

# Caymanian Times

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# TOURISM: THE ENGINE OF CARIBBEAN ECONOMIC GROWTH – BASIL SPRINGER COLUMN

“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.”- 2 Corinthians 9:6

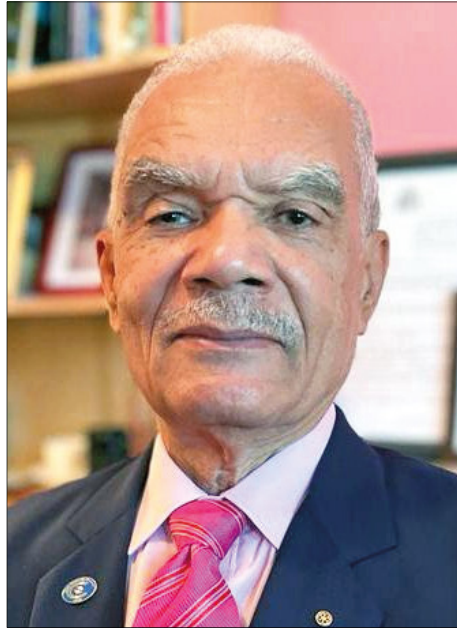
Caribbean tourism is a business where the value proposition clearly communicates the product and services our warm weather destinations can deliver to our “customers”. It has the potential to be exploited as an even stronger engine of Caribbean economic growth.

Caribbean tourism includes agricultural linkages and touches countless areas of economic activity, including community development, meetings and incentives, cruise, cultural, eco/environmental, education and training, farm stays, flora and fauna, health and wellness, long stay, marine, medical tourism, faith/spirituality, sports, weddings and more.

Source markets include Africa, The Americas, China, Europe, Russia and Southeast Asia. So far, we have only scratched the surface in terms of making these vast audiences aware of the boundless attractiveness of our tourism product.

The economic gearing system is central to investment in the tourism sector. It is depicted by three connected gears of different sizes. The biggest gear brings in visitors from far and wide and drives the system. This is facilitated by air and cruise arrivals.

The second gear provides the hospitality framework, including accommodations, food and beverage, entertainment, attrac-



tions and activities, and infrastructural revitalization that is consistent with consumer demand. This is facilitated by local as well as foreign investment.

The smallest, fastest spinning gear, coupled with the other two, can build up phenomenal momentum, creating commensurate employment and steady economic growth in the system. This is facilitated by enterprise development but requires a shepherding function and a self-sustaining system of seed, equity and working capital funding.

I recall a visitor from Japan who was on a mercy mission to Barbados on behalf of a

**TOURISM: THE ENGINE OF CARIBBEAN ECONOMIC GROWTH**

- Value Proposition – Caribbean tourism experience to global customers
- Investment – Cruise ships, airlift, local facilities
- Communication – Marketing, advertising and public relations to reveal best kept secrets
- Operations – Traditional services and Disruptive Innovation
- Human Resource Development – Service excellence

friend who was a disabled Japan resident. This visitor contacted me randomly on social media and explained that his friend had asked him to travel to Barbados while he was vacationing in New York and visit his daughter who was working with the United Nations in Barbados.

This Japanese gentleman asked if I would meet with him and be a sounding board for his visit. I agreed. When we met over a meal, he shared that he had been doing some exploring on his own and exclaimed, “Barbados is one of the best kept secrets in the world!”

He continued that there are more than 100 million people in Japan, tens of millions of whom constitute a major potential market for Caribbean tourism, if only they were aware of the destination.

I have told many similar stories in this same vein.

Larger and more fuel-efficient cruise ships, new and rehabilitated hotel accommodations and attractions and disrupt-

ive innovation to increase efficiency and productivity will generate greater gross domestic product results and, hence, economic growth in the region.

But as we attract more visitors from around the world, we must prepare for the increasing demand for service excellence.

Just as the Caribbean Media Exchange (CMEx) on sustainable tourism mounted interactive conferences to train young journalists to report responsibly and accurately on tourism, we must introduce similar training and public relations programs for all service providers so that we are not found wanting as we compete on a global playing field.

Let Sandals Resorts International and others of their ilk serve as inspiration for the rest of us with their assertive approach to marketing and advertising as well as service excellence, which is an essential requirement for today’s discriminating visitor.

## WARNING

# Exercise Caution

when Approaching CUC Personnel on the Roads

We encourage motorists to drive carefully when approaching our Line Operations crews and T&D Planners while they are working on or near the roads - traffic cones, bright orange road signs and flashing lights will be displayed and in certain situations, rumble strips will be deployed.

Depending on the work involved, portions or all of the road in the work zone may need to be blocked to allow our trucks and vehicles access to the utility poles. Motorists are encouraged to drive with extreme caution at slow speed until they are well clear of the work zones. Your support will allow us to work safely and complete the job in a timely manner.

Remember to never use mobile telephones while driving, always wear seat belts, obey the speed limits, pay attention to road signs and slow down when workers or pedestrians are on or near roads!

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## Caymanian Times

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# Final Sections of the New John Gray High School Are Handed Over to the DES

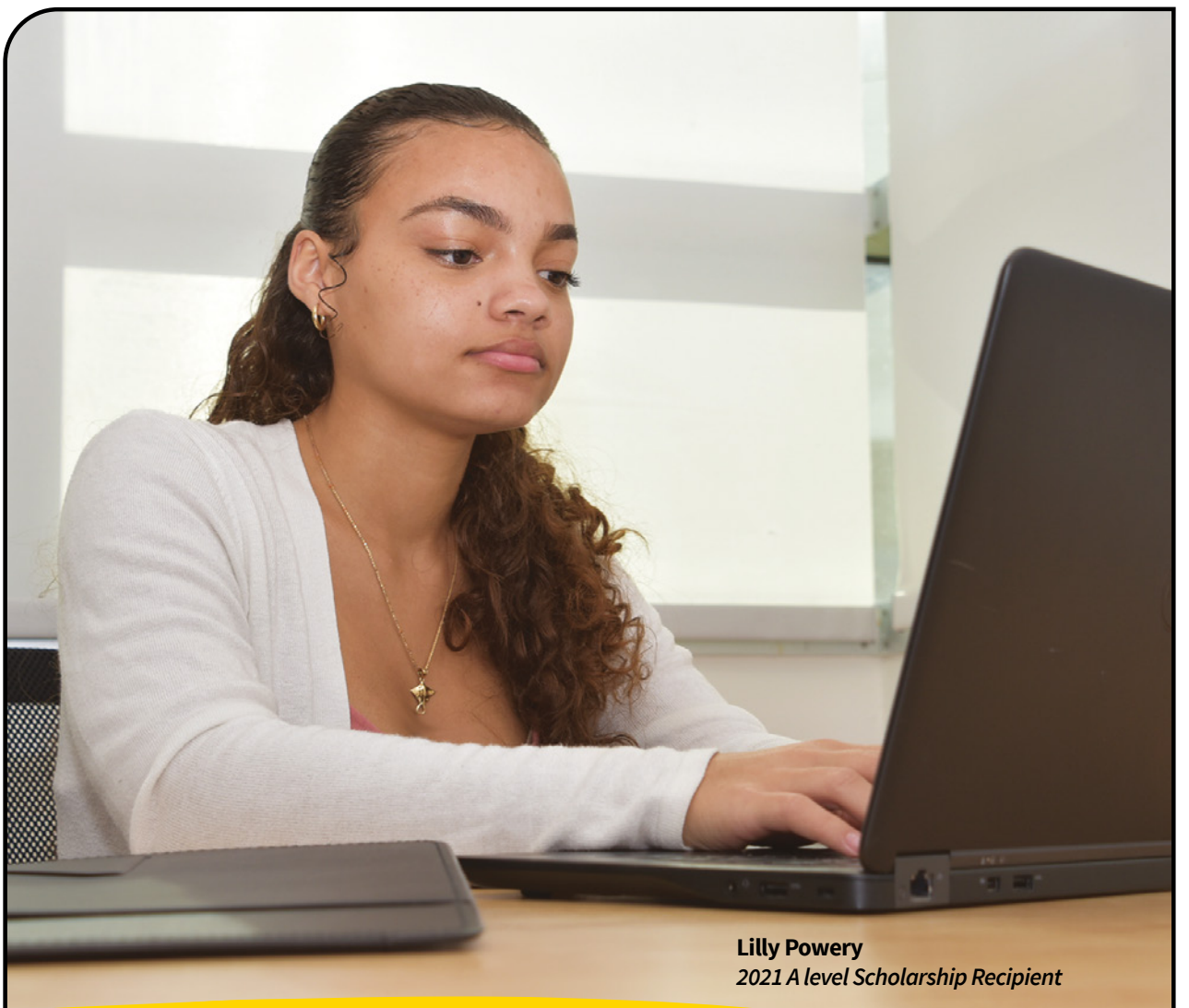


► Education Minister Hon. Juliana O'Connor-Connolly (r) observes as Ministry of Education (MoE) Acting Chief Officer Ms. Lyneth Monteith (l) signs the Certificate of Occupancy for Building Sectors 2,3 & 9 of the new John Gray High School. Also photographed are Department of Education Services (DES) Director Mr. Mark Ray (ctr) and Public Works Department Senior Project Officer Mr. Wayne Riley (standing).



► Education Minister Hon. Juliana O'Connor-Connolly (4th from left) joins in a photo with several key stakeholders during the new John Gray High School (JGHS) handover. Also included in the picture are [front row, l-r] JGHS Principal Mr. Jon Clark, Senior Project Manager, McAlpine Ltd. Steve Gaffing, MOE Facilities Manager Mr. Clive Baker, Public Works Department Senior Project Officer Mr. Wayne Riley, MOE Acting Chief Officer, Ms. Lyneth Monteith and Senior School Improvement Officer Mr. Nick Obie. [2nd row, l-r] DES Director Mr. Mark Ray, Chartered Surveyor JEC Property Consultants Ltd. Kevin Drysdale, DES Deputy Director Mr. Elroy Bryan, DES Facilities Manager Mr. Alan Robinson, Acting Head of Business Services Ms. Jenny Rivers, Assistant ICT Managers Nicholas McLean and Arek Watler and General Manager, McAlpine Ltd. Mr. Russell Day.

The Department of Education Services (DES) has obtained permission to occupy the final sections of New John Gray High School following the formal handover of Sectors 2, 3 and 9 by McAlpine Ltd. last Thursday (16 February). Minister for Education, Hon. Juliana O'Connor-Connolly was there to participate in the occasion.



Lilly Powery  
2021 A level Scholarship Recipient

## Scholarships to pursue A level Studies

### Students invited to apply for a CUC Scholarship

CUC is proud to offer a scholarship for Caymanian students seeking to pursue Advanced Level (A level) studies at a local high school.

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- have already obtained, or expect to obtain, during the current school year, adequate academic qualifications to be accepted into Advanced Level (A level) studies or equivalent;
- be Caymanian or hold Caymanian Status;
- be involved in school and/or volunteer activities;
- provide references.

The scholarship will also provide an opportunity to gain hands-on work experience and develop further skills, which will benefit the successful applicant in their studies and a possible future career with CUC.

To review the General Rules and Guidelines and apply, visit the “**Scholarships**” page under the “**Careers**” tab on CUC’s Home Page ([www.cuc-cayman.com](http://www.cuc-cayman.com)). Click on the “**Apply Here**” link, complete the appropriate online forms and follow the instructions. Applications must be submitted not later than **Tuesday, February 28, 2023**. *Hard copies will not be accepted.*

For more information on these and other scholarship opportunities, please contact CUC’s Human Resources & Employee Development Department via e-mail at [careers@cuc.ky](mailto:careers@cuc.ky).



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# CAYMAN PORT: THE DEBATE CONTINUES



By Staff Writer

If all goes according to the plan suggested in the Strategic Outline Case(SOC), Cayman could have a new cargo port at Breakers.

But it may take that plan a long time to materialise as already the matter is the subject of extensive coast-to-coast debate throughout the land.

From the time Hon. Minister of Tourism and Transport, Kenneth Bryan, made the unexpected announcement and tied his flag to the mast of a new cargo port, the issue has risen to the top of the national discourse with strong arguments for and against.

Driving the new debate is the Woods SOC(Strategic Outline Case) for a new cargo port, authored by Joseph Woods,

Cruise and Security Manager at Cayman Islands Port Authority, and former Acting Port Director.

His report adequately addresses operational shortcomings and limitations at the present cargo facility which shares space with cruise ship passenger movements, restricting it to night-only operations.

The ports of a country - sea and air - are vital indicators of its current state of development. Therefore any projections about their expansion must be tied to well-researched evidence of the country's socio-economic growth projection.

The Woods SOC recognises this, stating: "Forecasting the demand and growth in cargo is not simple, straightforward and easy, as it is influenced

The Quarries at Breakers



► The Quarries at Breakers

by many factors. Population growth, affluence of the population, the state of the economy locally and worldwide, infrastructure development, the stage and vibrancy of the local construction industry, the volume of both stay-over and cruise visitors are among the leading influences of the demand and growth for cargo importation."

It also notes that "it is inevitable that as the economy and population of the Cayman Islands continues to grow, so will the volume of cargo".

According to its assumptions, "for every increase of 5,000 in the population, the trend indicates that containerized cargo increases by an average of 5,500 TEUs (Twenty Equipment Unit/20-foot container).

Based on that, the report projects that "when the population reaches 100,000, we can expect to be importing an additional 33,000 TEUs per year, for a total of approximately 65,836 TEUs per year or approximately 80% of the 82,836 TEU capacity of the vessels currently calling Cayman."

That in turn relies on what the Woods SOC report says is 'based on information from the Economics and Statistics Office(ESO)' which suggests that Cayman's population will grow to between 100,000 and 120,000 in ten years.

Significantly this is not directly attributed to the ESO but is based on an extrapolation from the 2021 census report. -

**And that's where the case for a new cargo port seems to go a bit adrift.**

Projecting a Cayman population of 100,000 in ten years is a staggering increase of over 28,500 in a decade. That's an average increase of around 238 more people coming to live in Cayman each month or 4,856 per year.

At the outer scale, it projects a population expectation of 120,000 by 2033 - an alarming growth of over 48,500 more people in the next 10 years with an average increase in residents of 404 more persons every month, or 4,856 every year until 2033.

But according to ESO, Cayman's pop-

ulation between 2010 and 2021 grew from 55,036 to 71,105(updated to 71,432 by the time the 2021 Census report was released).

Compared to what the Woods SOC is basing its population rationale for the new cargo port on, that was a much smaller increase of 16,069 over the past ten years. It shows that around 1,606 more people came to live in Cayman each year between 2010 and 2021, or 133 per month.

The figures in the Woods report on the one hand double that each month over the next 10 years for an expected population of 100,000 and almost quadruples it if one goes by the projected population projection of 120,000 by 2033.

As population figures are so crucial to this report it would be necessary to have empirical evidence supporting this projected growth trend.

Further, in the absence of an updated National Development Strategy since Vision 2008, it's difficult to justify the broad population projections contained in the Woods report.

This opens a wider debate about whether and how Cayman can sustain a population of 100,000 within the next ten years...or if ever...and the impact on the environment, healthcare, traffic congestion, education, housing, cost of living and the demographic composition of the population.

Those are major issues to tackle even before we get to the stage of thinking about a larger cargo port and relocating it from Hog Sty Bay to possibly Breakers as recommended with all of the other issues surrounding that.

There's still much work to be done, further reports to be written and conversations and consultations to be had. It may very well be the case also that previous ideas for separate cargo and cruise facilities might even be dusted off and given another look.

But crucially, a comprehensive updated strategic national development vision for Cayman seems now to be more of a prerequisite than ever.

Department of  
Education Services  
Cayman Islands Government

## INTER SCHOOL ATHLETICS 2023

PRIMARY/SECONDARY

INTER-PRIMARY

TRACK & FIELD EVENTS

MARCH 15, 16, 17

HELD AT THE

TRUMAN BODDEN  
SPORTS COMPLEX

INTER-SECONDARY

TRACK & FIELD EVENTS

MARCH 22, 23, 24

CRUISE SHIP SCHEDULE — WEEK — FEBRUARY 27 — MARCH 3



**TOTAL SHIPS - 10**  
**TOTAL PASSENGERS - 34,940**

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1	2	3
Norwegian Bliss	Caribbean Princess	Carnival Horizon	MSC Seascape	Celebrity Beyond
	Norwegian Dawn	Norwegian Prima	Celebrity Reflection	
	Disney Fantasy		Brilliance of the Seas	
<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>	<b>Total Passengers</b>
3,994	9,600	7,236	11,192	2,918

## CIDOT Hires Three Caymanian Women for Senior Management Roles

The Cayman Islands Department of Tourism is pleased to announce the following new hires: Marzeta Bodden – Deputy Director, Tourism Product Development; Lauren Brook – Manager, Global Public Relations Services; and Tristaca Ebanks – Manager, National Promotions and Events.

Marzeta has 20 years of work experience spanning aviation, tourism, education, and financial services holding positions in both the public and private sector. Prior to joining CIDOT, she provided policy and communications support to the Premier, Cabinet, and senior leaders in the Cayman Islands Government throughout the COVID-19 pandemic including the critical early response phase. Marzeta also worked with the Cayman Islands Government’s special project team, Celebrate Cayman, to coordinate initiatives focused on discovering the Cayman Islands’ history, engendering national pride, engaging, educating, and inspiring youth, celebrating our diversity and encouraging connection, and nurturing a spirit of a cultural community. She has held positions at a leading offshore law firm and Cayman Airways.

Marzeta has a proven track record in private sector as the founder of Cayman Food Tours, a walking food tour company that



► (from left to right): Marzeta Bodden – Deputy Director, Tourism Product Development; Tristaca Ebanks – Manager, National Promotions and Events; and Lauren Brook – Manager, Global Public Relations Services.

shared the history, culture, heritage and culinary offerings of the downtown George Town area. Marzeta also established TEDx-SevenMileBeach, a Caymanian extension of the global thought leadership and professional development brand.

As Deputy Director, Product Development Marzeta is responsible for the Tourism Product Development Unit which is focused on ensuring that the quality of the Cayman Islands experience meets or exceeds expectations of visitors and residents alike. Her team works to build local capacity and talent to manage the destination and works with local stakeholders to nurture and de-

velop a diverse range of sustainable tourism products.

Marzeta holds a BBA in Finance and Marketing from Florida International University and an MSc in Marketing Management from the University of Surrey.

Lauren has more than 10 years of experience in public relations, internal communications, and business development in the Cayman Islands, UK, and Canada. Prior to joining CIDOT, she was employed as a Business Development and Communications Specialist by a prominent offshore law firm. Additionally, Lauren worked as PR Manager for a prominent local real estate developer, and as a Communica-

tions Manager for a large regional insurance company.

As Manager, Global Public Relations Services, Lauren is responsible for the department’s global public relations strategy, including media relations, local and international communications, brand management as well as managing the department’s international public relations agencies and the Visiting Journalist Programme.

Lauren’s PR and communications experience spans hospitality, commercial real estate, finance, and insurance. Lauren holds a BA in Professional Writing and Communications from York University and a MA in Public Relations and Strategic Communications from Leeds Business School.

Tristaca has over 15 years of experience in the events field and the Cayman Islands Government Sector. Prior to joining CIDOT, Tristaca was employed as a Special Events Co-Ordinator and FOI Manager with the Ministry of Investment, Innovation & Social Development. Additionally, Tristaca has worked as a Personal Assistant to the Chief Officer at the Ministry of Employment & Border Control and the Personal Assistant to the Deputy Governor at the Office of the Deputy Governor. She received the Cayman

Islands Government Employee of the Year Award in 2017 and Certificate Badge of Honour for her contributions to the Cayman Islands community during the COVID-19 pandemic.

As Manager, National Promotions & Events, she is responsible for the department’s national marketing, including local and community sponsorship, special events, domestic advertising and collateral, the travel trade familiarisation programme and leading the Latin America strategy for the department.

Tristaca comes to CIDOT with experience in leadership, public administration, events, and promotional planning. Tristaca holds a BA in Public Administration and Human Resources Management.

Director of Tourism, Mrs. Rosa Harris said, “The department is pleased to welcome three experienced and talented Caymanian women to our team. They have all transitioned seamlessly into their roles, and I look forward to seeing how their ideas and perspectives advance the department’s mandate. The team is empowered to transform post-COVID the islands product offerings, marketing and promotional activity to deliver on quality experiences and business development expansion.”

# Symposium tackles the impact of trauma



► Governor Martyn Roper, Chair Jane Panton and Premier Wayne Panton at the Alex Panton Foundation Symposium



► National Drug Council staff at the Alex Panton Foundation Symposium Angela Sealy, Simon Miller and Leyla Chin



► Dr Ruthlynn Pomares, National Youth Commission Chair, and Camille Angel, Programmes Officer with the Youth Services Unit

**By Lindsey Turnbull**

Mental health experts gathered at The Ritz-Carlton last Saturday for the sixth annual Alex Panton Foundation Mental Health Symposium to discuss the impact of trauma on the mental health of young people.

Jane Panton, Chairperson of the Alex Panton Foundation, explained that trauma was defined as a deeply distressing or life-threatening experience that left an individual feeling helpless and overwhelmed, and it had a profound effect on their mental well-being.

“Trauma affects so many in our community, much of which is experienced in formative years,” Mrs Panton stated. “As we planned this year’s symposium, it became evident that many of us have varied understandings of what trauma is. That is why we are here today, to gain a better understanding and to work together to support our young people who have experienced trauma.”

She went on to say that trauma could be brought on by the impact of natural disasters like hurricanes, or violence, bullying, abuse, discrimination, the loss of a loved one or a global pandemic.

“The impact on us, especially in our formative years, can be devastating. Persons affected might experience symptoms such as anxiety, depression and post traumatic stress disorder. Trauma can also impact their relationships and ability to trust others, as well as their ability to perform well at school or work,” she furthered.

Mrs Panton said the personal stories shared by the symposium’s speakers, such as Rhonda Kelly, a Board member of the Alex Panton Foundation whose own daughter, Addi, succumbed to the impact of mental health, would help to provide a deeper understanding of the impact of trauma on young people. She said such individuals showed immense courage in sharing their stories.

She continued that young people were able to recover from trauma and support was available to allow them to process their experiences and learn coping strategies, some of which were shared at the symposium.

“Let’s talk about trauma. Let’s open up the conversation to support our young people who are suffering silently because it is the invisible elephant in the room that few people want to tackle,” Mr Panton said.

Governor Martyn Roper also spoke at the opening of the symposium and said that it was essential to address the subject of trauma affecting the mental health of Cayman’s young people, if the island was to make any progress in changing things. In Cayman, he said there was still a stigma in openly discussing people’s own mental health.

“There is a serious mental health challenge impacting our young people,” he stated. “There are cultural taboos within our community that we do need to tackle. Substance use and abuse is one that is being looked at. Mental health anxiety is also linked to individuals’ sexual identity, linked to the sexual abuse of children.”

These were sensitive and difficult issues which needed to be looked at before progress could be made, he said.

“The emotional and psychological effects of trauma, particularly from those issues that I have highlighted, can be devastating and long lasting, particularly to young people who are still developing their sense of self and identity,” Governor Roper said. “It can lead to a range of mental health issues including depression anxiety and PTSD, all of which can have a highly negative affect on a person’s ability to work and form healthy relationships... that trauma can last a lifetime.”

The Alex Panton Foundation gave him hope that such issues could be tackled and people could be made comfortable discussing their mental health with their family and friends and get the support they needed to heal from trauma and also build resilience.

“This starts with creating safe spaces where they can feel heard and understood and provided access to quality mental health and psychological services,” he said.

Alex’s Place was one such place, Cayman’s first adolescent-specific mental health hub which opened last month in memory of Jane and Premier Wayne Panton’s son Alex, who succumbed to severe depression at the age of 16.

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# Senior Associate Promotions at HSM

The HSM Group is delighted to announce the promotion of two lawyers, Hilary Brooks and Alastair David, to the position of Senior Associate within its Cayman Islands law firm.

Hilary specialises in employment and private client law. Hilary has exclusively practiced in the Cayman Islands since 2012 and has been a Notary Public since 2008. She is the go-to guru for all matters relating to employment law, including employment contracts and policy manuals as well as advice on workplace disputes. She also has experience in preparing wills, codicils and estate administration. In addition, Hilary teaches several legal courses each year with the Cayman Islands Chamber of Commerce and Cayman Islands Society of Human Resource Professionals.

Alastair has specialised in immigration and employment law in the Cay-

man Islands since his arrival here in 2016. Alastair advises on all aspects of those laws with a specific focus on contentious matters. Alastair has represented clients before the Labour Tribunal and Labour Appeals Tribunal in respects to employment issues and has represented clients before the Summary Court, Grand Court and Court of Appeal in regards to immigration matters in the Cayman Islands. Prior to joining HSM, Alastair practiced as a Barrister in the UK for 10 years.

Both are outstanding lawyers and have been with HSM for more than five years.

"These promotions reflect their dedication and proven track record of delivering results to our clients," shares HSM Managing Partner, Huw Moses OBE. "I look forward to their continued success as valuable members of the HSM team."



► Hilary Brooks and Alastair David

## CTO Announces Return of Landmark Events in 2023



► CTO Chairman Kenneth Bryan and Curacao's Minister of Economic Development Ruisandro Cijntje Web

As the tourism sector across the Caribbean registers strong post-pandemic results, the 25-member Caribbean Tourism Organization (CTO) is resuming several hallmark activities and events this year to help strengthen the region's position as the world's leading warm-weather destination.

Following business meetings in Curaçao last week, where ministers, commissioners and directors of tourism and their representatives met together as well as with tourism industry stakeholders, CTO chairman Kenneth Bryan announced that 2023 will see the return of "Caribbean Week in New York" in June, the State of the Industry Conference (SOTIC) in the Turks & Caicos Islands in the fall, and a conference focused on sustainable tourism development.

Bryan, who is also the Minister of Tourism and Transport for the Cayman Is-

lands, said that the CTO will have a delegation in attendance at this week's Global Tourism Resilience Conference in Jamaica, and will celebrate Jamaica Minister of Tourism Edmund Bartlett's achievements in encouraging the United Nations to recognize February 17 as Global Tourism Resilience Day.

Minister Bryan also reported that CTO's marketing committee will meet in the weeks ahead to finalize details for the upcoming calendar of events.

He disclosed that the newly invigorated CTO is focused on increasing the number of member countries and territories. "We just recently welcomed the U.S. Virgin Islands back on board, and my goal is to get more and more members since we are stronger together as a team," he said, explaining that demonstrating to the entire region the benefits of CTO membership is paramount.

Minister Bryan and his team have been focusing their time and energies to help reshape the CTO and ensure that members get value for money. "We have some ambitious goals for the CTO over the next two years and I am confident that with a united effort we can strengthen the bread-and-butter tour-

ism industry and improve the quality of life for our residents in this wonderful part of the world we call home," he remarked, while showering praise on Curaçao's tourism and economic development leaders for hosting an exceptionally productive meeting of the regional body.



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► Coconuts aplenty!



► Visitors and locals loved the plants for sale



► Ms Janett Powell and her team were selling their flavourful sauces

## Coco Fest celebration another hit



► Mark Ray and Annick Jackman manned the Powder Monkey stall was choc ful of delicious treats made by ownder Lydia Jackman



► Fun was had by all

Coco Fest attracted young and old at this year's celebration of the humble coconut, which took place last Saturday afternoon within the grounds of beautiful Pedro St James. The event was jointly hosted by the Tourism Attraction Board and welcomed hundreds to the lush lawns at Pedro's for a taster of some delicious local fayre, some great music and some fun old-fashioned games and entertainment.

Ms Ailiane Barnes normally cooks on Seven Mile Beach where she enjoys cooking for the public. At Coco Fest, Ms Ailiane and her team, which included Noiy and Maria from Cuba and Ms Daphne from Cayman, served up some traditional Caymanian favourites, including conch stew and turtle stew and conch fritters, as well as coconut pineapple upside down cake, cassava, yam and sweet potato cakes, all with coconut in their recipes. Ms Ailiane's food was therefore a great representation of the versatility of the coconut and demonstrated the important roles the coconut plays in Cayman Islands cuisine.

The excellent Powder Monkey stall was also offering an impressive array of more contemporary coconut-based delicacies, including coconut pineapple pepper jelly, coconut marshmallows, coconut-based energy balls, a coconut sweetbread, coconut turnovers and a delicious Pasteis de Nata Portuguese custard tart.

Coco Fest first took shape in 2016, and



► Delicious food was to be had at Ms Ailiane Barnes and her team's booth

has been a hit annually (except for the pandemic years) ever since. It was created to allow people to come together and celebrate the Cayman coconut while preserving its ties to Caymanian heritage. It has grown into a really important festival that allows Cayman's small businesses and producers a vehicle for showcasing their goods and products, which also includes hair and beauty coconut-related products as well as food and drink. Cayman's Visual Arts Society was also part of the event, showcasing locally made arts and crafts for sale.

Coco Fest is a great way to bring together cooks, producers, artisans, and farmers through a shared love for the Cayman coconut.



# *Caribbean-based investor and developer delivers Five-Star hospitality*

## *Multiple Dart-owned properties earn prestigious Forbes Travel Guide ratings*



Forbes Five-Star is the most highly coveted rating in the hospitality industry... and Dart, a global investor headquartered in the Cayman Islands, is proud to have collectively received 15 stars across three of its regional properties that recently received the Forbes Five-Star rating.

When Forbes Travel Guide (FTG), the only global rating system for luxury hotels, restaurants, spas and ocean cruises, announced its 2023 Star Awards on 15 February, among those with the prestigious Five-Star rating were a pair of properties in Grand Cayman and another in Anguilla: The Ritz-Carlton, Grand Cayman, Kimpton Seafire Resort + Spa and Four Seasons Resort and Residences Anguilla.

These properties in two islands on opposite ends of the Caribbean Sea are distinguished by having different brands and management teams. But the common thread that buoys them is that they are all world-class luxury resort properties in Dart's hospitality portfolio.

Ahead of the 2023 Star Awards, The Ritz-Carlton, Grand Cayman was the only one of Dart's hospitality offerings that had a Five-Star distinction. That's something ownership was mindful of.

"We knew Dart had a fantastic portfolio of properties that has gained a reputation of offering the highest quality customer service, and we were confident the 2023 ratings would reflect this. Having debuted a few short years before the pandemic, Kimpton Seafire Resort + Spa has been making a name for itself, and Dart acquired Four Seasons Resort and Residences Anguilla last year knowing that we were making the right

investments that would translate into enhanced guest experiences," said Dart President of Real Estate Asset Management, Justin Howe.

He added that with global travel continuing its post-pandemic resurgence and guests looking for the best on offer, the timing of the awards has come at a good time.

Dart's FTG Five-Star rated properties and the destinations in which they are located will realise many benefits, such as promotion through Forbes.com, forbestravelguide.com and their social media channels, including Instagram, where @forbestravelguide is the #1 independent luxury hospitality account.

"To have these amazing hotels get the Five-Star seal of approval is a phenomenal achievement that showcases Dart as

an investor and developer that leverages its strengths to bring added value to our properties, doing what's needed to add value through investment, training and guidance," said Senior Vice President of Active Investments and Hospitality Asset Management, Enrique Tasende.

Kimpton Seafire Resort + Spa, a colourful escape on Grand Cayman's famous Seven Mile Beach, offers unmatched, unobstructed water views from nearly every one of its 264 guest rooms. It has now become the first AAA Five Diamond and Forbes Five-Star property in the Kimpton brand.

The Ritz-Carlton, Grand Cayman evokes the British Caribbean style that defines the Cayman Islands, while also reflecting modern coastal elegance. The Cayman Islands' first Five-Star resort is home to six

distinct bars and restaurants, including Blue by Eric Ripert, the only AAA Five Diamond Restaurant in the Caribbean.

At Four Seasons Resort and Residences Anguilla, guests can enjoy one of three picturesque pools (including the adults-only, infinity-edge Sunset Pool). Guests can settle into spacious accommodations, 80% of which feature picturesque ocean views.

"We are delighted to be able to offer travellers a variety of options to choose from, including these three appealing Five-Star properties showcasing the very best of what the Caribbean has to offer and staffed by some of the finest professionals in the hospitality industry worldwide," said Mr. Tasende.

For more about Dart's hospitality portfolio: [www.dart.ky/our-portfolio/hospitality/](http://www.dart.ky/our-portfolio/hospitality/).



# HRH The Countess of Wessex Joins 100 Women in Finance Members at an Education Session Focused on Female Empowerment Around the World



► 100WF Global Ambassador HRH The Countess of Wessex shares insights from her global work that focuses on championing gender balance and diversity as well as women, peace and security.



► The Empowering Women in Finance and Beyond education session was produced by the 100WF Cayman Education Committee, pictured with 100WF Global Ambassador HRH The Countess of Wessex.

On Tuesday, 21 February HRH The Countess of Wessex joined 100 Women in Finance (“100WF”) members and special guests at The Ritz-Carlton, Grand Cayman for an intimate conversation around empowerment in the workplace and beyond. 100WF CEO, Amanda Pullinger, and 100WF Board Member and Partner at the

Maples Group, Christina Bodden discussed their global experiences in empowering women in finance as well as their observations about how we can empower women outside of the finance industry, particularly in the developing world where women often face additional hurdles and cultural challenges.

At the end of the session, HRH The Countess of Wessex shared her own insights from her global work that focuses on championing gender balance and diversity as well as women, peace and security. Empowering women is part of the core mission of 100WF. Over the past 20 years, 100WF has led the way in developing initiatives that have helped women in their

professional careers and inspired the next generation of female leaders through its Investing in the Next Generation and Girl-Force100 initiatives. This event was produced by the 100WF Cayman Education Committee and kindly supported by the Maples Group. Learn more about 100WF and upcoming 100WF Cayman events by visiting 100women.org.



► (iii) The lively conversation with Amanda Pullinger, CEO of 100 Women in Finance (pictured right) was moderated by Christina Bodden, Partner at the Maples Group and Board Member of 100WF (pictured left) and focused on how to approach empowerment for the betterment of women and girls across the world.



► (iv) The 100WF education session was held at The Ritz-Carlton, Grand Cayman and generously supported by the Maples Group.

## CIMA Seeks Public Input for CI Banknote Redesign

In light of the passing of Her Majesty Queen Elizabeth II, the Cayman Islands currency, currently in circulation, will be phased out and replaced with a new design featuring an effigy of His Majesty King Charles III. As the primary financial services regulator responsible for the issue and redemption of the local currency, the Cayman Islands Monetary Authority (“CIMA”), together with the Cayman Islands Government, is working on a complete redesign of the current banknotes. This process is expected to be completed in 2024. The current design of our banknotes features local marine life, flora and fauna as well as references to our seafaring history and scenic locations. CIMA is seeking the public’s input via an online survey to determine which theme is



► Mrs. Cindy Scotland, OBE

most preferred for the new banknote designs. Participants will have the option to select from specific themes and will also have an opportunity to submit additional ideas of their own. With the exception of Her Majesty Queen Elizabeth II’s image being replaced by His Majesty King Charles III, the coin designs will remain the same. Deputy Premier and Minister for Finance & Economic Development Honourable Chris Saunders said, “While we phase in the use of His Majesty the King’s image on our bank notes and coins, it presents an opportunity to involve Caymanians of all ages and walks of life in the redesign process. The end result will be a currency design that is truly of the people and for the people of these Islands.” “We look forward to developing banknotes that Caymanian citizens can identify

with and be proud to use as their money,” said CIMA Managing Director, Mrs. Cindy Scotland, OBE. She added, “The process to redesign our local banknotes will also include an educational campaign that will seek to raise awareness about the history and unique features of our local currency.” As steps to guarantee that physical cash continues to be available and accepted as a means of payment for many years to come, CIMA is also taking this opportunity to upgrade the paper used in the banknotes to polymer, which is more durable and cost effective. Following the design process, CIMA will authorise the production of the new banknotes in consultation with the Cayman Islands banknotes printer and decide on potential issue dates.



► Pictured from left to right: Speaker of the House Katherine Ebanks-Wilks; Mrs. Elisabeth Roper; HRH The Countess of Wessex, Deputy Premier Chris Saunders; and Ms. Barbara Conolly.



► 100WF was joined by HRH The Countess of Wessex (centre) and special guests.

# 100 Women in Finance Global Ambassador HRH The Countess of Wessex Joins First Impressions Dinner for Future Female Leaders

On Tuesday night 100 Women in Finance (“100WF”) Global Ambassador HRH The Countess of Wessex attended the 100WF Inaugural Cayman First Impressions Dinner, as part of her visit to the Cayman Islands.

100WF GirlForce100 mentees, local female students and their role models heard from a panel of inspiring female finance professionals and met with HRH The Countess of Wessex and senior industry leaders over dinner at The Ritz-Carlton, Grand Cayman.

The first of its kind for the Cayman Islands location, 100WF First Impressions Dinners are within the scope of 100WF’s Investing in the Next Generation Initiative to reach, inspire, and support pre- and early-career young women who are the finance industry’s leadership pipeline.

By providing female students with opportunities like this to engage with women in varied roles and levels of seniority in financial services, they gain invaluable insight into the different career opportunities and pathways within the industry and are encouraged to forge their own careers in finance.

To kick-off the interactive evening, a panel of female rising stars shared insights about their jobs and career paths, and stu-



► HRH The Countess of Wessex shared a few remarks at the 100WF Inaugural Cayman First Impressions Dinner in her role as 100WF Global Ambassador.

dents were encouraged to ask questions during the roundtable sessions that followed. The format gives mid-level female professionals increased visibility in front of their peers and senior executives, including their clients, in the finance industry, and opportunities to use their experience to ‘pay it forward’ to the next generation.

As part of her role as 100WF Global Ambassador, HRH The Countess of Wes-



► 100WF invited female senior industry leaders to join the dinner, alongside local female students and GirlForce100 mentees.

sex serves as an advocate for raising the industry’s visibility and appeal as young women consider career paths. She has participated in 100WF events around the world to help cultivate interest and engagement from the next generation of women entering the industry.

By increasing the female talent considering the finance industry, raising the visibility of women at different stages of

their careers, and showcasing their experiences, 100WF is increasing the female leadership pipeline and helping to inform companies on how to retain female talent.

The 100WF Inaugural Cayman First Impressions Dinner was kindly supported by Baraud International and Travers Thorp Alberga. Learn more about 100WF and upcoming 100WF Cayman events by visiting 100women.org.



► HRH The Countess of Wessex joined tables of local students and finance professionals for this one-of-a-kind dinner, pictured here with Ms. Ruthanna Young.



► HRH The Countess of Wessex and 100WF Cayman member Ms. Lara Deysel in conversation with one of the 100WF GirlForce100 mentees.



# Batabano 2023 launch event highlights Government's support

*Long-serving mas bands, sponsors, designers, and volunteers honoured*

The heart of George Town came to life recently as the Batabano carnival season was officially launched for the 40th year in the Cayman Islands.

Minister for Tourism and Transport, the Hon. Kenneth Bryan, attended the event and congratulated the organization

on its 40th anniversary. "As the Minister for Tourism and Entertainment I have already given my commitment that we will be a major sponsor again this year for Batabano, so I'm really looking forward to it," he stated. "We went through a whole lot since the pandemic and we

want to get our entertainment back to where it once was, lively and robust." The Minister added that he is also looking forward to being in a Batabano shirt in the parade this year.

Acting Minister for Culture & Heritage, Mr. Isaac Rankine, was also in attendance

at the carnival's launch event, and stated:

SEE BATABANO 2023, Page 13

"It is important that we are able to support initiatives that highlight our customs."

In her address, Batabano Chairperson Donna Myrie spoke about her first Bat-





# Batabano 2023

CONTINUED FROM Page 12

abano experiences as well as her first carnival experiences abroad when she attended Carnival in Trinidad in 1981 as Miss Cayman Islands, having been invited by the then Miss Trinidad and Tobago, Rachel Thomas. "I was so inspired by the camaraderie, joy, togetherness and economic opportunities that I witnessed at that carnival, and it shaped my vision and ultimately that of the Cayman Carnival Batabano Board, to include everyone residing in the Cayman Islands, all nationalities, in a series of events that provide a cultural celebration, and economic benefits, for our islands, now and for the future."

Mrs. Myrie-Stephen said the theme therefore for this year's Batabano parade is once again "All Nations, One Celebration". As such, Caymanians and residents from all nations represented in the Cayman community are invited to rally together and register groups and organisations to be part of this 40th anniversary parade. The parade registration fee is being waived this year.

In addition to masquerade bands and groups entering the parade, she said local businesses and organizations are invited to also enter a float in the parade this year under the theme "Las Tortugas" in honour of turtle nesting season starting in May annually.

As part of the celebration of 40 years of Batabano, at the launch event the carnival's Board of Directors also recognized longstanding sponsors, mas bands, and supporters. Those included:

- Ms. Reba Dilbert for years of support and continuous participation in Cayman Carnival Batabano.
- The Cayman Islands Government for its continued support and endorsement of Cayman Carnival Batabano
- Party Animals for being the longest local participating Mas Band that exemplifies the spirit of Batabano
- Michael Lemay for his contribution to steelpan in the Cayman Islands
- Jacques Scott for its long-standing sponsorship
- Sharmee McField for the spirit of volunteerism
- Cayman Airways - Long-standing supporter
- Local Carnival for the newest emerging Mas Band for Cayman Carnival Bat-

abano, with all costumes designed and made in Cayman.

Led by Master of Ceremonies, Sheena Hurlstone, the launch event's entertainment included the group "Bollywood Dance Pulse" led by Haresh "Harry" Bhagwandas. Young dancers aged seven to fourteen lit up the red carpet with a lively dance that had the event attendees clapping along enthusiastically. Kiara Lemay, daughter of well-known local pianist Michael Lemay, treated the crowd to a rendition of many soca favourites. The entertainment continued with a samba performance from the dance duo of Yara Razo and Sergio Torres of Mas Azucar Entertainment.

The event culminated with an exciting costume-reveal for this year's Batabano parade. The exclusive 40th anniversary VIP costumes are designed by Horacio Prado and Daniel Caballero of Panama. With more than thirty five years in the design field, Prado and Cabellaro have created elaborate costumes for international events. There will be four costume sections for ladies and one costume section for men. For details and to register, contact Griscella Ebanks on griscella@hotmail.com.

The extended Batabano week begins with Jouvert April 29th and runs through May 7th with Steel Pan on Wednesday May 3rd, Kings and Queens costume Soiree on Thursday May 4th, Friday Night Fete on May 5th, and the 40th anniversary Grand Costume Parade on Saturday May 6th.

Persons interested in entering a masquerade band or float in Batabano's 40th anniversary parade this year on May 6th, should email [batabanocaymancarnival@gmail.com](mailto:batabanocaymancarnival@gmail.com) or call Mrs. Myrie on 916-1740. Learn more about Cayman Carnival Batabano at [www.caymancarnival.com](http://www.caymancarnival.com)



# Girls Softball – Game Report



## Thursday, February 16th Digicel 10, Kirk Freeport 2

The 2023 season of CILLA Girls Softball continued on February 16th, as Digicel defeated Kirk Freeport 10-2 in an early season battle for first place. Pitcher Rio Windsor was in great form for Digicel, striking out seven, walking none, while allowing just four hits in

a complete game performance to earn player-of-the game honours.

Kirk Freeport scored once in the top of the 1st as new player Summer Reevell singled and scored moments later on a RBI single by Kenia Rostran. Digicel tied the game in the bottom of the 1st as Rio reached on an error then used her speed to round the bases as the ball

escaped down the right field line.

Kirk Freeport was unable to score in the next three innings as Rio retired the side in order twice and helped her own cause with some good defensive plays at the pitcher position.

Digicel blew the game open with three runs in the 2nd and six more in the 4th. Leianni Dixon and Cosette Brendel walked to start the 2nd, and Eve McIntosh followed with an RBI single, which scored Leianni. Following another walk and a fielder's choice, Cosette and Eve also crossed the plate.

In the 4th new team member Jordyn Bergman started with a walk, and Rio and Tracey Campbell singled. Walks to Renee Bryan and Leila Dixon, along with a fielder's choice to Sienna Bryan, gave Digicel plenty of runners and they tallied six runs. RBI walks by Cosette and Eve capped the inning.

Kirk Freeport got one back in the top of the 5th as Destini Rankin reached on a passed ball and scored on an RBI hit by Aviela Ramirez.

Kirk Freeport's Kenia Rostran was awarded a game ball for her great defense, which included starting two double plays and beating the runner to 2B on a close force play. Outfielder Mia Groves earned a game ball for her fine catch on a fly ball in the 1st inning, while pitcher Madison Malice got a game ball for her leadership and competitive spirit when her team was missing a few key players.

Girls softball is now on half term break and practices will resume on March 1st. Games are on Thursdays and Saturdays at 6:45 pm at the Field of Dreams on Fairbanks Road.

Scoring by inning:

TEAM	1st	2nd	3rd	4rd	5rd	TOTAL
Kirk Freeport	1	0	0	0	1	2
Digicel	1	3	0	6	-	10

Standings:

TEAM	Won	Lost	Tied	RF	RA	GB
Digicel	3	0	-	42	31	-
Kirk Freeport	2	1	-	23	27	1
Coldwell Banker	0	2	-	24	26	2.5
Logic	0	2	-	22	27	2.5



# COMMUNITY EVENTS

## National Gallery Exhibition - Al Ebanks, Remnants of an Artist

**24 February – 18 May** - The National Gallery presents Al Ebanks, Remnants of an Artist. The new exhibition will run 24 Feb – 18 May. For more information, go to [nationalgallery.org.ky](http://nationalgallery.org.ky).

## Cosmetology Hygiene and Safety training sessions

**24 February** - The Department of Environmental Health will be conducting a series of Cosmetology Hygiene and Safety training sessions for employees in the industry. The Cosmetology Hygiene and Safety Training Courses has been designed especially for hairdressers, barbers, nail technicians, spa therapists, tattoo and body piercing technicians, and other personnel in the cosmetology industry. Registration is now open for the training sessions to be held on February 24th, March 16th and 30th, as well as May 11th and 25th, 2023 at the George Town Public Library. To register, please contact the DEH at 949-6696 or via email at [dehcustomerservice@gov.ky](mailto:dehcustomerservice@gov.ky).

## St. Ignatius Fish Fry Nights

**24 February** - St. Ignatius Fish Fry nights are back for three Fridays only so don't miss out! Dine in or carry out the delicious fried or baked fish, served with fries or rice, cole slaw, grilled onions, fritters and more! Drinks will be on sale and there will be free desserts while supplies last. Serving goes from 5pm to 7:30pm and the cost is \$15 for mahi mahi and \$17 for snapper.

## De Road Callin' 5K Walk/Run

**25 February** - In honour of their good friend and warrior Josanny Fermin who is fighting Breast Cancer, join Cayman Carnival Batabano for their Second Annual 5K Walk/Run with a Twist. T-shirts will be provided. Feel free to wear a Carnival T-shirt, costume, or accessory. Refreshment & prizes are included. Tickets can be purchased online at [caymanactive.com](http://caymanactive.com) or at Le Classique at the Strand for \$25.00.

## Garage Sale - Cricket Grounds

**25 February** - Support the Ga-



► Batabano 5K Walk Run

rage Sale at the Smith Road Cricket Grounds on Saturday 25 February beginning at 6am. Lots of items on sale including clothes, shoes, bedding and miscellaneous goods.

## Acroyoga - Free Event

**26 February** - This is a free event open to all who are interested in doing some partner yoga. No experience necessary. It's a great practice to learn how to connect with others and build up strength and flexibility in the body. Acroyoga is a fun dynamic practice that helps create relationships within communities all over the world! Come join us on Sunday from 4pm until sunset at the grassy area of Public Beach West Bay. Please RSVP to Acroyoga at [acroyogacayman@gmail.com](mailto:acroyogacayman@gmail.com)

## Church of God Chapels - Spring Convention

**26 February – 1 March** - The Church of God Chapels invites all to their 87TH Annual Spring Convention under the theme "MOVE." The services begin Sunday, February 26th, at 10:30 a.m. and nightly, Sunday through Wednesday, February 26th, through March 1st, at 7:00 p.m. at the Church of God Chapel George Town. Services will be live-streamed on the Church of God Chapel George Town, YouTube and Facebook page. Radio Cayman will broadcast the Sunday a.m. and p.m. services. During the evening services, childcare will be provided.

## Welcome to the Deep Sea - A Live Presentation

**28 February** - You're invited to Welcome to the Deep Sea, a live presentation by the DOE's Dr. Johanna Kohler on Wednesday (28 Feb) at the Government Administration Building, room 1038 at 1:30pm.

## Cayman Islands Information Professionals (CIIP) Paul Robinson Storyboard Competition

**4 March** - The deadline for storyboard entries for the annual CIIP Paul Robinson Storyboard Competition is Saturday 4th March 2023. Students are invited to choose a favourite fic-

tion book and create a storyboard about it. The competition and prize giving will be taking place at GT Public Library on Saturday 11th March. For all information about requirements, go to CIIP Facebook page.

## Pink Ladies Cayman Fashion Show

**4 March** - The Pink Ladies Cayman Fashion Show is March 4th at the Marriott Grand Cayman beginning at 2:30pm. Donation drop off boxes are at Jasmine and Ledger & Looms. For more information, email [fashionshowky@yahoo.com](mailto:fashionshowky@yahoo.com)

## Breast Cancer Foundation - Light Up the Night Breast Cancer Beach Walk 2023

**4 March** - The 13th Annual Light Up The Night Breast Cancer Beach Walk takes place on Saturday March 4, 2023 at 7pm. The route is Seven Mile Public Beach to the Ritz Carlton and back. Tickets are \$25 CI per person and under 10s are free. Ticket includes a free raffle ticket, while supplies last. All monies raised go directly to help breast cancer patients living here in Cayman. Register online at [caymanactive.com](http://caymanactive.com) or [www.breastcancerfoundation.ky](http://www.breastcancerfoundation.ky)

Send your community events to [wendy@caymaniantimes.ky](mailto:wendy@caymaniantimes.ky)

# Eat for amazing results

The foods that you eat make a huge impact on your fat loss results. But it's not just about what you are eating, it's also about how much and how frequently you eat.

All of these factors make the topic of how to eat for best results a hot one with my clients! So let's dive into the most popular eating strategies...

A quick online search produces two popular eat-for-fat-loss strategies: Intermittent Fasting versus Six Small Meals.

Which strategy works best? And, more importantly, which strategy would work best for YOU? Let's find out...

**Intermittent Fasting:** this eating strategy cycles between periods of eating and periods of fasting. The content of your meals during eating periods is not a factor. Some cycle between eating and fasting each day, creating a small window for eating and fasting for at least 16 hours, while others cycle eating and fasting across several days, taking as much as 48 hours at a time to fast.

**Pros:** Humans have been fasting for thousands of years. Our bodies are well equipped to handle periods of fasting. Research shows that fasting produces benefits for disease prevention, metabolic health, weight loss and even life extension. Some find it less work to fast rather than to plan for several small meals. During eating periods you get to eat whatever you want.

**Cons:** Abstaining from nourishment for long periods of time can be challenging, especially when food is all around you. Socially it can be awkward to skip meals while your friends and family break bread together. Some find themselves overeating during eating cycles, and some find the ongoing absence of food to aggravate food obsession and to produce an unbalanced focus on food.

**Six Small Meals:** this eating strategy, of breaking the traditional 3 square meals into 6 smaller meals that are spaced 2-3 hours apart, has been used by body builders and fitness competitors for years. The content and size of each meal is an important factor of this eating plan. Meals early in the day contain lean protein, fiber-filled veggies and a small portion of complex carbs, while meals later in the day are smaller and do not contain any complex carbs. All meals are low in fat.

**Pros:** You never feel hungry. By fueling up every 2-3 hours you never get the feeling of deprivation that comes with fasting. Energy levels are steady and high due to the constant supply of wholesome calories. Fat loss results are steady, and, when done with an exercise plan, muscle is maintained.

**Cons:** You have to plan ahead. Every. Single. Day. Get used to carrying around a small cooler filled with containers of chicken, broccoli, brown rice and sweet potatoes. Each meal is small, so restraint is required. Unless you are including the occasional cheat meal, or cheat day, there is no room in this diet for empty calories or comfort foods.

**Conclusion:** The facts are out there to prove that both of these eat-for-fat-loss strategies work. There are photos of real, actual people who have subscribed to each of these methods and have gone from flabby to lean. Both methods irrefutably work.

But why? How can two methods that utilize opposing strategies both produce fat loss results? And which one is better? Let's dive deeper into what makes these eating strategies work...

**1. Meal Timing:** When you eat is a factor with both of these eating plans. This means that subscribers to both plans are required to wait until the appointed time to eat. So

mindless snacking, or grabbing a muffin just because it's there, is out of the question. This reduces overall calories, which is key to weight loss, and explains why both plans produce results.

**2. Meal Content:** The Six-Small-Meals plan focuses on the content of each of your small meals in great detail. Your meals contain lean proteins, fiber-filled veggies, and limited complex carbs. This detailed control of calorie content is largely why this plan is a sure bet for fat loss, not just weight loss.

Intermittent Fasting does not consider the content of your meals during eating periods.

**3. Meal Size:** The Six-Small-Meals plan also focuses on the exact size of your meals, which makes sense since you are eating six times each day, and excess calories would quickly add up. Typically this is done by weight, so as you pack your meals for the day you'll be using a food scale to ensure that you have exactly the right amount of lean protein and complex carbs. Veggies are often measured rather than weighed.

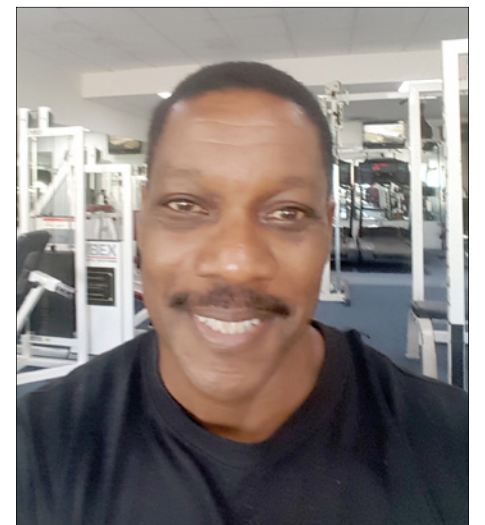
Intermittent Fasting does not consider the size of your meals during eating periods.

**So What's the BEST Eating Strategy for FAST Results?** As we've discussed, both of the eating strategies above are capable of producing results. This is due to the fact that both plans result in a lowered caloric intake.

When it's all said and done, weight loss comes from caloric balance.

Remember the junk food diet where the professor lost weight eating restricted calories of only vending machine food? As long as you are taking in fewer calories that you are burning, you will end up losing weight.

While both of the strategies above end up curbing your calories, only the Six-Small-Meals plan encourages wholesome calories



► Ernest Ebanks






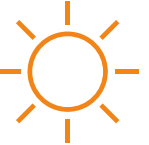
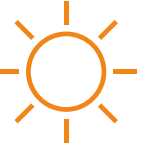
that are ideal for burning fat and building muscle, which is why this is the plan most used by body builders and fitness competitors.

When it comes down to you choosing your own eating strategy it's important to determine what will work best with your lifestyle. If carrying a cooler with you and making time to stop every 3 hours to eat a meal is simply not something you can see yourself doing, then Intermittent Fasting may produce better results for you. The key is to figure out a plan for restricting calories that you would realistically be motivated to stick with. And the more wholesome the content of those restricted calories, the better and quicker your results will come!

Want more guidance as you take your body from flab to fab? I'd love to help you! Give me a call at Body Shapers Personal Training Fitness Studio 325-8696 or shoot me an email [bodyshaperscayman@gmail.com](mailto:bodyshaperscayman@gmail.com) and let's get you on track to shed some major fat together!

Let's do this together.

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
						
82° / 78°	81° / 77°	81° / 77°	82° / 77°	80° / 77°	80° / 78°	79° / 78°
Mostly sunny; winds subsiding	Mostly sunny and windy	Mostly sunny, breezy and nice	Mostly sunny and pleasant	Purtly sunny and nice	Sunny	Plenty of sunshine

DEATH ANNOUNCEMENTS

# Caymanian Visionary Gene Thompson Passes Away

Well known Business man and Caymanian Developer and Visionary, Mr. Gene Thompson passed away on Tuesday, 21st February at the age of 59.

Mr. Thompson's legacy spans decades and includes some of Cayman's most important milestones in relation to progress in the fields of tourism, medicine and social planning.

Among some of his more high profile projects are the Health City, of which he was a founding Director and Project Director, leading the project from inception, to completion and operations for its first 3 years

"It's about saving lives and providing the highest quality healthcare to the most people at an affordable price, because humanity deserves it," he noted at the time with regard to the Health City project.

Mr. Thompson was also the founder of the Cayman Islands Real Estate Brokers Association.

As a fifth generation Caymanian, many in the community would have

been familiar with Mr. Thompson and his contribution to the Islands' growth over the years. A devoted family man and Christian, who helped to establish the Seventh Day Adventist Church's headquarters, he was described as a kind and compassionate human being by those who knew had the privilege of knowing him.

In addition to his many successful ventures in business, Mr. Thompson was, a founding member and director of the Association for the Advance of Cruise Tourism, director of Cayman Island Investment Council, a founding member and director of Have A Heart the Cayman Islands, and a past director of the National Trust.

In addition to affecting government policy with regard to medical tourism and other endeavors, he was a man of the people, whose visions helped to catapult the Cayman Island on to the international stage.

One of his most recent projects, is Tech Cayman, a tech enabling service provider, created to bring new and

existing tech companies from around the world to Cayman and facilitating their physical presence in the Cayman Islands.

TechCayman is described as a one-stop shop, with a white glove concierge relocation team.

Benefits for companies include:

- No restrictions on office location. Allowing companies to set up shop on any of our three Islands

- Unlimited, guaranteed, 3-year (renewable) work permits in a maximum of 10 business days

- Dependents are uniquely permitted to secure work while in the Cayman Islands

- Dedicated Client Services team, providing white glove immigration and relocation services

His brother Kel Thompson publicly noted:

"At 12 35 on February 21, Cayman lost a visionary and I, my little brother. Gene fought an incurable disease for 4 years, yet few knew this. On his worst days of his sickness, just before



► Well known Business man and Caymanian Developer and Visionary, Mr. Gene Thompson passed away on Tuesday, 21st February at the age of 59

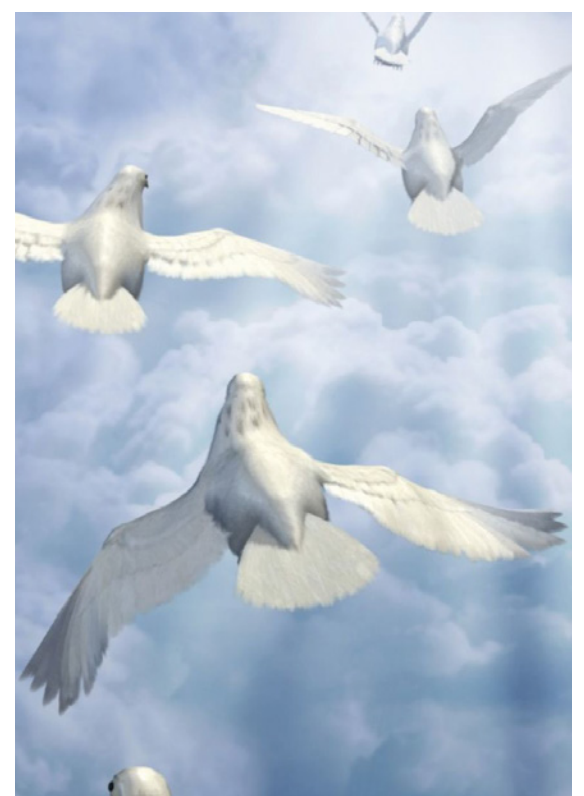
he died, in response to 'How are you doing?' he would say 'I'm thankful.' He never gave up - that was a skill he failed to learn. He was a loving husband, father, uncle and the best brother in the world. I shall miss him more than words can say."

Mr. Gene Thompson leaves behind his wife Holly and their two daughters Katie and Holly, as well as a host of family, friends and colleagues.

## Churchill's

## Funeral Home

We have been asked to announce the passing of Mr. Marksteve Alcott Vernon, who passed away on Monday, February 06, 2023. A Service of Thanksgiving will take place at the New Testament Church of God, 126 N. Sound Rd., George Town, Grand Cayman, Cayman Islands on Saturday, March 11, 2023 at 2:00 p.m. Viewing: 1:00 – 2:00 p.m. Interment: Prospect Cemetery



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



# SUDOKU

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

## Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★

4/11

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### Answer to previous puzzle

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

Difficulty Level ★★

## CROSSWORD

By THOMAS JOSEPH

- ACROSS**
- 1 Up in the beam
  - 6 Girder material
  - 11 Quartet member
  - 12 Throw with effort
  - 13 Grant's successor
  - 14 Gave a score to
  - 15 Pioneering hypnotist
  - 17 Nada
  - 19 Pussy foot
  - 20 Ravine
  - 23 Paper worker
  - 25 Jupiter's wife
  - 26 Salon staff
  - 28 Tolled
  - 29 River of Iraq
  - 30 Wagon puller
  - 31 Slugger's need
  - 32 Scottish river
  - 33 Deli meat
  - 35 Canoe's kin
  - 38 Loved ones
  - 41 Fill with joy
  - 42 Boredom
  - 43 Stood stunned
- DOWN**
- 1 German cry
  - 2 Pasture
  - 3 Gold seekers
  - 4 Run off
  - 5 Drunk
  - 6 Smallest mammal
  - 7 Eye drop
  - 8 Put away
  - 9 Genesis name
  - 10 Was in front
  - 16 Kind of bliss
  - 17 Striped grazer
  - 18 Inklings
  - 20 Parental substitutes
  - 21 "Tomorrow" singer
  - 22 Rap entourage
  - 24 Pull gently
  - 25 Lively dance
  - 27 Stronghold
  - 31 Made cookies
  - 33 Fill up
  - 34 Suvari of film
  - 35 Beer bash sight
  - 36 In the manner of
  - 37 Puppy cry
  - 39 Deplore
  - 40 Polite address

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

### Yesterday's answer

THOMAS CROSSWORD BOOKS 1-8! Send \$4.75 (check/m.o.) for each book to 628 Virginia Dr., Orlando, FL 32803

1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
		15			16					
17	18			19				20	21	22
23			24				25			
26							27			
28						29				
30				31				32		
			33					34		
35	36	37					38		39	40
41							42			
43							44			

4-26

## Word Search

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

- Andromeda
- Aquarius
- Aquila
- Aries
- Bootes
- Cassiopeia
- Cetus
- Crater
- Cygnus
- Draco
- Gemini
- Hydrus
- Lepus
- Libra
- Orion
- Pavo
- Pegasus
- Pisces
- Sagittarius
- Taurus
- Ursa Major
- Ursa Minor
- Virgo

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



Have fun with  
**CAYMANIAN  
TIMES**

## CURTIS

By Ray Billingsley

THERE'S A RUMOR THAT YOU SPEND YOUR OWN MONEY ON THE CLASS, MRS. NELSON.

SOMETIMES THE BOARD OF EDUCATION DOESN'T PROVIDE EVERYTHING, SO YES, I OFTEN PAY FOR CLASS SUPPLIES OUT-OF-POCKET.

'TWEEN YOU AND ME, IF YOU REALLY WANTA BE A HERO, YOU'LL SPRING FOR PIZZA EVERY FRIDAY!

I THOUGHT SHE WAS BUCKIN' FOR "HERO"!

## THE AMAZING SPIDER MAN

By Stan Lee

YOU TRICKED ME!

YOU KNEW BANNER WOULD BECOME THE HULK--AND CAN CARRY CONNORS TO MIAMI!

ACTUALLY, BANNER'S NEVER CERTAIN HE'LL BE ABLE TO "HULK OUT" ON COMMAND.

JUST FORGET I SAID ANYTHING, OKAY?

STILL, IF YOU'D RATHER HE CARRY YOU THAN ME--

## JUDGE PARKER

By Woody Wilson & Mike Manley

I'M JUST SAYING WHEN GODIVA FINDS OUT I CAME TO L.A. WITHOUT HER AND WOUND UP AS A SERVER...

I...I REALLY AM AN IDIOT SOMETIMES.

TRUE. YOU ARE. AND I WILL REMIND YOU OF THAT REPEATEDLY. BUT FOR NOW LET'S TAKE CARE OF WHAT YOU CONSIDER A "CRISIS."

AND WHAT ON EARTH IS WRONG WITH BEING A SERVER?

**GAS PRICES**

**Gas Prices as at Tuesday 14 February 2023**



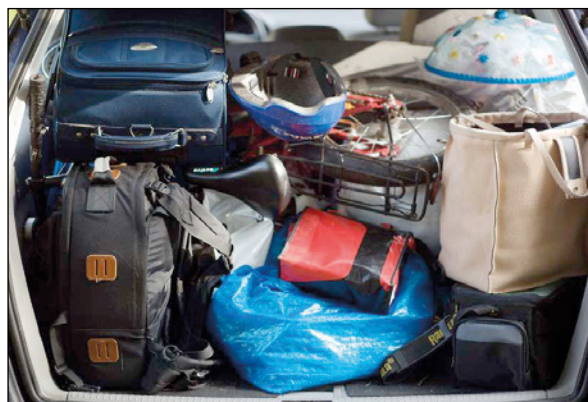
Location	Gas Station	Regular	Premium	Diesel
East End	Eastern Star Rubis (Woody's)	5.75	n/a	6.23
NorthSide	Jack's Esso (Jack's II)	5.64	5.78	6.13
Bodden Town	Lorna's Rubis	5.65	5.84	6.19
Bodden Town	Mostyns Esso	5.67	5.82	5.61
Savannah	Savannah Rubis	5.64	5.78	6.18
Red Bay	Barcam	5.64	5.78	5.59
Red Bay	On The Run ( Brown's Red Bay)	5.64	5.78	5.59
George Town	Peanuts	5.6	5.8	6.1
George Town	Jose's Escape	5.61	5.81	6.11
George Town	Refuel	5.17	5.49	5.49
George Town	Esso Tigermart 4 Way Stop (JS)H&B 11	5.64	5.78	6.18
George Town	Eastern Avenue Rubis	5.64	5.78	6.18
George Town	Walkers Rd. Rubis	5.74	5.9	6.16
George Town	On The Run (Mike's Walkers Rd.)	5.64	5.78	6.11
George Town	On The Run ( Brown's Industrial Park)	5.64	5.78	6.18
George Town	On The Run (Mike's 7 Mile)	5.64	5.78	6.11
West Bay Rd.	H & B Esso (H&B 1 Seven Mile)	5.64	5.78	6.13
West Bay Rd.	7 Mile Rubis (AA 7 Mile)	5.63	5.82	6.12
West Bay	Hell Esso	5.64	5.78	6.11
West Bay	Esso 4 Way Stop (Four Winds)	n/a	n/a	n/a
George Town	Scotts Landing	5.59	n/a	5.64
Cayman Brac	West End	n/a	5.8	6.56
Cayman Brac	Tib Mart	n/a	5.8	n/a
Little Cayman	Village Square	n/a	7.29	7.65

<b>Lowest Prices</b>	Grand Cayman	<b>5.17</b>	<b>5.49</b>	<b>5.49</b>
<b>Highest Prices</b>	Grand Cayman	<b>5.75</b>	<b>5.9</b>	<b>6.23</b>

**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.