mini	25	Customized	75
Graphic Design	50	n/a	
Front Page Banner Top Section	300	10 x 2.5	
Front Page Banner Bottom Section	200	10 x 2.5	
Front Page Top Right Banner	100	3.5 x 1.92	
Back Page A Section	700	10 x 20	
Back Page B Section	500	10 x 20	
Insert (4 pages)	750	n/a	
Advertorial 1/2 page	500	n/a	

All ads are full colour

Advertising Deadlines
(48 Hours prior Publication Day)

Publication Day	Deadline (12pm (noon))
Wednesday	Monday
Friday	Wednesday

Still FREE
at over
200 locations

2 days notice for ads

For further information or to book an advert call 916 2000 or email: sales@caymaniantimes.ky

Ebenezer's Singles Ministry in collaboration with Salt Light City & Ashley Shillingford Foundation

SINGLES ²⁰/₂₀
Seminar

7pm
Pastor Michael Kelly

Certified Life Coach, Relationship Coach & Motivational Speaker

"Single & Living In A Married People's World"

8pm
Comedy Session:

Laughter Is The Best Medicine

Michael Jr.

Actor, Comedian
Performed on The Tonight Show, Oprah, Comedy Central, TedX Talks etc & movies including War Room and newly released Selfie Dad)

SEPT · 12 · 7PMCT

Connect via ZOOM

ID: 598 746 9227 PASSWORD: 7777

Submit questions & further details
<https://ebenezeradvent1st.org/singles-comedy/>

FREE of Charge & Donations Are Welcomed

...that you may prosper in all things,
and be in good health even as your soul prospers

SMP Group rebrands to Suntera Global



The international provider of corporate, fund and private client services formerly known as SMP Group has announced the launch of a new brand identity: Suntera Global.

The group's heritage stretches back forty years, during which time it has grown to over 270 staff across seven jurisdictions. The international team provides corporate, fund and private client services supported by deep compliance consultancy, escrow, accounting and tax services. This latest evolution comes

just after the first anniversary of the group's management buyout under the leadership of David Hudson, backed by Palatine Private Equity.

Group CEO David Hudson commented: "After the management buyout in June 2019, we set out on an ambitious growth and transformation project, investing heavily in our staff, premises and technology. In the short time since, we have made three strategic acquisitions in Jersey, the Isle of Man and Hong Kong, revolutionised our technological infrastructure and driven an unprecedented period of organic business growth in highly unusual circumstances. In that context, we felt it was appropriate to recognise the revitalised nature

of the group with a modern brand that better reflects the dynamic business we are today.

"The new name reflects the culture of commercial balance that has driven these achievements. The energy of the sun and the grounded reality of the earth symbolise the constant, constructive tension between responsibility and ambition, prudence and passion, heritage and vision. We see this as our mission both internally with staff and externally with clients: to empower responsible ambition in everything we do."

The rebranding was completed in partnership with Prodo Digital and Ashgrove Marketing. More information can be found at suntera.com.



► David Hudson, Group CEO

CAYMAN YOUTH PROMOTE ART FOR STRESS RELIEF

The Youth Ambassadors for Mental Health have partnered with local artists to create art as a form of stress relief.

As students return to school during these uncertain times, the Youth Ambassadors are encouraging teens to get involved in their communities and try new activities to improve their mental health.

They refer to studies which have shown that art can relieve stress and anxiety.

This is seen as particularly timely in the context of the effects of the COVID-19 pandemic on community and individual mental health, and equally important considering that this is Suicide Prevention Week.

The Youth Ambassadors for Mental Health work with the Alex Panton Foundation to raise awareness about mental health.

The group says it is encouraged by the support it has received from local artistes across various specialities who have supported them in their latest community project.

Its members have been speaking in glowing terms about their experiences.

Jhadari Lumley, 16, enthused that "the artists were very entertaining and inclusive. It was fun trying out different art



stations and realizing that you can make art out of literally anything!"

"Mr Ebanks showed us that beautiful things can be made from plastic pollution," she said.

That was a reference to Kerwin Ebanks, art teacher at John Gray High School and Plastic Free Cayman volunteer.

He was joined by Miss World Cayman, Jaci Patrick, in educating the students on the issues of plastic pollution and the potential for plastic as an art medium.

Other facilitators included:

- Jasmin Sumaroo, local artist and manager of Cayman Homemade Collective in Georgetown who encouraged the students to explore their creativity while making connections with community members.
- Isiah Powery demonstrated how to use metal to create intricate bracelets called chainmaille.
- Plamka Evtimov showed the teens how to find sea glass and create a range of jewelry including earrings, necklaces and rings.
- Ms. Sumaroo, showcased a new art form for students using glue and vivid paint colours. From that, the students created stunning fluid art tiles.

Youth Ambassadors for Mental Health member Isaiah, 17, thought that the event "was a very fun and enjoyable way to reconnect with the other youth ambassadors again."

He added that, "the art was a welcomed change of pace from being at home for so long."

Youth Ambassadors for Mental Health is a youth-led empowerment group with an aim to spread awareness about mental health in the Cayman Islands.

It has organised and has otherwise been involved in several projects promoting good mental health including this week's campaign promoting art as a form of stress relief.

The Youth Ambassador Programme ("YAP") was created by the Alex Panton Foundation to provide support to the youth of Cayman who experience mental health challenges, in particular anxiety and depression, in a way that builds resilience and inspires hope through the young people developing their own path forward within the program.

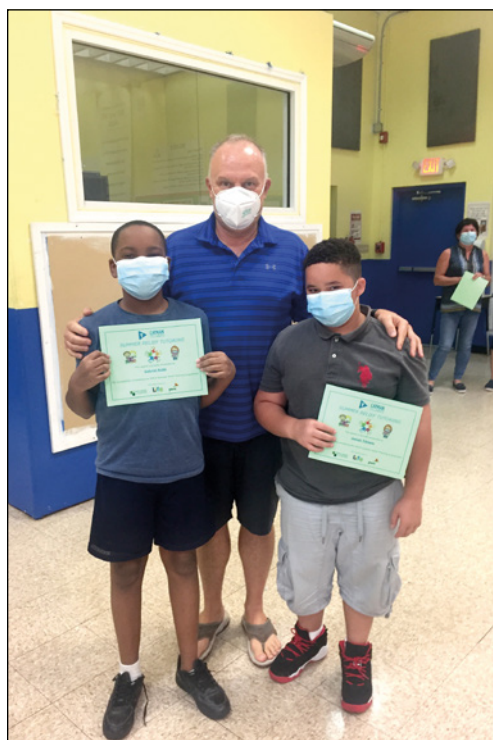
YAP aims to inspire the young people to offer peer support with compassion, understanding and active listening.

This week is being marked as Suicide Prevention Week leading up to World Suicide Prevention Day on September 10th.

September is observed internationally as Suicide Prevention Month.

For this year the focus is on raising awareness about mental health especially due to the effects of the COVID-19 pandemic.





YMCA Offers Intensive Tutoring Session

Just in time for the reopening of Cayman's schools, the YMCA offered an intensive tutoring programme to 16 Extended After-School Programme students from Sir John A. Cumber Primary School and George Town Primary School. Students were invited to join the YMCA for three mornings of rigorous one-on-one literacy and numeracy tutoring. The intent of the programme was to help bridge the learning gap for children who might not have had access to strong academic support over the lockdown period.

The Y partnered with Rawlinson & Hunter, PricewaterhouseCoopers and

Literacy is for Everyone (LIFE) who all provided volunteer tutors to support the initiative. As a result of the collaboration, the programme was offered at no cost to families.

As with all YMCA programmes, the sessions adopted the philosophy of learning through play. Students and volunteers alike enjoyed lessons filled with literacy and numeracy games such as Multiplication Connect 4, Spelling Pictionary and Addition Hopscotch. Participants also worked their way through Kumon Math and Summer Reading Review and Prep books which they could also complete from home.

"The YMCA supports literacy and numeracy throughout the school year and does quarterly testing in these areas to monitor progress. Therefore, this three-day intensive workshop aligns well with our objectives, and we are so pleased that we were able to offer it to these students," explained Gillian Smith, Executive Director. "As we enter the new school year, the Y will continue to enhance these areas as we look to make up for academic time lost during lockdown."

"I think this was an excellent programme which provided a very thorough experience for both the participants and the tutors," said one of the

volunteers who was asked to anonymously assess the programme. "I enjoyed the time I spent with my student Tiana, and especially liked that I had flexibility in delivering materials as each child is different and responds differently. Tiana reminded me about patience and the importance of (snack) time; she spoke to me in Spanish and challenged me to be creative in my delivery so that she could learn as well as have fun."

For more information about the YMCA Extended Afterschool Programme (EASP) visit <http://www.ymcacayman.ky/after-school-programmes/>, email esp@ymcacayman.ky or call 922.2432.

Resilience: Turning Challenges into Success

A story carried recently by the Cayman Compass, once read, made everyone's day.

A graduate of the law programme, Ms. Kattina Anglin, told her story of the many hurdles and setbacks she had in her life but how in her middle adulthood, she found the courage to sit and pass the law school's entry examination with the aim of fulfilling a lifelong dream of becoming a lawyer, an ability that everyone thought she had.

Confessing to God that she had been 'a bad manager' or her life, she reported that she decided to turn her life over to him and from that point she gave up antisocial behaviours which were detrimental to her health and general wellbeing. She then signed up for the entry exam for the Law School as a mature student, passed the exam and began her studies as a mature student.

She completed her final exam 'filing her assignments by email from home in the midst of the pandemic.' Passing her exams with honours, she was preparing to pursue the professional practice course with the desire to use her qualifications and intimate knowledge of her society to help others.

She explained that she hoped her story would engender hope and renew enthusiasm to anyone who believed that it might be too late to achieve one's dreams and desires.

She was quoted as saying, "If enough people hear my story, maybe they will understand there is always hope. As long as you are alive, there is opportunity for change."

There is much to be said about resilience, what the American Association of Psychologists defines as 'the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.'

Psychologists define it as 'the psychological quality that allows some people to be knocked down by the adversities of life and come back at least as strong as before. Rather than letting difficulties, traumatic events, or failure overcome them and drain their resolve, highly resilient people find a way to change course, emotionally heal, and continue moving toward their goals.'

The American Psychological Association, in an article on the subject, entitled 'Building your Resilience' says that it involves "bouncing back" from these difficult experiences, it can also involve profound personal growth. It points out that resilience does not mean that 'a person won't experience difficulty or distress or suffer major adversity or trauma in their lives, but that the individual digs in, utilizing all the resources available to forge a new way, or simply not give up.

'While certain factors might make some individuals more resilient than others, resilience isn't necessarily

a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts, and actions that anyone can learn and develop' the article points out.

It recommends that resilience is enhanced when we 'connect with empathetic and understanding people to accept help and support.' 'Building connections is crucial, such as joining a group whether faith based, civic, and committing to a positive life style.' 'Positive lifestyle factors like proper nutrition, ample sleep, hydration, and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression' the article says.

Activities such as journaling, meditating, praying also help, and certainly avoiding, like the plague 'negative outlets to mask your pain.' The article says that turning to alcohol, drugs, or other substances is like putting a bandage on a deep wound. Instead the focus must be on 'giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether'.

The psychologists also recommend finding ways to help others 'to garner a sense of purpose, foster self-worth, connect with other people, and tangibly help others' which can empower us to grow in resilience. So too is being proactive, developing realistic goals, and seeking out opportunities for 'self-discovery'. A person going through a rough and challenging period, might develop negative feelings, thoughts and emotions, and will need to learn fast that what 'happened to you isn't an indicator of how your future will go, and that you're not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it'.

Situations differ and resilience may mean that 'certain goals or ideals may no longer be attainable because of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.' The excellent advice given include maintaining a hopeful outlook even 'when life isn't going your way'. 'An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any



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

subtle ways in which you start to feel better as you deal with difficult situations.' Learning from one's past and seeking help is also 'crucial in building your resilience'.

There is certainty that in our various circumstances, we will face difficulties, challenges and setbacks, but like our forebears, each of us has the ability to draw on our internal mental fortitude, to pick ourselves up as many times as it takes. It is our resilience which ensures that we do not give up after a 'defeat'.

Success is not so much determined by ability as it is by resilience and hard work and not buckling in the face of adversity.

From his intimacy with failure and resilience, American Quaker poet and advocate for the abolition of slavery in the US, John Greenleaf Whittie wrote the following poem, which readers and all of us can attest to its veracity.

might be familiar with. I am sure that Kattina Anglin

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit -
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow -
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.
Success is failure turned inside out -
The silver tint in the clouds of doubt,
And you never can tell how close you are,
It might be near when it seems afar;
So, stick to the fight when you're hardest hit -
It's when things seem worst that you must not quit.

CAYMAN CIGAR COMPANY

Bodden Town
To Order:
www.caymancigars.com
We Deliver

DENTURE STUDIO Tradition Of Excellence

Vladimir Tomascik - Denturist

- Free Consultation - New Clients Welcome • Full & Partial Dentures
- Specializing in Cosmetic Dentures • Re-Lines/Soft Liners
- Dentures Over Implants • Athletic Mouthguards & night guards
- Over 30 Yrs Experience • Denture Repairs while you wait!

Call: 929-6455 Emergency Services 24Hrs
Park Place (Coconut Plaza)

E-Mail: caymandentures@gmail.com | www.caymandentures.com

CAACI employees donate to local charity in response to COVID-19 pandemic

The Civil Aviation Authority of the Cayman Islands (CAACI) was happy to present a donation to the National Council of Voluntary Organisations (NCVO)

Children Services as the second recipient of its monthly staff donations specifically to aid local organizations assisting the community during the COVID-19 Pandemic.

CAACI's Deputy Director-General, Mrs. Nicoela McCoy remarked, "The CAACI is delighted to donate this month's charitable collections to the NCVO knowing that during the pandemic the cost of quarantine schooling and child care escalated for residents of NCVO Foster Home, in addition to the necessity to cancel school fees for the early childhood centres, which created a sudden and considerable loss to the NCVO. The N.C.V.O. Children Services is a local charity established in 1974 for the purpose of meeting community needs that the service organizations did not meet".

Mrs. Nasaria Chollette, Care Manager for the N.C.V.O. Nadine Andreas Foster Home said, 'We want to give a huge thank you to the CAACI for choosing the NCVO to be the recipient of this very generous donation. It is times like these when we get to see the true spirit of our community. We are immensely grateful to have your support so that we can continue to offer programmes and services to those in need'.



▶ (L-R) Nasaria Chollette of the NCVO accepts a donation from CAACI representatives

The CAACI has full designation for safety oversight as a UK OT, and is one of only three OTs to enjoy such delegation. The CAACI is responsible for both technical and economic regulation of the Cayman Islands' aviation industry. In addition, the Cayman Islands is classified as Category 1 by the USA Federal Aviation Administration under their "International Aviation Safety Assessments" programme that evaluates a country's civil aviation authority's ability to effectively regulate its aviation industry. The requirement for such rating lies with the CAACI being assessed as having technically qualified and highly experienced staff to effectively oversee the aviation industry in accordance with established standards and recommended practices of the International Civil Aviation Organisation (ICAO).

COVID-19 UPDATE

MORE ENCOURAGING COVID TEST RESULTS

Another batch of negative COVID-19 tests were reported on Tuesday.

Chief Medical Officer, Dr John Lee, said all 182 tests came back negative.

The total confirmed cases recorded in Cayman since the first incidence of the disease here since the outbreak around six months ago remains at 205 of which all but one - the sole fatality - have recovered.

To date, 36, 291 COVID-19 tests have been carried out by the local health service.

The number of people in isolation, either at a government facility or in their homes as required by the Medical Officer of Health, is currently 395.

The government is preparing to roll-out a new screening system using 'bio-button'



monitoring technology for persons entering the territory and going into isolation.

The new system which includes location tracking or 'geo-fencing', will be tested on September 17th with passengers on an incoming British Airways flight as a precursor to the phased reopening of the borders on October 1st.

It includes passengers taking a test at their overseas location 72 hours before departure for Cayman.

An update on the preparations is expected from the government this week.

Cayman Islands COVID-19 Dashboard

0 Today's confirmed cases

204 Recovered*

205 Total confirmed cases

36,261 Tested

1 Death

27,431,255 Worldwide confirmed cases | Source: Johns Hopkins, 08/09/20, 2:30pm

AS AT: 8 SEPTEMBER 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.



Caymanian Times



Now available Wednesday and Friday

TAKE A BREAK

READ A NEWSPAPER

Local News • Public Notices • Business Showcase
 International News • Death Announcements • Election Watch
 Regional News • Job Advertisements • Community Voice

Pick up your FREE copy at over 60 locations
 Supermarkets, Gas Stations, Pharmacies, Banks and more

For more Information email info@caymaniantimes.ky
 Call 9162000 / 9458463

COMMUNITY EVENTS

Central Caribbean Marine Institute (CCMI) Auction

11- 13 September - CCMI is having 'The Property from Bill Wyman and his Rolling Stones Archive' auction from September 11th to 13th. Part of the proceeds will support three charities. Head to reefresearch.org for more information.

Center for Theological Leadership Training, CTLT-Cayman Islands. Non Denominational Theological Education provider/Bible School

12 September - Announcing the start of classes from September 2020

CTLT provides a systematic and professional teaching on biblical and theological subjects like Old Testament, New Testament, Church History etc., and more than 40 related subjects including counseling courses. You can study individual subjects or take up regular courses leading to a Certificate, Diploma, B.A. in Theology or M. A. in Theology. Classes are delivered by able, and experienced tutors, during the evenings, and weekend classes via zoom. In the comfort of your home you can study and be equipped for ministry and mission at a very affordable cost. All courses are accredited.

Classes, weekend start from Saturday and Sunday 12 and 13 September 2020 and weekday evenings Monday, Tuesday and Thursday classes start from the week starting 14, 15, and 17 September 2020.

For more details, for application forms, semester dates, subjects, fees, timetable, accreditation, etc., please contact Rev. Dr. P.J. Lawrence, Director CTLT at 1 (345) 922-3902. Email: lawrencejoba@gmail.com website: www.ciltt.ky; Bro Winston Vernon, Administrator, at 1-(345) 324 8196 Email: winalver@yahoo.com or info@ciltt.ky

Support Group for Young Adults

12 September - The Alex Pantton Foundation is hosting another free peer - led support group for young adults aged 18 to 25 living with mental health illnesses such as anxiety and depression. This will take place at the UCCI Campus Professional Development Centre Rm. 3 from 3- 4:30pm this Saturday and every Saturday. Participants can share their experiences with living with anxiety and depression and its impact on their lives. Contact info@alexpantton-foundation.ky with any questions.

Pedro St. James - Movies on the Lawn

15 September - Take part in this family friendly activity on the lawns at Pedro St. James from 6:30 - 8:30pm. The featured movie is Charlotte's Web. Admission is free and each family gets one box of free popcorn. Don't forget to bring your blanket! Call 947 - 3329 for more information.

Chamber Workshop - QuickBooks (Desktop) Training

15 September - This half-day workshop is suitable for people

who have started using QBs Desktop but would like to increase their efficiency. Topics include, Raising Invoices, sending statements, receiving monies and reconciling customer accounts; Inputting Vendor bills, making payments and reconciling vendor accounts; How to perform a bank reconciliation and what to look out for; What monthly journals to prepare; What Management Reports you should be creating and how. The workshop goes from 9am to 1pm and the cost is \$150 for members and \$225 for future members. To register go to <https://web.caymanchamber.ky/events> or call 949 - 8090.

National Trust's Annual General Meeting

16 September - The National Trust's Annual General Meeting is September 16th at the George Town Yacht Club. At 5:30pm the doors will be open for registration and the AGM will start at 6pm. RSVP is required by emailing info@nationaltrust.org.ky.

Rotary Cayman Brac Beach Cleanup

19 September - The Rotary Club is hosting a Beach Clean Up on Saturday (19 Sept). Contact rotaryclubcaymanbrac@gmail.com for more information.

Cayman Clean & the Chamber of Commerce Clean Up Day

19 September - Cayman Clean and the Chamber of Commerce are hosting a Clean Up Day on Saturday (19 Sept) from 7am to 11am. Join a team for the West Bay Public Beach or Walkers Rd. To sign up, email plasticfreecayman@gmail.com.



► Plastic free cayman

YMCA After School Programmes

21 September - The YMCA After School programmes begin on Monday 21 September and are offered at a variety of schools and locations across Cayman. The programme provides our children and youth with a safe place to go during out of school time. More importantly, it helps youth realize who they are and what they can achieve. Activities promote positive social interactions, indoor and outdoor play and reinforce academic and social learning concepts. For more information about the schools offering email easp@ymcayman.ky or call 922-2432.

National Trust Caboose Breakfast Cookout

26 September - The National Trust is delighted to announce their upcoming 'Caboose Breakfast Cookout' at the Mission House on 26th September from 8:30am-

10:30am. Enjoy a traditional Caymanian style breakfast. Guests will also have an opportunity to watch a demo on how to make your own "Smoke Pan" and enjoy a complimentary tour of the Mission House. Tickets are \$25 for adults, \$15 for Children and 10% Off NTCI Members. Go to <https://nationaltrust.org.ky/events/> to register.

South Sound Squash Club Annual team tournament - In memory of Coach Jeff

26 September - The SSSC is having its annual team tournament in memory of Coach Jeffrey Broderick on Saturday 26 September at the squash club venue starting at 4pm. To register, contact info@squash.ky

Send your community events to wendy@caymaniantimes.ky

Want to drop a few pounds?

There are few things more frustrating than wanting to lose weight without any success.

Here are 7 reasons that your weight won't budge...

Reason #1: Your Mind

Your mind is your number one ally when it comes to achieving your goals.

However, until your mind has been programmed for success, it will do more to derail your efforts than to help you.

- Take a few moments each day to visualize yourself at your ideal weight. Imagine how it feels to look the way you've always wanted.

- Protect your mind from any negative self-talk. If a negative thought comes to mind, immediately reject it.

- You want to be thin and fit, and yet you think of yourself as out-of-shape and fat. Re-program your mind to think of yourself as fit and attractive, and you will be well on your way toward achieving your goal.

- Give up the belief that you can't achieve the body you've always dreamed of. See it first in your mind, and then in the mirror.

Reason #2: Your Fear

Change makes most of us nervous - even if it is a change in the right direction. You may not be consciously aware of the fear you have of getting into shape.

Until you conquer this fear, your weight loss efforts will be blocked by self-sabotage.

Professional speaker and author, Anthony Robbins, has outlined three specific beliefs that you must have in order to conquer your fear and instantly create a lasting change.

- **Believe that something MUST change.** You can't be wishy-washy about it. You can't be considering it. You can't even be pretty sure about it. You've got to be rock solid.

- **Believe that YOU must change it.** You can't pass the buck of responsibility and expect to lose weight. It's on your shoulders. Other people will prove to be great assets in your journey, but in the end you are the one who is going to make it happen. You have to want this weight loss enough to make it your personal mission.

- **Believe you CAN change it.** You may have failed in the past, but that doesn't matter. When you put your mind to it, you're able to do amazing things. Do you believe that you are capable of losing weight? Once you own the belief that you can, you'll be unstoppable.

Reason #3: Your Excuses

Your excuses for being out-of-shape are getting old. An excuse takes less immediate effort than an action, but in the long run the action taker always has the advantage. Don't allow excuses to ruin your life any longer.

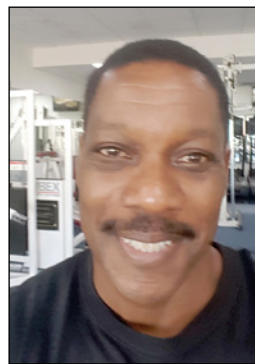
- Don't skip out on your responsibilities with excuses, instead expect more from yourself.

- Focus on the big reason why you are losing the weight. Make a list of the benefits you'll enjoy once you achieve your goal and read them first thing each morning.

- Remember that you can only have two things in life: excuses or results. Which do you want?

Reason #4: Your Commitment

How many times have you tried to lose weight, only to give up a week or two later? We live in a commitment-phobic world, so it's no wonder that you routinely abandon your goals. If you truly want to lose fat then your commitment to the process is a must.



► Ernest Ebanks

- The margin between success and failure is bridged by your commitment. Don't give up until your goal has been achieved.
- Treat exercise with the same importance as a work meeting, and you'll never skip it at the last minute. Find three available 60-minute time slots in your schedule and mark them (in pen) on your calendar. Now stick to your schedule.

- If you don't give up, then you'll never fail.

Reason #5: Your Diet

If you consistently eat the wrong food, then your weight loss efforts will all be in vain. To put it bluntly, you need to stop eating junk. Processed foods, refined sugar and high fructose corn syrup do not belong in your diet if you want to be in great shape. Cut these items out of your diet and replace them with real whole foods like lean meats, vegetables, whole grains, nuts and fruits.

- Don't eat processed foods. Even though processed foods are accepted by our society, they contain tons of chemicals and empty calories that will make you sick and fat.

- Fat contains twice the caloric density of protein and carbohydrates, so make sure to limit the amount that you consume. Eat lots of lean proteins and wholesome carbohydrates from plants and whole grains.

- Vegetables, whole grains, fruits, nuts and seeds are filled with fiber and antioxidants which are vital for healthy weight loss. Snack on these instead of packaged treats.

Reason #6: Your Patience

It takes time to transform your body from fat to fit, even though you want it

to happen overnight. Remind yourself that it took time to put the weight on, so it will take time to take the weight off. When you find your patience wavering, or when you encounter a frustrating plateau, do the following:

- Review your goal. Is it specific and measurable? Is it small and attainable, rather than monumental? Focus on your goal when the going gets tough.

- Make each workout a new experience. Challenge your body with different resistance, new exercises and a varied pace.

- Remember that anyone can have one great workout, but that won't get you the body you want. The only way to achieve your goal is by consistently exercising and eating right, plain and simple.

Reason #7: Your Support

People who exercise alone are less challenged, less accountable and are more likely to fail. It makes sense. Who would rush to the gym if no one is waiting for them? Who would push themselves if no one was paying attention? Exercising alone is a recipe for disaster.

- Find a workout partner who is in better shape than you, or better yet, work with me, your local fitness expert, to guarantee your results.

- I am passionate about seeing you achieve results—don't waste your time, energy and effort on mistakes.

- When you start a program with me, you suddenly have the upper hand on weight loss. I'll be in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when you need it most.

Get serious about your results and begin the last weight loss program that you'll ever do.

Call Ernest at Body Shapers Fitness Studio 325-8696 or email bodyshaperscayman@gmail.com today to schedule your first workout. 📍

RHODIOLA - POWERFUL HERB

It is grown in the cold mountainous regions of Europe and Asia. The roots are considered to be adaptogens which means when consumed it helps the body to adapt to stress. It is also known as arctic root, or golden root, and the scientific name for it is, "*Rhodiola Rosea*." The root contains over 140 active ingredients, the two most potent being rosavin and salidroside. For centuries people in Russia and Scandinavia have used it to treat stress, anxiety and depression.

DECREASES STRESS - The modern world pace is hectic. This herb increases

your body's resistance to stress. It has also shown to improve events of burn-out which occurs as a result of chronic stress.

FIGHTS FATIGUE - Stress, anxiety and inadequate sleep are just a few factors contributing to fatigue which results in mental and physical tiredness. The adaptogens are believed to help alleviate this fatigue. In one study 100 participants received 400mg of the herb daily for 8 weeks. They experienced significant reduction in stress, and fatigue while the quality of life was improved.








DEPRESSION - This illness negatively affects how you feel and act. It is thought to occur when the neurotransmitters in the brain become unbalanced.

BRAIN FUNCTION - Exercise, good nutrition and a good night's sleep are sure ways to keep the brain healthy and strong. In a study with 56 physicians working the night duty and given 170 mg of the herb, their work performance was greatly enhanced. After taking the herb for 20 days, students in this study experienced significantly reduced mental fatigue and improved sleep patterns.



DIABETES - Animal research suggests that the herb can improve diabetes control. It was shown to lower blood sugar in diabetic rats. Remember to check with your health care provider about using the herb. 📍

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
86° / 82°	86° / 83°	86° / 83°	87° / 83°	87° / 83°	86° / 81°	85° / 84°
An afternoon thunderstorm	A t-storm around in the p.m.	A stray afternoon t-storm	A t-storm around in the p.m.	A t-storm around in the a.m.	A shower in the afternoon	A t-storm around in the a.m.

DCI Appoints Head of Business Services and Licensing

The Department of Commerce and Investment (DCI) announces the recent appointment of Jessica Pawlik as Head of Business Services and Licensing.

Ms. Pawlik will be responsible for managing and guiding the operations of the trade and business licensing, special economic zone, tobacco permits, cinema and liquor licences sections of the Department. In addition to assisting the Director of DCI with all aspects of budgeting and strategic planning for the Department, she will also be involved in the development and monitoring of its online platforms for all licence types.



► Jessica Pawlik, Head of Business Services and Licensing, DCI

Ms. Pawlik's career as a civil servant with the Cayman Islands Government has spanned some twelve years with the Department of Tourism (DoT) where she garnered experience in product development, licensing processes and policy drafting. She has held several posts at DoT including as Marketing Assistant, Product Development Officer for Licensing and Inspections as well as Manager, Tourism Product Development.

She holds a Master of Arts degree in Strategic Communication from Liberty University and a Bachelor of Arts in Communications at the University of South Florida. She has also completed professional development courses in several areas including supervisory management, project management and customer service.

Director of DCI, Ryan Rajkumarsingh stated that the members of the Department are delighted to have Ms. Pawlik as part of the team. "Jessica brings a wealth of experience in process improvement and customer service that will enhance

the work of DCI while we continue to deliver service excellence," he said.

Chief Officer in the Ministry of Commerce, Planning and Infrastructure Alan Jones welcomed Ms. Pawlik to the team noting, "As DCI continues to provide world-class services, we are pleased to have a young Caymanian with talent and drive who is committed to furthering the Department's goals to provide business licensing services to various sectors, ensuring compliance with local commerce legislation and local and international standards".

In commenting on her appointment Ms. Pawlik said, "I am grateful for the opportunity to continue to serve the civil service of the Cayman Islands in this new role as the Head of Business Services and Licensing with DCI. It is evident that the team in this department are committed and dedicated to serving the Cayman Islands community and I look forward to achieving great things together".

BURGER KING CAYMAN ISLANDS RESUMES THE THIRD ANNUAL FISHING TOURNAMENT - BK BIG FISH

Registration is now open for the final two days of Burger King's third annual fishing tournament, BK BIG FISH. After postponement mid-event due to the COVID-19 lockdown in March, the remaining two fishing days will take place Saturday 12th September and Sunday 13th September.

With over \$55,000 in cash and prizes to be won and giveaways for all participants, BK Big Fish is proud to be partnering with the YMCA of the Cayman Islands to raise much needed funds for this charitable organisation (www.ymcacayman.ky).

The first day of the fishing tournament was held on 13th March and anglers enjoyed a good day with some good catches already recorded, but now pre-registered and new anglers are being encouraged to take part in the remaining days of the event to win big cash prizes.

Registration is now open at www.fishcayman.com. Participants who registered for the postponed tournament in March are automatically registered. Additional boats can register for the final two days and should visit www.fishcayman.com to register.

Burger King thanks the sponsors of the event:



Gold: Ogier, Hurley's Media, Home Gas Cayman

Silver: The Best Dressed Chicken, Jacques Scott Wines & Spirits, Pepsi, Kirk Marine

Bronze: Rubis Caribbean, RBC

Burger King aims to create a fun and rewarding tournament that is accessible to fishermen of all levels and demographics.

For more information please contact bkbighfish@bk.com.ky, or visit the Cayman Islands Angling Club website to register online - www.fishcayman.com.

Tournament contact: bkbighfish@bk.com.ky | www.fishcayman.com

Wahoo, Yellowfin Tuna and Dolphin
1st \$5,000
2nd \$2,500
3rd \$1,000

Junior Angler (Whopper Jr.)
1st \$1,000
2nd \$750
3rd \$500

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

OBITUARIES

Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Wilburt Ewin Myles "Mannie", who passed away on Wednesday, September 02, 2020.

A Thanksgiving Service will be held at Church of God Universal, 81 Walkers Rd, Grand Cayman on Saturday, September 12, 2020 at 11:00 a.m.

Viewing: 10:00 – 10:45 a.m.

Interment at: Prospect Cemetery

In lieu of flowers donations can be made to Jasmin Villa, Grand Cayman.

Condolences can be registered at churchillsfuneralhome.com



Churchill's

Funeral Home

We have been asked to announce the passing of Mr. Recordo Pars , who passed away on Saturday August, 29, 2020.

A Thanksgiving Service will be held at the South Sound Civic Center, South Sound , Grand Cayman on Saturday, September 12, 2020 at 3:00 p.m.

Viewing 2:00-3:00 p.m.

Interment: Prospect Cemetery

Condolences can be registered at churchillsfuneralhome.com



The Family of the late Chase Daley

is deeply saddened to announce his passing on Friday, August 28, 2020.

A funeral service will be held 2:00 p.m.

Saturday, September 19, 2020 at Church of God Prophecy, Eastern Ave.

Viewing will be held prior to the service from 1:00 p.m.

Chase will be repatriated to Jamaica for interment.

The service will be live-streamed on Bodden Funeral Service Facebook Page.

Condolences may be registered on Bodden Funeral Service.com & Bodden Funeral Service Facebook Page.



Bodden Funeral
"A source of comfort in a troubled time"

It is with heavy hearts we announce the passing of **Ashlee Janelly Walton-Varela** of Cayman Brac.

Ashlee left this earthly world on 4th September 2020.

A Service of Celebration will be held on Sunday, 13th September 2020 at 2:00pm at the Aston Rutty Centre, Cayman Brac.

Viewing will be from 1:00pm to 2:00pm.

Interment will follow in Spot Bay Cemetery.

Condolences may be registered at Bodden Funeral Service.com & Bodden Funeral Service Face Book Page.

Bodden Funeral
"A source of comfort in a troubled time"



GLOBAL NEWS BRIEFS

Trudeau plans may revive career

Prime Minister Justin Trudeau is pushing an ambitious and costly new plan to revive both Canada and his political future following months of controversy.

Trudeau spent the summer on the defensive, getting hammered by a contracting controversy that saw him testify before Parliament as the opposition called for him to step down. He's now looking to secure his legacy and his party's political future with a soon to be released pandemic recovery plan that would transform Canada's social safety net and make the country's economy cleaner and greener. And he's daring the opposition to take down his minority government.

Talk of a fall election is circulating in Canada, with some suggesting it would suit Trudeau well to campaign on this new mandate while the rival Conservative party is still introducing their new leader to Canadians. The Liberals insist they're not looking to send Canadians to the polls. But as one senior government official said in an interview the agenda needs to change first.



▶ Justin Trudeau has been under immense pressure

The challenge for Trudeau now is to convince the public he has the ability to manage an economic recovery that will involve massive new spending, especially in the wake of a scandal concerning a \$1 billion grant program. He and his finance minister, Chrystia Freeland, must gauge whether Canadians will continue to accept huge deficits, as the country's federal debt is set to top \$1 trillion for the first time. And he must find a balance between reforms to social programs that are now top-of-mind for many Canadians and a green agenda he promised not to abandon at the start of the pandemic. 🌐

Duterte pardons jailed transgender killer

The Philippine president has pardoned a US Marine in a surprise move that will free him from imprisonment for the 2014 killing of a transgender Filipino woman that has sparked anger in the former American colony.

Teodoro Locsin Jr, the Philippine foreign secretary, tweeted that Rodrigo Duterte had "granted an absolute pardon" to L/Cpl Joseph Scott Pemberton "to do justice", but did not elaborate. A left-wing human rights group, Karapatan, immediately condemned the pardon as a "despicable and shameless mockery of justice and servility to US imperialist interests".

Pemberton was convicted of homicide and has been serving a prison sentence of six to 10 years for the killing of Jennifer Laude in a motel in Olongapo city, north-west of Manila. His lawyer, Rowena Garcia-Flores, said that Pemberton had already been aware of Duterte's decision when she called him.

"I heard the news," Garcia-Flores quoted Pemberton, 25, as saying. "I'm very happy." Meeting Pemberton in de-



▶ Jennifer Laude was murdered by Pemberton

attention a few days ago, she said he had expressed his willingness to apologise to the Laude family, even belatedly. The presidential pardon means the immediate release of Pemberton from detention.

Pemberton, an anti-tank missile operator from New Bedford, Massachusetts, was one of thousands of US and Philippine military personnel who participated in joint exercises in the country in 2014.

He was on leave after the exercises and met Laude and her friends at a bar in Olongapo, a former US navy base. Laude was later found dead in a motel room where witnesses said she and Pemberton had checked in. A witness told investigators that Pemberton said he had choked Laude after discovering she was transgender. 🌐



▶ Havana expects a steady stream of tourists again

Cuba welcomes tourists again

Cuba has received its first planeload of tourists to arrive on the Communist-run island in months as it struggles toward a post-pandemic new normalcy.

The import-dependent country has been plunged into crisis and scarcity by tough US sanctions and the COVID-19 outbreak.

The arrival was seen as a hopeful sign for tens of thousands of laid-off leisure industry employees, shuttered small businesses and hard-pressed residents in general.

An Air Canada plane arrived on Sept. 4 at the Cayo-Coco airport on the northcentral coast. Air Canada Vacations, the airline's tour business, said it would now fly weekly to Cuba and biweekly beginning next month.

Cuba closed its airports in March due to the pandemic. While some hotels are open under international san-

itary regulations at resorts in isolated areas such as Cayo-Coco, there is no indication when Havana and other cities might allow foreign visitors to return.

Cuba has managed to control the pandemic in most of the country. But it is currently trying to contain a new outbreak in Havana, along with lesser outbreaks in a few other provinces.

The country has reported nearly 4,300 COVID-19 cases to date and 100 deaths.

Canada has long been Cuba's most important tourist provider, accounting for 1.1 million of the 4.2 million arrivals in 2019. Industry revenues were \$2.6 billion last year.

The United States bans residents from making tourist trips to Cuba as part of its decades-old trade embargo, but US citizens can still travel to the Caribbean island for purposes including education. 🌐

Honduran women inmates more violent

Deadly violence within female prisons in Honduras is rare but a spate of recent murders in a prison is a warning that underestimating the role of women within gang and prison structures could be costly.

In June an alleged Barrio 18 gang member was strangled by her cellmates within the National Women's Penitentiary for Social Adaptation near the Honduran capital of Tegucigalpa, La Tribuna reported.

The violent incident came just weeks after a group of alleged Barrio 18 members set fire to the prison and stabbed and killed six suspected rival gang members in the MS13.

Four of the victims had been at the prison for three days after being captured by Honduras' National Anti-Gang Force in Tegucigalpa, where they had extorted local shopkeepers. The murders reportedly occurred with the prison director's knowledge, according to statements from various inmates in a video that made the rounds in the media days later.

"The prison director didn't do a thing. She saw when the gang members murdered these women, but why didn't she speak up?" said one of the inmates. Another attempted uprising in the prison occurred the day the video circulated,



▶ Violence in Honduran women prisons is increasing

but nobody was killed. The female prison's inmate population is nearly double its capacity.

Gang violence, just like bribing prison authorities and other forms of control, are common in Honduras' male prisons where they have provoked various bloody battles between the MS13 and Barrio 18.

However, until now, it was unusual to see this type of violence in female prisons, including in El Salvador and Guatemala, where there's also a sizable presence of jailed female gang members and collaborators.

If women associated with gangs in Central America's Northern Triangle haven't shown the same level of violence and control within prisons as their male counterparts, the brutal killings in Tegucigalpa show this may be changing. 🌐

Venezuela medics have little protection

Venezuela's medical practitioners are literally putting their lives at risk because the impoverished health care system offers little or no personal protection equipment.

Many Venezuelan health workers have died from coronavirus. There are 115 people on the fast-expanding list.

According to the Pan American Health Organisation, in Latin America alone, 570,000 medics have contracted Covid-19 and 2,500 have died. "They are working under more stressful conditions than any of us could imagine," Carissa Etienne, Paho's director, said.

But while medics in most countries can count on at least basic personal protective equipment, doctors and nurses in Venezuela often work with the bare minimum. Mauro Zambrano, a health worker and union leader, said that of the 16 hospitals he monitors in Caracas, nine have no masks or gloves and seven



▶ Venezuelan hospitals are poorly equipped

no clean water. Most have no bleach and none has disinfectant or soap.

A doctor at a hospital in the west of Caracas said his clinic has had to improvise throughout the pandemic. "Everyone has to bring their own gel and protective equipment," he said. Protective gloves dry in the sun at a hospital in Caracas.

Medical staff have also been persecuted for speaking out. "In Venezuela today, you can't even share a private message criticising the Maduro government via WhatsApp without fear of being prosecuted," said José Miguel Vivanco, director of Human Rights Watch Americas. 🌐

UK \$5m for Caribbean virus help

Britain is providing £4.5 million (KY\$4.9m) to the Barbados-based Caribbean Development Bank (CDB) Special Development Fund to support countries in the region with their coronavirus COVID-19 recovery.

The Special Development Fund is CDB's largest pool of concessionary funds which are used to address poverty and human development challenges throughout the Caribbean and the United Kingdom is already the largest bilateral donor to the region and the second-largest contributor to the Fund.

A statement from the British High Commission said that the new funds follow CDB having recently successfully met agreed-upon performance targets.

The UK Minister for the Caribbean, Baroness Elizabeth Sugg, said London is proud to support "our Caribbean



▶ The Caribbean Development Bank HQ is based in Barbados

friends and partners in these challenging times and, in particular, of the excellent work being delivered through the CDB's concessionary Special Development Fund, which targets those most in need".

As part of its wider response to Covid-19 in the region, the UK is also supporting a range of other partners such as the Caribbean Disaster Emergency Management Agency (CDEMA) with Covid-19 modelling and surveillance. 🌐

Heat are surprise team so far

Miami Heat have been in the doldrums in recent seasons after the glory championship years with star names but since the NBA has resumed they have been outstanding, particularly against the mighty Milwaukee Bucks in the playoffs.

Heat guard Tyler Herro has been one of their heroes. His clutch shooting is not only impressive, but it's also historic by NBA rookie standards in postseason.

With four "clutch" three-pointers in the first eight playoff games, Herro, 20, hit more clutch threes than any rookie in any postseason this century.

Since the NBA started keeping track of "clutch" time performance in 1997, only Matt Maloney in 1997 hit as many clutch threes as Herro has during a single post-season, among rookies.

The NBA defines clutch as the final five minutes of the fourth quarter - or any of overtime - with a margin of five points or fewer.

As Cayman Island fans of the Heat are too well aware, they represent a fascinating dichotomy. In recent history, they've won three championships and gone to five Finals fielding the likes of LeBron James, Dwyane Wade, Chris Bosh and Shaquille O'Neal.



► Tyler Herro, 20, is Miami Heat's clutch specialist



► The Heat have surprised the Bucks in the playoffs

However, the Heat are renowned for their ability to identify and acquire, develop and ultimately rely upon relative unknown names. This year's team that had the top-seeded Bucks on the ropes has the perfect balance. They have their big names in Jimmy Butler and another All-Star in Bam Adebayo.

Miami's myriad successes with undrafted players have been well chronicled. Duncan Robinson, Kendrick Nunn

and Derrick Jones Jr. are all contributing, to varying degrees, to what the Heat brilliantly. Herro, who slipped to Miami at No. 13 in the draft, wasn't exactly a no-name coming out of Kentucky, but he wasn't expected to become such a key player so quickly. If the 2019 draft was replayed now, Herro might well go in the top three.

Veterans such as Goran Dragic and Jae Crowder have been remarkable in this unexpected postseason run.

Ironic considering the Heat tried to trade Dragic to the Dallas Mavericks last offseason to make salary room for Butler. Miami thought the deal was done. Dragic was gone. But the Mavs thought they were getting Jones Jr. and Kelly Olynyk, a fortuitous miscommunication as it happened for Miami. Dallas pulled out of the deal at the last second, and the Heat found another way to clear room for Butler by juggling their personnel and it has paid off.



► Lautaro Martinez is Inter's brilliant striker

Messi won't get his 'spectacular' choice

Lionel Messi may be staying at Barcelona but his influence on the team's personnel has evidently waned since his recent transfer request saga.

Messi's hopes of Barca signing his Argentinian compatriot Lautaro Martinez were dashed as Inter Milan revealed there are no talks between the clubs.

Messi may be staying put, but his close friend Luis Suarez is being offloaded to Juventus.

Martinez, 23, is deemed as a worthy successor to Suarez - particularly by Messi, who labelled the forward as "spectacular".

However, Inter's vice-president Javier Zanetti has dismissed any suggestions of a transfer.

"In his case, being just a young player with such potential, it's normal for other teams to look at him," Zanetti said. "But what I see each day is a Lautaro who wants to stay in Italy."

"At the moment, there are no negotiations between Inter and Barcelona. We're happy with him and I know he's happy here too."

"He knows that he's at a great club and that he's improving a lot thanks to the coach (Antonio Conte)."

Martinez is valued at around \$100 million after an impressive season, scoring 21 goals in 49 appearances for Inter.

Barcelona would need to sell some of their current crop to raise funds for such a transfer, but Martinez would no doubt fit the bill for Messi, who recently described his club side as "weak and erratic."

Messi has seen Martinez at first hand on international duty, and was impressed by his talents.

Pollard is CPL big hit king

Kieron Pollard's spectacular hitting has been a feature of the Caribbean Premier League which is why he was snapped up for the Indian Premier League which starts next week.

A late cameo in the first innings from captain Pollard and Darren Bravo turned out to be the difference between the two sides as the Trinbago Knight Riders continued their unbeaten start to CPL 2020 with a 23-run win over St Lucia Zouks. Bravo hit 50 and Pollard 42.

Pollard had scored 20 sixes before Trinbago's semi-final game on Tuesday against the Jamaican Tawallahs. Guyana Amazon Warriors were in the other semis against St Lucia Zouks.

The IPL 2020 season will be in the United Arab Emirates and Pollard will turn out for the Mumbai Indians. The 33-year-old Trinidadian has been sensational since lockdown lifted.

Former India cricketer, Gautam Gambhir, feels the ideal batting position for Pollard is no lower than No. 4 or No. 5 considering the form that the West Indies all-rounder is in at the moment.

"Absolutely and you will also want to see that he continues this kind of form in the IPL. But the main thing is to see how Mumbai Indians use him," Gambhir said.

The CPL 2020 campaign ended on Thursday.



► Kieron Pollard is wanted in the IPL next

Robotic Djokovic is admired but not loved

Novak Djokovic has secured a place among the Grand Slam greats, but his sometimes brooding character and prickly demeanour means he has never acquired the affections squeaky clean rival Roger Federer enjoys.

The 33-year-old world number one was heavily criticised after he was disqualified from the US Open on Sunday for accidentally striking a female line judge with a ball.

It made Djokovic one of a handful of players to be defaulted from the men's singles tournament of a Grand Slam since John McEnroe was infamously tossed from the Australian Open in 1990.

Djokovic said he was "extremely sorry" but the incident marked



► Novak Djokovic is not having a great year

another low point in a roller-coaster 2020 for the Serb, who courted controversy with his Adria Tour event which resulted in several players — including himself — becoming infected with COVID-19.

In many ways the events of recent months are emblematic of his career, which has yielded 17 Grand Slam titles — just three behind the

all-time record of Federer who is six years older.

Djokovic grew up while NATO bombs were falling on Serbia, but despite that difficult start to his life he has generated career earnings of US\$144 million in prize money alone.

However, he is not held in the same high esteem as Federer or Rafael Nadal, the undisputed 'people's champions' of tennis.

Controversial player Nick Kyrgios has ridiculed the Serb's post-victory "cup of love" gesture as "cringe worthy".

Never short of an opinion, the Australian has also accused Djokovic of desperately needing to be liked. Kyrgios led the criticism of Djokovic's ill-advised Adria Tour in June as "bone-headed".

Pacquiao may fight UFC legend McGregor

Manny Pacquiao is in line for an unexpected fight with UFC star Conor McGregor. And if the match comes off he is being urged to better Floyd Mayweather's win over McGregor.

Mayweather - who beat Pacquiao in 2015 - stopped McGregor after ten rounds in 2017.

It proved to be 'Money's' last professional fight, but former UFC champion McGregor has announced plans to box again.

Pacquiao went on to sign for Paradigm Sports - who also work with 'The Notorious' - fuelling speculation of another crossover mega-fight.

And Pacman's assistant Jayke Joson feels it would give the Filipino legend the chance to surpass Mayweather by beating McGregor in quicker fashion.

Joson said: "The result of the fight will give us the answer to the question who is the best boxer of all time. And who's the better boxer, Mayweather, who won after 10 rounds or Senator MP?"

"That's why everybody wants to see Pacquiao versus McGregor to compare



► Manny Pacquiao will retire from the ring soon



► Conor McGregor wants to box Pacman

it to the Mayweather versus McGregor fight."

McGregor last fought in January, beating Donald Cerrone, but revealed before the fight that he was offered the chance to face Pacquiao.

The Irishman since announced his retirement, but continued to tease a comeback to the ring against Pacman.

Pacquiao, 38, an eight-division champion, is in line to fight only twice more before retiring and running for president in the Philippines. The match is seen as an easy night's work for Pacquiao.

But his strength and conditioning coach Justin Fortune said: "Why even make that guy rich? (ignoring the fact

that McGregor is worth over \$100m) And it will do absolutely nothing for Pacquiao as far as his legacy.

"Manny will destroy Conor McGregor inside three rounds. He will obliterate him I mean, my God, this is boxing. We are boxers. McGregor is an MMA guy and we can't do MMA, and he can't box, that's very simple."

CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 40 Improve, in a way
 - 1 1992 title role for Nicholson
 - 6 "Damn Yankees" role
 - 10 Opera songs
 - 11 Fleet-based
 - 12 Skating spots
 - 13 Without break
 - 14 Solitary
 - 15 Infrequent
 - 16 Quarter-back Manning
 - 17 Fan's cry
 - 18 Toe count
 - 19 Voicemail contents
 - 22 Eschew
 - 23 Big-scale movie
 - 26 Spa treatments
 - 29 Concealed
 - 32 Wish undone
 - 33 Quick taste
 - 34 Infant outfit
 - 36 Foot part
 - 37 Identifies
 - 38 Radium discoverer
 - 39 Rap on the door
- DOWN**
- 1 Apollo Theater setting
 - 2 Baltimore team
 - 3 Like Sibelius
 - 4 Bogus
 - 5 Braying beast
 - 6 Turner of movies
 - 7 Conspicuous
 - 8 Joust need
 - 9 Mayflower name
 - 11 Burger request
 - 15 Droop
 - 17 Wasn't cautious
 - 20 Total
 - 21 Place to relax
 - 24 Paid no attention to
 - 25 Upper limit
 - 27 Be litigious
 - 28 Swift
 - 29 Traffic jam sounds
 - 30 Ridiculous
 - 31 Evil spirit
 - 35 Splinter group
 - 36 Japanese sport
 - 38 Scoundrel

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

Yesterday's answer

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

SUDOKU

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

Conceptis Sudoku By Dave Green

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

Answer to previous puzzle

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

Difficulty Level ★★★

Word Search

- Aware
- Brain
- Conscious
- Dream
- Emotion
- Ideas
- Intellect
- Learning
- Logic
- Memory
- Neurone
- Meurosis
- Perception
- Psyche
- Reason
- Reflex
- Sense
- Synapse
- Thought

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

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

Have fun with CAYMANIAN TIMES

CURTIS By Ray Billingsley

THE AMAZING SPIDER MAN By Stan Lee

JUDGE PARKER By Woody Wilson & Mike Manley

Caymanian Times Classifieds

KELLY'S BUS LTD
Needs Honest & Dependable Drivers

- Must meet Public Transport requirements.
- Over 21 years old with valid Cayman Drivers License.
- Wages ranges \$300.00-\$325.00 weekly plus all legal benefits.

Office: 949-1509 /925-5494
Email: kellysboatsnbuses@candw.ky

Kelly's Bar
Is Seeking Honest, Dependable and customer service oriented

- Beverage Server /Waitress
- Cashier / Bartender

Work night shift
Starting @ CI\$6-7.00 hourly. Occasional bonus + legal benefits
Call: 925-5494 / 949-1509. Email: bkellycayman@gmail.com

HW Construction and Maintenance
Seeking a Mason
7 years minimum experience
Salary C\$ 12-14 per hour
Email: hughmw1@gmail.com



MINISTRY OF FINANCE AND ECONOMIC DEVELOPMENT

THE CAYMAN ISLANDS POSTAL SERVICE INVITES APPLICATIONS FOR:
ASSISTANT FINANCE MANAGER
SALARY: \$61,272 – \$82,380 PER ANNUM

The CIPS has increasing need for: detailed financial forecasting (annually and monthly) in the form of projected revenues and expenditure, and cash flows; analysis of the department's financial data; and systems to monitor output quantity and quality targets.

The Assistant Finance Manager will support the finance manager and is primarily responsible for reviewing and auditing reports and records from the Retail Management System to ensure financial operations are conducted efficiently, and that measures to guarantee the protection of revenue are in place and consistently adhered to. Additionally, he/she will, in collaboration with the Finance Manager manage and oversee the daily activities of the CIPS' accounts sections.


Applicants should possess a Bachelor's Degree in Finance or Business Administration and at least 5 years' relevant **supervisory level** experience in the postal industry, or related field **OR** at least seven years' experience in a mid-to-senior level financial position. A full understanding of the Public Management and Finance Law and proficiency in Government's IRIS accounting system and production of various reports (AR and AP) would be advantageous. Additionally, applicants should have a demonstrated ability to analyse and interpret financial data and prepare financial reports, statements and make projections and recommendations. The postholder must possess practical experience in internal audit and knowledge of quality management. Computer literacy, including knowledge of Windows and the Microsoft Office package is needed. Excellent written and oral communication skills are also required.

A recruitment project will also be administered.

Pension benefits will be determined in accordance with the Public Service Pensions Law (2001).

Interested persons already resident in the Cayman Islands should submit an electronic application form and resume to:
Email: cipsrecruitment@gov.ky

DEADLINE FOR RECEIPT OF APPLICATIONS: 18TH SEPTEMBER 2020



Operations Assistant

We are looking for the right candidate who will significantly contribute to the success of our operations thus ensuring 100% customer satisfaction. The primary role of the Operations Assistant is to assist the Operations Manager with administrative and logistical tasks of the business.

General Duties and Responsibilities:

- Assist with product inventory management and documentation. Physical labour is required (including lifting packages weighing up to 75 lbs).
- Assist with customs documentation and logistics.
- Assist with annual physical audit and other company events.
- Collect mail and parcels.
- Maintain the integrity of the storage facility's security and adhere to the standard operating security procedures.
- Provide locksmithing and maintenance services for the vault, safe deposit boxes and safes.
- All other tasks assigned by the Operations Manager.

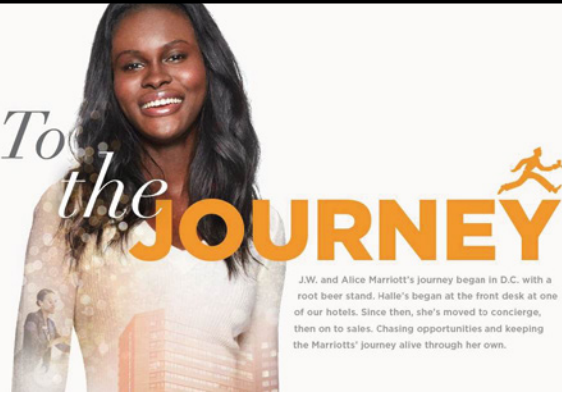
Qualifications / Experience:

- Locksmith skills (minimum 3 years' experience).
- Security background (minimum 5 years' experience).
- Warehouse / stockroom management experience (minimum 5 years' experience).
- Computer literate in MS Office applications.
- Excellent interpersonal, organizational and communication skills, both written and verbal.
- A valid Cayman Islands Driver's Licence.

Hourly compensation will be between KYD \$12.50 and \$14.50 per hour, depending on experience. This is a full-time position for 40 hours per week and the successful applicant will also receive health insurance, pension, and paid vacation as per the Cayman Islands Labour Law.

Please send a cover letter and your CV to info@swpcayman.com.

Closing date: Friday, September 18, 2020
All applicants treated in strictest confidence



Rooms Manager
Responsible for successfully executing all operations in the room's area departments (including Front Office, Engineering/Maintenance and Housekeeping) and managing staff. The successful candidate is responsible for continually improving guest and associate satisfaction and maximizing the financial performance of the department and ensure that standards and procedures are being followed.

The successful candidate must have:

- Minimum of 3 to 4 years of experience in the Guest Services, Front Desk, Housekeeping and related areas
- Degree in Hotel or Hospitality Management
- Excellent communication skills
- Management experience in hotel industry preferred
- Must be able to work weekends, holidays, days and nights depending on the business needs of the hotel.

Salary: CI\$55k-68k annual

Director of Revenue Management
Oversees revenue management activities and managers within area of purview. Responsible for balancing the financial objectives of different lodging products to maximize total revenues and profit associated with guest rooms. Position is accountable for pricing, positioning and inventory of all hotels within area of purview. Oversees all processes associated with demand, revenue, inventory, forecasting and opportunity analysis. Develops and recommends sales strategy for pricing of the transient customer, wholesale, and group segments. Identifies new revenue opportunities and effectively communicates sales strategy and pricing to all key stakeholders. Acts as primary contact and maintains productive relationships with all stakeholders, including hotel General Managers, sales leaders, franchisees and owners.

The ideal candidate will have:

- 2-year degree from an accredited university in Business Administration, Finance and Accounting, Economics, Hotel and Restaurant Management, or related major; 2 years experience in the revenue management, sales and marketing, or related professional area or 4-year bachelor's degree from an accredited university in Business Administration, Finance and Accounting, Economics, Hotel and Restaurant Management, or related major; no work experience required
- A solid management background is required
- Experience in inventory and revenue management required
- Knowledge of economic principles and practices, P&L statements, operating budgets, forecasting and scheduling, and the reporting of financial data.
- Knowledge of sales and marketing concepts including principles and methods for showing, promoting and selling products or services as well as marketing strategies and tactics.
- Excellent computer skills
- Must be able to work weekends, holidays, days and nights depending on the business needs of the hotel.

Salary: CI \$67k-90k annual

Assistant Director of Food and Beverage
Assists in leading the property's food and beverage/culinary operation, including Restaurants/Bars, Room Service, and Banquets/Catering, where applicable. Position oversees the development and implementation of departmental strategies and ensures implementation of the brand service strategy and brand initiatives. The position ensures the food and beverage/culinary operation meets the brand's target customer needs, ensures employee satisfaction, focuses on growing revenues and maximizes the financial performance of the department. Delivers products and services to meet or exceed the needs and expectations of the brand's target customer and property employees and provides a return on investment.

The ideal candidate must have:

- High school diploma or GED; or year degree from an accredited university in Food Service Management, Hotel and Restaurant Management, Hospitality, Business Administration, or related major preferred
- 4-6 years' experience with a large scale operation Food & Beverage Management role.
- A solid management background is required
- Experience in Sales and Catering standard operating procedures is preferred
- Proven track record of implementing ideas to drastically improve food and beverage revenues.
- Must be able to work weekends, holidays, days and nights depending on the business needs of the hotel.

Salary: CI\$55-67k annual


Deadline September 18, 2020
Kindly submit your application thru www.marriott.com/careers

NOTICE

CAYMANIAN PARTICIPATION SOUGHT

Caymanian participation is being sought for an investment in a company which will engage in the purchase and ownership of a multi-unit warehouse/storage development in George Town. The estimated total value is CI\$2million. Interested parties should apply in writing on or before 25 September 2020 and should provide evidence of financial ability to participate at any level in an investment of this nature supported by a letter from a financial institution in the Cayman Islands. Letters of interest from Caymanian individuals or companies should be copied to the Trade and Business Licensing Board, c/o the Department of Commerce and Investment, Government Administration Building, 133 Elgin Avenue, Suite 126, Grand Cayman, Cayman Islands or sent by email to info@dci.gov.ky. In the absence of suitable qualified Caymanian investors, application will be made to the Trade and Business Licensing Board for the grant of a license under the Local Companies (Control) Law.

Please direct enquiries to:
Appleby (Cayman) Ltd.
71 Fort Street
PO Box 190 Grand Cayman KY1-1104
Cayman Islands
Ref #CD2020



Caymanian Times
NEWSPAPER
WEDNESDAY
FRIDAY

Description	CI\$	Size (inches) W x H	Maximum # of words
Newspaper Advertisement Full page	900	10 x 20	1 800
Newspaper Advertisement 2/3 page	600	Customized	1 200
Newspaper Advertisement 1/2 page (horizontal)	500	10 x 9.9	900
Newspaper Advertisement 1/2 page (Vertical)	500	4.9 x 20	900
Newspaper Advertisement 1/3 page	400	Customized	700
Newspaper Advertisement 1/4 page	300	4.9 x 9.9	450
Newspaper Advertisement 1/5 page	225	4.8 x 7.4	350
Newspaper Advertisement 1/8 page	150	4.9 x 4.85	250
Newspaper Advertisement 1/12 page	105	4.9 x 2.35	200
Newspaper Advertisement 1/32 page	75	Customized	150
Newspaper Advertisement Mini	25	Customized	75
Graphic Design	50	n/a	
Front Page Banner Top Section	300	10 x 2.5	
Front Page Banner Bottom Section	200	10 x 2.5	
Front Page Top Right Banner	100	3.5 x 1.92	
Back Page A Section	700	10 x 20	
Back Page B Section	500	10 x 20	
Insert (4 pages)	750	n/a	
Advertorial 1/2 page	500	n/a	

Advertising Deadlines (48 Hours prior Publication Day)

Publication Day	Deadline (12pm (noon))
Wednesday	Monday
Friday	Wednesday

Still FREE at over 200 locations
2 days notice for ads

All ads are full colour

For further information or to book an advert call 916 2000 or email: sales@caymaniantimes.ky

BUY LOCAL

SMALL BUSINESS **BIG** MARKETING

Advertising prices starting from **\$25** per week

YOUR FREE GUIDE TO

CAYMAN BUSINESSES • SERVICES
SPECIALS • REAL ESTATE • AND MORE

40,000 COPIES distributed every **MONTH** across the Islands

For more details email sales@caymaniantimes.ky or call 945 8463 / 916 2000 or visit our office on #19 Walkers Road

24/7 TOWING Ltd.
917-TOWU
8 6 9 8

Ashley FURNITURE HOMESTORE
You're invited!
our doors are open again, visit our showroom today.
Store Hours
Monday thru Friday 9am until 5:30pm
Saturday 9:30am until 5pm
We can't wait to see you!
* Face masks are required

Cayman General Contractors and Cistern Cleaning

RESIDENTIAL • COMMERCIAL • PROPERTY MANAGEMENT

PO Box 585, George Town KY1-1107
Call: (345)917-1393 | 949-8408 | 916-5990 | 916-5779

To our valued customers:

Remember it's here "Corona Virus" and we have just entered "Hurricane season", we need to have a clean supply of water by having our cisterns clean.

1. We clean all cisterns, at hurricane shelters and homes.
2. We kill 99.99% bacteria and viruses.
3. Remember, post Hurricane Ivan, cisterns were our main source of water storage.

PLEASE CALL THE ABOVE NUMBERS FOR OUR SERVICE OR LEAVE A MESSAGE.

We sincerely thank you in advance
Caymangeneralcontractors@gmail.com

EBANKS CONSULTING

Dale Ebanks
Owner / Manager

241 Smith Road
P.O. Box 1661GT
KY 1-1109
Cayman Islands

Passport Applications
Visa Applications
Work Permit Applications
T & B License Applications
Process Servers

Phone: 1-345-3249831
E-mail: debanksconsulting@gmail.com
Web: www.ebanksconsulting.com

Sea Grape Secretarial Services

Services: Work Permits, Trade and Business Applications & Renewal Annual Returns, General Letters
Please call for other services

Contact: Susan
Cellular: 345 326-9953
Address: Unit #2, Grand Plaza (Opposite Hi-Tech Electronics)
Email: seagrapesecretarial1@gmail.com
Business Hours: 9am - 5pm, Mon - Fri

CH Cayman Healthcare Consulting

Contact Us Today
345-916-9800
barrie@caymanhealthcareconsulting.ky

www.CaymanHealthcareConsulting.ky

Our Services
Policy Reviews
Work Permit Services
Government Forms Assistance
Preparation for Inspections
Professional Registration Guidance
Training & Instruction
Compliance Issues
Case Reviews

We offer consulting services for those who wish to open/renew a healthcare facility, clinical research project, et al.

Body Shapers Fitness Studio

PERSONAL TRAINING - SMALL GROUP - WEIGHT-LOSS

with Personal Trainer **ERNEST EBANKS**

CAYMANIAN VILLAGE, NORTH SOUND RD., 325-8696

EFX We DESIGN, MANUFACTURE AND INSTALL All Types Of Signage

T-Shirt Printing
Full Color Printing
Vehicle Wraps

29 Vibert Drive, Off Shedden Road, Artco Center, Unit No. 7
923-4550
signs@efx345.com

CELLULAR WORLD.KY

PHONES • ACCESSORIES • REPAIRS

OPENING HOURS:
Monday to Saturday 10 am to 5 pm

Baytown Plaza, West bay Road
Phone Repairs 943-2355 | Phone Retail 945-2355
Email - info@cellularworld.ky

NEED TO WORK FOM HOME? We fix any brand, With any problem

NEED COMPUTER REPAIRS?

WE REPAIR
Maintenance Old PC
Lost Data recovery
Broken Laptop Screen
Dead Laptop Fixed
Virus Removal
Computer Upgrades

FAST REPAIR Quick repair turnaround **917-2447** danswell@yahoo.com

DENTURE STUDIO Tradition Of Excellence

Vladimir Tomascik - Denturist

- Free Consultation - New Clients Welcome • Full & Partial Dentures
- Specializing in Cosmetic Dentures • Re-Lines/Soft Liners
- Dentures Over Implants • Athletic mouthguards & night guards
- Over 30 Yrs Experience • Denture Repairs while you wait!

Call: 929-6455 Emergency Services 24Hrs
Park Place (Coconut Plaza)
E-Mail: caymandentures@gmail.com | www.caymandentures.com

3 GIRLS & A KILN Grand Cayman

CREATIVE ART PROJECTS TO DO AT HOME!

Over 30 Objects to Choose From | Say 'Caymanian Times' for FREE Island Delivery
All Supplies Included | Toddler, Kids & Adult Options | CI\$25-\$35 Per Activity Bag

Order online or over the phone: 640-9990 or click 'shop' at www.3girlsandakiln.com

Buy and sell everything!
916 2000 • sales@caymaniantimes.ky

World's most versatile camera.

Hero 8 Black US \$420 CI \$344.40
Hero 7 Black + 32GB US \$420 Now: US \$370 CI \$303.40
Hero 7 Silver US \$320 Now: US \$270 CI \$221.40

CathyChurch's Photo Centre
THE PHOTO EXPERTS IN CAYMAN SINCE 1972

OPEN 10AM - 4PM MONDAY - SATURDAY
CALL HERB FOR INFO 327-4828
CATHY@CATHYCHURCH.COM

Economic RECOVERY SALE

BOOST YOUR SALES REVENUE

with

Caymanian Times

5- star Advertising Package



- ★ Website Banner
- ★ Newspaper Banner
- ★ Newspaper Insert
- ★ Full Page Advertisement
- ★ Advertorial

• **Free Graphic design** •

For more information, Cost and Payment Plan
Contact **Ralph** at **916 2000** or email **sales@caymaniantimes.ky**



Visit our new location at
#19 Walkers Road