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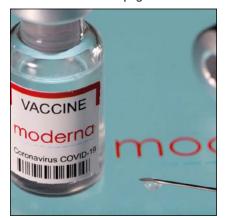
October 24, 2022

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Outstanding Acheivements for 2022

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LIZ TRUSS RESIGNS

By Staff Writer

British politics has been sent into another tailspin with the abrupt resignation this past Thursday of Prime Minister Liz Truss.

While she has been under tremendous pressure to quit over a series of policy u-turns and political missteps, her announcement nevertheless caught the country and the watching world by surprise.

Ms Truss who was in office for just 44 days prior to Thursday's resignation, has become the shortest-serving prime minister in British political history. She will stay on in a caretaker capacity until the ruling Conservative party selects a successor, expected to be named by this weekend.

In her resignation address, she stuck to her 'low-tax, high-growth economic ideology, but was forced to concede that it didn't work.

"I came into office at a time of great economic and international instability. Families and businesses were worried about how to pay their bills. Putin's illegal war in Ukraine threatens the security of our whole continent. And our country had been held back for too long by low economic growth. I was elected by the Conservative party with a mandate to change this."

She cited as achievements in her sixweek term in office: "We delivered on energy bills and on cutting national insurance.

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Am I going Mad? - Mental Health of Self

Let me ask you a question. When was the last time you asked yourself "Am I going mad?"

The then President of the American Psychological Association, at the packed APA 2002 Annual Convention in Chicago pointed out that; "My colleagues and I have demonstrated that situational forces... can generate surprisingly powerful contributions to make good people behave in bad ways" in a presentation worryingly titled; **Why and how normal people go mad.**

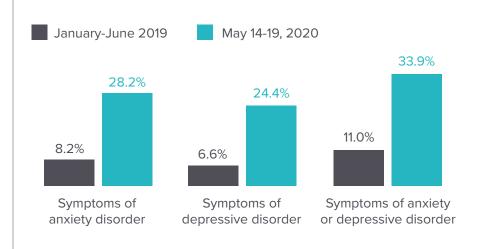
I would like to approach this from a *Better Health for Self* perspective, and so my own conversation would be called; **How normal people can stay sane**, and at the moment that might have an additional caveat of; in a world seemingly going mad. Clearly mental health is a hugely important issue and when we considering better health, we so obviously need to address both the mind and the body, approaching each with equal respect for their impact on our wellbeing.

Firstly, it is important to remember that far from being disconnected, our brain and the remainder of our physical self are inextricably linked.

Lorin Koran, studying patients from California's public mental health system (Koran. Arch Gen Psychiatry 1989), estimated that of the more than 300 000 patients treated in the California public mental health system in fiscal year 1983 to 1984, 45% had an active, important physical disease. This is hugely important. Nearly half of patients considered sufficiently unwell as to need active intervention in fact had underlying physical conditions that in part or in whole explained their mental health conditions or symptoms. So, if you find yourself exhibiting what you feel are mental or emotional symptoms, perhaps the first action to take is

Increase in Self-reported Anxiety & Depression During Pandemic

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*



*Data derived from the PHQ-2 and Generalized Anxiety Disorder (GAD-2) scale, CDC, NCHS, US Census Bureau, reported by Statistica

IntegraHealthcare

to visit your GP and ascertain if there might be an undiscovered more physical or biochemical ailment at the root cause level.

So why do we today have such a heightened awareness and indeed concern for our mental wellbeing?

It's utterly clear that the experience of the last few pandemic years has contributed massively to our sense of anxiety and ultimately to increases in depression. This set of mental shocks is not standalone. In the

Cayman Islands, in our first pandemic year, we added a 7.7 magnitude earthquake with subsequent tsunami panic, a horrible dump fire, a hurricane and a heap of job anxiety to our otherwise blissful existence.

With this in mind, I'd like to propose the analogy of the mental health fuel tank, much like that of the average car. The car runs great when we put in good quality fuel, and keep it at a sensible level, especially in relation to our journey. It helps to give the car a service every now and again too. Because when we find ourselves on the dregs of reserve, especially if having fuelled it with low grade sustenance, we start to get problems from minor hiccups

to major failure. I'd argue we are no different.

So, what is our human high-grade fuel?

There is no question that the ultimate high-grade fuel constituent is sleep, a topic I covered in some depth last week. Sleep deprivation encourages:

- Mood changes
- Difficulty concentrating
- Memory problems
- Paranoia
- Hallucinations

Let's recognise that these are ALL neurological or mental symptoms and, when considering my original question, the very reasons we find ourselves asking "am I going mad?". I may just need more sleep.

We happen to be blessed with the ultimate rejuvenators – nature and sunshine.

Sunshine alone is linked to increased serotonin levels leading to mood improvements and a sense of wellbeing. We have an abundance and so we need to be sensible but given the recognised impact of sun-deprivation on seasonal affective disorder and even severe depression found much further up in the Northern Hemisphere, we need to get out there and embrace our ultimate free therapy.

When it comes to nature, the evidence is no less impressive. Cynthia Frantz, PhD, a professor of psychology and environmental studies at Oberlin College in Ohio states; "Spending time in nature has cognitive benefits, but it also has emotional and existential benefits that go beyond just being able to solve arithmetic problems more quickly". She goes on to explain a series of benefits from mental functional ability to mood improvement and reductions in anxiety and depression.

In a World where currently, many people are suffering from increased mental health difficulties due specifically to financial anxieties, it is already mood lifting to realise that three of the most powerful interventions; sleep, sunshine and nature, are free and readily available to us all.









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October clinic schedule for Moderna (bivalent) COVID-19 Fall Booster

Following the arrival of the Moderna (bivalent) Fall COVID-19 Booster, the Public Health Department will be holding vaccination clinics starting Sunday 16th October 2022 for healthcare workers and persons ages 70 and over. The Moderna booster enhances protection against the omicron variant of COVID-19.

The rollout of this vaccine will be in phases based on vulnerability & exposure. It started with persons in care homes and is now being extended to persons over 70 and healthcare workers. Caregivers of persons 70+ are also eligible for this booster in the continued effort to keep the most vulnerable safe. Persons who had their last COVID-19 vaccination or booster more than 3 months ago are eligible for the Moderna (bivalent) fall booster shot.

As the vaccine is rolled out, it will be made available to other priority groups and noted on each new schedule:

- Elderly residents (70+)
- Health Care Workers
- Adults 60+
- Individuals with underlying medical conditions (16-49)
 - Adults 50+

The new schedule is for the Moderna Fall Booster only. No appointment is required; will be provided on a first come first serve basis. Individuals still completing the primary course of Pfizer vaccine (Dose 1 and Dose 2), should refer to the regular COVID-19 vaccine schedule.

Moderna (bivalent) Booster Clinic Schedule

- Sunday, October 16, 2022 Women's Health Clinic (Cayman Islands Hospital) 10am 3pm. Healthcare Workers & 70+ only
- Tuesday, October 18, 2022 Hibiscus Conference Room (Cayman Islands Hospital) 8am 10am. Healthcare Workers only
- Sunday, October 23, 2022 Women's Health Clinic (Cayman Islands Hospital) 10am 3pm. Healthcare Workers & 70+ only
- **Saturday, October 29, 2022** Women's Health Clinic (Cayman Islands Hospital) 1:30am 5pm. Healthcare Workers & 70+ only
- Sunday, October 30, 2022 Women's Health Clinic (Cayman Islands Hospital) 10am 3pm, Healthcare Workers & 70+ only

Sister Islands - Moderna vaccines will be provided on Wednesday October 19 & 26 at the Public Health Office at Faith Hospital 2pm – 4pm.

If someone is home bound and unable to attend one of the vaccination clinics, they should contact the Flu Hotline 1-800-534-8600 or 947-3077 or their

local HSA District Health Centre and arrangements will be made to with a Public Health nurse to provide the vaccine in their home.

Please bring to the vaccination clinic:

- Vaccination card or digital vaccination certificate showing the date of last COVID vaccine
- Government issued photo identification showing date of birth
- Facemasks (please bring your own)
 For the most up to date vaccination

schedule visit https://hsa.ky/pub-lic-health/coronavirus/

HSA Flu Hotline - 1-800-534-8600 or 925-6327 or flu@hsa.ky

District Health Centre Contact Numbers

Public Health Department

HEALTH SERVICES AUTHORITY

- George Town 244-2800
- East End 947-7440
- North Side 947-9525
- West Bay 949-3439
- Bodden Town 947-2299
- Faith Hospital 925-1190

OCTOBER 2022

Fall Booster - Moderna (bivalent) COVID-19 VACCINE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10	11	12	13	14	15	16
						WOMEN'S HEALTH CLINIC Cayman Islands Hospital Healthcare Workers & 70+ 10:00 AM - 3:00 PM
17	18	19	20	21	22	23
	HIBISCUS CONFERENCE ROOM	SISTER ISLANDS		NO CLINIC	NO CLINIC	WOMEN'S
	Cayman Islands Hospital Healthcare Workers 8:00 AM - 10:00 AM	Public Health Office, Faith Hospital Healthcare Workers & 70+ 2:00 PM - 4:00 PM		NO G	NO G	HEALTH CLINIC Cayman Islands Hospital Healthcare Workers & 70+ 10:00 AM - 3:00 PM
24	25	26	27	28	29	30
		SISTER ISLANDS			WOMEN'S	WOMEN'S
		Public Health Office, Faith Hospital Healthcare Workers & 70+ 2:00 PM - 4:00 PM			HEALTH CLINIC Cayman Islands Hospital Healthcare Workers & 70+ 1:30 PM - 5:00 PM	HEALTH CLINIC Cayman Islands Hospital Healthcare Workers & 70+ 10:00 AM - 3:00 PM
01						
31		(bivalent) fall boost Please bring to	eir last COVID-19 vaccination er shot (see schedule for ag	e & eligibility criteria). No a	onths ago are eligible for the ppointment required.	Moderna

Vaccination card or digital vaccination certificate showing

Government issued photo identification showing date of birth

the date of last COVID vaccine

Facemasks (please bring your own)

Ferguson wins season-opening Foster's 800 sea swim

The domestic sea swim season opened on Saturday (15 Oct.) with Thomas Ferguson edging defending winner Will Sellars to take first in the 38th-annual Foster's 800-metre Sea Swim.

"It's a really significant event," Cayman Islands Aquatic Sports Association Events Director Martin Trott said. "It normally kicks off our open water swim season for the 800 meters and we're very grateful that Foster's sponsored it again this year. This is the 38th running, would you believe, in this event, which is fantastic support for Cayman swimming."

Ferguson finished first with a time of 9-minutes, 29.7 seconds, while Sellars (9:33.05), Harper Barrowman (9:37.3), Jordan Lisle (9:46.02) and Sierrah Broadbelt (10:05.02) round out the top five.

"Obviously amazing. You see everyone — all the clubs, all the parents, all the coaches. Even my dad [Camana Bay Aquatic Club coach Grant Ferguson] swam today. Amazing to see everyone come out and try their best," Thomas Ferguson said.

The Foster's 800 marks the first of a series of local open water events, including the 5K national championships, the Pirates Week 5K, the Flow, Butterfield and CUC 800 sea swims and the annual Flowers Sea Swim.



▶ Race winner Thomas Ferguson exits the water after winning the 38th-annual Foster's 800-metre Sea Swim Saturday (15 Oct.) at Governor's Beach.

"One of CIASA's priorities is to push open water swimming as much as we possibly can," Trott said. "Because, as you can see, we have incredible facilities. Seven Mile Beach is one of the best — if not the best — open water swim facilities in the Caribbean. So we need to use that to our advantage and get as many of these swims in the calendar as we can."

Foster's Managing Director Woody Foster said the sea swims bring the communi-



▶ The top 10 finishers line up at Governor's Beach on Saturday (15 Oct.) at the conclusion of the 38th-annual Foster's 800-metre Sea Swim.

ty together, which is why the organisation continues to support the event.

"My dad started this 38 years ago because he was a big swimmer, loved swimming," Foster said. "The first one was the Pirates Week 3-mile and we've just been doing it every year since. We love it. It's a great event."

Up next on the local swimming calendar is the CBAC Fall Kick-Off Meet 21-23 Oct. at the Camana Bay Pool. The next local open water swim is the 12 Nov. Pirates Week KPMG 5K. CIASA is the recognised national governing body of all Aquatic Sports (comprised of competitive swimming, open water swimming, diving, high diving, water polo and synchronised swimming) in the Cayman Islands and is an affiliated member of FINA, PanAm Aquatics, CCCAN, Island Games Association of the Cayman Islands, CARIFTA and the Cayman Islands Olympic Committee. For more information email ciasaboard@gmail.com or visit the CIASA website at www.ciasa.ky .

FOST	ER'S 38th ANNUAL SEA SWIM 80 15 October 2022	00m OVERA	LL RESU			2 .	-
					STERS probecause we care		
Place	Name	Age group	Time	Place	Name	Age group	Time
1	THOMAS FERGUSON	15-19	09:29.70	61	JP HANEKUM	40-49	15:45.64
2	WILL SELLARS	15-19	09:33.05	62	JENNIFER STEINBERG	50-59	15:54.80
3	HARPER BARROWMAN	15-19	09:37.30	63	JENNIFER CARGO	40-49	16:01.55
4	JORDAN LISLE	15-19	09:46.02	64	GINNY HARRISON	9-10	16:02.14
5	SIERRAH BROADBELT	13-14	10:05.02		CLARA WALKER	9-10	16:02.86
6	TATE MARR	15-19	10:16.95	66	MICHAEL CHRISTIANSEN	30-39	16:10.77
7 8	RILEY WATSON RAYA EMBURY BROWN	13-14 15-19	10:22.24 10:26.11	67 68	LIV ANDERSON EZE VASSELL	9-10 9-10	16:15.02 16:20.67
9	LOLA HAWORTH	15-19	10:27.21	69	EMRY VASSELL	8 and under	16:24.49
10	TEAGAN NASH	15-19	10:27.21	70	CORA KERR	30-39	16:25.33
11	KATHRYN LAMBERT-WRAGG	15-19	10:44.95	71	TEDDY MERCER	30-39	16:26.11
12	VERONIKA FANKINA	15-19	10:52.95	72	PARIS RHONE	11-12	16:29.95
13	JACK CROUCHER	13-14	10:54.74	73	TANUSHREE BHAKTA	30-39	16:30.74
14	JOSHUA ROSE	13-14	10:58.33	74	HARRISON FOSTER	30-39	16:31.52
15	BEN COAK	13-14	10:59.39	75	SIMON HUTTON	30-39	16:34.86
16	LEV FAHY	11-12	11:12.70	76	KIERAN CARGO	9-10	16:38.05
17	MARIUS ACKER	50-59	11:19.92	77	VICTOR THOMPSON	70 and over	16:59.33
18	KASSANDRA ADAPA	13-14	11:21.77	78	RACHEL TAYLOR	40-49	17:04.33
19	NAYELI DACRES	15-19	11:23.17	79	LUCA POLLONI	20-29	17:06.24
20	SIENNA ROMER	13-14	11:26.58	80	GRACE WAGNER	9-10	17:06.92
21	JAMES SCOTT	40-49	11:33.77		BETSY DRUMMOND	50-59	17:11.92
22	ADAM SELLARS	13-14	11:38.52	82	DIRK BELFONTE	50-59	17:20.74
23 24	TIM DAWSON	40-49 15-19	11:53.49 11:56.55		CONRAD PROUD RYAN DEYSEL	40-49 9-10	17:27.49 17:30.14
25	ALLYSON BELFONTE AIDAN VAN DER TOUW	15-19	11:58.14		MARIUS DEYSEL	40-49	17:30.14
26	NATHANIEL ROUSE	13-19	12:00.86		HANNAH-MARIE FOBIAN	30-39	17:35.89
27	TEAGAN FLETCHER	15-14	12:02.92		ADRIEA SERGIOS	40-49	17:38.02
28	JAMIE HUGHES	30-39	12:03.64	88	BRUNO DELUCHE	50-59	17:59.36
29	SIENNA SCHOFIELD	15-19	12:04.00	89	ROSA McNEILL	30-39	18:01.30
30	ALEENA DANTER	15-19	12:04.36	90	AADHYAAN AGARWAL	9-10	18:32.17
31	NOAH WATSON	9-10	12:08.77	91	MIKE HAWORTH	40-49	18:39.80
32	ISAIAH MYLES	13-14	12:10.39	92	ALEXANDRA HUGHES	40-49	18:48.52
33	ANNIE ARRIAGA	11-12	12:22.27	93	BRIAN PATTERSON	60-69	18:53.83
34	JOHANN PRINSLOO	40-49	12:30.02	94	ZAIDEN RANKIN	9-10	18:55.83
35	SARAH TROTT	40-49	12:46.74		FRANK FLOWERS	70 and over	
36	ALEX AVRAMENKO	30-39	12:52.08	96	LEO GOULD	8 and under	
37	SHAELISA STEWART	11-12	12:54.52	97	MADELEINE MAJOR	9-10	19:05.49
38	ANDREW SMILLEY	30-39 40-49	13:01.49 13:03.64	98 99	STEPHEN GOULD	40-49 30-39	19:06.95
39 40	ROB WHAN WOLRAAD EUVRARD	40-49	13:36.02		KAREN RYAN KARL MULLEE	30-39	19:25.52 19:28.55
41	RICHARD HARRISON	40-49	13:38.99		MATTHEW MORGAN	8 and under	
42	ANDREW PEEDOM	50-59	13:49.13		CRAIG MORGAN	40-49	19:49.08
43	AIDEN GOLDBERG	20-29	13:49.77		JENNY MORGAN	30-39	19:51.49
44	ESMOND BROWN	30-39	13:51.02		GUY MAJOR	40-49	19:52.77
45	NICKCOY STEWART	15-19	14:07.86	105	ARTI CLARKE	8 and under	20:36.42
46	LIAM MINNEBOO	9-10	14:15.86	106	BILL FLANCE	50-59	20:37.80
47	LARA NASH	9-10	14:16.24	107	ANNABEL PALMER	9-10	21:23.70
48	TY RHONE	11-12	14:21.24		EMMA EVERY	8 and under	
49	LUCAS KERR	9-10	14:34.17		JANINE EVERY	40-49	21:26.70
50	TALLIS WESSELS	50-59	14:38.24		EMILY RUNNOE	20-29	22:04.30
51	CIARA NASH	50-59	14:40.92		RODGER YEOMANS	70 and over	
52	FIONA HILL	30-39	14:50.14		KAYANA EBANKS	20-29	22:07.05
53	JUDE HISLOP	9-10 11-12	14:58.52		KANZA BODDEN	20-29 9-10	22:11.08 22:17.30
54 55	LEILA COAK HARRISON COAK	8 and under	15:03.05		PAIGE EVERY JASON EVERY	9-10 40-49	22:17.30 22:17.95
56	ANDREW BOWIE	50-59	15:03.70		JESSICA McDOWALL	30-39	22:17.93
57	ABIGAIL PROUD	11-12	15:13.27		SHERVIN RANKIN	40-49	23:00.00
58	GRANT FERGUSON	40-49	15:13.99		JEZZEL ALFONSO DE LARA		26:58.52
59	SAMMY HAWORTH	9-10	15:32.67		MATTHEW JAVIER	20-29	
60	JAHMAI McLEOD	11-12	15:43.02				·

Foster's 38t	th Annual sea swim 800m 2	2022			
Overall	Swimmer THOMAS FERGUSON WILL SELLARS HARPER BARROWMAN	<u>Time</u> 09:29.70 09:33.05 09:37.30		STERS Cause we care	
	FEMALE	Time		MALE	Time
8 & under	ENGLA EVEDY	21.25.26	8 & under	HARRIGON COAR	15.02.70
1	EMMA EVERY	21:25.36	1 2	HARRISON COAK EMRY VASSELL	15:03.70 16:24.49
			3	LEO GOULD	19:03.05
9-10			9-10		
1	LARA NASH	14:16.24	1	NOAH WATSON	12:08.77
2	GINNY HARRISON	16:02.14	2	LIAM MINNEBOO	14:15.86
3	CLARA WALKER	16:02.86	3	LUCAS KERR	14:34.17
<u>11-12</u>			11-12		
1	ANNIE ARRIAGA	12:22.27	1	LEV FAHY	11:12.70
2	SHAELISA STEWART	12:54.52	2	TY RHONE	14:21.24
3	LEILA COAK	15:03.05	3	JAHMAI McLEOD	15:43.02
13-14			13-14		
1	SIERRAH BROADBELT	10:05.02	1	JACK CROUCHER	10:54.74
2	RILEY WATSON	10:22.24	2	JOSHUA ROSE	10:58.33
3	KASSANDRA ADAPA	11:21.77	3	BEN COAK	10:59.39
15-19			15-19		
1	HARPER BARROWMAN	09:37.30	1	THOMAS FERGUSON	09:29.70
2	RAYA EMBURY BROWN	10:26.11	2	WILL SELLARS	09:33.05
3	LOLA HAWORTH	10:27.21	3	JORDAN LISLE	09:46.02
20-29			20-29		
1	EMILY RUNNOE	22:04.30	1	AIDEN GOLDBERG	13:49.77
2	KAYANA EBANKS	22:07.05	2	LUCA POLLONI	17:06.24
3	KANZA BODDEN	22:11.08			
30-39			30-39		
1	FIONA HILL	14:50.14	1	JAMIE HUGHES	12:03.64
2	CORA KERR	16:25.33	2	ALEX AVRAMENKO	12:52.08
3	TANUSHREE BHAKTA	16:30.74	3	ANDREW SMILLEY	13:01.49
40-49			40-49		
1	SARAH TROTT	12:46.74	1	JAMES SCOTT	11:33.77
2 3	JENNIFER CARGO RACHEL TAYLOR	16:01.55 17:04.33	2 3	TIM DAWSON JOHANN PRINSLOO	11:53.49 12:30.02
	RACILLI TATLOR	17.04.33	3	JOHANNTRINSEOO	12.30.02
<u>50-59</u>			50-59		
1	CIARA NASH	14:40.92	1	MARIUS ACKER	11:19.92
2	JENNIFER STEINBERG	15:54.80	2	ANDREW PEEDOM	13:49.13
3	BETSY DRUMMOND	17:11.92	3	TALLIS WESSELS	14:38.24
			60-69		
			1	BRIAN PATTERSON	18:53.83
			70 and over		
			1	VICTOR THOMPSON	16:59.33
			2	FRANK FLOWERS	18:57.89
			3	RODGER YEOMANS	22:06.14

CHHS clinch Dart Under 13 Girls' high school football title

The young ladies from Clifton Hunter High School (CHHS) created history last week as they clinched the 2022 Dart Under 13 Girls' high school football title defeating Cayman International School (CIS) 2-0 at the CHHS Field in Frank Sound.

CHHS' victory marks the first time in the league's short history that a public school has won the coveted title. Since the league's inception in 2017, CIS and Cayman Prep have dominated proceedings winning two championships each.

CHHS' remarkable season saw them finish undefeated with five wins out of five scoring an impressive 15 of goals while conceding only four. Their 2-0 win against CIS ensured that CIS finished runners-up while defending 2020 champions Cayman Prep finished in third place (there was no high school football season in 2021 due to COVID-19).

In other scores on the last day of competition, it was St. Ignatius Catholic 6 vs. Triple C 0 and Cayman Prep 6 vs. JGHS 0.

In the Dart Under 13 Boy's League, there is a battle brewing between the three top schools - John Gray High School (JGHS), CHHS and Cayman Prep 1 with a few games remaining. The schools are currently enjoying the Mid-Term Break and will play their final games during the week of October 24.

The key matchup in the championship race will be between CHHS and Cayman Prep 1. A CHHS win will secure the title for the boys from Frank Sound but a draw or a loss could open the door for Cayman Prep 1 or JGHS. JGHS are scheduled to play Cayman Prep 2.

In other scores, it was Cayman Prep 1 vs. JGHS 1, CHHS 6 vs. Cayman Prep 2 0,



▶ Action from the Dart Under 13 girls game between Triple C (red) and Cayman Prep. Cayman Prep finished the season as runners-up to champions CHHS.

CIS 4 vs. St. Ignatius Catholic 0, Cayman Academy 6 vs. Triple C 0, CHHS 5 vs. Cayman Academy 0, St. Ignatius Catholic 0 vs. Cayman Prep 1 5 and Triple C 0

Following the conclusion of the Dart Under 13 Boys' high school football league, the Appleby Under 18 girls and boys high school football leagues will kick-off on Wednesday, October 26 and end in December.

All high school and primary school football scores and standings can be viewed on the Cayman Youth Football Leagues (CYFL) website at www.caymanyouthfootball.ky.

Weekly Scores:

Tuesday, October 11,	2022:				
CHHS	2	VS.	CIS	0	CHHS Field
Wednesday, October	12, 20	22:			
Cayman Prep	6	VS.	JGHS	0	Academy Field
(Respect rule)					
Friday, October 14, 2	022:				
St. Ignatius Catholic	6	VS.	Triple C	0	St. Ignatius

2022 Dart Under 13 Boys' League

Monday, October 10	, 2022:				
Cayman Prep 1	1	VS.	JGHS	1	TBSC
Cayman Prep 2	0	VS.	CHHS	6	CIFA Field
(Respect rule)					
CIS	4	VS.	St. Ignatius	0	Camana Bay SC
(St. Ignatius unable to	o play an	d unable to	re-schedule)		
Triple C	0	VS.	Cayman Academy	6	Academy Field
Wednesday, October	r 12, 202	22:			
Cayman Academy	0	VS.	CHHS	5	CIFA Field
Thursday, October 1	13, 2022	:			
St. Ignatius	0	VS.	Cayman Prep 1	5	St. Ignatius
Triple C	0	VS.	CIS	6	Camana Bay SC

2022 Dart Under 13 Girls' League | 2022 Dart Under 13 Girls' League

League Standings:

(As of Thursday, October 13, 2022)

(110 0) 11101100100)	000000.	, ,					
	Played	Won	Drew	Lost	GF	GA	Points
CHHS	6	5	1	0	29	2	16
Cayman Prep 1	6	4	2	0	21	4	14
JGHS	6	4	2	0	20	10	14
Cayman Int'l School	7	3	1	3	24	15	10
Cayman Academy	6	2	2	2	23	18	8
St. Ignatius Catholic	6	1	0	5	12	30	3
Cayman Prep 2	5	1	0	4	5	23	3
Triple C	6	0	0	6	3	35	0

2022 Dart Under 13 Girls' League

Final League Standings:

	Played	Won	Drew	Lost	GF	GA	Points
CHHS	5	5	0	0	15	4	15
Cayman Prep	5	4	0	1	19	5	12
Cayman Int'l School	5	3	0	2	20	5	9
St. Ignatius Catholic	5	2	0	3	13	14	6
Triple C	5	1	0	4	1	21	3
JGHS	5	0	0	5	1	20	0

Note:

The 2022 rules for determining final standings states: "Final league standings will decided by (1) points; (2) the head-to-head clash; (3) least goals allowed; (4) goal difference determined by subtracting goals conceded (goals against) from goals scored (goals for); (5) goals for; and (6) flipping of a coin")

Cayman Islands Tourism makes strong showing at International Meetings and Incentives Conference

The Cayman Islands Department of Tourism (CIDOT) and select Cayman Islands hotel and services partners exhibited at IMEX America 2022 at the Mandalay Bay in Las Vegas, October 10-13. IMEX America is the largest trade show in North America for the meetings and events industry. This year's show had over 12,000 industry professionals in attendance, of whom over 4,000 were meeting planners -Cayman's key target at the show. The Cayman group's primary goal was to promote the Cayman Islands as a key luxury incentive and meeting destination to third parties, corporate planners, and independent planners who in turn book their meetings and incentive programs at hotels on

Additionally, the Cayman Islands had a *sponsorship* presence at the Society for Incentive Travel Excellence's (SITE) *SITE Nite North America*, the unofficial



kick-off of IMEX America. The event hosted more than 2,000 industry leaders at Allegiant Stadium, the new home of the *Las Vegas Raiders*. Adorned with custom Cayman football jerseys, the *Cayman* delegation stood out from all, showcasing a unified,

destination-first effort.

2022 Attending Partners:

- AVS Cayman
- Cayman Airways
- Cayman Islands Department of Tourism
 - Celebrations, LTD.
 - Kimpton Seafire Resort + Spa

Marriott Grand Cayman

Red Sail Sports DMCThe Ritz-Carlton, Grand Cay-

• The Westin Grand Cayman Seven Mile Beach Resort & Spa

• Vivid Cayman: A Leather Collection by Laudi Vidni

UK TO GET THIRD PRIME MINISTER IN A YEAR

LIZ TRUSS RESIGNS

CONTINUED FROM Page 1

And we set out a vision for a lowtax, high-growth economy that would take advantage of the freedoms of Brexit."

But the departing Prime Minister admitted: "I cannot deliver the mandate on which I was elected by the Conservative party."

POLICY PITFALLS

For Prime Minister Truss, her brief tenure from September 6th was marked by historical political and economic upheavals.

The main setback was a controversial tax-cutting mini-budget delivered by her then-Chancellor of the Exchequer(Finance Minister) Kwasi Kwarteng on September 23rd, which caused huge turmoil in the financial markets..

The resulting economic and political fall-out saw Prime Minister Truss sacking Mr Kwarteng.

A new Chancellor, the fourth in four months, was appointed and immediately set about dismantling what has come to be known as the Truss/Kwarteng economic experiment labelled Trussonomics.

Jeremy Hunt, a former health and foreign secretary(minister), warned that the corrective measures he was putting in place would mean "taking the difficult decisions necessary to ensure there is trust and confidence in our national finances. That



means decisions of eye-watering difficulty," he stressed.

Mr Hunt was expected to present a revised mini-budget on October 31st. That target date remains in place despite the resignation of Prime Minister Liz Truss on Thursday September 20th.

POLITICAL WOES

Things had been getting progressively worse for Prime Minister Truss with calls for her to quit coming from within her party.

That was compounded by the resignation of her Minister of Home Affairs, Suella Braverman, on Wednesday evening September 19th over a breach of the ministerial code involving sending official correspondence on her private email.

But in her letter of resignation, the now-former minister took a swipe at Prime Minister Truss over an unrelated matter, the direction of the government.

"Not only have we broken key pledges that were promised to our voters, but I have had serious concerns about this government's commitment to honouring manifesto commitments, such as reducing overall migration numbers and stopping illegal immigration," she wrote.

Later on Wednesday evening another crisis blew up for the Prime Minister over accusations of members of her ruling Conservative Party being bullied into voting against a motion on an energy supply issue tabled by the opposition Labour Party.

Two senior MPs managing that process were reported to have resigned but subsequently backtracked.

SEARCHING FOR A SUCCESSOR

The process to find a replacement for Liz Truss from within the ruling Conservative Party has been urgently activated with party managers saying they expect to have a new leader - and new British Prime Minister - in place by Friday September 28th.

That person will become the UK's third prime minister in less than a year after Ms Truss's predecessor, Boris Johnson was forced to resign under a cloud of scandals and questions about

his personal integrity and leadership judgement.

That has set in motion a feverish process in which the leader will be chosen via an online vote instead of the drawn-out, in-person campaign carried out a few months ago.

Among the early front-runners is the former Chancellor of the Exchequer Rishi Sunak, Ms Truss's rival in this year's vote to replace Boris Johnson.

Mr Johnson is also being tipped to take on the role again, a development that has added another element of controversy to the already febrile political atmosphere.

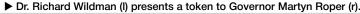
Another candidate getting attention is Penny Mordaunt, a former Secretary of State for Defence (the first woman to hold the post) and former Secretary of State for International Development including the Overseas Territories.

She had also unsuccessfully campaigned to take over from Boris Johnson.

With the Conservative Party trending woefully low in the polls the main opposition Labour Party, now recording historically high ratings, is calling for early general elections along with the other opposition parties.

The next general election is due by 2024 but could be called earlier since the Parliament had repealed the Fixed Term Elections legislation. However, facing the prospect of a massive electoral defeat now, it's unlikely that the Conservatives would exercise that option.







MoE Acting Chief Officer Ms. Lyneth Monteith (I) presents an honours certificate to Chrisslon Murray (r).

Clifton Hunter High School Graduates Attain Top Regional Accolades in CSEC Examinations

By Stacey-Ann Anderson

(Images courtesy of Island Photos)

On Thursday evening (13 October), the Clifton Hunter High School held its 2022 graduation ceremony in its gymnasium under the theme, 'You don't have to see the whole staircase; just take the first steps.'

For the first time, 33 students graduated with high honours, having passed nine

or more subjects, including English and mathematics. Fifty-seven students earned honours diplomas, having passed seven or more subjects.

In his remarks, Principal Dr Richard Wildman recognised and celebrated more of the 165 graduates' accomplishments. He said, "The Class of 2022 is unique in many respects. Students in this graduating class have achieved several regional accolades while at Clifton Hunter High School.

These include the top Accounts student in the Caribbean Secondary Education Certificate (CSEC), the top six Electronic Data Preparation Management (EDPM) CSEC students, as well as having 15 students ranked in the top 11 in EDPM in the Caribbean."

Dr Wildman continued, "These extraordinary achievements are part of a trend since 2019, where our CHHS students have received regional top ten statuses

in an expanding list of subject areas, including biology, integrated science, EDPM, physics and accounts."

He further expressed his gratitude to the various stakeholders for their valuable input and support of the Clifton Hunter High School as it embarks on a world-class journey

SEE CLIFTON HUNTER HIGH SCHOOL GRADUATES



▶ Parliamentary Secretary Ms. Heather Bodden (c) is photographed with the ten students who earned the top ten highest averages in external examinations in 2022.



Dr. Richard Wildman (c) is photographed with Conrod Thompson (r) and Alexa Phipps (I), after presenting them with the Leadership Awards.



Mr. Mark Ray (I) presents Chloe McClymont (r) with her High Honours diploma. Chloe was also the recipient of Award for Academic Excellence, the Key Club Award and subject awards for Information Technology, Mathematics and Add Maths.



▶ CHHS Deputy Principal Mrs Elitia Vassell is extremely focused while she emcees the school's 2022 graduation ceremony.



▶ Mrs. Gloria Mcfield-Nixon (I) presents the Deputy Governor's Award to Craig Maitland (r). Craig was also the recipient of the Award for Excellence in STEM and subject awards for Building and Furniture Technology, Technical Drawing, Electrical and Electronic Technology.

Clifton Hunter High School Graduates

CONTINUED FROM Page 8

Also in attendance at the ceremony was His Excellency, the Governor, Martyn Roper

Governor Roper used the opportunity to congratulate the graduates and give them a few words of encouragement. "As you embark on your academic journey, as you take those first steps, I encourage you to set yourself ambitious goals and make your dreams come through. Do something that you are deeply passionate about. Continue to adopt a growth mindset pushing you out of your comfort zone," said Governor Roper.

Others in attendance at the ceremony included Deputy Premier Hon. Christopher Saunders, Minister for Planning, Agriculture, Housing & Infrastructure, Hon Johany 'Jay' Ebanks, Parliamentary Secretaries Ms Heather Bodden and Mr Isaac Rankine, Ministry of Education (MoE) Acting Chief Officer, Ms Lyneth Monteith, Portfolio of the Civil Service Chief Officer Mrs. Gloria Mcfield-Nixon, MoE Acting Chief Officer Mr Adrian Jones, Department of Education Services (DES) Director Mr Mark Ray and Deputy Director Mr Elroy Bryan.

Student of the Year Chloe McClymonth delivered the graduates' reply.

Keynote speaker, Actuary and CHHS alumna Aryana Grant closed her remarks with the following, "Dare to be successful, be understanding, be committed, and be courageous. Find

your first step and shine. All the tools and resources you need are out there waiting for you to go and seize them. Congratulations on making it to this milestone. Now go out there and pave the way for what you deem to be a successful life."

To watch Clifton Hunter High School's 2022 Graduation Ceremony, visit CIGTV's YouTube channel.



► CHHS graduate Jayla Morrison stands briefly during recent the graduation ceremony. She is surrounded by her fellow graduates.

GAS PRICES



Location	Gas Station	Regular	Premium	Diesel
		•		
East End	Eastern Star Rubis (Woody's)	6,55	n/a	6,38
NorthSide	Jack's Esso (Jack's II)	5,99	6,13	6,41
Bodden Town	Lorna's Rubis	n/a	n/a	n/a
Bodden Town	Mostyns Esso	5,99	6,11	6,38
Savannah	Savannah Rubis	6,17	6,78	6,55
Red Bay	Barcam	5,78	5,9	6,42
Red Bay	On The Run (Brown's Red Bay)	5,78	5,9	6,41
George Town	Peanuts	5,97	6,58	6,35
George Town	Jose's Escape	5,84	6,54	6,54
George Town	Refuel	5,72	5,99	6,05
George Town	Esso Tigermart 4 Way Stop (JS)H&B 11	5,78	5,9	6,36
George Town	Eastern Avenue Rubis	5,96	6,78	6,6
George Town	Walkers Rd. Rubis	5,98	6,69	6,45
George Town	On The Run (Mike's Walkers Rd.)	5,92	6,09	6,41
George Town	On The Run (Brown's Industrial Park)	5,78	5,9	6,37
George Town	On The Run (Mike's 7 Mile)	5,97	6,09	6,41
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	5,78	5,9	6,31
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	5,97	6,58	6,45
West Bay	Hell Esso	5,76	5,88	6,35
West Bay	Esso 4 Way Stop (Four Winds)	n/a	n/a	n/a
George Town	Scotts Landing	6,6	n/a	6,13
Cayman Brac	West End	n/a	6,38	6,89
Cayman Brac	Tib Mart	n/a	6,38	n/a
Little Cayman	Village Square	n/a	7,16	8,18

Lowest Prices	Grand Cayman	5,72	5,88	6,05
Highest Prices	Grand Cayman	6,6	7,16	6,6

FUEL EXPENSE REDUCTION



Frequent and fast acceleration – Avoid heavy acceleration and drive below the speed limit. Frequent and swift acceleration burns fuel at a faster rate.



Additional Weight – Empty your car trunk of heavy items that can be located elsewhere. Your vehicle will use more fuel when carrying heavier loads



Vehicle Replacement – Consider replacing your vehicle with a fuel efficient model

9th Annual Veterans Gala: 'Lest We Forget'

By Christopher Tobutt.

The Cayman Islands Veterans Association put on their ninth annual fundraising Gala at the Marriott Hotel on Saturday 15 October.

In attendance where His Excellency the Governor, Mr. Martyn Roper, The Premier, Hon. Wayne Panton, and the Deputy Governor, Hon. Franz Manderson. All the members of the Cayman Islands Veterans' Association were there as well, along with contingents from all of Caymans Uniformed Services, including the RCIPS, the Cayman Islands Regiment, the Coast Guards, and Cadet Corps. The theme for the evening was 'Lest We Forget,' and was all about the supreme sacrifice that members of the armed forces have given for the freedom we enjoy today.

When everyone was seated at their tables there was the Pinning of the First Poppy on Governor Martyn Roper, by Veterans' Association Member Shadden McLaughlin. President of the Association, Andrew McLaughlin, was in charge of giving out fines to attendees, and one of the fines included having a poppy before the first poppy pinned on the Governor.

Veterans' member Loxley Banks said grace, thanking the Lord for his grace and favor in difficult times, and everyone settled down to eat their Gala dinner. There were raffle tickets sold during the evening and there were some lovely prizes, with 50 percent of the raffle proceeds going to help the elderly veterans.

After everyone had finished, there were remarks by two guest speakers, MSGT Karli Ann Varnado, a retired member of the US Army, and Lieutenant General David A Deptula USAF (ret).

Ms. Varnado recalled: 'I joined the peace plan army a year and a half before 911 I had no comprehension how everything would change after that. Different training, a different enemy, a different world. My two decades in the army there were challenges but also so many opportunities.....

David A Deptula, a retired three star general, spoke next about the present conflict between Ukraine and Russia, and how we should learn lessons from history: "I come to you here tonight during another time that we find the world in crisis. Conventional large scale conflict has returned to the global stage," he said. "Russia has plunged Russia into a conflict with the



▶ James Truman Conolly presented the Veterans Associan members with a citation from the Government of New York City. From Left to right: Loxley Banks, Peter Hughes, Shadden McLaughlin, Andrew McLaughlin, Sidney Ebanks, Lester Purvis, James Truman Conolly, Paul Ebanks, Gerald Hardy, Rudy Kudritzski, Robert Thompson. These are all members of the Cayman Islands Veterans Association

specter of nuclear war hanging over the European continent. Vladimir Putin seeks to resurrect the former Soviet Union's spheres of influence that dropped an iron curtain over Europe following the end of the Second World War.

"While the threats we see today might seem unprecedented, they are nothing more than a rebrand of the autocratic empires that the free world vanquished more than 70 years ago. In the spirit of this year's theme, 'Lest We Forget,' we should look at history as a template to guide our actions moving forward

"Just as Hitler quietly absorbed his neighbors

in Austria and Czechoslovakia in 1938, Putin capitalized on a complacent world to illegally annex Crimea in 2014 and begin a further assault against Ukraine. Putin paid homage to the totalitarian regimes of the 20th Century, conducting his invasions under the auspices of liberating supposedly, Ethnic Russians," he said



▶ Left to right: MSgt. Andrew McLaughlin USMC (Ret.) - President CIVA, Lt. General David A Deptula, USAF (Ret.), Mrs. Deptula, Hon. Andre Ebanks, Ms. Irma Arch, His Excellency, Governor Martyn Roper, Mrs. Lissie Roper, Mrs. Jane Panton, Hon. Premier, Wayne Panton, Mr. David Varnado, MSgt. Karli A. Varnado, US ARMY (Ret.), Hon. Deputy Governor, Franz Manderson, Mrs. Nuvia Manderson, Commander, Robert Scotland, Mrs. Shadden McLaughlin USMC (Ret.) – CIVA

"Some historians and pundits saw the fall of the Soviet Union in 1991 as the end of history, with the ideals of democracy pluralism and sovereignty guaranteed in perpetuity. However, the forces of totalitarianism are once again on the move. We must now link arms in defense of the ideals of liberty and freedom. Each generation must continue to make the same sac-

rifices on the altar of freedom if we are to maintain our way of life, and rebuke those who would take us back to the horrors of totalitarianism."

Vietnam Veteran, and James Truman Conolly who was born in the Cayman Islands had come all the way from New York to present the Veterans with a framed citation from the Government of New York City.



Shadden McLaughlin pins the first poppy on His Excellency the Governor Mr. Martyn Roper



▶ The Cayman Islands Cadets stand for a photo just before entering the ballroom



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WEEK 1 Sept 30 - Oct 8

30TH SEPT / 7:30am For the Record Radio Cayman 89.9FM

Grand Cayman

5TH OCT / 10am-12pm Garden Tours MYSC&H (for BT/EE/NS residents) QE II Botanic Park **Grand Cayman**

1ST OCT / 11am Opening Church Service Seventh Day Adventist Church, Smith Rd

Grand Cayman

7TH OCT / 10am-12pm Garden Tours MYSC&H (for GT/WB residents) QE II Botanic Park **Grand Cayman**

1ST OCT / 6pm-9pm **Bingo Night** Aston Rutty Civic Centre Cayman Brac

Grand Cayman

Cayman Brac

Grand Cayman

UCCI

8TH OCT / 9am-12pm Cake Decorating Session UCCI

3RD OCT / 1pm Talk Today Radio Cayman 89.9FM **Grand Cayman**

> IS REQUIRED FOR ALL EVENTS

4TH OCT / 10am-12pm How to Use Smartphone Training (for BT/EE/NS residents) BT Library, Grand Cayman

tel: Grand Cayman 949-0290 Cayman Brac 948-2331

WEEK 2 Oct 9-15

9TH OCT / 10am **Church Service**

Little Cayman Baptist Church

12TH OCT / 10am-12pm **National Gallery** Seniors Tea & Tour Cayman Brac Beach Resort tel: 244-2465 to register

10TH OCT / 12:15pm Talk Today

Radio Cayman 89.9FM **Grand Cayman**

13TH OCT / 10am-11am **Caregiving Training** Heritage House Cavman Brac

11TH OCT / 10am-11am **Caregiving Training** Heritage House

14TH OCT / 1pm-3pm **Basic Computer** Literacy

Smartphone Training (for BT/EE/NS residents) BT Library, Grand Cayman

How to Use

15TH OCT / 5:30pm-9pm Gala Aston Rutty Civic Centre Cavman Brac

11TH OCT / 10am-12pm

11TH OCT / 6pm-8pm Caregiving Training Savannah United Church **Grand Cayman**

15TH OCT / 10am-1pm Circle of Love Brunch Triple C School Hall **Grand Cayman**

WEEK 3 Oct 18-22

18TH OCT / 10am-11am Elder Abuse **Awareness** Presentation Heritage House Cayman Brac

20TH OCT / 10am-11am Elder Abuse **Awareness Presentation** Heritage House Cayman Brac

18TH OCT / 10am-12pm How to Use **Smartphone** Training

(for GT residents) GT Library, Grand Cayman

20TH OCT / 11am-1pm Tea Party MYSC&H (for BT/EE/NS residents Nurse Josie Seniors Centre **Grand Cayman** tel: 244-2465 to register

18TH OCT / 5:30-7pm

Lecture on Resilience & Contributions of **Older Women UCCI Hall Grand Cayman**

21ST OCT / 4pm-5pm Intergenerational Game Show MYSC&H Government Admin Bldg Cafeteria, Grand Cayman tel: 244-2465 to register

19TH OCT / 6pm-8pm

Caregiving Training (for WB/GT residents) Jasmine (Hospice Care) Grand Cayman

22ND OCT / 5:30pm **Dept. of Sports** Sports Day MYSC&H Truman Bodden Sports Complex, Grand Cayman tel: 244-2465 to register

19TH OCT / 11am-1pm

Tea Party MYSC&H (for GT/WB residents) Nurse Josie Senior Centre Grand Cayman tel: 244-2465 to register

22ND OCT / 11am-12pm Tea Party & Intergenerational Game Show MYSC&H Aston Rutty Civic Centre Cayman Brac tel: 244-2465 to register

WEEK 4 Oct 23-29

23RD OCT / 11am **Church Service**

Fellowship Baptist Church Cayman Brac

27TH OCT / 10am-11am **Advanced Care Planning Presentation** Heritage House Cayman Brac

24TH OCT / 1pm-2pm Talk Today Radio Cayman 89.9FM **Grand Cayman**

28TH OCT / 6:30pm Gala Lions Centre **Grand Cayman**

25TH OCT / 10am-11am **Advanced Care Planning Presentation** Heritage House Cavman Brac

25TH OCT / 10am-12pm How to Use Smartphone Training (for West Bay residents) WB Library, Grand Cayman

26TH OCT / 6pm-8pm **Caregiving Training** East End Civic Centre **Grand Cayman**

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Innovation & Social















HEALTH CITY



Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
	Norwegian Sky	Carnival Horizon		
	MSC Seashore	Liberty of the Seas		
	Disney Fantasy			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
0	11,996	8,336	0	0

Lions Club of Tropical Gardens Sun Mon Tue Wed Thu Fri Sat

Breast
Cancer
Awareness
Month

October 2022
Phone 936-1739

Lions Den located next to Mango Tree Restaurant

	SUN	MON	IUE	WED	IHU	FKI	SAI
s	W	alk/Run Cay	yman Brac -	Saturday, 2	4th Septem	ber	1
•	Church Service & Launch 9:00 am St. George's Anglican Church	3	4 West Bay Clinic	5 East End Awareness Meeting United Church Hall	6	North Side Clinic	8
	Brenda Tibbetts- Lund 5K & 10K MemorialRun/Walk 6:00 am West Bay Road Public Beach	Hest Bay Awareness Meeting John Gray Memorial Church Hall	11	North Side 12 Awareness Meeting William Pouchie Memorial Church Hall Bodden Town Clinic	13	14 East End Clinic	15
	16	17 Savannah Awareness Meeting Savannah United Church Hall	18	19	20 Bodden Town Awareness Meeting Webster Memorial Church Hall	21	22
	23/ 30	24/ 31 24th George Town Clinic	25	26	George Town Awareness Meeting Lions Community Centre	Dress Down Dress Pink Day	29 Survivors Breakfast By Invitation only

All District Awareness Meetings 7:00 p.m. All District Clinics 10:00 a.m. - 12:00 noon

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LANDS & SURVEY DEPARTMENT CAYMAN ISLANDS GOVERNMENT

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Block 75A Parcel 130 478 Austin Conolly Drive, East End

- Approximately 500 square foot retail unit at The Wreck of the Ten Sails.
- The retail unit is available to rent for a minimum three year term.
- The retail unit is brand new and benefits from road frontage on Austin Conolly Drive.
- The agreed rent will be inclusive of service charge and building insurance.
- The tenant will be responsible for the cost of water and electricity.
- All potential tenants must undertake their own due diligence enquiries to satisfy themselves as to all pertinent details for Block 75A Parcel 130.

Rent offers from prospective tenants are invited.

An information pack is available for further details.

Viewings will be available by appointment.

Closing date for applications is 12 noon, Friday 11th November 2022. Late submissions will not be considered.

CIG is under no obligation to accept any or the highest bid. It shall not be bound to give any reason for not any accepting any bid and will not defray any costs incurred in the preparation of the bid.

For further information please refer to the www.caymanlandinfo.ky website or contact Audrey Vanderpuye MRICS, Valuation & Estates Office, Lands & Survey Department, Government Administration Building, Box 120, Grand Cayman KY1-9000. Telephone – 244-3508 E-mail – audrey.vanderpuye@gov.ky. All applications to be submitted on our standard form.

Caymanian Monday Wednesday Friday Advertising Rates

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750	10 x 13.5
650	10 x 8.37 or 6.6 x 13.5
450	10 x 6.67
450	4.9 x 13.5
350	4.9 x 8.37
250	4.9 x 6.67
150	4.9 x 4.96
75	4.9 x 3.25 or 3.22 x 4.96
50	4.9 x 1.55 or 2.38 x 3.25
5	2 x 1
200	10 x 1.5
300	
500	
50	2 x 1 10 x 1.5
	750 650 450 450 350 250 150 75 50 5 200 300 500

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

2 days notice for ads

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

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Only applications from Caymanians, Status Holders and Legal Residents will be accepted at this time.

Email resume to susan@elite.ky



Vacancy Store Manager

PURPOSE OF POSITION:

The store manager creates a professional environment, works with all staff to ensure outstanding customer service is provided while buying, selling and conducting in-store activities. The manager is responsible for profit maximization, hiring, supervising employees, providing on-the-job training and ensuring adherence to all regulations, compliance and company policies.

Duties include but are not limited to:

- Store Operations/Results: Holds themselves and the team accountable for flawless execution of operational excellence. Driving profitable sales and margin while reducing variability/shrinkage and improving performance
- Daily monitoring of precious metal evaluation/must be able to train sales associates to differentiate metal types and purity at a reasonable level
- Staff Management and supervision including; Training and orientation, coaching, managing attendance and time off and performance appraisal/review
- Liaise with the HR department for onboarding and personnel management
- Evaluate GEM for color, clarity, purity, karat and cut and watch evaluation and authentication
- Ensure compliance with all regulatory and legal requirements
- Submit daily financial performance updates to head office
- \bullet Plan store layout and displays to simplify customer shopping and promote products.
- Ensure that the company's standard for "Heroic Customer Service" is upheld
- Work to meet all sales targets, plan store sales strategies, analyze sales data, and work to expand custom- er base
- Implement marketing and advertising campaigns to boost brand awareness
- Manage and promote the company's corporate social responsibility program
- Ensure full compliance with Anti-Money Laundering Guidelines and Standard Operating Procedures **Essential**

Skills and Experience:

- People Management: Build relationships, demonstrate adaptability, value diversity and inclusion
- Selling & Customer Service: Focus on service, foster open communication, drive for results
- Excellent communication skills
- Financial acumen
- General business acumen

Basic Qualifications:

- \bullet BSc in Business Administration/Marketing OR five to ten (5-10) years industry specific experience.
- Adept knowledge of local employment

Compensation: competitive annual base salary ranging from **USD\$65,000** with commission/bonus

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How to Apply: Send resume to: $\underline{\text{hr@cashwiz.com}}$ by November 2,2022 Job Ref: CAY-SM02

*JOB REFERENCE (SM-02) MUST BE CAPTIONED IN SUBJECT LINE Only shortlisted candidates will be contacted

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

Con	cept	is S	UdoK	(U		В	y Dave	e Greer
		4			3			
	3		2	1			4	
6			5		8	3		
	1	5	9			4		7
	2						8	
3		7			6	5	9	
		2	3		7			1
	6			5	1		3	
			6			9		

Answer to previous puzzle

1	4	5	7	9	2	3	6	8
9	7	8	1	3	6	2	5	4
6	2	3	5	4	8	1	7	9
7	1	2	4	8	3	5	9	6
4	5	9	2	6	1	8	3	7
3	8	6	9	5	7	4	1	2
5	3	4	8	7	9	6	2	1
2	6	7	თ	1	4	တ	8	5
8	9	1	6	2	5	7	4	3
Difficulty Level ★★★★★								2/25

Difficulty Level ★

2/26

Word Search

F	U	В	Ν	K	L	О	С	Т	Ν	٧	Н	U	V	J
U	Ε	D	Κ	М	Ε	Υ	٧	Q	I	S	G	W	Q	Α
н	K	L	Α	Р	٧	С	s	L	Α	U	Q	Ε	С	Q
Х	Т	J	L	X	Ε	N	С	Q	Т	Р	Р	Т	0	U
L	0	М	F	0	L	L	Н	X	Р	R	R	R	D	Т
R	Р	Α	Υ	Ε	W	В	Ε	D	Α	Ε	1	Ε	Н	s
F	В	Т	Q	F	1	Q	Α	U	С	M	М	Ν	0	О
Α	Α	С	R	В	Х	Н	D	С	X	Ε	Α	Ν	N	М
н	N	Н	Н	D	R	Ι	С	L	0	J	R	1	С	Ε
Т	Α	Α	R	0	Т	С	ı	٧	G	М	Υ	W	Н	R
Ν	N	М	N	Т	s	R	Ι	F	D	Υ	X	X	0	О
w	Α	Р	Т	X	U	N	L	Ε	Α	D	Ε	R	В	F
Р	R	1	N	С	ı	Ρ	Α	L	Ε	G	W	0	Υ	G
Ε	С	0	W	В	W	0	I	N	Н	В	s	s	U	С
М	Н	N	R	Ε	Ε	Р	R	J	U	s	0	F	s	U

Boss Level Captain Major Champion Match Chief Peer Primary Equal Fellow Principal First Supreme Foremost Top banana Head Victor Honcho Winner Leader

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

CROSSWORD By THOMAS JOSEPH

ACROSS 45 Dmitri's **1** Flat floater denial

DOWN

2 Peak

1 Pool tool

setting

4 Finger

aid

8 Tiny

count

5 Barber's

6 Trembled

laborer

5 Town center

11 Plot unit

12 Activate

13 "You know 3 Headline you want to!"

14 Talk excitedly

15 Writer Kesey

16 Stir-frying needs

17 Nonsense

19 Do a checkout job

22 Godzilla's home

24 Foe of Harry and Ron

26 Arkin of "Argo"

27 Canyon sound

28 "The Road" star Mortensen

30 Rouse 31 Devoured

32 Posts

34 Bit of rind 35 Pewter

component

38 Ford classic

41 Stance

42 New Hampshire town

43 Region 44 Salad

ingredient

H|A|B|1 | T | A|L|O|N|E S C|O|N|C|E|S|S|I|O|N|SREP SETTER |D|E|M|E| CONFESS EDGAR S D|Y|E|R|S

Yesterday's answer

20 Massage target 7 Samovars 21 Thug

slang 9 Fish eggs 23 Stepped

10 Finale 16 Take the prize

18 Chimed 19 Charac-

ter's previous life

34 Letter after

22 Coffee, in 36 "Got it" 37 Orderly

down 25 Genuine 29 Diner

dish 30 Funny

33 Houston player

epsilon

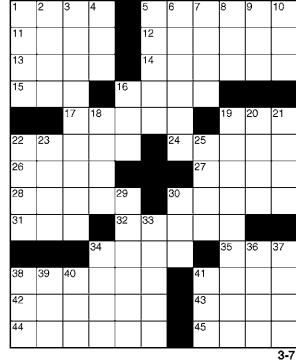
38 Got together

39 Losing tic-tac-toe row

40 Rep.'s fellow rival 41 Frying

need

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