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CAYMAN DODGES DELTA



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Big school head-shave shows empathy

By Christopher Tobutt

Lots of fellow students from Clifton Hunter High School, along with teachers too, let 13-year old Derron Hernandez know for sure that just because he is fighting cancer and undergoing a course

chemotherapy of in the States, he is not alone. By shaving their head during a very special school assembly on Friday 1 October, about 20 kids from Clifton Hunter, and another 5 children from

... Continued story on page 5



► Jenue Samuels and Aaron Delapenha from Edna Moyle Primary being shaved by Lions Gary Franklin and Brian Barnes

EU REMOVES CAYMAN FROM 'BLACKLIST'

By Staff Writer



The Cayman Islands has been taken off the European Union's 'blacklist' of countries it describes as non-cooperative jurisdictions for tax purposes.

The decision has been welcomed by the Cayman Islands Government (CIG), the British government and Cayman's offshore financial services sector.

Cayman was included on the list in February for what the EU claimed was the jurisdiction being non- or partly compliant with international standards.

Hon. Premier Alden McLaughlin said the February 2020 listing was in relation to investment funds supervision.

"Cayman responded positively by expanded the scope of our funds regime to ensure that the Cayman Islands Monetary Authority, our financial services regulator,

... Continued story on page 4



1
continue **safe distances** from others in public



2
consider **wearing a mask** around the elderly and vulnerable



3
continue frequent **hand washing**



4
stay healthy through diet and exercise



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Protect yourself and your community against COVID-19



COMMUNITY NOTICE



A ROYAL VARIETY PERFORMANCE

After an absence of eight months, the Cayman National Choir & Orchestra are back! The *Royal Variety Performance* concert, which was postponed due to Covid restrictions, has been rearranged for Friday October 30. Tickets bought for the March 13 concert will still be valid.

Musical directors Sue Horrocks and Jonathan Taylor have arranged a musical program from Handel to Queen and everything in between. When the Cayman National Choir and Orchestra perform together the result is MAGIC. A *Royal Variety Performance* will be no exception. This is a concert that will stir the heart, lift the spirits and set the feet tapping. There will be with something for everyone to enjoy!

Musical director Sue Horrocks said, "After such a long enforced break from

performing we are all excited about this tangible return to normal life for our singers, musicians, and of course our audience."

A *Royal Variety Performance*, sponsored by Island Heritage is at the Harquail Theatre for one night only at 7:30 pm on Friday October 30. Doors open at 6.30 pm and a cash bar is provided. Tickets cost \$25/10 and are available online from EventPro.ky or from choir and orchestra members. Tickets purchased from the March 13 concert will be valid when presented at the door. Contact us at www.caymanchoirandorchestra.com and the Facebook pages of the Choir or the Orchestra.

Tickets are limited so don't miss it — book now! 🌐

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EDITORIAL

IN SEARCH OF A CRYSTAL BALL FOR CAYMAN

The first cautious steps towards the re-opening of the economy have been met with a combination of relief mixed with a sense of lingering anxiety.

The delicate balance of shoring up the economy against a backdrop of ensuring that it doesn't come at a cost to public health is a fine line being walked by government and the business community.

Government has to date had the good fortune of falling back on stable finances and a previously growing economy.

But with all of that now under threat of a possible fading prospect due to the COVID-19 pandemic, the government's efforts to prop up the economy, for all its good intentions, is nevertheless faced with a harsh reality over circumstances that it has little control.

Its interventions to date targeting all sectors of the society - from workers, the business sector and the government's own financial well-being - are at the mercy of forces well beyond its control.

The sooner an approved vaccine is developed and safely deployed, the better it would be for Cayman and the world.

Until then, the situation will continue to require a degree of adapting to changing circumstances both at the government, business and personal level.

The limited re-opening of the borders - as cautious as that may be - is not expected to result in any significant upward shift in the tourism sector especially and certainly nowhere near the previously anticipated growth prospects.

It's likely to be more of a stabilisation effort.

Considering that Cayman is starting off on this recovery path from a much stronger position than many of its regional neighbours (and many other countries), there is nonetheless the lurking concern in the background of how long can the jurisdiction continue to avert the full effects of what might be coming down the turnpike.

One only has to gauge the concerns in the 'big countries' as they continue to grapple with the huge economic and public health challenges thrown up by the pandemic.

Cayman's ability to secure a standby loan of around CI\$400 million, being a 50% guarantor of loan fund of CI\$200 million for medium and large businesses, providing grants and loans for small and micro enterprises, as well as a generous scheme of early access to pensions have been innovative in cushioning the effects of the downturn.

Other concessions by businesses to their customers have also had the welcome effect of cushioning Cayman from potentially worse economic upheavals due to the pandemic.

It also speaks well of the jurisdiction's financial and economic stability up to this point.

But is it just a matter of buying time? The road ahead will require deft navigation in financial management at the personal and business level, and economic management at the government level as some concessions run out and some bills become due.

As with every other country, time - and a COVID-19 vaccine - are of the essence. The longer it takes to find a safe vaccine and distribute it, the greater the pressure becomes on governments and economies.

Hon. Premier Alden McLaughlin remarked just a few days ago his hope that with around CI\$400 million ac-



cessed under the early pension withdrawal scheme a considerable amount of that would have been circulating within the local economy.

There's also a hopeful outlook for the planned Global Citizens programme for overseas-based professionals to relocate to Cayman for a time and work remotely from here.

That scheme could very well be the lynch-pin on which, at least for the short term, the revival of Cayman's tourism is built on. But it's still untested ground for Cayman and it's unlike 'regular' tourism in many respects.

The financial services sector is reported to be doing better than expected according to some reports. That includes the local banking sector which, according to the Hon. Minister of Finance Roy McTaggart, are reporting that so far they are not experiencing any defaults in payments. However, he did not mention that the banks' loan payment holiday expired at the end of September. The true test for payment default will be realized in the coming months leading up to Christmas.

But as the Finance Minister observed, while it seems as though at the moment that things are very stable, that could change.

With the borders being gradually opened, it would be more than an academic pursuit to monitor the number of people going out against those coming in, especially who's coming and going.

With the Overstayer Amnesty started in April coming to an end this month, that also raises the question of work-permit holders and others either filing for extension or departing.

On the one hand, the latter leaves an employment void but at the same time counter-balanced by the creation of vacancies with the hope that Caymanians can be re-skilled to fill those roles in time for those respective sectors get back on line.

It has also been observed that in the equally important construction sector, once re-started development projects are completed, an unclear future awaits their planned occupancy. Also developers may be hesitant to begin new projects in an era of uncertainty.

The coming months are going to be critical in keeping the economy on an even keel under the circumstances.

The pressure is building to salvage this year's peak tourism season, including any extension of the limited numbers of visitors allowed to enter.

That brings with it a myriad of challenges for the tourism planners and the tourism property owners.

Still at Level 2 of lockdown, although with most restrictions lifted, it could take a while to get to that hugely anticipated Level 1-All Clear.

The current October Phase One border reopening with its elaborate COVID safeguards, might very well be an extended phase as Cayman continues to gingerly step back to a normality which largely depends on what happens beyond its borders. 🌐

COVID-19 UPDATE

Cayman Islands COVID-19 Dashboard

0
Today's confirmed cases

210
Recovered*

213
Total confirmed cases

40,092
Tested

1
Death

35,319,139
Worldwide confirmed cases | Source: Johns Hopkins, 05/10/20, 2:30pm

AS AT: 5 OCTOBER 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

Issue # 592

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CAYMAN DODGES DELTA

There's a palpable feeling of relief rippling across Cayman amidst the remnants of gusty winds that swept across the islands over the past few days after what became Category 4 Hurricane Delta gave the islands an uncomfortably close shave.

The National Emergency Management Council issued the 'All Clear' for all three of the Cayman Islands at 1pm on Tuesday after two very tense days.

According to the Cayman Islands National Weather Service (CINWS), Delta bypassed the territory by approximately 100 miles from its centre of circulation with some squalls, gusty winds and rough seas in its wake.

The National Hazard Management Council (NHMC) noted that if Hurricane Delta had tracked any closer to the Cayman Islands, it could have had a detrimental impact as a Category 4 hurricane.

Deputy Governor Hon. Franz Manderson commented, "We have once again been spared from a devastating hurricane and we are very grateful for this near miss whilst we remained fully prepared."



The Deputy Governor added, "We are thankful to our emergency responders and everyone assisting in the National Emergency Operations Centre (NEOC) for the work they have done during the preparation leading up to and the passage of this storm, as well as the work they continue to do."

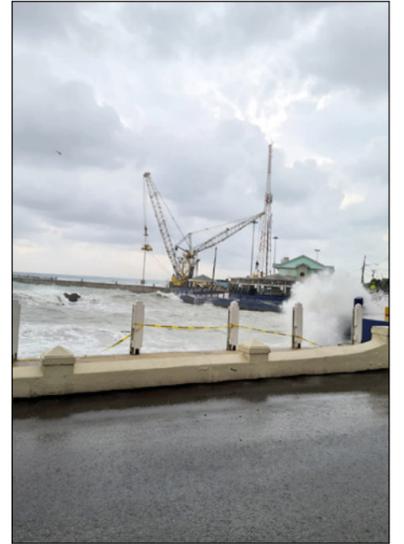
Hon. Premier Alden McLaughlin remarked, "We in the Cayman Islands are all very thankful for the path that Hurricane Delta has taken, sparing us from its potential wrath."

"Government entities have once again demonstrated their efficiency in preparedness for this storm. We as a Government also express our sincere gratitude to the people and businesses of the Cayman Islands for their swift response and preparedness as well as their continued vigilance as we remain in a very active hurricane season."

The Cayman Islands experienced minimal utility interruptions and by Wednesday Cayman was heading back to business as usual.

Hurricane Delta strengthened to a Category 4 on Tuesday and sped out the Cayman area shifting on a westerly course towards Cancun, Mexico.

The storm had rapidly intensified from a tropical depression to Category 4 hurricane in less than two days - a record for the already record-breaking 2020 hurricane season.



It went from a tropical depression on Sunday, to Tropical Storm Delta threatening Cayman by Monday.

By Tuesday it had developed into a major Category 4 hurricane with strong outer bands impacting Jamaica and affecting Cayman and Cuba before veering off towards the west.

One weather report described the storm as rapidly shifting into "beast mode".

Delta is the 25th named storm of the 2020 Atlantic hurricane season which has exhausted the 21 standard names and is now into the fourth named storm in the Greek alphabet.

It will only take three more named storms to break the all-time record for the Atlantic Hurricane season. Next on the list is Epsilon followed by Zeta, the furthest weather forecasters have gone into the Greek alphabet.

The 2020 hurricane season still has about six weeks to run, ending on November 30th.



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EU REMOVES CAYMAN FROM 'BLACKLIST'

... Continued story from page 1

has the legal mandate to supervise all Cayman-based investment funds," he said.

Premier McLaughlin reaffirmed that Cayman remains fully committed to international tax good governance standards, and noted that the EU has joined the OECD in positively recognising Cayman's tax regime.

In July 2019, the OECD's Forum on Harmful Tax Practices assessed Cayman's regime as "not harmful," the highest ranking possible.

"We will continue collaborating with the EU, including through broadening our dialogue to topics of mutual interest," Premier McLaughlin said. "These include green financing and key topics outside of financial services, such as environmental matters and tourism."

GOVERNOR AND UK PLEASED

Calling Tuesday's announcement by the EU "a significant achievement", HE Governor Martyn Roper said: "Despite

dealing with the global pandemic, Cayman has yet again shown a strong track record in fully adhering to international standards. This supports the sector's strong international reputation as a world-leading, highly professional and high-quality financial services sector."

Mr Roper pointed out that there was cooperation from a wide range of industry stakeholders who demonstrated a shared objective and collective resolve to support the jurisdiction's removal from the list.

He said Cayman engaged constructively and transparently with the European Commission.

"That included making additional changes to the law, in agreement with the Commission, to ensure it covered all the funds expected to be in scope. This approach had a big impact on the successful conclusion of the negotiations."

The Governor further stated that the UK, via the Foreign, Commonwealth and Development Office (FCDO), HM Treasury and his office have supported the

Cayman Islands Government throughout this process.

Meanwhile, Baroness Sugg, Minister for the Overseas Territories at the Foreign, Commonwealth and Development Office, who has been supportive of the Cayman Islands Government throughout said: "The decision made at the EU Economic and Financial Affairs Council meeting is a credit to the efforts of the Cayman Islands Government."

"The removal of the Cayman Islands from the EU's list of non-cooperative tax jurisdictions demonstrates the Government's commitment to meeting the highest international standards," she said in a statement.

The Cayman Islands governments has said it is committed to the goals of the EU and the OECD on their goals of improving governance of the sector both in Cayman and globally.

It has enacted a series of laws to bolster its world-renowned offshore financial services sector and meet the stringent requirements of the EU and the OECD.

INTERNATIONAL REACTION

The removal of Cayman from the list has garnered considerable international attention with some industry experts questioning why it was included in the first place.

The development has also been welcomed by the global hedge fund industry.

Cayman is regarded as the industry's leading offshore jurisdiction.

Last year, the number of funds licensed by the Cayman Island Monetary Authority stood at more than 10,000.

The news of Cayman being removed from the EU's blacklist comes on the day that the European Council updated the EU's list of non-compliant jurisdictions for tax purposes.

While Cayman and Oman were removed, Anguilla and Barbados were added.

The countries in the updated 'blacklist' are American Samoa, Anguilla, Barbados, Fiji, Guam, Palau, Panama, Samoa, Seychelles, Trinidad and Tobago, the US Virgin Islands and Vanuatu. 🌐

Cayman's financial services industry pleased with EU's recognition of Cayman Islands cooperation

The following statement can be attributed to Jude Scott, CEO of Cayman Finance:

"The EU's recognition of the Cayman Islands as cooperative on both transparency and fair taxation is an important validation of Cayman's commitment to a responsible policy of tax neutrality that poses no harm to other countries. The EU now joins many other respected international entities like the OECD in identifying the Cayman Islands as a transparent jurisdiction without harmful tax regimes. We greatly appreciate the Cayman Islands Government's cooperation and working relationship with the EU over many years that helped produce this outcome.

"Cayman Finance and the Cayman Islands financial services industry actively support the Cayman Islands Government's efforts to ensure our tax neutral regime remains progressive, continuing to meet the highest evolving global standards on transparency and tax information sharing. Our dedication to these standards differentiates us from other International Financial Centres and is a key reason institutional investors consistently prefer to access global investment opportunities through Cayman-domiciled collective investment vehicles (CIVs).

"As a cooperative jurisdiction, the Cayman Islands financial services industry's leading role in the global financial system continues to provide benefits for EU governments and their citizens as they recover from the economic impact of COVID-19. Billions of Euros in investment capital from around the world are being pooled in Cayman CIVs and invested into Europe, providing much needed liquidity to support innovation, R&D and jobs, and environmental initiatives, as well as supporting economic growth and recovery. European pension funds use Cayman CIVs to access global

markets more efficiently, securing better returns for the pensioners who rely on them. As the EU has now affirmed, the Cayman Islands financial services industry continues to provide these economic benefits to European investors while meeting and maintaining the very best tax governance principles."

Other industry associations also welcomed the EU's recognition of the Cayman Islands' cooperation and the removal of the jurisdiction from its list of non-cooperative jurisdictions for tax purposes.

Ronan Guilfoyle, AIMA Cayman Chairman, commented: "This action by the EU acknowledges that the regimes established by the Cayman Islands for fund regulation and the wider economic substance requirement, as well as those for the exchange of tax and financial information, anti-money laundering and related measures are fully in line with international standards.

"While we have always been fully confident that the EU would recognise the strength of Cayman's legal and regulatory regime for both open and closed ended funds, it has been welcome that the Cayman Islands has remained the jurisdiction of choice for so many investment managers and institutional fund promoters around the world who have continued to use Cayman as a fund domicile in great numbers," he added.

The Cayman Islands Fund Administrators Association (CIFAA) stated: "This acknowledges that the Cayman Islands' regimes for fund regulation, economic substance, exchange of tax and financial information, anti-money laundering and related measures are in line, and in some cases exceed, international standards. The sheer number of private funds registered as part of this process confirms our status as the leading international financial centre, and still the best place to domicile fund structures."



► Cayman Islands Premier, Hon. Alden McLaughlin



► Jude Scott, CEO of Cayman Finance

Francois Lamontagne, President of the Cayman Islands Institute of Professional Accountants (CIIPA) acknowledged, on behalf of CIIPA Council and its members, all the hard work both Government and the Private Sector put into ensuring that the Cayman Islands are deemed to be a cooperative jurisdiction.

"CIIPA and its members have been fully supportive of the actions that the jurisdiction has taken to ensure this outcome. Being removed from this list was crucial to the jurisdiction and demonstrates what can be achieved by the close cooperation of public and private sectors," he stated.

"The Cayman Islands have long been a cooperative jurisdiction in all matters and have once again demonstrated that the jurisdiction is committed to global standards. We are very pleased of the cooperation, participation and dedication of our members on this matter and we look forward to our continued partnership with both public and private sectors."

The Cayman Islands Legal Practitioners' Association (CILPA) also welcomed the EU's announcement on 6 October 2020. "This is an important confirmation for clients of Cayman's legal servic-

es product of Cayman's commitment as a transparent and cooperative jurisdiction for international business transactions. CILPA is appreciative of the efforts of the Government and other stakeholders to achieve this outcome for the financial services industry."

The Cayman Islands Company Managers Association (CICMA) said it was delighted to hear the announcement that Cayman has been removed from the EU blacklist of non-co-operative tax jurisdictions. "As everyone is aware, Cayman has been a co-operative jurisdiction for a very long time and its efforts have finally been acknowledged, thanks to the hard work of the Ministry of Financial Services, Cayman Finance and especially the members of CICMA who have had to implement, without pause of reward, the various initiatives leading to this acknowledgement."

Cayman International Insurance and the Insurance Managers Association of Cayman chair Colin Robinson commented, "We are delighted that the Cayman Islands Government has demonstrated to the EU Cayman's continued compliance with international standards and ongoing cooperation with international tax authorities." 🌐

CDEMA welcomes the Cayman Islands as its 19th Participating State

The Cayman Islands has become the 19th Participating State of the Caribbean Disaster Emergency Management Agency (CDEMA), with official admission effective September 1, 2020. The final decision was made at the 5th Extraordinary Meeting of the Council of CDEMA on August 28, 2020 where the Ministers unanimously agreed to admit the Cayman Islands to membership of CDEMA.

Chairman of the Council of Ministers, the Hon Vincent Bryon, said, "On behalf of the Council of Ministers of CDEMA, I welcome the Cayman Islands to the CDEMA family. It is significant that this admission takes place on the 29th anniversary of the Agency's establishment as it reflects the continued maturity of the Organization and underscores the strong bonds between the CDEMA System and the Government of the United Kingdom."

The Cayman Islands Premier Hon. Alden McLaughlin, JP said, "It is a pleasure to become an official member of CDEMA as we have worked together over the years in providing hurricane relief for other Caribbean countries in the after-

maths of disasters. All of us who have been through devastating storms know that it is vital that relief efforts are coordinated. I look forward to a close and productive relationship between CDEMA and the Cayman Islands Government in the future."

The Cayman Islands Minister for Home Affairs, the Hon. Tara Rivers, JP said, "As this year has demonstrated more so than any other, the countries across our region are faced with a shared set of threats and have common ground to support one another through challenging times. Our membership with CDEMA will help to formalise Cayman's commitment to our Caribbean neighbours while building our own resilience through access to pooled resources as well as shared training and support capabilities."

Executive Director (ag) of CDEMA, Elizabeth Riley, also welcomed the new Participating State saying, "The expansion of the geographical coverage of CDEMA to include the Cayman Islands reiterates the common vulnerability that we share as Caribbean States to the multiple hazards that affect our re-



► Cayman Islands Premier, Hon. Alden McLaughlin signed a declaration of intent to join CDEMA on RFA Mounts Bay in June 2019. Also present for the signing was (then) U.K. Overseas Territories Minister Lord Ahmad, His Excellency the Governor of the Cayman Islands, Mr. Martyn Roper and Minister for Financial Services and Home Affairs, Hon. Tara Rivers

gion. More importantly, it underscores the value of working together with common purpose to build resilience to

hazards. The CDEMA Coordinating Unit looks forward to serving the Cayman Islands." 🌐



► Teachers and students had their head shaved for Derron



► Big shave and a wave for Derron

Big school head-shave shows empathy for Derron

... Continued story from page 1

North Side's Edna Moyle Primary School showed exactly what empathy and respect means.

Even the kids who didn't have their head shaved showed that they cared by raising more than five thousand dollars over several weeks to help with Derron's expenses. Lots of MLAs including Premier Alden McLaughlin had contributed 100 dollars each, too, making it not just a school, but a whole Cayman-Kind Community event. That was what Deputy Principal Steven Clark spoke about, just before the big shave began. "Empathy means we show understanding, we reflect, and we show sensitivity. That empathy has to continue. We have been absolutely amazing as a school, and you students have made me extremely proud," he said.

Carol Saunders PTA President from Edna Moyle Primary said, "The Children are here today to show support for Derron Hernandez who is a pat student for Edna Moyle primary. They want to show empathy with his condition."

Twelve-year old Christian Campbell was all ready to be shaved, and Christine Campbell his mom was there, too. "The school had been promoting awareness of Derron's situation for a number of weeks," Ms. Campbell explained, "and



► Christine Campbell and her son, Christian Campbell just before he had his head shaved



► Christian Campbell (Right) had his head shaved with a friend to show support for Derron

the students had been discussing it in tutorial sessions, and one day Christian came up and said, 'I want to participate in the head shave, to support Derron.' His daddy and I were very impressed and touched that he had made this decision on his own. We asked him how he is going to feel about his head being shaved, because that is something he does not like whenever he goes to the barber, and he said yes it might be uncomfortable but he thinks it is worth it because it is for a good cause."

14 year old Sirion Bennett also came up to one of the two 'barber's chairs,'

manned by Lions Brian Barnes and Gary Franklin, set in the middle of the stage. After all his hair had fallen to the ground, he said, "I wanted to support Derron since he has cancer and I wanted to show him that he is not alone in this."

Deputy Principal Sharon Thomsson said, "This is important because it's teaching them the value of giving back and teaching them the value of community of supporting each other. Our children have really risen to the task, they have supported 150 percent and I am so proud of them, and it's not just our children but our teachers too, because par-

ents have given of themselves and our leaders have given of themselves, so we are really grateful that we have this opportunity to show Cayman that the values of giving and supporting each other are still there."

Right at the end of the assembly, Derron Hernandez was able to communicate with everyone via zoom, and a big projected image on a screen. "I want to thank everyone for the support that you have given us. It has helped me look forward to the future. It is just such a blessing to have you all here to support me..."

Panic Buying fever strikes Cayman as Tropical Storm Delta approached

Tropical Storm Delta made Cayman's residents flock Fosters, Hurleys and Kirks supermarket on Monday as panic buying fever struck. At Fosters, Country-side, the traffic backed and there was nowhere to park at 8 am. There were long lines of people with blue shopping carts stretching right stretching down the isles, just like a rerun of the "bad old days," of the Great Cayman Covid-19 Toilet Paper Shortage.



"I wasn't expecting this at all. This is crazy," one shopper, Althea, said. "I had only come in here to buy the usual things I buy on a Monday Morning and I find they are all stocking up on items." Carts were piled high, not only with more ordinary groceries than usual, but with bottled water, and other hurricane supplies like torches, batteries, disinfectant, and, yes, toilet paper too.

Tropical Storm Delta was still about 250 miles away from Grand Cayman when the panic-buying fever started, but the official tropical storm warning that went out over the weekend caused

all the schools to be shut for Monday and Tuesday at least, and many government offices closed too as a precaution. People were being advised to work from home, if possible. On Monday average wind speeds of the storm were reported at 40 mph, although in Grand Cayman early on Monday morning the sun was shining and there was still virtually no wind at all. But Customs and Border Control closed for the afternoon, in anticipation of worsening conditions, and tropical storm conditions that would hit on Monday Night, affecting all three Cayman Islands, with big waves impacting coastal areas.



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**THE ROADS LAW (2005 Revision)
Section 6 Authorization to Enter Lands**

In exercise of the powers conferred on the Governor by Section 3 of the Roads Law (2005 Revision), and acting upon recommendation by the National Roads Authority and Cabinet in the public interest, it is hereby declared that;

1. It is the intention of the National Roads Authority and in the public interest to open an access road as described hereunder:

REGISTRATION SECTION:

Prospect

REGISTRATION BLOCK:

22E & 23B

BOUNDARY PLAN:

BP 637

PORTIONS OF LAND NEEDED:

The proposed roadwork is defined by boundaries outlined in green on BP 637 and listed in the Schedule below.

2. The National Roads Authority and its agents are authorized to enter upon the lands listed in the schedule below for the purposes of undertaking the road works, such authority to take effect 15 days from the date of publication of this Notice in the Cayman Islands Gazette

3. Boundary Plan Number 637 may be inspected at the offices of:

- The National Roads Authority, North Sound Road;
- The Lands & Survey Department, 133 Elgin Avenue, both of George Town, Grand Cayman or at the Lands Office, 19 Kirkconnell Street, Cayman Brac, or online at www.caymanlandinfo.ky under 'Road Schemes'.

SCHEDULE

Block	Parcel	Approximate Area loss in acres
23E	117	Less than 0.01
22E	145	Less than 0.01
22E	175	0.46(Whole Parcel)
22E	224	0.01
22E	242	Less than 0.01
22E	274	Less than 0.01
22E	275	0.33
22E	276	0.35
22E	382	0.03
22E	422	0.41
22E	423	Less than 0.01
22E	534	2.6
23B	49	Less than 0.01
23B	50	Less than 0.01

Made in Cabinet this 18th day of August 2020.
Clerk of Cabinet



**THE ROADS LAW (2005 Revision)
Section 3 Declaration of Intent
Section 6 Authority to Enter Lands**

In exercise of the powers conferred on the Governor by Section 3 and 6 of the Roads Law (2005 Revision), and acting upon recommendation by the National Roads Authority and Cabinet in the public interest, it is hereby declared that;

1. It is the intention of the National Roads Authority and in the public interest to open an access road as described hereunder:

REGISTRATION SECTION:

Prospect

REGISTRATION BLOCK:

22D, 22E, 23B 23C

BOUNDARY PLAN:

BP 634

PORTIONS OF LAND NEEDED:

The proposed roadwork is defined by boundaries outlined in green on BP 634 and listed in the Schedule below.

2. The National Roads Authority and its agents are authorized to enter upon lands listed in the Schedule below for the purposes of undertaking the road works, such authority to take effect 15 days from the date of publication of this Notice in the Cayman Islands Gazette.

3. Boundary Plan Number 634 may be inspected at the offices of:

- The National Roads Authority, North Sound Road;
- The Lands & Survey Department, 133 Elgin Avenue, both of George Town, Grand Cayman or at the Lands Office, 19 Kirkconnell Street, Cayman Brac, or online at www.caymanlandinfo.ky under 'Road Schemes'.

SCHEDULE

Block	Parcel	Approximate Area loss in acres
22D	141REM12	Less than 0.01
22E	91	0.07
22E	117	0.07
22E	133	0.03
22E	137	0.08
22E	145	0.06
22E	175	0.01
22E	180REM6	0.46
22E	237	0.06
22E	242	0.07
22E	245	0.05
22E	273	0.03
22E	274	0.05
22E	275	0.39
22E	276	0.41
22E	356	0.04
22E	423	0.16
22E	447REM4	0.06
23B	15	0.05
23B	33	0.04
23B	34	0.03
23B	35	0.06
23B	49	0.05
23B	50	0.13
23B	58	0.12
23B	66	0.22
23B	80	0.08
23B	81	0.09
23B	88	0.02
23B	89	0.01
23B	93	Less than 0.01
23B	97	0.05
23B	98	0.03
23B	113	0.14
23B	114	0.03
23C	1	Less than 0.01
23C	164	Less than 0.01
23C	171	0.1

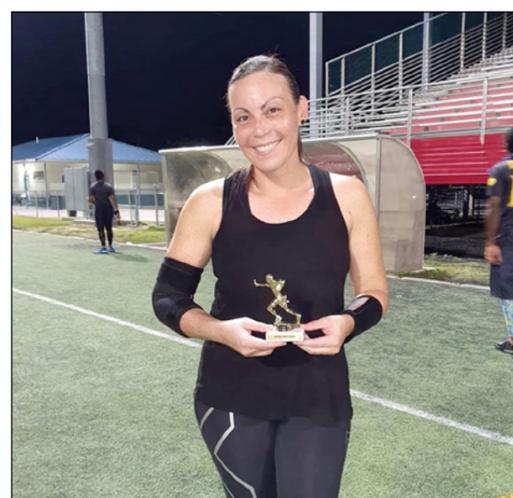
Made in Cabinet this 18th day of August 2020.
Clerk of Cabinet



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Flag Football New CoEd Champs

What an exciting night of Flag Football in the Cayman Islands as the 2020 Burger King CoEd Playoffs came to a close, where the 2020 Gold and Silver Cup Champions would be crowned at the end of the night!

Friday, September 25th, Finals Night kicked off with the 9-time reigning Champs, Burger Shack facing off against Popeyes, the overall number one team going into the playoffs this year. Both teams lead by savvy veterans such as Cassandra Bodden and Brendan Malice, balanced with young rising talents Larue Nixon and Maurice Rockett. Also on the Gold side, fighting for a chance at the title were the Shottas who were up against Coca-Cola in their first year as a team, with many of the players such as Erica Bosch and David Taylor facing off against their old Shottas Coach/ Team-mate Oliver Parker.

In the Silver Brackets, the quarter finals matchups featured Maples against Cayman Auto, the winner of which would face off against BNPs BBQ in the finals. Unfortunately, Dolphin Discovery, a fan favorite squad, was unable to field enough players to participate in the quarter finals against BNPs BBQ.

Silver Cup Semi-Final - Cayman Auto (39) Maples (6)

In the Silver Cup 7pm semi-final matchup, Maples got off to an excellent start! lead by QB Calvin Duncan, scoring on their first possession with a touchdown to Andre Godfrey, scoring their

single touchdown of the night. Unfortunately for Maples, Cayman Auto was unstoppable on offense and passed on to tie in the next drive scoring often with touchdowns from star players Jahriion Bodden and Micheal Smikle. The ladies, Tracey Seymour and Sarafina McField adding multiple touchdowns and extra points securing their spot in the 2020 Silver Cup Finals.

Gold Cup 7pm Semi-Final - Popeyes (20) Burger Shack (7)

In the Gold Cup 7pm semi-final matchup, Burger Shack and Popeyes were locked and loaded to kick things off with both teams coming out aggressive to start the game, however it would be Popeyes who would strike first! Once they took the lead, Popeyes would apply pressure on the defensive side, forcing 3 turnovers on the game all made by star defensive back Larue Nixon. Burger Shack being no stranger to adversity, put together a scoring drive to inch within a score of the lead, however with Popeyes executing when it mattered most in the 2nd half, it would be Popeyes who would add another touchdown to the board, and secure their spot in the 2020 Gold Cup Finals.

Gold Cup 8pm Semi-Final - Shottas (26) Coca Cola (6)

The Gold Cup 8pm semi-final was a much-anticipated matchup between Shottas and Coca-Cola. With Coca-Cola coming into the game hot off their first-



round win, a shootout was to be expected between two of the top 3 Gold Cup teams. However, a combination of the Shottas explosive offense and shutdown defense, showcasing multiple key plays coming by touchdown passes from QB Demetri Chisholm, and excellent coverage from DBs Thomas McField and De-Andre Simpson. Coca-Cola managed to put a touchdown in the books, however it would not be enough to advance to round two. With Coca-Cola finding their stride post-lockdown, it will be exciting to see what this team is up to in the 2021 season next spring.

Silver Cup FINAL - BNP (36) Cayman Auto (8)

In the 3rd and Final round of the SILVER Cup, fans would get to see BNPs BBQ face off against Cayman Auto, who were coming right off a dominating 39-6 Semi-Finals win over the #1 Silver play-offs team, Maples. BNP were no underdogs though, striking quick and often, QB Jordan Stubblefield found speedster Brett Eden for multiple touchdowns. Although Cayman Auto had a few big plays of their own from QB Robbie Cribbs deep bombs to Silver MVP Michael Smikle, the defensive prowess of BNP would be the difference maker, taking a "bend but not break" stance in the red-zone. Ultimately, BNP would raise the Championship trophy in the 2020 Silver Cup Final! BNP's Vania Cornwall would be named the female MVP for the Silver Cup Final's match.

Gold Cup FINAL - Popeyes (28) Shottas (19)

In the Gold Cup Final match of the night, it would be Popeyes and Shottas who would take the final stage. The matchup would not disappoint, and had many members glued to the sidelines to see who the new champ would be. Popeyes would strike first with Brendon and Lisa Malice sharing the QB spot. On the other side of the ball, Shottas, led by Demetri Chisholm, would answer right back and even the playing field mid-way through the first half. Both teams would bring heat on defense, and scoring was something that each had to work for. Chelsea Green would add another touchdown for Shottas and Oliver Parker would complete his second of the game. However it wouldn't be enough to answer to each of Popeyes strikes from Larue Nixon and Paul Chin. Excitement was definitely felt from start to finish, and the game would end in a Popeyes victory. Lisa Malice and Larue Nixon would receive the female and male Gold Cup MVPs.

Stay tuned to our social media pages IG: @ciffaky and facebook.com/ciffa, and visit our website www.ciffa.ky for updates on our upcoming Mixing Bowl League featuring the first ever drafted 8-man league on the Men's side and 6-man league on the Women's side. Both kicking off the fast-paced rocking action at the CIFA field in Spotts/Prospect on Saturday October 3rd at 2:15pm! 🌐



Appleby are new sponsors of the Under 18 high school football leagues

The Cayman Youth Football Leagues (CYFL) is pleased to welcome Appleby as the exclusive sponsors of the Under 18 high school football leagues starting in 2020.

Appleby joins Caribbean Utilities Company, Ltd. (CUC), Dart and Progressive Distributors as sponsors of the flourishing local primary and high school football leagues. In 2019, Appleby assisted the CYFL with the development of the organisation's constitutional documents prior to the grant of non-profit status.

Over the years, Appleby has sponsored and been involved with a number of community initiatives such as the Deputy Governor's 5K Challenge, One Dog at a Time, Cayman Islands Crisis Centre, Special Needs Foundation, Cayman's ARK and many more.

Commenting on the sponsorship, Appleby's Managing Partner, Norman Klein, said, "We are excited to be the exclusive sponsor of the Under 18 high school football leagues this year. Supporting initiatives like this one aligns perfectly with our corporate responsibility goals of focussing on child and family welfare. Sport is an excellent way to promote positive mental well-being and foster characteristics of teamwork, perseverance and hard work in our younger community."

The CYFL was formed to organise, administer and coordinate school football

leagues in the Cayman Islands. CUC began sponsoring the primary school football leagues in 2005 and have invested heavily in ensuring all schools have the opportunity to participate. In 2016, a plan to include high school football was initiated and in September 2017, with Dart as sole sponsors, the Dart Under 13 girls and boys high school football leagues were launched.

In 2019, an Under 18 age group for girls and boys was introduced and CUC and Dart moved their sponsorships over to the CYFL, who administered the leagues for its first year.

CYFL President Richard Hew welcomed Appleby by saying, "The CYFL is pleased that Appleby, an organisation with a deep history and excellent reputation as a corporate citizen, has come on board as sponsor of the Under 18 high school football leagues. This will certainly assist the CYFL in its objective to bring well organised football competitions to boys and girls of all ages at all schools in the Cayman Islands."

Over the years, the primary school and high school football leagues have significantly contributed to the growth and development of youth football in Grand Cayman.

High schools participating in the leagues this year include Clifton Hunter High School, John Gray High School, St. Ignatius Catholic High School, Triple



► CYFL President Richard Hew (left) and Appleby's Managing Partner Norman Klein

C, Cayman Prep & High School, Cayman International School and Cayman Academy.

The 2020 CUC Primary Football League (PFL) season was scheduled to kick-off on Saturday, October 3 but was

postponed due to inclement weather. The leagues will begin on Saturday, October 10. The Dart Under 13 high school leagues began this week and the Appleby Under 18 leagues will begin on November 16. 🌐

New technology set to keep Cayman safe

By Lindsey Turnbull

The Cayman Islands moves into a new phase of opening as from 1st October when its borders reopen to a small number of flights from the UK on British Airways and also regular flights from the United States on Cayman Airways. Ensuring that Cayman opens up safely while protecting its population is an absolutely crucial step for the Government to get right, if the country is to be able to open up further next year.

In order to allow a safe and secure transition into an open border, the Government has partnered with a company called TraceSafe to allow the Government to test quarantine management solutions with visiting guests. The technology, already being tested on a small number of people who arrived on the British Airways flight on 17th September, employs an App and wristband which monitors the whereabouts of the wearer while not infringing on their privacy, as their self-quarantine for 14 days upon arrival.

Dennis Kwan, CEO of TraceSafe Technologies Inc, said that the TraceSafe iMSafe technology offered a functional solution for managing incoming passenger quarantine, as well as quarantine planning in efforts to help the Cayman Islands reopen its borders safely.

"The iMSafe wristbands will play a vital role in helping airlines, passengers and authorities and TraceSafe will further continue to provide airlines with solutions to help safely reopen borders," he stated.

The technology consists of real-time location management services and contact tracing solutions enabled through Bluetooth beacons and enterprise cloud management, which offers both user privacy and comprehensive administrative control. TraceSafe's contact tracing bracelet has already been deployed in quarantine applications around the world in partnership with governments.

TraceSafe has shipped multiple self-quarantine management wristbands to the Cayman Islands for immediate use and additional wristbands are to be issued over the course of October. Those people who arrived on the British Airways flight in September who have been testing the equipment have been



► Gordon Zeilstra, Chief Revenue Officer of TraceSafe

joined by participants who are not travelers, including civil servants and those working with the testing team.

How the technology works

Gordon Zeilstra, Chief Revenue Officer of TraceSafe, gave some background to the development of the technology:

"Tracesafe is a solution that grew out of the MedTech space, meaning that it was really developed to address specific issues within a medical environment that complemented patient safety, and in our case traceable technology," he advised.

Their first deployment, in New Zealand hospitals assisting with ensuring that newborns were properly associated to their rightful parents, became a solution for when the world needed to address the Covid-19 pandemic and quarantine management in early 2020, he said, adding that they have had successful launches in places such as Hong Kong, Kuwait and Singapore and have now successfully combined wearables, including wristbands, with a software solution to work for people of all ages, and the safety regulations inherent in many different regions of the world.

Safety first

The Cayman Islands has worked exceptionally hard collectively to ensure that it has remained Covid-free, so any technology that permits visitors to its shores has to be safe. Ensuring it properly monitors individuals is of paramount



► A TraceSafe bracelet worn for contact tracing

importance. Mr Zeilstra explained how it worked:

"The monitoring is done by designated people with government clearance and discretion, through the assistance of dashboards and reports. The data of the traveler is real-time information that complies with General Data Protection Regulations, and is used specifically and solely for the purpose of the quarantine period," he stated. "The parameters [for those in quarantine] are set by the government and they have the ability to set the required thresholds for distance permission, and this can also be done to vary (if desired), against the size and indoor/outdoor nature of the quarantine location."

Any possible security breaches are brought to the attention of those monitoring the individuals at almost a real-time consideration, in milliseconds, and monitoring is available through the dashboard access, he said.

So far, so good

TraceSafe technology and official protocol will be re-evaluated based on success in the Cayman Islands, following with the issuance of further orders and the assurance the Cayman Islands government is satisfied that the risk of importing the virus is mitigated.

But with the first cohort of guinea pigs almost coming to the end of their two-week quarantine at home, Mr Zeilstra was able to comment on how things had progressed so far.

"The solution has not only been closely monitored for its success, but it has moved forward very successfully through testing and the use case, with an exceptional level of cooperation from all who have been involved, both in deploying the technology via the government, and from the passengers who have been the first to participate in the programme," he confirmed.

It is still a learning process, however. "As with every new technology which gets rolled out, and need for protective equipment, and certainly in times where quarantine is necessary, we always are able to gain learnings on how to better educate and inform people, which leads to a greater understanding of cooperation and success. Additionally, having to work remotely and at a distance, has had its challenges, but ones that have been faced by everyone and allowed us to find new ways of solving problems," he confirmed.

Mr Zeilstra called the government "an extraordinary partner" in both providing great communication, clarity and expediency in bringing together all the necessary people and efforts to bring about a world-class solution.

"We are confident that this will keep Cayman Islanders whether they are currently home, or coming home safe, and at the same time provide a safe opening solution for the country for which to welcome and showcase the wonder of beauty and people that exist in the Cayman Islands," he added.

More than 400 Walk for the Cure

By Christopher Tobutt

It was amazing to see how many people came to support the CIBC First Caribbean's Walk For the Cure. Despite the rain that had already lasted several days, but they were all there, more than 400 of them, moms, dads, children, and friends, walking from the Public Beach all the way down to Blue Cilantro Restaurant on West Bay Road and back again, a 5k walk/run for a great cause.

Dan Wright, Managing Director for CIBC First Caribbean said, "This is the ninth year we've been doing it in Cayman, and one hundred percent of the proceeds all go to the Cancer Society. Most of the rest of the Caribbean can't do a real walk this year because of covid restrictions but we were in a great place where we could do one. We have a record number of corporate sponsors and we have raised over 75,000 dollars so far." That's not counting the 20 dollars from each of the adults taking part, or 10 dollars from children.

Jennifer Weber, operations manager for the Cayman Islands Cancer Society commented, "All of the proceeds from this event come to the Cancer Society to help with our financial aid programme. The Cancer Society has a need-based financial aid programme, and we are helping more than 400 patients who are impacted by cancer. Since Covid happened we have even more people who need our help because so many people lost their job and insurance



► H.E. the Governor, Mr. Martyn Roper ran for the cure

so that they have not income, no insurance and cancer. Times are very difficult so we really appreciate all the sponsors and all the walkers taking part today."

Dr. Kenrick Webster was there. An experienced speed-walker, he explained why he wanted to join in. "It's a good

cause for those persons who have survived cancer, and those who are battling cancer. It is good cause to support them in times like this when they have many challenges and many difficulties," he said.

Everyone had their reasons for taking part, but at the back of it is just a desire to help the community, especially those who are going through difficult times, and we have all had a taste of that lately. Mr. Tikkomore a tall young man said, "My mom made me do it, to be honest, but I think it's a good cause and I want to support it."

Some girls from Key Club were there too. Stephanie, Key Club president said, "We're doing this as part of our community service, we try to do about three hours per member each month, and also to raise funds

for the Cayman Cancer Society as well as raising awareness."

Corrine Evans Ebanks is one of the West Bay Movers, loves to get involved in community walks and runs. "This is my fifth year attending Walk for the Cure, and this is my ninth 5 K for 2020. I want to support it because it's a good cause, going to the Cayman Cancer Society," she said.

H.E. the Governor Martyn Roper tries to never miss a community walk or run, and is well-known for training every morning by going running on the beach outside his home. "We should all be really thankful that we can do this walk, because if you look around the world at covid, it is extraordinary that we can do events like this at the moment. I like to do quite a lot of the 5k runs for me it is a good way of keeping fit. But for me too it is about visibly supporting all the wonderful charity work that goes on."



► Key Club members get ready to walk for the cure



► Walking for the cure



► Corrine, and the West Bay Movers (Left) and the West Bay Movers



► Dan Wright and Jennifer Weber



► Getting ready to walk for the cure

COMMUNITY EVENTS

DCFS Older Persons Month

9 - 16 October - The Ministry of Community Affairs' Department of Children and Family Services is hosting Older Persons Month in October. The annual observance's events, on all three islands next month, are free and open to all older persons and their carers who register. To register for all events or for further information, please contact: West Bay 916-7902 (Vanda Powery), George Town 925-4083 (Dorline Welcome), Bodden Town 924-3309 (Carol Bodden), North Side 926-0490 (Flavia Gardener), East End 925-5543 (Delmira Kirshman), Cayman Brac/Little Cayman 948-2331/929-7932 (Kerry Parchman). For further information, contact the Department of Children and Family Services - Grand Cayman 949-0290/ Cayman Brac 948-2331. Below are the events for the coming week.

- FRIDAY, 9 OCT - Cayman Brac Tea Party - Heritage House, 10am
- MONDAY, 12 OCT - Cayman Brac Farm Tour - Le Soleil, 9am
- WEDNESDAY, 14 OCT - Little Cayman Virtual Bingo, 2pm
- THURSDAY, 15 OCT - Life Stories Video 3 - CIGTV, 6.30pm - Cayman Brac Movie Night - District Administration Lawn, 7pm
- FRIDAY, 16 OCT - East End Sunrise Breakfast

Chamber Training Course - Introduction to Digital Marketing

9 October - This interactive four-hour course outlines the basics of digital marketing and provides tips and techniques for improving your organisation's approach. Topics include understanding and connecting with your target consumer, an introduction to the

social media platforms (general overview) And the keys to content curation. The session begins at 9am. Registrants are required to bring their laptops or other device to the training session, as this hands-on course will require you to practice as you go along. Cost is \$175 for members and \$250 for future members. For more information, visit caymanchamber.ky or call 949 - 8090.

Autism Awareness Virtual 5kWalk/Run

9 October - All schools and the general public are invited to participate in the Annual Autism Awareness 5km walk/Run semi-virtual event. The students of Lighthouse School will participate in the annual walk by wearing their ASD Shirts or a black t-shirt with rainbow colored accessories and a donation of \$2 to walk around the Lighthouse School field in our class bubbles. We invite all schools to participate on October 9, 2020 to show your support of our campaign. We look forward to seeing photos of your students participating on social media @lighthouseschoolcayman #LHSASDWALK2020 Persons in the community are invited to purchase a t-shirt and wear it on October 9, 2020 and post pictures to social media to show our students your support. You can also visit the social media pages on Facebook and Instagram to see a 5km route to complete! Shirts are on sale at Lighthouse School 7.30am-3pm on weekdays. Adult t-shirts and running vests are \$20 and kids' t-shirts are \$10. You will receive a raffle ticket with the purchase of your shirt and the drawing for prizes will take place on the day of the walk.

Support Group for Young Adults

10 October - The Alex Panton 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@alexpantonfoundation.ky with any questions

Foster's 800m Sea Swim and U13 400m

10 October - The Cayman Islands Aquatic Sports Association and Foster's present the 35th Annual Foster's 800m Sea Swim on Saturday 10 October at the Governor's Beach beginning at 4pm. Entry fees for CIASA members for the 800m are \$10 for children and \$15 for adults. Non-members are \$15 and \$20 respectively. Trophies will be awarded and all participants will receive t-shirts and refreshments.

Band Aid, Macabuca, Grand Cayman

10 October - Macabuca is having a day of LIVE Music on Saturday 10 October from 2pm to 10pm. to raise funds for those in the Music and Entertainment industry who have been directly affected by Covid 19. There will be performances by Mel McCoy Ensemble, Glen Scott, Bona Fide, Hi-Tide, Ocho Loco, Jeff Japal & Bugs,Sea



N' B, Dario Rivers, The Neverines and Suckerbox. Macabuca will donate 50c for every Caybrew product purchased! A raffle will also be held at the event - tons of prizes available to win! Admission is \$25 for those 12 and over. Call 945 - 5217 for more information.

Business of Art: "The Critical Time is Now" with Joy Baldrige at the National Gallery

13 October - The National Gallery is continuing its Business of Art series with a free Zoom webinar that teaches how to handle and recover from interruptions faster, get work and projects done sooner, deal with email more efficiently, and set and reach goals in a more timely manner. For more information, email education@nationalgallery.org.ky or call 945 - 8111.

Pedro St. James - Movies on the Lawn

13 October - Take part in this family friendly activity on the lawns at Pedro St. James from 6:30 - 8:30pm. The featured movie is Miracles from Heaven. 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.

Farmers & Artisans Market

14 October - From 10am to 7pm on Wednesday indulge in local flavours at The Paseo at Camana Bay as artists and farmers showcase things grown and made in Cayman. More than 30 farmers will be on site offering fresh produce and specialty foods.

Cayman Cocktail Week

16 -23 October - The 8th. annual Cayman Cocktail Week runs from 16 - 23 October and offers fun and interactive events. From an incredible array of cocktail parties to culinary events, tastings and seminars, there is something for both novices and experienced professionals. Visit the Facebook page or caymancocktailweek.com for event details.

Send your community events to wendy@caymaniantimes.ky

How she lost that body fat

Many of my clients have dramatically dropped their body fat - and I'm always asked how they did it.

Here are the 7 simple and effective ways to drop unwanted body fat. While fat loss can be quite frustrating, these 7 strategies are proven to help you slim down fast.

Drink a Gallon of Water

Water is always a crucial element for proper bodily functions, and even more so when fat loss is your goal. The conversion of fat into energy takes place in your liver, and this process requires that you be well hydrated.

Drinking a gallon of water over the course of your day is a wonderful goal to aim for. This goal is easily met when you get into the habit of sipping water throughout the day, coupled with drinking a full glass before meals, upon waking and before bed.

Cut out Alcohol

This fat loss tip is always met with groans, but despite its unpopularity it remains one of the most effective. The first reason that alcohol should be cut out in order to lose fat is that it's filled with empty calories. These are simple sugars that taste great but add up quickly as stored fat in all the wrong places.

The second reason that alcohol should be cut out is that the simple energy that your body derives from the alcohol will be used as energy long before your fat stores are tapped, making it impossible to reduce body fat on days when alcohol is consumed. That should be incentive enough for you to put down your glass and reach for some water.

Do a Variety of Cardio

Variety is key when it comes to the cardio side of your routine. Getting in calorie-burning activities is crucial to quickly eliminating fat stores. We no longer believe that long cardio sessions are the holy grail of fat loss - but getting your body moving with calorie-burning



► Ernest Ebanks

activities is a wonderful way to intensify your fat loss results.

The great thing about aerobic activities is that these can and should be fun! Hiking, biking, swimming, surfing, jogging, brisk walking - any activity that requires you to move your body for a decent duration of time and break a nice sweat in the process.

Cut out Processed Junk

This is one of the easiest ways to quickly and effectively reduce body fat, and yet it is met with such resistance. Why? Why is it so difficult for us to give up our packaged, processed snacks and treats? This is one obstacle that prevents most people from achieving the body that they want.

The best tip for successfully getting processed junk food out of your life is to have wholesome alternatives on hand while removing the junk food from your home. If you are a late night snacker, then be prepared by having fresh fruit, sliced veggies, plain Greek yogurt or other wholesome snack replacements on hand. When your belly is full of wholesome snacks, it's hard to care too much about the processed junk you missed out on. And soon you'll learn to love how lean and energetic these healthier foods make you feel.

Lift Weights

You might consider this to be pretty obvious, but many people

are still resistant to the idea that resistance training leads to fat loss. If you find yourself puzzled by the idea that lifting heavy things will reduce the layer of fat on your body, then allow me to explain.

The act of lifting weights causes those targeted muscles to stimulate new muscle tissue growth. Now this doesn't mean that your muscles are going to get noticeably larger (relax, ladies!) but it does mean that your muscle tissue will become tighter and more toned. The increase in muscle translates to a higher metabolism, which means that your body will naturally burn fat faster and more efficiently.

Use HIIT

High Intensity Interval Training is a method that has been quite popular in the past decade - and for good reason. This advanced form of aerobics, when done correctly, is one of the most effective methods for burning fat.

HIIT is achieved by performing short, intense burst of aerobic intervals between less intense bouts of aerobics. For example, 2 minutes of walking followed by a 30 second sprint, done for 20 minutes.

Become My Client!

When your car needs new brakes, you take it the mechanic. When you wake up with a fever and sore throat, you go to the doctor. When your hair gets too long, you go to get it cut. When you need to reduce body fat, you...try to do it all on your own? That makes no sense.

Look, we all have our expertise, and we rely on each other when in need. My expertise is fat loss. When people in our community need a new and improved body they come to me. I'm passionate about getting my clients results, and my programs have been proven effective.

Call Ernest at Body Shapers Fitness Studio 325-8696 or email me today bodyshaperscayman@gmail.com to get started on a fat loss program that really works. 📍

POWERHOUSE MINERAL - SELENIUM

The benefits of magnesium are rightly touted these days, and there are benefits of magnesium to our bodies. However, a much overlooked mineral that boasts a multitude of health benefits is **SELENIUM**. It is a trace mineral, and one that does not require large doses for supplementation. Selenium pairs up with vitamin E to become an even more powerful antioxidant. Here are some reasons to ensure you add Selenium to your health regimen.

THYROID HEALTH - It works with iodine to protect and maintain the proper functioning of the thyroid hormone which governs metabolism, including FAT BURNING. This gland contains the largest amount of selenium and is essential for the gland to produce T3. Supplementing with selenium can reverse or stop the effects of hypothyroidism.

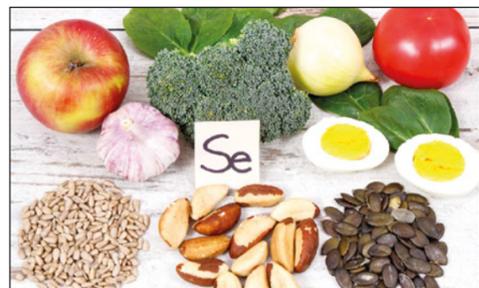
ANTIOXIDANT - These are the powerful compounds in food that fight disease, helping us remain young, protect our DNA, and fight free radicals in our bodies. Selenium works to combat oxidative stress.

CANCER PREVENTION - Even in small amounts, it wields amazing power preventing cancer. Selenium helps with our cells' ability to repair DNA. A prominent Cancer Journal states, "higher blood levels of selenium protected well against breast, lung, colon, and prostate cancers."

HEART HEALTH - Selenium rich diet may lead to reduced heart risks, as studies have shown that low levels have been linked to increased risk of heart attacks heart attacks and stroke. Selenium lowers the levels of inflammation in the body.

POWERS THE IMMUNE SYSTEM - This system performs a variety of life- preserving functions such as fighting of dangerous bacteria, viruses, and fungi. The system also fights infection, and helps to heal wounds. Deficiency slows the immune system to fight against infections.

So ensure that you are eating selenium rich foods and supplementing with a high quality supplement. 📍



► Foods rich in SELENIUM

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
85° / 82°	86° / 83°	86° / 81°	86° / 83°	86° / 81°	84° / 82°	84° / 81°
A stray afternoon t-storm	An afternoon thunderstorm	Rather cloudy	A morning t-storm or two	A stray morning thunderstorm	Cloudy with a stray t-storm	Brief afternoon showers

Rotary Club of Grand Cayman Sunrise Announces the Winner for 2020 Car Raffle

The Rotary Club of Grand Cayman Sunrise (Rotary Sunrise) held its annual Car Raffle draw on Saturday September 26, 2020 to select the winner of the 2020 BMW X3 motor vehicle and three other prizes.

The Car Raffle draw, initially scheduled for May 2nd 2020, was postponed due to the COVID-19 Shelter-in-Place restrictions implemented by the Cayman Islands Government earlier this year. Following the lifting of many of the restrictions, the club announced the new draw date of Saturday September 26, 2020.

The Draw took place at A.L. Thompson's in George Town and was broadcast live on social media with a number of hopeful ticket holders onsite to witness the draw in person.

The winning ticket #2673 was purchased by Miss Lisa Vassell who was elated when it was relayed to her in a congratulatory call by Club President, Stacy Parke.

The handing over ceremony took place on Monday at G.T. Motors where the beaming Lisa Vassell was handed the key to her new vehicle.

Miss Vassell, in responding to what lead her to purchase tickets in the draw noted that "The Rotary Sunrise Club does wonderful things for our community and I wanted to support them when I purchased the raffle tickets. She further expressed surprise at winning. "I am so surprised I won but I feel happy and honoured to have contributed in some small way to their fundraiser. Thank you Rotary Sunrise!"

The other winners of the afternoon were:

2nd Prize: Eric Brady Gould who won a round trip for 2 to continental US complements of Delta Airlines;

3rd Prize: Gauge who won KYD 1,000 Gift Certificate complements of A. L. Thompson's;

4th Prize: Oliver Smith who won a 50" Samsung television complements of Priced Right.



► from left to right Co-Directors of Fundraising O'neil Malcolm and Partriann Monteith, President Stacy Parke , Winner Lisa Vassell and Stephen Gunby (GT Motors Manager Director)

An elated club president, Stacy Parke, in her concluding remarks on behalf of the club gave a vote of thanks to all who made the raffle a success. "We are truly grateful to our sponsors, the fundraising committee, every Rotarian and Rotaractor, volunteers and everyone who purchased tickets. It was a joint effort to make this year's car raffle a huge success. We also thank KPMG who was on hand to audit and oversee the draw on Saturday. The funds raised will go toward various

projects in our community and also support other Rotary's initiatives locally."

This raffle is put on annually by the Rotary Sunrise to raise funds for various service projects the club participates in - each of which directly benefits the community. The club announced earlier this year that part proceeds from the raffle will go towards offering support to our community during this global pandemic.

Rotary Sunrise would like to thank its members, volunteers and the general

public for supporting the club and looks forward to the next initiative.

Rotary Sunrise focuses on local projects in Literacy, Youth, Health, and Community Service. The Rotary Club of Grand Cayman Sunrise meets every Wednesday at 7:00 am, you may email rcgcsunrise@gmail.com or karellorotary@gmail.com for the Zoom meeting information or to find out more about volunteering. Website: www.rotarysunrise.ky

MOMENTS OF INSPIRATION

HIS LAW OF LOVE - Matthew 22:40

Jesus gives us two commands. First we are to love the Lord thy God with all our heart and secondly our neighbours as ourselves. Total love for God is what Jesus described as, "the greatest of all commandments."

The Jewish teachers believed that all commandments were equally important. For Jesus, love was not just another law among many, as the rabbi who asked was inclined to believe. Jesus rightly taught that the Love for God and then for others was prerequisite to fulfilling the law of God.

Before we able to truly love others, we must FIRST receive God's love so that His love can flow through us. When we do this we are obeying God's Law of LOVE. 🙏

FOR RENT

Advertise here!

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

DEATH ANNOUNCEMENTS

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Leroy Ducon, who passed away Tuesday September 29, 2020. A Thanksgiving Service will be held at the Ministry of Peace Church, West Bay, Grand Cayman on Saturday, October 10, 2020 at 2:00 p.m. Viewing: Closed Casket Interment: Boatswain Bay Cemetery

Condolences can be registered at churchillsfuneralhome.com

Churchill's Funeral Home

We have been asked to announce the passing of Mr. Angel Wilfredo Bustillo Bynn, who passed away on Tuesday, Sept. 15, 2020. A Thanksgiving Service will be held at Church of God Universal, Walkers Road, George Town, Grand Cayman on Saturday, October 10, 2020 at 2:00 p.m. There will be no interment.

Condolences can be registered at churchillsfuneralhome.com

CARIBBEAN BRIEFS

Jamaica focuses on outdoor tourism

The Jamaica Tourist Board has begun its new tourism campaign, focusing on outdoor programs and active travel that helps tourists discover the island's natural beauty while also remaining physically distant.

The Jamaica Cycling Association along with Jamaica's Director of Tourism, Donovan White, participated in the first leg of Discover Jamaica by Bike on Friday, a tour which began in Port Antonio and ended at Kingston's Jamaica Pegasus Hotel on Monday. This bicycle tour is the first step of the island's new wellness initiative.

"Jamaica has always prided herself on delivering a tourism product that is ideally suited to deliver what visitors desire," said White. "Discover Jamaica By Bike continues that legacy as it taps into our collective renewed focus on health and wellness coupled with safe, physically-distanced activities. We know that



► Jamaica is promoting biking tourism

cycling has become a fitness activity of choice for many through this pandemic, and we are confident that development of a bookable experience around this itinerary will drive continued interest in the destination through a new lens."

The bike tour was created to showcase Jamaica's beautiful natural environment and cultural hotspots. Bikers will discover the island's rolling hills, beaches and the many different neighbourhoods and towns along the way to Kingston. 🌐

St Lucia opposition protest virus law

The St. Lucia Labour Party (SLP) said it is pleased with the turnout of Sunday's protest march and is hinting at taking legal action following the government's decision to successfully table the COVID-19 (Prevention & Control) Bill in the Senate last Friday.



► SLP supporters are opposed to St Lucia's virus bill

The legislation is expected to be passed given the government's majority and will remain in effect for two years. The SLP feels that they were not properly consulted and the bill was rushed through without adhering to the full democratic process.

The bill will introduce quarantine facilities, social distancing and suspension of liquor licenses as well as COVID-19 protocols and COVID-19 certification for the tourism industry. It also makes reference to travel re-

quirements, and electronic monitoring to track those in quarantine.

"We are examining all our options, including legal action," Opposition and SLP Leader Philip J Pierre announced ahead of the national protest march that coincided with the end of the State of Emergency.

Hundreds of supporters, some of whom were clad with masks took advantage of a long holiday week end, and travelled from all corners of the island to participate in the protest. 🌐

Guyana's vast oil wealth on hold

Guyana's recent find of massive oil supply was supposed to create great wealth for all its citizens, but the global pandemic has put that on long pause.

Guyana had high hopes economically this year after ExxonMobil discovered huge oil deposits off its coast in 2015. Guyana sold its first cargo of crude oil in February. As production ramped up, production projections of 750,000 barrels a day by 2025, meant Guyana's economy would increase from US\$3.4 billion to \$13bn.

Guyana also received its first US secretary of state visit, from Mike Pompeo last month.

But Guyana's dreams of fabulous wealth this year have been dashed by COVID-19, which has delayed production and slashed oil demand. Compounding its coronavirus troubles, Guyana shows warning signs of the so-called "resource curse" in which a country's new oil wealth crowds out other productive economic

sectors, breeds corruption and triggers political conflict.

If oil prices stay low, more countries could join the list of troubled petro-nations.

Guyana's population of 786,000 already struggles with political instability and ethnic tensions. In March, in the first national election held since oil was discovered, accusations of corruption prompted a recount and an unclear presidential result. The transfer of power dragged for five months, leading to deep uncertainty, violence and eventually US sanctions.

Guyana's new president, Mohamed Irfaan Ali, finally took office in August. He campaigned on the issue of oil governance, asserting that his predecessor David Granger had agreed to overly generous contracts with foreign oil investors, Ali promised to get Guyana its fair share of oil revenues. 🌐



► Guyana's future oil wealth is in limbo and uncertain

Grenada's Dive Fest goes virtual

Grenada's annual diving festival will go virtual this year because of the global pandemic.

The annual Pure Grenada Dive Fest is always a sublime blend of music, entertainment, great local food, enjoyable social events and, fabulous diving on the reefs and wrecks that lie off the island.

The event had been growing steadily annually and, determined not to let the COVID-19 pandemic spoil all the

fun, the Grenada Scuba Diving Authority and the Grenada Tourism Authority have taken the event virtual for 2020, with the launch of Pure Grenada Dive Fest 2020 - 'The Virtual Experience', running for a month until Oct. 25.

There are several weekly posts comprising stunning imagery and inspiring videos, all promoting the diving and the amazing marine life around the islands. 🌐



► Grenada is celebrating its diving culture virtually

T&T's top cop cancels vacation

Trinidad and Tobago Police Commissioner Gary Griffith Jr cancelled his controversial month long vacation last Thursday, the day before he was due to go on leave.

Griffith was under immense pressure to stay because of a myriad of problems in the country but he intended to go to Ireland and England to watch his 17-year-old son, Gary III, in tryouts for professional football teams.

Griffith said that after conferring with Stuart Young, Minister of National Security, they concluded that it's just not a good time for him to be out of the country.

"Because of the present situation that is ongoing as it pertains to a very serious investigation that may involve senior officers in the TTPS and the Trinidad and Tobago Defence Force (TTDF), it may not be the right time for me to go on vacation," Griffith said. The investigation Griffith referred to is the alleged



► Gary Griffith Jr was under pressure not to go away for a month

pyramid scheme called 'Drugs Sou Sou'. Preliminary inquiries have revealed that senior police officers could be involved.

With over TT\$22 million (KY\$2.7m) allegedly involved as part of the scheme, Griffith said he's needed on the island. 🌐

Antigua copies others with 'digital nomads'

Antigua and Barbuda is the latest Caribbean hotspot to open its doors to "digital nomads", similar to the policy Barbados, Bermuda and Anguilla.

Antigua has launched a new visa specifically aimed for remote workers, meaning visitors can do their jobs while living on its islands for up to two years. It's to attract not just solo travellers, but also couples and families.

The 'Nomad Residence' visa allows remote workers to live there and enjoy the same benefits as residents, while still working for a company back home.

Visitors can do their jobs as usual, then spend weekends making the most of those picture-perfect beaches, crystalline waters and brilliant restaurants.

And for those who don't fancy lazing on a beach all day, there's heaps to do including the walking trails and historic sites to explore, not to mention a wide array of water sports and diving opportunities.



► St John's, Antigua is an attractive place to live

Prime Minister Gaston Browne announced that "you can work in any part of the world from Antigua as if you were in your office or home".

Single applicant visas cost US\$1,500, couple's visas \$2,000 and family visas for three people or more from \$3,000.

The criteria include providing proof of employment or self-employment and earning at least \$50,000 a year.

For those bringing their families along, they'll need to prove that they can support themselves and dependents. 🌐

Bermuda attracts British Airways again

Bermuda's tourism industry is getting a boost with British Airways expanding its flight network next year there for the first time in 30 years.

The airline is set to start operating daily flights from London Heathrow to the Caribbean hotspot, with the first service due to take off on the 28 March 2021.

The new route will be operated by a Boeing 777-200, which will include the airline's new Business Class offering. Tickets are already on sale on the British Airways website.

It's not the only service which the airline offers to Bermuda - there is already an existing service from London Gatwick. Return flights start at around US\$550.

There's heaps to see and do in Bermuda too - after all, there's a reason it features on most Bermuda is renowned for its pink, palm-fringed



► Bermuda will get more flights from the UK next year

sandy beaches, while the crystalline waters are a hit with those who fancy a dip, or want to go snorkelling amidst the colourful marine life. There are plenty of walking trails and nature reserves to explore too, for those who fancy a bit of adventure.

Bermuda is also one of the Caribbean islands that has recently created a new visa specifically for remote workers, allowing Brits to do their job while living on the sun-soaked island. 🌐

Gay but he's Gunning for Jamaican gold

Michael Gunning is a rarity in Jamaica – a world class swimmer who is openly gay. In a country where homosexuality is still illegal and homophobia generally accepted in society, Gunning's indefatigable spirit is admirable.

The 26-year-old former Great Britain rep now competes for Jamaica after switching in 2016. He is one of very few black athletes in a traditionally white-dominated environment, and says he feels "lucky" to be competing at the highest level in the sport he loves.

He feels "lucky" too, he says, to have experienced what he calls "only a little" discrimination in swimming.

Gunning doesn't shirk his commitment to the Black Lives Matter movement and on-going campaigns for LG-BTQ+ equality, he eagerly discusses all potentially sensitive issues openly.

Lucky is a word he uses often. Even lucky to be alive because Gunning survived the 2017 Manchester terror attack, in which 22 people were killed. It changed him forever.

The abuse started almost as soon as Gunning set out on the path that would take him where he is now – a two-time World Championship competitor, the holder of several Jamaican national records with the Olympics in sight.

"I'd hear 'don't black people sink?' over and over when people smelt chlorine on me and found out I'd been training before school," he recalls. "It was really hurtful and made me question myself, but I guess even then I loved breaking stereotypes – and showing off my medals was nice too."

He channelled his frustrations as best he could and endured the verbal abuse, but when it turned physical – and acid was thrown at him – his attitude changed.

"It didn't hurt or burn me, but my school clothes changed colour and it was embarrassing walking around knowing people had picked on me," he said. "It really knocked my confidence.



► Michael Gunning is Jamaica's first openly gay world class swimmer



► Anthony Nesty won Olympic gold for Surinam

I didn't want to go back to school so I tried to make excuses and say I was ill.

"If I'm honest, though, after the bullying I threw myself into swimming as it was my escape from the negativity and the anxieties I had."

Since the killing of George Floyd, and the global momentum that has since gathered behind the Black Lives Matter movement, Gunning has joined the fight against racism and campaigns to bring about meaningful change.

"There is so much black tragedy that I've read about over the last few months and it's devastating," he said.

"Black History Month is a really important time to help educate people and even for me to learn about some of the amazing people who lost their lives fighting to overcome slavery and inequalities. It's vital too that we celebrate black successes and share positive stories."

In swimming, the United States' Olympic champion Simone Manuel and world gold medalist Alia Atkinson of Jamaica are black role models, but Gunning had few historical black male swimmers to be inspired by.

At the top level, Enith Brigitha of the Netherlands (1976 bronze) and

Surinam's Anthony Nesty (1988 gold) claimed historic firsts for black swimmers. There are only a few other examples at a lower level.

Gunning believes there is a "phenomenal amount" of "untapped potential" in black and minority ethnic communities worldwide and hopes to inspire others. "Parents who have afro hair and are black often come up to me and ask if their kids will be accepted and I know having more role models will help," he said.

"There are already more people of colour around poolside and I'm so excited to see more gold medals won by black people because the potential is there. I want to be that beacon of hope and prove that black people can succeed in the sport and I hope we can smash the stereotypes out of the water for good."

In 2006, Jamaica was dubbed the "most homophobic place on Earth" by Time magazine. Even now, sexual intercourse between men is still punishable by imprisonment, while same-sex marriage remains illegal.

No wonder Gunning admits he was "nervous" about the potential conse-

quences of coming out after switching allegiance to the nation where his father was born.

"There is an LGBT community out in Jamaica, but it's not very visible and people are having to hide it," he said. "It's so difficult for people in many of the Caribbean countries to speak about their sexuality."

He admitting receiving a "few negative comments" and homophobic remarks from people who disagree with him representing Jamaica but insists that reaction in the country has been "99.9% positive".

"So many people have been supportive and I'm opening minds in the process," he said enthusiastically. "I just hope that one day we get to a point where we can speak openly and be ourselves without fear of judgement or repercussions."

Since making his international debut for Jamaica at the 2017 World Championships, Gunning has set national records in the 200 metres butterfly as well as the 200m and 400m freestyle events.

He was also awarded Jamaica's 'Aquatics Sportsman of the Year Award' in 2018 which inspires him to be a medalist at next year's Olympics. 🌐

Butler is hero after false dawns elsewhere

Jimmy Butler was always favoured to be Miami Heat's talisman in the NBA Finals and in Game 3 he lived up to expectations.

Butler did not win Game 3 against the LA Laker for the Heat entirely by himself, but as teammate Tyler Herro said: "He did everything, obviously." Everything included 40 points (on 20 shots!), 11 rebounds, 13 assists, two steals and two blocks in 45 minutes of making the Lakers wish they had showed up ready for the test.

"I love the work," Butler said. "I tell coach (Erik Spoelstra) all the time: I'm ready for this. The biggest stage? Whatever they ask me to do, I can do it."

A lot went into the Heat's 115-104 win, which cut the Lakers' series lead to 2-1. At least Butler's input guaranteed that the series would last until this weekend at least. Amazingly, Butler was written off by scouts from Chicago, Minnesota and Philadelphia who decided he was not a franchise player. At 31 Butler is on his fourth team. It didn't work out for him previously but Heat fans are now grateful.

Chicago decided to trade him rather than pay him his worth. Minnesota



► Jimmy Butler is making life difficult for the Lakers

watched him bristle at the franchise's young faux stars, Karl Anthony-Towns and Andrew Wiggins, and instead of realising Butler should be the team's focal point, the Timberwolves let the situation get incredibly ugly and then shipped him to Philadelphia. The 76ers had similar problems, albeit with better young players, and let him walk in free agency.

Now Butler is going toe-to-toe with the best player of his generation in the NBA Finals – and holding his own. "LeBron has got the best of me way too many times," Butler said. "I respect him for it. But this is a different time. I got a different group of guys around me." 🌐

Peterson is still roaring for Lions

Adrian Peterson is 35 yet is arguably the best running back in the NFL. And that's despite playing for the Detroit Lions, one of the worse performing teams in the league.

Peterson may not have the same explosive zip as before, but his jump cut and vision remain top-notch and he still bulldozes his way through defenders.

Peterson was brilliant again with a late touchdown on Sunday in the loss to the Seahawks. It brought the Lions back within one score. In his 14th NFL season, he has played with the spring and zest of a rookie so far this season.

Peterson puts that down to his steely mind set. "I still feel good, feel young, feel fresh. My recovery is pretty much the same. You know, the body feels fresh. So, I think it all comes down to your mentality and how you approach the game mentally," he said.

Peterson has averaged 14 carries times a game, including a season-high 22 times in Week 3 against the Arizona



► Adrian Peterson wants to play until he is 40

Cardinals. Through three games, the future Pro Football Hall of Famer has gained 209 yards on 43 carries, good for an average of 4.9 yards per rushing attempt.

No wonder he wants to play to 40. "You know, I think that Texas heat has a lot to do with it," Peterson explained, referencing his Texas roots. "You know, I love track workouts. So, I'm always on the track."

He added that he's also been able to have a long NFL career because of being able to train and compete with the young athletes that work out at his Houston-based facility. 🌐

West Indies heading for another bubble

West Indies squads for the tour of New Zealand will be announced next week, said chief selector Roger Harper.

They are scheduled to play three Twenty20 Internationals and two Tests from Nov. 27 to Dec. 15, and Harper said an expanded squad of reserves would be included in keeping with the new protocols amid the novel coronavirus pandemic.

The tour is the second one for West Indies, following their historic three-Test series in England last July – the first to be played in a bio-secure environment due to COVID-19.

No spectators were allowed at matches and players were placed in an isolated bubble away from the general public for the duration of the tour.

New Zealand have been one of the most successful nations in managing the pandemic with 1,500 confirmed infections, only 41 active cases and 25 deaths.



► West Indies are heading to New Zealand next month

Despite the relatively low risk, Harper said players had been briefed on the protocols and would be given the option

to decline selection. "There was a briefing recently where the players were informed of what is taking place, what

measures have been put in place, what protocols will obtain during the tour," Harper said.

"And when we look at finalising the squad, we'll discuss with them whether they are willing to tour or not (and get) their position on that."

West Indies were forced to travel without left-handers Darren Bravo and Shimron Hetmyer, along with all-rounder Keemo Paul, for the England tour after they declined selection due to COVID-19 fears.

However, the tour was seen as a success for the new bio-secure protocols, and West Indies Women subsequently undertook a five-match T20 International series in England earlier this month.

West Indies men have not won a Test series on New Zealand soil in 25 years and their last Test series win over the Black Caps came eight years ago in the Caribbean. 🌐

CROSSWORD

By THOMAS JOSEPH

ACROSS

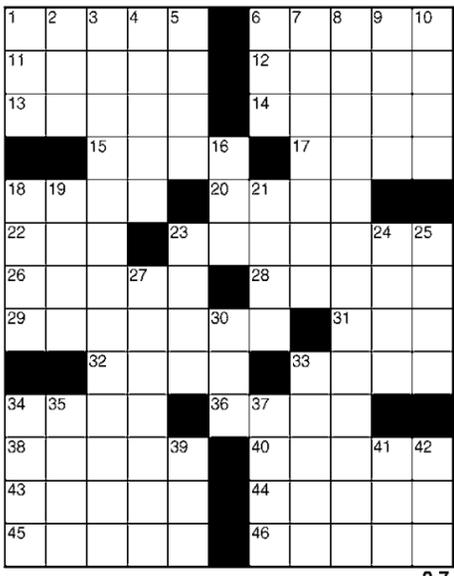
- 44 Platter player
- 1 Pick-up game
- 6 Rumaki wrapper
- 11 Detached
- 12 Extreme pain
- 13 One with a pick
- 14 Thus
- 15 Wilson's predecessor
- 17 Proofing mark
- 18 Parachute pull
- 20 Open a bit
- 22 Following
- 23 Folding art
- 26 TV, radio, etc.
- 28 Romantic sort
- 29 Identify, from a lineup
- 31 Yale rooster
- 32 Play group
- 33 Small workers
- 34 Makes a choice
- 36 Brewer's need
- 38 Portland setting
- 40 Moles, e.g.
- 43 Steer clear of

DOWN

- 1 Toast spread
- 2 Boxing great
- 3 Inconsistency
- 4 Work dough
- 5 Feudal farmer
- 6 Scrooge cry
- 7 Way back when
- 8 Infringement
- 9 In the past
- 10 Russian refusal
- 16 Pitch's kin
- 18 Scout's base
- 19 Bread spread
- 21 Leave at the altar
- 23 Feedback fill
- 24 Turn to liquid
- 25 Eye part
- 27 Peeved
- 30 Money machine
- 33 Greek vowel
- 34 General Bradley
- 35 Make lots
- 37 Nile reptiles
- 39 Mag. workers
- 41 Terminus
- 42 Tofu source



Yesterday's answer

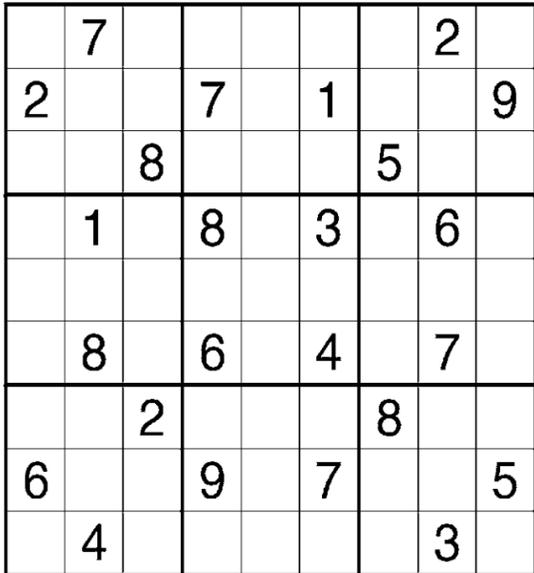


SUDOKU

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

Conceptis Sudoku

By Dave Green



Difficulty Level ★★★★★

2/15

Answer to previous puzzle

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

Difficulty Level ★★★

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Word Search

- Abkhazia
- Algeria
- Arabia
- Accra
- Amazonia
- Argentina
- Adana
- America
- Arizona
- Africa
- Anatolia
- Armenia
- Alabama
- Andorra
- Aruba
- Alaska
- Angola
- Asia
- Albania
- Antarctica
- Australia
- Alberta
- Antigua
- Austria



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



CURTIS

By Ray Billingsley



THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

By Woody Wilson & Mike Manley



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- Required to work Monday to Saturday as schedule demands including evenings and holidays.
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- Verify quantities of stock and reconcile in computer
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- Required to work Monday to Saturday as schedule demands including evenings and holidays.
- Must possess and maintain a clean Police Record

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- Must have High School pass in Mathematics and English
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- Drive equipment around yard as needed including but not limited to vehicles and forklift
- Check incoming equipment for damage, then refuel, clean and wash equipment for next rental
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- Pick-up trash and cleans yard daily
- Help get equipment ready for rental
- Load and unload various equipment and goods as required
- Help all rental staff as needed
- Perform other manual labour-related duties as instructed by Management from time to time
- Must possess and maintain a clean Police Record
- Required to work Monday to Saturday as schedule demands including evenings and holidays
- Able to communicate excellent in English both written and verbally

Qualifications and Experience:

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- Possess and maintain a clean police record
- Possess forklift operation certification or be willing to acquire with 4 weeks of employment

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Caymanian Times
Sales Associate

Caymanian Times. is seeking a highly motivated sales professional who will develop, work and maintain sales targets and schedule and up sell on quality goods.

Mandatory Requirements:

- The successful candidate must have a minimum of 5 years working in sales and service experience in selling Media Advertisement.
- Must be computer literate and advanced in the use of MS Excel.
- Must have excellent administrative and communication skills.
- Must speak, read, write, and comprehend English fluently.
- Must have the ability to drive.
- A current police record must be submitted.

Duties for the role are:

- Develop, work and maintain Sales Targets.
- Develop and implement in-house and product knowledge training for staff
- Create weekly & monthly sales and customer reports.
- Be able to learn and sell variety of products.

A strong work ethic and a positive attitude will be required.

This may be a part time position

Salary range: C\$12,000-\$30,000 per annum commensurate with experience. An attractive compensation and benefits package (including medical insurance, vacation, pension and bonus) is being offered to the qualified candidate. All applications received will be reviewed and only candidates meeting the mandatory requirements will be contacted for interview.

Deadline for applications is 25 October 2020.

Applications should forward a detailed resume quoting reference "Sales Associate" to:

The Publisher
Caymanian Times

Email: ralph@caymaniantimes.ky

Advertise
your

JOBS

here
Fast,
Efficient,
Affordable.
Only 48 hours' notice required
Accepted by Immigration



Seeking to hire in the following positions:

Cell Phone Technician

Retail Administrator Assistant

Senior Sales Representative / Customer Service

RETAIL SALES ASSOCIATE / CUSTOMER SERVICE REP

Electronic Technician

Customer Service / Sales Agent

Repair Administrator Assistant

Salary range C\$6-C\$9 p/h

Collect and deliver applications and resume to Bay Town Plaza.

Only suitable and experienced persons need apply. Caymanians And persons not requiring permit will be give preference.

Only Shortlisted candidates will be contacted.

Email: office@cellularworld.ky

P.O. Box 216

Grand Cayman KY1-1601

Caymanian Times

Applications are invited from suitably qualified persons for the position of **Newspaper Journalist** to be a vital part of Caymanian Times

Journalist Responsibilities Include:

- Conducting research to uncover interesting and significant news
- Gathering, corroborating and interpreting data
- Interviewing key persons (witnesses, sources etc.) to obtain more information
- Produce a minimum of 30 news articles per month

Job brief

We are looking for an enthusiastic Journalist to contribute in the publication of timely and accurate news. The successful candidate will be a skilled writer with a passion for the job capable of both informing and entertaining our readers.

Responsibilities

- Conduct research to uncover interesting and significant news
- Gather, corroborate and interpret data
- Interview key persons (witnesses, sources etc.) to obtain more information
- Use findings to construct a well-written article
- Retain awareness of the readers' point of view
- Obtain first-hand information by being present in happenings
- Receive assignments or investigate news leads/tips
- Comply with the moral code of the profession
- Maintain notes and audio recordings
- Partner with other journalists, editors, producers etc
- Establish contacts and sources for use in future research
- Keep abreast on developments by studying papers, attending events etc.

Requirements

- Proven working experience as a journalist or reporter (Minimum 2 years)
- Portfolio of published articles or newscasts
- Ability to follow strict deadlines and fast-check information
- Current knowledge of headlines
- Computer proficiency (MS Office, digital editing, web search, databases)
- Excellent communication and networking skills along with an aptitude in extracting information
- Good observation and deduction skills
- Integrity and morality
- Associate degree in journalism or relevant field

All applicants must possess proficiency in the English language, both oral and written and must have a clean Police Record (no prior convictions or pending judgments), a clean Medical Record, a clean and valid Driver's License and be able to provide at least three suitable references, with two of those being from previous employers.

Salary will be commensurate with experience and qualifications but will be in the range of **CI\$2,500 to CI\$3,500** per month. Benefits will be in accordance with Cayman Islands Labour, Health Insurance and Pensions Laws.

Applications from Caymanians or those legally resident with the right to work on the island should be made in writing, enclosing resume to:

The Publisher
Caymanian Times
Email: ralph@caymaniantimes.ky
Or call Ralph 9162000

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	

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

ASSOCIATED INDUSTRIES LTD.

We are currently accepting applications from responsible and dependable individuals to join our team in the capacity of:

PAINT MIXER/SALES CLERK

Duties, Responsibilities and Requirements:

- Must be knowledgeable and experienced in Automotive Paint mixing and application of same and be able to "mix by eye" and "catch the color".
- Must know paint mixing technology and color integration technology.
- Must be knowledgeable and experienced in household paint mixing and all aspects of interior and exterior paints and application of the same and be able to mix by eye (catching the color).
- Must be able to communicate with overseas technician concerning computer updating.
- Must possess good customer/interpersonal relation skills, an outgoing personality, as well as good written and verbal communication skills.
- Must possess a clean Police Clearance.
- Must be willing to work as a Sales Clerk when not engaged in Paint Mixing.
- Required to work Monday to Saturday as schedule demands, including evenings and holidays.

Qualifications and Experience:

- Must have a minimum of 3 years' experience as an Automotive Paint Mixer and 1 year minimum as Household Paint Mixer, will also receive on the job training.
- Must be proficient in Computerized Inventory Control/Point of Sale Systems, Microsoft Word, Excel, Outlook and e-mail programs.

Salary Range: CI\$7 - 10 per hour

Qualifies persons may submit their applications to
Associated Industries Group
17 Lancaster Crescent, Off Sparky Drive
OR
Email: jobs@ailgroup.com

Application deadline – OCTOBER 12, 2020

ALL APPLICATIONS MUST BE SUBMITTED WITH A POLICE RECORD FOR CONSIDERATION



T: 345.946.7539 | E: info@ailgroup.com | 17 Lancaster Crescent, George Town
P O Box 10747, Grand Cayman KY1-1007, CAYMAN ISLANDS

ASSOCIATED INDUSTRIES LTD.

We are currently accepting applications from responsible and dependable individuals to join our team in the capacity of:

AUTO ELECTRICIAN

Duties, Responsibilities and Requirements:

- Must be able to lay out, build, test, troubleshoot, repair and modify developmental & production electronic components, parts, equipment & system such as computer equipment, electron tubes, test equipment, & machine tool numerical controls, applying principles and theories of electronics, electrical circuitry, engineering mathematics, electronic and electrical testing and physics.
- Must be able to assemble experimental circuitry or complete prototype model according to engineering instructions, technical manuals and knowledge of electronic systems and components.
- Must be able to recommend changes in circuitry or installation specifications to simplify assembly and maintenance.
- Must be able to set up standard apparatus or devices test equipment and circuitry to conduct functional, operational, environmental, and life tests to evaluate performance and reliability of prototype or production model
- Must be able to adjust, calibrate, align and modify circuitry and components and records effects on unit performance.
- Must be able to operate bench lathes, drills, or other machine tools to fabricate parts, such as coils, terminal boards, and chassis.
- Must be flexible regarding work schedule and willing to work overtime or be on call when necessary or assigned.
- Must be able to work Monday to Saturday as schedule demands, including nights, weekends and holidays.
- Must possess and maintain a clean Police Record and a valid Cayman Islands Driver's License.

Qualifications and Experience:

- Must have a minimum of 3 years' experience as an Electronic Technician
- Must possess basic electrician skills and familiar with single and three phase power distribution.
- Must provide proof of certification in Electronic Technology

SALARY RANGE CI\$8.50 – CI\$12.50 per hour

Apply to:
Associated Industries Group
17 Lancaster Crescent, Off Sparky Drive
OR
Email: jobs@ailgroup.com

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P O Box 10747, Grand Cayman KY1-1007, CAYMAN ISLANDS

ASSOCIATED INDUSTRIES LTD.

We are currently accepting applications from responsible and dependable individuals to join our team in the capacity of:

HEAVY EQUIPMENT/DIESEL MECHANIC

Duties, Responsibilities and Requirements:

- Service, repair and rebuild heavy equipment, and other mechanical, electrical and hydraulic equipment and components to ensure proper and safe operation
- Communicate equipment issues with customers and supervisor to ensure customer satisfaction
- Prioritize job assignments and troubleshoot equipment problems including but not limited to mechanical, electrical and hydraulic components
- Schedule and conduct preventive maintenance on a regular basis
- Possess a working knowledge of individual equipment and safety requirements
- Own and possess ability to safely and effectively use mechanic tools
- Have the knowledge of repairing and replacing vehicle tires
- Possess good customer/interpersonal relation skills, an outgoing personality, as well as good verbal communication skills
- Flexible regarding work schedule and willing to work overtime or be on call when necessary or assigned and able to work days, nights, weekends, holidays or on short notice due to business demands
- Be able to operate various types of heavy equipment and Heavy Truck including but not limited to tractor, forklift, telehandler, boom lift, box truck, tractor head with trailer and other equipment/vehicle in company fleet
- Must possess forklift certification or be willing to acquire within 4 weeks of employment
- Possess and maintain a clean Police Record
- Possess and maintain a valid Group 4 Driver's License
- Have at least 2 years licensed driving experience
- Must be over 25 years of age
- Able to communicate excellent in English both written and verbally

Qualifications and Experience:

- Must have a minimum of 3-4 years' mechanical experience with construction and other Heavy Equipment including Diesel, Gas, and Propane units

SALARY RANGE CI\$10 – CI\$15 per hour Dependent upon qualifications and experience

Apply to:
Associated Industries Group
17 Lancaster Crescent, Off Sparky Drive
OR
Email: jobs@ailgroup.com

Application deadline – OCTOBER 12, 2020

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Caymanian Times



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call 9458463 / 9162000**