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Cuban couples are encouraged to have more babies

West Bay Citizens Concerned



Full story on page A7 >>

► Concerned Citizens making their feelings about diminished public access felt in West Bay. Photo includes: Ezmie Smith, Mae Coe, Billy Adam, Annie Multon, Kendrick Welds, Betty Ebanks, and Vicky Dilbert Ormond Morgan

Stage Set for Annual MUZAIC

The Cayman Music and Entertainment Association, (CMEA) is once again preparing to host their 12th Annual MUZAIC Festival weekend on the Heroes Day Holiday Weekend January 24th thru 27th 2020.

The festival format is the same as in previous years, hosting 5 key events over the four day holiday weekend.

... Continued story on page A4



► (L-R) 2017 Musical Icon Awardee Lammy Seymour and 2016's Musical Icon Bunny Myles. Both men were honored for their commitment to music in the Cayman Islands at MUZAIC

Cayman's Christmas Day Baby



While most families opened their presents Christmas morning, the McField-Brown's were awaiting the arrival of their greatest gift of all.

... Continued story on page A4

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EDITORIAL

New Year's Resolution

The arrival of the New Year is normally the trigger that causes us to reflect on our achievements for the previous year and also to make New Year's Resolutions. These resolutions are well intended but many individuals experience difficulty with fulfilling these personal promises. Here are some tips that will assist you in meeting these well intended goals.



New Year's Resolution (NYR) Tips

- Make positive New Year's Resolutions
- Categorize your resolutions a) Personal Relationships b) Financial c) Health d) Spiritual
- Make them simple and achievable
- Make them specific and measurable
- Write them down
- Monitor your resolutions
- Save a copy on your computer and in your diary

Here are a few Examples

- Save 5% of your salary each month
- Exercise 2 times weekly for 15 minutes each
- Eat a small lunch instead of a large lunch / no red meat
- Attend church at least 1 time per month

What is equally as important is the regular monitoring of your New Year's Resolutions.

Take care of yourself. You will be happy you did. ☺

Happy New Year

COMMENTARY

Church and Politics: Is the Church 'in a state'?

By Michael Jarvis, UK Correspondent



The debate about the separation of church and state, more specifically the debate about the church and politics, is perhaps more potent today than it's been in recent times.

Considering that in the past the church was very much the state - as is still in the case of the Vatican other theocracies - the re-emergence of the church as a player in populist politics warrants discussion.

In fact, it's the subject of much attention.

The role of the church - and religion - in (and to) a society is undeniable.

How deeply should the church delve into temporal matters of politics, and does it risk compromising its spiritual underpinning as the guardian of the morals - the very soul - of society by becoming so enmeshed?

These are challenging questions for the modern church, or at least the church in modern society.

To what degree does the church through its teachings, especially in a Christian context, be a force to regulate as opposed to legislate the governance of society or a country?

Should the church influence legislation as an external agent or become directly hands-on by being an active part of the legislative process; having legislators as men and women 'of the cloth'?

Recent examples are noteworthy; Barbados (opposition leader an ordained minister), St Maarten (government minister a pastor), Montserrat (current premier a lay preacher), and Guyana where two of the parties contesting next year's general election are formed out of churches and will field religious leaders as candidates.

The United States is currently seeing a deepening of the involvement of churches in the political process not just as independent arbiters or setting the moral compass.

While traditionally a source of spiritual guidance, the evangelical church in the US has recently been taking more of a central position in matters of state notably with the Donald Trump presidency, unlike his predecessors.

Some segments of the US evangelical church have taken the active participation, volunteered or by invitation, in candidate advocacy or policy endorsement in a populist political process to new levels.

At the same time, the vilification of the church in the US for calling into question what it regards as 'un-Christ-

tian' policies and conduct at the highest political levels has descended to new lows.

In the UK, the Church of England as the established church does have a legislative role.

Its bishops sit in the House of Lords and are known as the Lords Spiritual. As succinctly put by the BBC, "They are thought to bring a religious ethos to the secular process of law."

Archbishops of Canterbury have been challenged in the press for weighing-in on issues felt to be better left to politicians and society to resolve.

But the very fact that the church is an integral part of society - and occupies a place (not just mere space) in the UK's parliamentary political process - debunks that argument.

The immediacy of the issue of church and state, the separation or coalescing thereof, is now confronting society in more direct ways not observed in recent history.

The separation of church and state was never enshrined in law as the absolutist 'status aparte' as envisioned by many.

It was actually meant to safeguard religious liberty from political interference.

With an ever-widening range of perceptions, interpretations and denominations, even religion-based ideologies; liberation theology to the emergence of 'prosperity theology' - the church remains at centre stage in western Christian societies.

From same-sex unions, immigration, religious tolerance, a breadth of social and human rights issues, economic and environmental concerns, and all matters linked to the governance of society, the voice and leadership of the church has resonance beyond worship.

The church is the people and the people are more than the church's flock - they are the voters.

The challenge for both church and society is how best to obtain and maintain balance in an environment where political diktat, dogma or trending populism-based policies are at odds with biblical teaching... or the interpretations thereof. ☺

MONEY MATTERS

Money Matters: Personal Debt



Most individuals will apply for and have their mortgage approved during their working years. This will be their single largest financial transaction in their lifetime and should be taken seriously. Ideally, consultation should be obtained before entering into this transaction and we encourage mort-

gage holders to take a few minutes to review and consider the advice that will appear in this and other regular segments of Money Matters.

Personal Debt

Your other personal debts should be managed carefully. They are normally classified as short term loans and attract higher interest rates than your mortgage. Credit cards are often used to pay short term debt, but sometimes end up becoming long term debt at high interest rates. If you are unable to clear your credit card balance, consider applying for a debt consolidation for a specific period at a lower interest rate. ☺



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2020 New Year's Message

By Premier Hon. Alden McLaughlin, MBE, JP, MLA

Happy New Year fellow Caymanians, residents and visitors!

This past year has been an eventful one for our Islands. From the ongoing Celebrate Cayman events to the popular Kaaboo music festival and the very successful Royal visit, there has been much to celebrate this past year. As a country and a people, we also have much to be thankful for as we say goodbye to 2019 and welcome 2020.

I am thankful that we have gone through another year safe from hurricanes. Unfortunately, some in our region were not so lucky. Hurricane Dorian, a dangerous category 5 storm caused much devastation in the Bahamas. As we have done in previous years, our national carrier Cayman Airways assisted with flying needed relief medical supplies into Nassau. We also assisted with the use of our RCIPS helicopter and crew to help evacuate victims stranded in remote areas and to deliver food and supplies to those in need.

The resources we have available to us in terms of Cayman Airways, our helicopters, uniformed officers, and personnel trained in hazard management are vital to our safety and security but are also valuable resources for our neighbours in times of need. This is proof again of the increasingly important role the Cayman Islands is now playing in the region and is something that I know all Caymanians are proud of.

I believe that the Cayman Islands Regiment, once up and running, will be another source of pride for Caymanians and an important resource to our islands and to our neighbours.

We can also be proud of an economy that is continuing to grow from strength to strength with businesses, large and small, across all sectors performing well. Because of our buoyant economy, more Caymanians are in work and in 2019 we achieved the lowest Caymanian unemployment rate 4.8% in over a decade.

The economic prosperity that these Cayman Islands have built and enjoyed over the decades, including during the two Administrations that I have had the honour to lead, is a great achievement and one that all of us can be proud of because we built it together through our willingness to innovate and the entrepreneurial spirit that defines Caymanians.

It is up to us as Government, business and individuals, to maintain that economic prosperity. In so doing we will protect our progress as a country, our political and financial stability, and our social cohesion that is so important. All of this has been hard won over many decades but can be easily lost should we take it for granted.

However, as we have also seen over the decades, a growing economy comes with challenges - these days that includes traffic woes. In 2020, the Na-

tional Roads Authority will continue working to smooth traffic flows at critical junctions and to increase capacity. These improvements once completed will help bring relief to commuters as we reduce congestion.

In the New Year work will also begin on determining the best solution for an improved, fit for purpose, public transport system that will negate the need for the growing number of cars on our roads.

Also to be completed in the New Year are the Constitution reforms approved by the UK, and debated and passed in the Legislative Assembly in early December. I am grateful for the way my colleagues on the Government and Opposition benches united to pass these important reforms ahead of the December 12th UK election.

These reforms will provide us with increased autonomy and underscore our right to manage our own affairs without undue interference by the UK. They also mark the continued acknowledgement by Her Majesty's Government that the Cayman Islands has developed as a mature, self-governing democracy.

These constitutional changes come as we continue the celebration of the 60th Anniversary of our first written Constitution in 2020 when we gather at Heroes Square at the end of January to celebrate National Heroes Day. This year we will honour the men and women involved in shaping that first Constitution.

There are other important constitutional matters to be settled in early 2020 when our Legislative Assembly must turn its attention to the issue of 'same-sex partnerships' and our Courts consider the Judicial Review on the People-Initiated Referendum on the cruise berthing and cargo port project.

Both issues have proven to be divisive ones. I hope that whatever the outcome on each that we all accept the decisions and come together as Caymanians and residents and continue the work to build and grow our Islands for the benefit of all our people - not just the privileged. A more just society is, after all, a better society.

Regarding 'same sex partnerships' as I have said previously it is important that legislators determine the best way forward for our Islands and find a solution that works for Caymanians. If we abrogate our responsibility to do so, we must accept that the UK will legislate for these islands as the Court of Appeal has suggested they do. That would be the worst possible result for these Islands, not just with regard to same-sex partnerships, but more generally.

I remain confident that the cruise berthing and enhanced cargo dock project is supported by most Caymanians and that once the referendum is over, we can continue the work to move that project forward.

If I am wrong and most of the electorate decide at the referendum that they want to see the cruise berthing and car-

go enhancement project halted then the project will be stopped and the Government will accept that result.

But if I am right that most people support the project, and so the 'No vote' fails to reach the required threshold, then I call on those opposing the Government's case to accept the result for the project to go ahead.

This does not mean that the day after the referendum there will be dredging in George Town Harbour. Instead, the work to determine how best to mitigate the environmental concerns will continue.

What I hope is that those opposed will work with us on the ambitious programme of environmental mitigation that the government has from the start insisted on as part of the project.

Cayman will get a better result if we can come together to work for the benefit of our Islands. It is only by continuing to work together that we can ensure our future success.

As Cayman continues to grow and to thrive, we must ensure that no Caymanian is left behind. For that reason, in the new budget, the government has continued to prioritize help and support for the most vulnerable members of our community.

This New Year begins with good news for elderly seafarers, veterans, those in need of financial assistance, and some long-serving civil service pensioners who will all again see their monthly income rise in January from \$750 a month to \$850 a month. We plan a similar further increase for January 2021. In the lifetime of my Administration, we will have increased the incomes of over 2,000 of Cayman's most vulnerable and hard-pressed households by at least 73%.

We are also providing additional support for Cayman's seniors by reducing or waiving duties on a range of items for those aged 65 and older. Through these measures, many of our seniors will have a little more money in their pockets at the end of each month.

Also going into effect in January is a 5% cost-of-living salary increase for civil servants in well-deserved recognition of their hard work and dedication to public service. It also recognises that over the past year food, housing and utilities have gotten more expensive. This salary increase will benefit the many Caymanian families in our civil service who work hard to teach our children, nurse our sick, keep us safe and perform many valued services needed to keep our country running.

I expect that this cost-of-living salary increase should also spur private sector employers to stimulate wage growth elsewhere in the economy. If businesses are profiting from this booming economy, then they should share that benefit with their employees - the backbone of a business.

This coming year will also see the extension of the government's scheme to



► Premier Hon. Alden McLaughlin

help first-time Caymanian home owners so that the first \$400,000 of the purchase price of a new first home will be free of stamp duty. That amounts to a saving of \$30,000 for many young Caymanian families. This is a start but more work will be done in 2020 to address the need for affordable housing solutions across all communities.

This unity Government has shown our intention and our ability to complete the work we promised to do, including completing the key infrastructure projects we started.

The New Year will see 'capping' begin on the George Town Landfill. This is an important first step in ending Cayman's unsustainable reliance on the existing unlined landfill. Instead, we will see increased recycling, as well as creating energy from our garbage with the construction of a modern waste-to-energy plant.

The coming year will also see progress being made in East End on the long-term mental health facility, which we expect to open in the second quarter of 2021.

Works will also be visible at John Gray High School, Bodden Town Primary School and the new Sunrise Adult Training Facility. And work will also continue on modernising our airport and on the George Town Revitalisation initiative.

All of these are possible because of our strong economy.

I believe in a strong and prosperous future for Cayman. I have worked toward that all my political life. I have confidence in the vision, strength and fortitude of the people of our Islands and in our ability, if we work together, to build that future.

The coming year will undoubtedly also bring plenty of challenges. However, if we face 2020 with our ambition for our country renewed; with our support for each other steadfast; and with our faith in God unswerving, then this will also be a year of continuing opportunity for Cayman as a nation and for Caymanians as a people.

On behalf of my Government, and from my family to yours, I wish each of you a very Happy, Healthy, Peaceful and Prosperous New Year. May God continue to find favour with our beloved Cayman Isles. 🇧🇪

POLICE NEWS

Fatal accident on East West Arterial

Shortly after 1:00AM on Monday, 30 December, officers responded to a report of a serious single-vehicle collision on the East West Arterial, at the intersection with Doubletree Lane.

A Nissan Skyline was travelling westbound when it left the roadway, collided with a utility pole, and came to rest on its side. The sole occupant of the vehicle, a man age 26 of Bodden Town, was found unresponsive and later pronounced dead.

The matter is currently under investigation and anyone who may have witnessed the collision, or have any information, is asked to contact the **Traffic and Roads Policing Unit at 649-6254** or any traffic officer. 🇧🇪

Serious Collision on Queens Highway

Shortly before 1:00AM on Monday, 30 December, officers responded to a report of a single vehicle collision on the Queens Highway in East End. A white Kia Rio had been travelling westbound when it left the roadway and collided with some vegetation and a garbage crate, before coming to rest in vegetation on the roadside.

Emergency Services attended the scene and the sole occupant of the vehicle was transported to the Cayman Islands Hospital to be treated for serious injuries. He remains in critical but stable condition. 🇧🇪

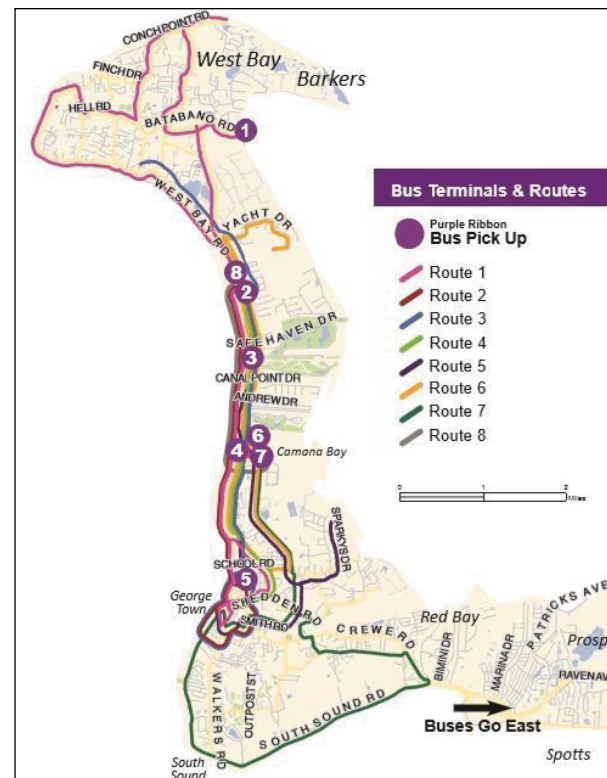
RCIPS Holiday Safety Campaign Continues Into the New Year

The RCIPS is reminding the public that intensified holiday road enforcement operations continue through today, New Year's Eve, and into New Year's Day. Police will be conducting numerous traffic checks around the island to combat drunk driving, speeding, and other dangerous behavior on the road.

"Our number one priority is to ensure the safety of all those who use our roads, whether they be drivers, passengers, pedestrians or cyclists," said Inspector Dwayne Jones of the Traffic and Roads Policing Unit. "We urge the public to be cautious and responsible, and to remember that dangerous behavior on the roads not only puts you in danger, but also everyone else around you. Everyone needs to do their part in keeping our community safe, because every road death or serious injury has a tremendous impact on the community as a whole."

Police will also be conducted intensified vehicle and foot patrols throughout the island for increased visibility and public reassurance, including at entertainment establishments, restaurants, and commercial businesses.

The RCIPS has also partnered once again with the National Drug Council in support of the 18th annual Designated Driver and New Year's Eve Purple Ribbon Bus Campaigns. The RCIPS would like to remind the public that the Purple Ribbon Bus service provides free bus service on New Year's Eve from 9:00PM to 4:00AM. The service runs between West Bay and Bodden Town every 15 minutes, with occasional service to East End and North Side. The buses are easily recognizable, with purple flashing lights at designated stops. More information about the NDC's campaigns can be found at www.facebook.com/NDCCayman, and a map of the Purple Ribbon



Bus' routes can be found <https://www.caymancompass.com/core/wp-content/uploads/2019/12/Bus-routes-e1576785092299.jpg>.

"With this kind of service available this evening, there is no reason for anyone to be getting behind the wheel if they have been drinking," added Inspector Jones. "A DUI results in the mandatory loss of your license for a minimum of one year - and that is no way to start 2020." 🇧🇪

Stage Set for Annual MUZAIC

... Continued story from page A1

“Establishing and sustaining cultural events is something vitally important in our island community today”, commented CMEA President Jean-Eric Smith.

The four day MUZAIC FESTIVAL WEEKEND kicks off as usual at sunset on Friday January 24th with The DJ's Showcase. The Venue for this event is to be announced.

Then on Saturday afternoon the sounds of the Young Musicians Showcase will once again reverberate throughout the halls of the Harquail Theater, starting at 1pm until 5pm.

This family friendly event is free to the public and all all of the community are encouraged to come out and show your support for the musicians of tomorrow.

Later that Saturday evening, (25th January) the CMEA will host its Heroes

Salute which is an intimate evening of local performances at the Havana Club in Caribbean Plaza, along the Seven Mile Beach Corridor in honor of all 2020 Heroes Day recipients.

There is an extensive guest list for this event, with all Heroes Day honorees provided free entry as formal guest of the CMEA.

“Please reserve your seat early. This event is also free to all ladies before 10 pm,” said noted Mr. Smith.

As is customary, there is a CI\$10 cover charge at the door otherwise.

Sunday night will mark the 12th Annual MUZAIC Awards ceremony which will once again be held at the Harquail Theater, off West Bay Rd.

Gates open at 6pm with a live music prelude, meet and greet, followed by the official opening at 7pm.

There will be Free admission for all past awardees as well as to all CMEA members in ‘good standing,’ with respect membership fees being paid and current.

As is customary there is a CI\$10 cover charge at the door for all others.

Monday's grand finale, The Live Music Showcase, will once again be incorporat-



► (L-R) Recent Awardee Ed Solomon and CMEA President Jean-Eric Smith at a past MUZAIC event



► Musician Beneil Miller plays at a past MUZAIC event

ed into the National Heroes Day Awards ceremony post awards entertainment on Monday January 27th at Heroes Sq. and will be free admission to the public.

The Live Music Showcase is set to start at approximately 12pm and will run until 5pm.

Themed locations and line up information will be announced. 🌐

Delighted Parents Welcome Christmas Day Baby

... Continued story from page A1

Little Ayden McField-Brown made his debut into the world at 6:06PM, Christmas Day to the joy of parents

Kaitlyn and Thomas Mcfield-Brown. Ayden was born at the Cayman Islands Hospital, weighing 6lbs 15 oz., according to a statement from the Health Services Authority.

Both parents are said to be happy for the safe delivery of their healthy baby boy. “My husband is super excited he was born on Christmas Day,” said Mrs. Mcfield-Brown. 🌐



The advertisement features a laptop displaying the Caymanian Times website. The website interface includes the logo, temperature (83 F), navigation menu, and a 'Latest News' section with articles like 'West Bay Celebrates at Senior Citizens' Christmas' and 'More Toronto flights coming to Cayman'. A 'Most Recent Newspaper' section shows the Monday, December 30, 2019 issue. An 'Online Poll' section asks if a daily newspaper is necessary. A cartoon pencil character with glasses and a clipboard is positioned in the bottom left corner.

For a complete update of Local News, Notices and Events, log on to www.ctimes.ky

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Statement on Cayman Islands Court of Appeal Ruling on Same-Sex Marriage

The Cayman Islands Human Rights Commission ("the Commission") notes the decision dated 7 November 2019 of the Cayman Islands Court of Appeal (the "Court of Appeal") with respect to the appeal brought by The Cayman Islands Government in the same-sex marriage matter. That decision provides much needed clarity to enable Government to adopt appropriate legal protections to ensure that Ms. Day and Ms. Bodden Bush enjoy their right to a private and family life under section 9 of the Cayman Islands' Bill of Rights, Freedoms and Responsibilities ("the Bill of Rights"), while preserving the definition of marriage enshrined in section 14 of the Bill of Rights and under Cayman Islands law.

The Commission is appreciative of the guidance of the Court of Appeal in this matter and calls upon Gov-

ernment to meet its obligations under the Bill of Rights in the "expeditious" manner set out by the Court of Appeal. The Commission has always and continues to stand ready to assist Government with the implementation of the legal protections necessary to ensure its compliance with the Bill of Rights and the ruling of the Court of Appeal.

This topic continues to be an emotive one for our community, however a fundamental principle is that the Constitution will respect, and will protect, the rights of the minority even if the majority will not. The Commission continues to support and advocate for equality under the law for all persons as a fundamental principle of human rights.

For more information on the Commission or to learn more about the Bill of Rights, Freedoms and Respon-



sibilities, call 244-3685 or visit our website and Facebook pages at www.humanrightscommission.ky and www.facebook.com/cihrc.

Holiday Festivities Pose Safety Risk for Aviation

As holiday celebrations with family and friends continue through the New Year, The Civil Aviation Authority of the Cayman Islands (CAACI) wishes to remind the general public of regulations necessary to ensure the safety of both the public and the aviation industry with regards to air safety when conducting firework displays; or releasing sky lanterns; or when using newly received Christmas gifts such as small unmanned aircraft (also known as drones or unmanned aerial vehicles); or when flying kites.

According to a statement issued by the CAACI, firework displays can vary from small domestic events to major commercial or ceremonial displays whilst light shows include all outdoor laser and searchlight displays. The associated risk posed by these events is increased when the activities take place in the vicinity of aerodromes or a location from which aircraft flight operations take place -and particularly during critical phases of the flight including approach, landing and take-off. Organisers planning firework and light displays during the holiday season and into the New Year are reminded of the protocols under Article 165 of the (AN[OT]O 2013) to coordinate proposed events taking place within 3 nautical mile of an airport or under the approach and departure paths with the CAACI in order to prevent potential threats to aircraft operations. Firework displays outside this area where the display height is expected to exceed 200ft above ground level must also be coordinated with the CAACI. Proposed laser and searchlight events within the same areas are similarly subject to coordination with and advance approval by the CAACI. Appropriate fees will be incurred for all displays, as per the Air Navigation (Overseas Territories) Order Fees Regulation 2010.

Sky lanterns are another form of in-sky displays the CAACI warns of. Sky lanterns form a momentous part of community and individual celebrations and depending on the number and size of the lanterns being released, they be-



come a hazard to aircraft because once they are set free, lanterns cannot be controlled from the ground. In some cases, they can climb in the prevailing wind to a height of several thousands of feet. In addition, while the manufacturers or retailers may describe these products as "bio-degradable", inferring that they burn themselves out and leave no trace behind. The reality is, according to documented incidents, sky lanterns are also known to blow back over the land causing fires, destroying property or injuring livestock. While the lanterns do pose a risk to aviation, there is not currently any legislation in place to regulate the release of sky lanterns; therefore, the need for caution and careful planning before a launch is vital to ensuring a safe release. The CAACI asks for any individual or organisation planning to release sky lanterns to consider their personal liability in the event damage to property or injury to humans or animals caused either by the release of a sky lantern or the debris generated by them.

Small unmanned aircraft (SUA) such as drones have not only become a crucial component of many photography or commercial businesses, but they have become a popular gift for recreational users. Flying a drone can be fun but as a drone pilot you are now another user of busy skies. It is important that you know how to fly your drone both safely and legally - most especially in the congested

areas of West Bay, Seven Mile Beach, Smith's Cove, George Town and in the vicinity of the airports. "No-fly" zones were introduced in February 2015 and it is illegal to fly an unmanned aircraft within 3 nautical miles of Owen Roberts International Airport (Grand Cayman), Charles Kirkconnell International Airport (Cayman Brac) and Edward Bodden Airfield (Little Cayman) without a specific written permission issued by the CAACI. In addition, a "no fly" zone has also been established around HM Prison Northward and it is illegal to fly an unmanned aircraft within 1 nautical mile of the Prison perimeter without the specific written permission of the Director of Prisons. Legislation covering the operation of SUA in Cayman Islands airspace can be found in Article 73 of the Air Navigation (Overseas Territories) Order 2013 (AN[OT]O 2013) as amended. Article 73 makes the SUA operator legally responsible for: The safe conduct of each flight; Avoiding collisions with other people and objects including aircraft; Maintaining unaided visual line of sight with the SUA at all times; Not flying within 150m of any congested areas, or over gatherings of people and; Not flying within 50m of a person, vehicle, vessel, building or structure. The use of an SUA for commercial purposes requires permission issued by the CAACI.

Any person who contravenes the provisions of the Article or flies an



SUA within the 'no fly' zones identified above, is guilty of an offence and may be liable, on summary conviction, to a fine not exceeding C\$3,400.00.

In conclusion, the CAACI also warns that while rules pertaining to kite flying may not be generally known to the public, the public should heed the regulations pertaining to kite flying carefully to understand the potential hazards they pose to aviation in order to enjoy this recreational activity within the limits of the established law. Kite flying in the vicinity of airports is potentially dangerous to aircraft particularly during the taking-off and landing phases. Not only is there a risk that the body of the kite could damage the aircraft or be ingested by a jet engine with possibly catastrophic results, but the control lines, sometimes made of high tensile steel wire on performance aerobatic models, can pose a significant hazard to propeller driven aircraft. Article 71 of the (AN[OT]O 2013) effectively limits the height at which a kite can be flown to a maximum of 100ft above ground level (AGL) within a 3 nautical mile radius of an airport. Beyond this distance, a kite cannot be flown above 200ft AGL within the Cayman Islands. In order to protect the safety of aircraft, the operators of kites being flown above the heights specified are liable to be prosecuted and may have their equipment confiscated.

Pressure Mounting for Marriage Equality in the OTs

Rights advocates and lobbyists, Colours Cayman, is accusing the government of violating the constitutional rights of the territory's lesbian, gay, bisexual, transgender, queer, intersex and asexual (LGBTQIA+) community.

In a statement, the organisation says "our Constitution exists to ensure fair and equal treatment under the law to all Caymanian citizens and residents of the Cayman Islands, regardless of sexual orientation or gender identity."

In spite of this, it claims "the Cayman Islands Government sees fit to violate our constitutional rights, seemingly with little concern if any at all.

"What good, then, is a country's Constitution or a Bill Of Rights when its government can modify them on a whim or skirt around them entirely in an attempt to shirk culpability?"

The concerns of Colours Cayman are linked to the unresolved issue of same-sex marriage rights and wider issues affecting the LGBTQIA+ community.

It also comes as the issue continues to get further airing in the UK.

In a statement, the group notes that international and regional organizations are mounting pressure on the UK and local governments to afford marriage equality to all British Overseas Territories (OTs), including the Cayman Islands without further delay.

Colours Cayman says it's concerned over the UK's idled response to address the widespread inequality the LGBTQIA+ community faces both locally and across the Latin America and Caribbean Region, particularly as it applies to marriage equality.

The non-profit organisation, according to their website, aims to foster a safe and comfortable social environment for the (LGBTQIA+) community. Yet, they claim, they've received little to no support or intervention from either the UK or local Governments.

Rather, it says, Members of the Legislative Assembly (MLAs) have openly criticised local activist and pro bono legal advisor to Colours Cayman, barrister Dr. Leonardo Raznovich, for his outspoken support for the LGBT community in Cayman.

Dr. Raznovich also provides support to the legal team for the controversial same-sex marriage case [Day and Bodden Bush v The Governor or the Cayman Islands et al].

The perceived inaction of both local and UK governments when it comes to equality matters, specifically the Day and Bodden Bush case is gaining the attention of LGBTQ advocacy groups and publications internationally, according to Colours Cayman.

In a recent opinion piece, "Cayman Islands - threat to the rule of law" written by Dr. Raznovich and published in the Counsel, the London-based Bar Council's publication, Dr. Raznovich writes about threats of deportation and criticisms he received from local government, "It is my view that these threats, unchallenged by the CIG, demonstrate poor governance and disregard for the rule of law," he stated.

Dr. Raznovich further opined, "They deliver a message more typical of dictatorships than dependent territories of the UK: that any lawyer advising on fun-



damental rights and freedoms secured by the ECHR or the Constitution will be expelled. It is an attempt to curtail basic human rights and deter advancement of LGBTI rights."

Colours Cayman says they also question the lack of response from the Human Rights Commission of the Cayman Islands (HRC) and the Cayman Islands Legal Practitioners Association (CIP-LA), two organisations with a key role to protect the rights of persons whose rights under the constitution are breached.

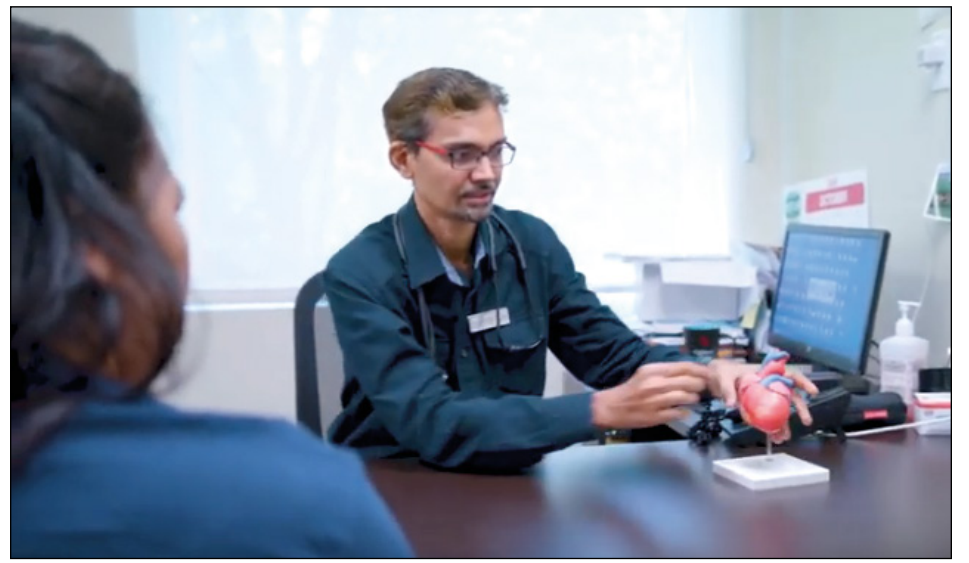
Leanne MacMillan, Director of Global Programmes at Stonewall, a U.K. based LGBTQ advocacy and lobbying group recently published an article, "The Fight for Marriage Equality is Not Over" in which she similarly voiced concern for

"the failure to act by the Cayman Legislative Assembly when it comes to equality matters, over an extended period.

In it she encourages "the UK Government to step up."

Premier Alden McLaughlin has urged the Legislative Assembly to establish a legal framework to recognise same-sex unions that would afford those couples the same legal rights as marriage, per the court's direction promptly in the New Year. MacMillan responds via her article, "This is a step forward but, the introduction of civil unions, it is clearly not marriage equality."

Stonewall and other organisations have declared they will be urging ministers in the new UK Government to act and fulfil its duty to LGBT citizens in all British Overseas Territories (OTs).



YOUNG GIRL TRAVELS FROM THE AMAZON TO GRAND CAYMAN FOR LIFE CHANGING SURGERY

Health City Cayman Islands treats first patient from the Amazon at its state-of-the-art Hybrid Catheterization Laboratory

An Amerindian mother in Bolivia knew there was something wrong with her daughter when she was a baby but she could not afford to go to the city to receive medical attention.

Fortunately, the charity Samaritan's Purse arranged transportation from the emerald banks of the Amazon to the sandy Caribbean shores of the Cayman Islands.

Pediatric cardiologist Dr. Sripadh Upadhyha of Health City Cayman Islands recalled that young Nelly Maldonado lived deep in the Amazon with the nearest medical facility a three-day boat trip away. Nelly's parents were deeply worried because she suffered from tiredness, fatigue, and repeated infections, so they arranged for Nelly and her mother, Carmen, to go to Health City Cayman Islands, far away from anything they had experienced in the Amazon.

"So when I arrived to the Cayman Islands, I was afraid and when I met the doctors I was afraid, too, because (everything) was new for me." But Carmen relaxed when she saw how well her daughter was being treated by the attentive Health City staff.

Dr. Upadhyha immediately observed Nelly had a hole in an enlarged heart and her lungs were flooded, severely limiting her physical ability to do anything. "And then over a period of time she would have dealt with pulmonary hypertension (or) high lung pressures, which would be irreversible."

He was pleased, however, to note Nelly's condition did not require open heart surgery, so to correct the anomaly

Dr. Upadhyha carried out a procedure called a percutaneous device closure. "It's not open heart surgery. It's a cath procedure ... we punctured the groin, and then we plugged the hole with a special device."

Dr. Upadhyha said the procedure, which took about an hour, went well - the hole was sealed shut and Nelly was discharged the following day. This was made possible because Health City possesses the Caribbean region's only state-of-the-art Hybrid Catheterization Laboratory.

Nelly happily concurred with the doctor: "Before the surgery I got tired a lot. Now I feel better."

Nelly's mother observed the patience of Health City's staff with children. "And they are also patient with the moms," she added.

Dr. Upadhyha was delighted to see the marked improvement in his little patient: "She's a changed girl now. She's jumping around. She's playing. So it makes me feel good to see that kind of change."

He lauded the special relationship between Health City and Samaritan's Purse: "It's a blessing for us that we at Health City have been able to do these kinds of procedures for children from most parts of the globe ... I thank Samaritan's Purse for giving me an opportunity to do this, to give wonderful life back to children."

Dr. Upadhyha said Health City's excellent relationship with the charity helped to provide treatment for young children with congenital heart disease in many



of the least developed countries around the world.

After working with them for more than three years Health City has now increased the number of children it receives from the charity. "This year we are targeting about 100 patients. Last month was the busiest month for us, with about 20 patients being admitted from all over the globe."

One of them was Nelly, who with her healed heart and lungs left on her long journey back to the embrace of the mighty Amazon, a region commonly referred to as the heart and lungs of the planet.

About Health City Cayman Islands

Health City Cayman Islands, the vision of renowned heart surgeon and humanitarian Dr. Devi Shetty, is supported by Narayana Health, one of India's largest private healthcare systems. Health City,

only the second hospital in the Caribbean to receive the Joint Commission International's "hospital accreditation", provides compassionate, high-quality, affordable healthcare services in a world-class, comfortable, patient-centered environment. Offering healthcare to local, regional and international patients, Health City Cayman Islands delivers excellence in adult and pediatric cardiology, cardiac surgery, cardiac electrophysiology, medical oncology, orthopedics, sports medicine, pediatric endocrinology, gastrointestinal, hepato-pancreato-biliary and bariatric surgery, neurology, interventional neurology and neuro-diagnostics, neurosurgery, minimally invasive spine surgery, gynecology, urology, pediatric allergies, colorectal surgery, dental, sleep lab and pulmonology services.

For further information, visit www.healthcitycaymanislands.com.



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Hurley's Media announces the appointment of new Z99 Morning Show personality

Hurley's Media announces Tim Hartman has been appointed the role of Z99 Morning Show talent and will begin on air Monday 6th January 2020.

Tim will join co-host Teri and together they will bring their infectious personalities and humor in a move to shake up and re-energize Cayman's favorite radio station, Z99.

"We are excited to welcome Tim to the team," said Mark Lee, Radio Operations Manager. "He brings with him to the role a wealth of knowledge and skills which will enhance and complement Z99's position as the best station in Cayman."

Tim started in radio in his home state of Ohio and has spent most of his career working in Las Vegas with a brief stint in St. Louis before deciding to adventure to the Middle East.

Since 2013, he has been working as a radio host in Jordan and in the UAE predominantly on the Tim and Faris show which started in Amman and moved to Dubai in 2017.

"When the opportunity to host the Z99 Morning Show presented itself, along with the laidback lifestyle and Caribbean beaches, the choice was easy," said Tim Hartman.

Tim looks forward to mentoring and teaching up and coming Caymanian talent in his role and getting to know more about Cayman culture as he settles into his new home.

Tune in on Monday 6th January from 6.00am for Tim's first show live on Z99, on FM, online and via the Hurley's Media Alexa Skill. 📍



West Bay Citizens Concerned over encroaching garden

A large, 4-story residential house in West Bay, and its extra bit of garden got the WB Concerned Citizens group worried that the new garden, which has been put down outside the property walls and measures about 6 feet wide, not only encroaches on the historical Mary Mollie Hydes road, but is actually dangerous, causing vehicles joining Town Hall Road to swerve, rather than merge naturally. The development is right at the end of Mary Mollie Hydes Road, where it merges with Town Hall Road.

Executive member of Concerned Citizens, Ezmie Smith, recently wrote an email to officials at the NRA expressing her concern in an email dated 19 December, about the time when the latest development – a small truckload of boulders, was dumped at one end of the new "garden," which already contains several large palm trees, making it impossible to use the built-on area as part of a public road anymore.

"The community finds the act very wrong," Ms Smith states in the Email, "It is believed that no permission was granted to do what has occurred. Even if permission was given it is wrong because the affected portion is the merger

to allow vehicles to get on the Town Hall Road... tour bus operators and others will find this very inconvenient due to the closure of the West Bay Road where the travel on with tourist for further scenic view of 7 mile beach. What is done could be very dangerous as it allows less space for traveling vehicles, cycle riders and walkers losing their right to use all that portion of the road," she wrote.

The latest challenge to public access comes on the back of several others in West Bay, and many citizens are upset that encroachment of private property decreasing public access not only to the roadways, but also to public amenities such as the beach.

Concerned Citizen Vicky Dilbert said spoke about the historical and cultural associations of Mary Mollie Hydes Road, and the time-honored access it used to provide to people who wanted to travel from West Bay to George Town, while tour bus operator Ormond Morgan is particularly concerned about what he feels is the danger caused by having to drive out onto Town Hall Road, with insufficient visibility, rather than merge naturally as drivers used to be able to do before the new garden: "There are a



► Mary Mollie Hydes Road

couple of issues. The first issue is we are being sort of deprived of stopping here at our leisure; having people on tours, they used to be able to get out here and have some photos taken. Now we are being deprived of that, because when you come to the end of the road here

you will see how dangerous it is that you will have to almost get out into the public road with the traffic...From what we see here this is the public road, and I am so disappointed that the officials would allow this to happen, infringing the public's rights," he said. 📍

A Decade in Review: How Travel has Changed from 2010 - 2019

Remember 2010? Well, the iPhone 4 was cutting-edge and the era of mobile check-in using smartphones or PDAs had just began; London was gearing up to host the Olympics; and Iceland was a movie location not a tourist destination. Who, then, could have predicted what would happen in the decade since? From technology and social media to climate change, there's been no shortage of change in travel—over the past ten years.

Unlimited Paid Time Off

The Cayman Islands' number one inbound traveler, the Americans - are notoriously bad at not taking their vacation days, but mindsets are beginning to change. So much so that several companies such as Dropbox, Netflix, and Virgin Management- to name a few - introduced unlimited vacation days in the 2010s as a policy. Data on how much paid time off employees really take when it's no longer metered is limited, and subjective evidence suggests it may actually make them take less time, rather than more. But when taking off Friday or Monday doesn't burn a precious vacation day; it allows people to change the way they travel—and increase their number of trips. Eighty percent of millennials say they would rather take several small breaks rather than one big one, while 53 percent of all

travelers reported more planned week-ends away. Those are pretty significant numbers considering 320 million international trips were expected to be made by millennials each year by, according to Forbes' Millennial Traveler report.

Wellness tourism

Wellness tourism isn't a new concept—but the last decade has seen a surge in it. In the last two years alone, the global wellness sector has grown by 14 percent overall, and is expected to continue to expand. In 2017, travelers worldwide took 830 million wellness-focused trips, almost 140 million more than two years earlier. Unsurprisingly, the industry has been quick to respond with new offerings: from yoga; to intermittent fasting retreats and clean-eating menu options; to in-room meditation. Eco-minded hotel and resorts are recycling rainwater, using local ingredients in onsite restaurants and have exchanged paper note pads in rooms with chalkboards.

Layovers

Two destinations, one trip? After the financial crisis of 2008, some destinations, in Europe especially- began aggressively marketing the concept to generate some much-needed cash into their economies. One destination even launched the hashtag, #Mystopover to help spread the word on Instagram. This travel model is still quite popular today. Visitors to the Cayman Islands have a unique opportunity to experience the Sister Islands as well as, Cuba and Jamaica during one trip!

Cruise shore excursions

As Cruise Critic, the year 2010 was pivotal to the cruise industry. They recognized

that passengers are as interested in the destinations as the ships themselves, so they began to change their message to say destination immersion is the most important aspect of a cruise, downplaying the cruise itself and playing up time in port. A decade later, many cruise lines are even offering pre- and post-cruise trips that take place entirely on land.

Home Sharing

Sharing economy startups such as Airbnb and VRBO have boomed in the past decade. Home shares have unlocked new neighborhoods in destinations, allowing visitors to live amongst the locals rather than alongside tourists in hotels. They've turned ordinary people into "hosts", and of course, the rise of Airbnb has also pushed hotels to innovate and adapt. It hasn't all been straightforward though, spanning everything from concerns over redevelopment to safety. Many destinations have yet to decide how to tackle Airbnb's expansive presence, so expect a continuing tussle as we enter the next decade.

The rise of Instagram

On July 16, 2010, Instagram was born. Within two months it had 1 million registered users. A decade (and an acquisition by Facebook) later, it's surpassed 1 billion. Instagram has reshaped many sectors—the rise in posting photos of our food has changed how dishes are plated, and selfie-ready backdrops in stores have usurped eye-catching window displays—but its impact on travel in particular has been outsize: by one estimate 70 percent of all Instagram content is travel-related. In other words, Instagram has become the 21st century equivalent of sending a postcard. If a destination doesn't have an Instagram strategy, they are missing out!

Climate change

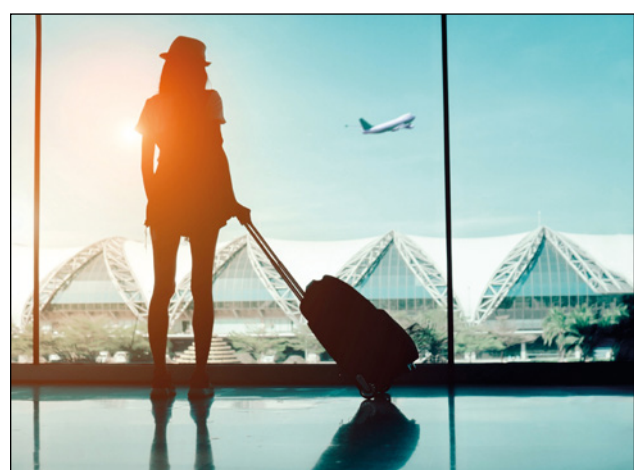
Our social media feeds are flooded with footage of wildfires ravaging parts of Australia and California, and tour-



► Brooke Meyer is the managing partner of Caymera International

ists wading through the waters in Venice, which suffered the worst sustained flooding in recent years. We're seeing actionable change, too. Cruise lines and airlines continue to announce that they're eliminating single-use plastics. Norwegian, for example, has pledged to nix water bottles on its ships by January 1, 2020, while United Airlines flew a trial flight dubbed 'Flight for the Planet,' where bagged snacks were replaced with plated nibbles, service ware was compostable, and the entire journey was powered by biofuel. Hotels in delicate ecosystems are also trying to minimize their impact—powering by biofuel produced from coconuts at their own facilities. Travelers are avidly pursuing chances to visit places they feel may be gone soon.

Brooke Meyer is the managing partner of Caymera International, a Caymanian-owned hospitality and tourism consulting and advisory firm. Visit Caymera at www.caymeragroup.com or email info@caymeragroup.com for more information. 📍



COMMUNITY EVENTS

George Town Cleanup

5 January - Plastic Free Cayman is having its first cleanup of 2020. Meet opposite the Sting Ray Fountain (South Terminal) in George Town at 8am. Attendees will get a free Crepe and drink at THE CREPERIE afterwards! Remember your hat and water bottle, wear gloves and bring a friend. For more information, go to <https://www.plasticfreecayman.com/>.

Schools reopen

6 January - All government schools and private schools in the Cayman Islands will reopen on Monday 6 January to begin Term 2. There will be lots of events during this term - Sport Days, NCFCA and a host of other extracurricular activities. Parents - remember to keep in contact with your child/ren's school for updates and important meetings.

Ultimate Frisbee 2020

7 January - Looking for a good sweat, lose a few pounds and have a good time? Check out ultimate Frisbee at the Annex field in George Town (beside George Town primary school). There are casual, coed pickup games on Tuesdays and Thursdays from 6pm to 7:30pm. Open to all fitness and ability levels, newcomers are welcome!

Free HIV Screenings

7 January - Free, confidential HIV screenings sponsored by the Public Health Department are available this Tuesday and every Tuesday at the Cayman Islands Red

Cross on Huldah Avenue, George Town from 10am to 2pm. Call 949-6785 for more information.

Community Chess

7 January - Thinking about learning to play chess or upping your game? Then, join the Cayman Chess Club at the West Indies Wine Company, Camana Bay on Tuesdays from 5 - 8pm for a complimentary chess class and open challenges weekly. Anyone can learn, play and enjoy chess; even complete beginners. Call 640 - 4000 for more information.

One Dog Jog 5K Charity Fun Walk/Run

12 January - Support the "One Dog at a Time" fundraising event on Sunday 12 January at Safehaven beginning at 7am. Registration is CI\$25 and can be done on caymanactiv.com. Bring your own water bottle to limit trash and be environmentally friendly. Dogs must be leashed at all times. Owners, please use a yellow ribbon to show if your dog needs extra space. For more information, visit www.odaat.ky

Special Lecture: Bendel Hydes-A Retrospective

15 January - Join exhibition chief curator Natalie Urquart and curator William Helfrecht as they showcase Bendel Hydes' remarkable 45 year artistic journey starting with his self-taught figurative drawings and concluding with the remarkable 'luminescent' abstractions of the last decade. Refreshments will be served. For ad-

ditional details or to RSVP, please email education@nationalgallery.org.ky or call (345) 945 8111.

Cayman Cookout

16 - 19 January - Cayman Cookout is hosted by chef Eric Ripert in partnership with Cayman Islands Department of Tourism and brings together talented chefs, wine and spirit experts, and culinary influencers. It is in one of the most prestigious celebrations of food and wine in the world. Guests at this exclusive, interactive festival enjoy dynamic cooking demonstrations, exclusive tastings and dining events, exciting local tours and unique epicurean experiences. For more information, visit www.caymancookout.com.

Faith Hospital Diabetes Health Fair

18 January - There will be eye screening, dental screening along with Music, Food, Exhibits, Arts & Careers from 9:30am - 2:30pm on the Faith Hospital Grounds. Contact 244-7635 for more information.

Employment & The Labour Law - Part 1: Understanding the Basics

21 January - The Chamber of Commerce is offering a comprehensive course at 107 Governors Square, West Bay from 9am to 1pm. This half day course will provide an in-depth overview of the major components of the Labour Law and will cover the employment contract, types of leave, hours of work, severance pay and termination. It will be conducted by Huw Moses and/or Hilary Brooks. The cost is \$250 for members and \$300 for future



members. Call 949-8090 for more information.

Traditional Craft Class: DIY Art Workshop with Kara Julian

January 25 - The National Trust will be hosting a Traditional Craft Class to be conducted by Kara Julian. This will take place at The Mission House, 63 Gun Square Road, Bodden Town from 10:00am to 12:30pm. The cost is CI\$35 per person. Contact 749-1121 or info@nationaltrust.org.ky for more information.

Stride Against Cancer

26 January - The Nationwide Stride Against Cancer, a fundraising event to benefit the Cayman Islands is Sunday January 26th starting at Seven Mile Beach and

Saturday 25th for the Little Cayman Stride. CI\$25 early bird registration until midnight on January 11th, after which the cost is CI\$30. No registration on the day of the event. Race packets (t-shirts) can be collected from the Cayman Islands Cancer Society offices from January 20th. Start time is 6:00am start for the 13.1 mile half marathon timed race. It's a 6:30am start for the 6.5 mile quarter marathon walk / run. Check <https://www.cics.ky> for more information.

Heroes Day

27 January - National Heroes Day is a public holiday celebrated in the Cayman Islands on the fourth Monday in January. Awards are presented to persons who have made a significant impact to the Cayman Islands.

Are you sure your dinner is healthy?



► Ernest Ebanks

This is your year to finally lose the weight and get fit...and it all starts with dinner.

You may be exercising hard, getting plenty of sleep and staying diligent in your hydration, but if you're eating the wrong food for dinner then sadly you will never reach your goals.

Most dinners are too high in calories to allow you to steadily lose weight and

progress towards your ideal body. This goes for restaurant dinners as well as homecooked meals.

However, the good news is that it is possible to enjoy wholesome, fitness dinners that support your fat loss results whether out-to-eat or cooking at home.

I want to make this as simple as possible for you so that you'll actually use it to transform the way that you select your nightly meal. Rather than worrying about calories and measurements simply ask these 3 questions before you sit down to eat your next meal and visualize a clock...

Fat Burning Question #1: Is there Lean Protein?

Your meal should start with a lean source of high-quality protein that's cooked in a healthy way. Choose protein that has been grilled, baked, broiled or steamed. Fish, chicken, turkey, egg, lean red meat and beans all make great choices.

Picture your plate as a clock and fill it from 12 o'clock to 4 o'clock with your choice of protein. This is roughly 1/3 of your plate.

Fat Burning Question #2: Is it mostly Fibrous Veggies/Greens?

Next comes fibrous veggies and greens. Fiber is a huge part of eating healthy and being lean. Fibrous foods will fill you up while delivering vitamins and nutrient in a low-calorie package. Salads and seasonal vegetable make perfect choices for your fat burning meal. Just be sure to watch out for heavy dressings or fattening cooking methods that may add additional calories to the dish.

On your plate fill between 4 o'clock and 10 o'clock with these fibrous veggies and greens. This is roughly half of your plate.

Fat Burning Question #3: Is the Starch in Moderation?

Are you gaining weight or not able to lose weight? Chances are your meals are filled with too many starches, including potatoes, pasta, rice, grains and bread products. To make these starches more fattening, they are often cooked with added fats that increase the calorie count. For your starch stick with wholesome, complex carbs like sweet pota-

toes, brown rice, sprouted grains and legumes.

On your plate fill between 10 o'clock and 12 o'clock with these wholesome starches. This is the smallest portion on your plate for a reason, as these starchy carbs are calorie-dense and just a little goes a long way. Fight the urge to push the line by allowing yourself to eat more starches than you need.

I hope that these 3 simple questions make it easier for you to choose your next fat burning meal by cutting through some of the confusion. While there are certainly more specific, measured meal plans that lead to body transformation success, this guide is meant to keep you on track when you aren't sure what you should be eating.

For the most effective results, pair your clean eating with a challenging exercise routine. That's my specialty!

Call Ernest at Body Shapers Fitness 325-8696 or email bodyshaperscayman@gmail.com today and I'll get you started on an exercise program that will transform your body once and for all.

Tips To Keep In Mind To Keep Your Weight Loss Diet On Track

As we all gear up to celebrste the holidays the temptations would be tremendous, We this time of the year as amoment to simply throw towel to the wind nd indulge, After all that's what the season is all about. Well the Christmas time has come and gone and many of us are seeing the inevitable signs of over-indulgence, So, as we set our sights on the New Year we mke ll these gret resolutions for which we struggle to bring



to reality. Theres no need to fell guilty because you can look to the New Year with profound anticipation of success, Here are my recommendations to assist you in reaching you health goals in 2020, 6 Tips To Keep In Mind To Keep Your Weight Loss Diet On Track

1. Stop Being Lazy

As we all gear up to celebrate the New Year's eve with a bang, we also want to look our best. Letting lethargy creep in after the food fiesta of Christmas will only add up to the extra kilos we gained during the festival. We say, make the most of the holidays and stay in shape for the next big party you are going to attend to ring in the new year; in this case, a whole new decade.

2. Don't Wait Till The Next Year

New Year resolutions are just an excuse to get by the end of the current year. Force yourself out from your cosy

blanket and take a small walk in your balcony, or take the stairs whenever possible, if you don't want to step outdoors.

3. Fill Your Plate Wisely

While you make your way in-and-out of parties and social gathering during this season, accept the servings discerningly. Avoid fried, fattening foods; control the portion of the food, and try to eat healthy snacks and salads as much as possible.

4. Drink Lots of Water

Staying hydrated is one of the best ways to keep fit. Drink a minimum of two litres of water every day to keep your digestion running smoothly and to flush out toxins from the system.

5. Get Your Sleep

Avoid staying up all night and be among the last ones to leave all the parties you attend this holiday season. Getting enough rest is important to stay



healthy. Make sure to get at least eight hours of sleep every day.

6. Lap Up On Proteins

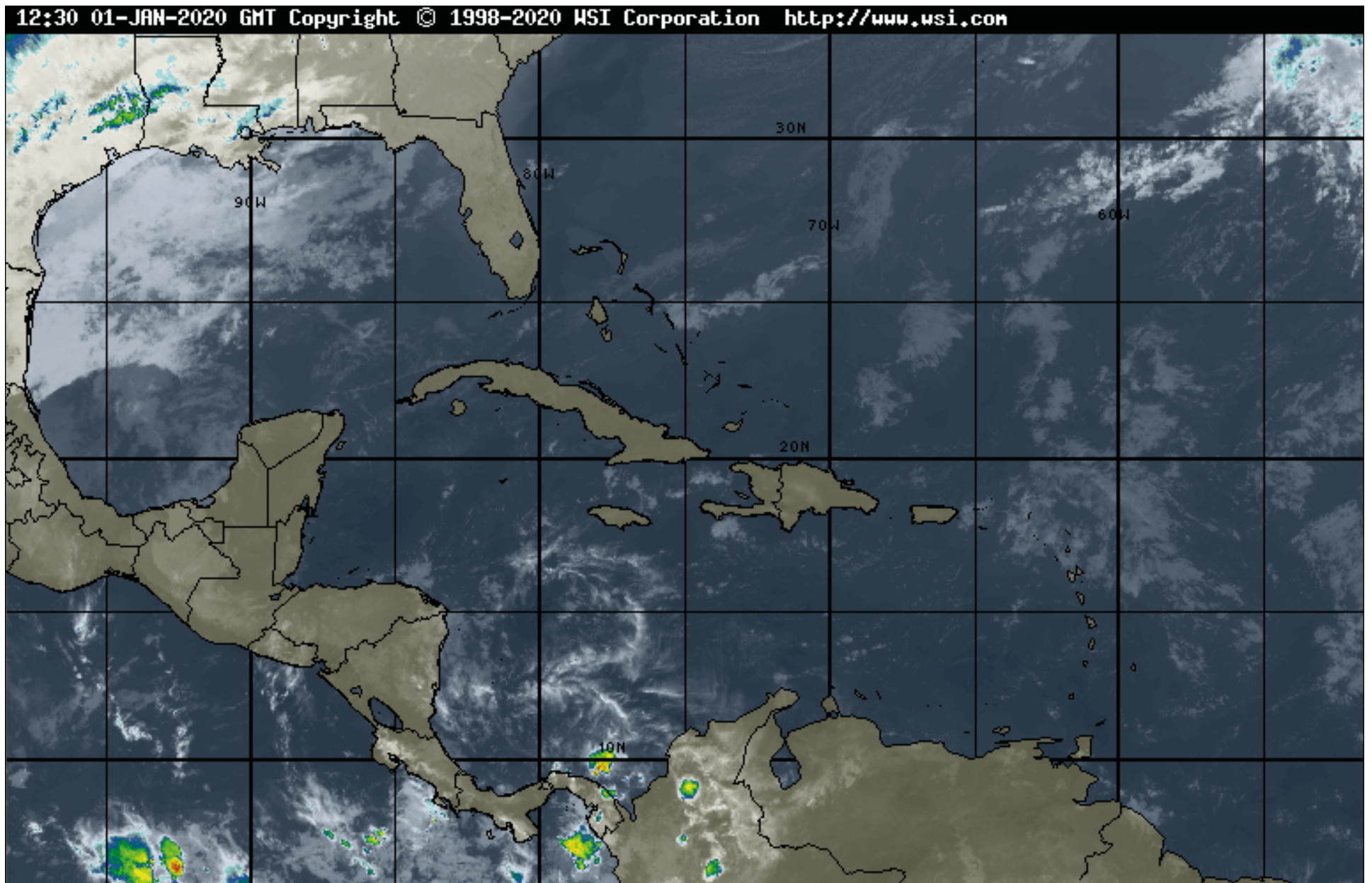
This hectic time period requires you to stay active. Eat more of protein-rich foods like poultry, nuts, legumes and beans to fuel your body and keep your stomach sated to avoid binge eating.

Put you best foot forward to walk in the New Year 2020. Don't wait till 2020 to take care of your health and lose that extra weight. Keep these tips in mind and keep your weight loss diet hale and hearty.

WEEKLY WEATHER FORECAST

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
29°/26°	28°/24°	26°/23°	25°/24°	26°/25°	28°/24°	28°/25°
Partly sunny and pleasant	A shower and t-storm around	Partly sunny, a shower; windy	Breezy with clouds and sun	A little afternoon rain	Windy with showers around	Very windy; mostly sunny

TROPICAL UPDATE



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MOMENTS OF INSPIRATION

The Search for Wisdom

The Rev'd Christopher D. Pierce
Rector, St Alban's
(www.churchofenglandcayman.org)

It isn't uncommon for people to search for wisdom and it seems to my mind that these days, people equate relevance and unconsidered information with wisdom. The problem with such reasoning is that relevance is an unmoored boat on the sea of ideas. It moves around a lot. The winds and waves toss it to and fro. Its only consistency is its inconsistency. Information apart from perspective is likewise.

True wisdom is that which does not change despite the change of circumstances. It is always the same. It has stood the test of time and I would posit that all true wisdom fits that category because it has a common source, God.

Why do I believe such? Simply put... God's wisdom revealed in the Bible is consistent. It is utterly logical and does not vary. Like the Bible describes God, his wisdom is the same yesterday, today, and forever.

In the first parish I served, there was an elderly couple...both almost 90 when I arrived in 1991. Ethel was physically still ramrod straight and with never a harsh word, but her memory was slipping, and she knew it. Oscar, her husband was bent with age with a shock of the whitest hair you've ever seen. I've never heard the voice of God, but I used to think I might've when Oscar spoke. It was articulate, deep, clear, and resonant. He never answered quickly but always out of a life-time's reservoir of a mind steeped in the scriptures.

On my first visit to their home, he looked at me very sternly and said, "I don't have much of an education but what I got, I got from just that one book." I smiled at him and asked in return, "Which one would that be?" He actually raised his voice when he answered, "Why the Bible! Which other book would it be?" I sat quietly smiling at him...and he could tell I was pulling his chain. We became fast friends.

Oscar was the "go to" man in that small rural community. Christians and non-Christians alike sought him out if they found themselves in a moral or mental quandary. Why was his advice so worth taking? Because it was so biblical.

He actually had a stack of worn-out bibles...full of notes in the margins. His eyesight might have not been very good anymore, but his memory would have given the Great Google a run for its money when it came to the Word of God.

One day he was quizzing me on my seminary studies. I've forgotten the topic, but he said, "Now, I remember studying about that very point years ago. If you will get me that third bible from the top (of the stack of worn-out bibles) I made some notes on it." I fetched the bible as he instructed, and quick as a flash, he'd found the page and his notes from all those years before. It was just as he'd said. His wisdom and memory were consistent.

In Psalm 90:12, we find the best advice available about wisdom. "So, teach us to number our days that we may apply our hearts to wisdom." Note that it does not say relevance or that which is trendy. Wisdom is different.

If we really believe that God has founded these islands upon the seas, wouldn't it be wise to order our society in light of his wisdom? Wouldn't it be wise to believe that God's standards on morality are superior to anyone else's or have we arrived at the point where the potter knows the business of the potter far better than He? 🙏

T Caymanian Times



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CRUISE SHIP SCHEDULE — WEEK — JANUARY 5 - 11



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	Disney Wonder	Rhapsody of the Seas	Carnival Horizon	Carnival Freedom	Albatros	Caribbean Princess
	Disney Magic	Volendam	Norwegian Breakaway	MSC Armonia	Costa Luminosa	Norwegian Bliss
	Carnival Paradise	Zuiderdam	Marella Discovery 2	Carnival Sunrise	Carnival Legend	Veendam
	Seven Seas Explorer	MSC Seaside	Seven Seas Mariner		Celebrity Edge	
	Berlin	Disney Fantasy	Norwegian Getaway		Riviera	
			Riviera			
Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers	Total Passengers
0	8,032	13,951	16,008	8,497	9,560	8,723

DOTS Thrift Store
 Waltons Centre
 Eastern Avenue
 321 – 2294

Is having a Christmas Sale going on now. Just come in and you will find lots of things – clothes, shoes, kids’ toys and lots more.

You can also full a bag for just \$10.00

Expressions of Interest invited

Lease of Country Western Bar and Restaurant

Caymanian Interest sought for lease of local Bar and Restaurant currently in operation with available parking.

Expressions of interest in this business are invited from Cayman Residents on or before January 31, 2020. Interested parties should provide evidence of financial ability to participate in a business of this nature supported by a letter from a financial institution within the Cayman Islands.

Alcohol sales and Music & Dancing licenses are included in the lease.

Interested parties should call 916 0932 or email countrywesternbar@gmail.com

LOVE SHOULDN'T HURT

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

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

24 Hour Crisis Line - 943-2422

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HURT**

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**Crisis
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UFC always delivers best fights

The UFC is renowned for pitting the best against the best, unlike boxing. These are some of the fights mixed martial arts fans would love to see in 2020 – and will probably get.

1. Welterweight title - Kamaru Usman (champ) vs. Jorge Masvidal

Jorge Masvidal has been fighting for a long time, but it took until 2019 for him to elevate past fan favourite and become a legitimate title contender. Masvidal's brilliance earned him Fighter of the Year honours for CBS Sports. A potential showdown with welterweight champ Kamaru Usman is an obvious match. Both are coming off high-profile wins to close out their 2019 schedules. Usman started last year by winning the welterweight strap from Tyron Woodley and it closed by defending it against hated rival Colby Covington. Both fights showcased Usman's relentless style but stopping Covington in the fifth round was one of the biggest UFC moments. Masvidal had been on the shelf since November 2017

when he returned to knock out Darren Till in a thrilling March fight. Next up was Ben Askren in July – a fight that Masvidal won via flying-knee knockout in a startling five seconds. Having injected his career with new life, Masvidal was positioned across the cage from Nate Diaz for the "BMF" title in November. After three rounds of Masvidal dominance, the doctor stopped the fight due to a pair of cuts on Diaz's face.

UFC is blessed with two compelling competitors being perfectly positioned for a showdown after high-profile victories, which is why Usman-Masvidal is the most attractive potential pairing.

2. Jon Jones vs. Stipe Miocic, heavyweights

It's time for Jones to move to heavyweight. The move has seemed inevitable for years, but "Bones" has resisted the idea until recently when he asked for a shot at the heavyweight champion but Miocic's planned trilogy fight with Daniel Cormier was preventing it from happening. So Jones will defend his light heav-



► Kamaru Usman lives up to his 'Nigerian Nightmare' nickname

weight title against Dominick Reyes on Feb. 8 while Miocic and Cormier may meet for a third time. After that, Jones moving to heavyweight and attempting to build his legacy is the right move.

3. Heavyweight title - Stipe Miocic (champ) vs. Daniel Cormier III

As mentioned, Cormier vs. Miocic III is already the plan, but without a set date and signed bout agreement, it is still on the wish list. They've put on two extremely entertaining fights already while trading the UFC heavyweight championship back and forth. Cormier plans to retire after their third contest, win or lose, but the fight represents his chance to go out on top.

4. Women's bantamweight title - Amanda Nunes (champ) vs. Valentina Shevchenko III

Nunes and Shevchenko have met twice already, with Nunes winning both fights. Those are the only two fights Shevchenko – current UFC women's fly-

weight champ – has lost since 2010. Bantamweight and featherweight champ Nunes, meanwhile, has not lost since 2014 while establishing herself as the greatest female mixed martial artist of all time. With both women dominant and few challenges left in their respective divisions, why not run it back once again?

5. Colby Covington vs. Tyron Woodley, welterweights

Covington's wrestling style of trash talking is exhausting at times, but he has incredible in-cage skills and there is legitimate bad blood with former welterweight champ Woodley. Assuming Covington recovers sufficiently from the beating Usman gave him, he could still be a force. The men hate each other, and things have been simmering for a long time. The 170lbs welterweight division is red-hot right now and Woodley looks to be facing Leon Edwards in a March showdown, but 2020 needs to see these two finally stand across from each other in the Octagon. 🌐



► Amanda Nunes is probably the greatest ever UFC female fighter

Morant is pick of the rookies so far

There's been no shortage of impressive rookies this season in the NBA and consensus is that Ja Morant of the Grizzlies leads the way. Brandon Clarke has quickly developed into a legitimate offensive option for the Grizzlies. Kendrick Nunn and Tyler Herro have helped propel the Heat toward the top of the East. RJ Barrett has been a rare bright spot for the Knicks, the Warriors appear to have found a second-round gem in Eric Paschall and 76ers forward Matisse Thybulle already looks like one of the best perimeter defenders in the entire league. But with all, the Rookie of the Year race appears to be ending a lot sooner than expected.

Grizzlies guard Morant has been as good as Memphis had hoped after it made him the No. 2 overall pick in the draft last June. He's averaging 17.9 points, 6.4 assists, 3.2 rebounds and 1.1 steals per game, and looking like a future perennial All-Star. The fact that it's likely too late for top pick Zion Williamson to come in and win the award at this point helps Morant's case, too. Obviously Morant must keep it up because there's no shortage of competition, but barring an injury, he looks destined to get the honour. 🌐



► Ja Morant is the best rookie so far this NBA season

Dolphins sink Patriot hopes

The New England Patriots will play in the wild card play-off round for the first time in 10 seasons after a shock loss to the Miami Dolphins in the last week of the NFL regular season.

Victory for the Super Bowl champions would have secured a bye to the second round of the play-offs as second seeds. Instead they host the Tennessee Titans on Sunday.

"We didn't play the way we're capable of playing and it ended up costing us," Patriots quarterback Tom Brady said.

"Just too many bad mistakes. It was a great chance for us to not play next week, and we didn't take advantage it," added the 42-year-old who is playing in his 20th season with the Patriots and will become a free agent at the end of the campaign.

A five-yard pass from quarterback Ryan Fitzpatrick in the dying seconds snatched the 27-24 at home win for the Dolphins, who were big underdogs going into the game.

The Patriots' poor run in the second half of the season, which saw them lose four games out of eight, means they miss out on a bye week, falling behind the Kansas City Chiefs and the Baltimore Ravens in the AFC, who both won on Sunday.

Since the Wild Card System began in 1970, only 10 wild card teams have advanced all the way to the Super Bowl. Of those, six won the Super Bowl.

Elsewhere, the play-off schedule was confirmed in Sunday's late game as the San Francisco 49ers secured the number one seed in the NFC with a 26-21 victory at divisional rivals the Seattle Seahawks.



► The Miami Dolphins had their best win of the season against the Patriots

The 49ers, who reached the play-offs for the first time in six seasons, will have home advantage for every round.

Play-off schedule

The top two seeds in the NFC (San Francisco 49ers and Green Bay Packers) and AFC (Baltimore Ravens and Kansas City Chiefs) receive a first-round bye.

Wild card round

(Seeding in brackets)

- Buffalo Bills (5) at Houston Texans (4) - Saturday, Jan. 4
- Tennessee Titans (6) at New England Patriots (3) - Sunday, Jan. 5
- Minnesota Vikings (6) at New Orleans Saints (3) - Sunday, Jan. 5
- Seattle Seahawks (5) at Philadelphia Eagles (4) - Sunday, 5 Jan. 5 🌐

Lloyd and Greenidge are now 'Sirs'

West Indies cricket has two new knighthoods that were conferred on legends Clive Lloyd and Gordon Greenidge.

Both products of the golden generation of West Indies cricket, they were honoured with the prestigious titles in the Queen's New Year's Honours List.

"All West Indians everywhere should welcome such high level recognition for the outstanding contributions to the development and promotion of the game of cricket by both former stars, and we should all be proud of their much-deserved accolades," said Ricky Skerritt, Cricket West Indies President.

Lloyd, 75, captained West Indies to World Cup triumphs in 1975 and 1979 and was credited for moulding the West Indies side of the late 1970s and early 1980s into a dominant force in world cricket.

A hard-hitting left-hander, the Guyanese gathered 7,515 runs at an average of more than 46 from 110 Tests, with 19 hundreds.

Lloyd also served as West Indies team manager and chief selector, and also held prominent roles with the International Cricket Council as a match referee and as a member of their cricket committee.

Greenidge emerged as one of the finest opening batsmen in Test history, in a legendary alliance with fellow Barbadian Desmond Haynes.

Considered one of the technical geniuses of the game, the 68-year-old was a member of the 1975 and 1979 World Cup-winning sides. His highlights was a century in both innings of the 1976 Old Trafford Test and double hundreds on the 1984 tour of England.



► Gordon Greenidge was a great opener

Greenidge played 108 Test matches and scored 7,558 runs at an average of 44, with 19 centuries.

Conde Riley, the Barbados Cricket Association president and CWI director, was honoured with the title of Order of the British Empire (OBE) for his "services in the field of sport and in particular cricket administration". 🌐



► Clive Lloyd was the West Indies captain

GLOBAL NEWS BRIEFS

Canada firefighters help Aussies

Canadian firefighters are in Australia to bolster Canadians already assisting the country in the battle against devastating wildfires.

Stephen Tulle, duty officer with the Canadian Interagency Forest Fire Centre, said a group of 15 set out for Queensland Monday, while another group of 21 flew out later in the week.

He said the contingent of Canadian wildfire specialists stationed in Queensland and New South Wales will reach 87.

This is the first time that Canada has sent firefighters to Australia, although Tulle says crews from Down Under have visited there and were vital in helping British Columbia handle widespread wildfires in 2017 and 2018.

The Canadian contingent is made up of male and female volunteers from BC, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, Newfoundland and Labrador, Yukon and Parks Canada.

The Australian wildfires have killed at least 10 people and destroyed 1,000 homes across the country in the past few months.



► Canadian firefighters volunteered to help Down Under

The Canadians are primarily performing fire-manager duties, related to command, planning, logistics and aviation management.

Many of the Canadians are already familiar with their Australian counterparts, Tulle said. "It's like old homecoming week," he said.

"They're down there and they say, 'Hey, we worked together in British Columbia in 2018.' And so, they do know each other. They do have those contacts and those relationships."

Canadian firefighters will spend about six weeks in Australia before returning home and Canada will continue to send crews if volunteers can be found, and Australia is requesting help. 🌐

Philippines had worst tornado count last year

The Philippines is still counting its death toll from a powerful typhoon that lashed over the country over Christmas. It has risen to 47, with another nine people still missing, authorities said at press time.

Typhoon Phanfone, known locally as Ursula, made landfall in Eastern Samar province on Dec. 24, bringing heavy rain and storm surges. It hit as the equivalent of a Category 1 hurricane, packing sustained wind speeds of 150 kilometres (93 miles) per hour, with gusts of 195 kph (121 mph).

It then swept west across the islands of the Eastern Visayas region, southern Luzon and Western Visayas on Christmas Day, causing widespread travel disruption over the busy festive period in a majority Catholic region. Images from the area showed debris blocking roads, downed lamp posts, crumpled houses and people huddling in evacuation centres.

In total nearly two million people were affected, more than 378,000 houses were damaged, and 143 people were injured, the Philippine National Disaster Risk Reduction and Management Council said.

The typhoon caused about \$21.3 million in damage to infrastructure and agriculture.



► Typhoon Phanfone caused major destruction

Some tourist areas, including the popular resort island of Boracay, were also damaged. The nearby Kalibo International Airport was temporarily closed, and flights cancelled after the typhoon damaged the roof of the terminal building, according to an advisory from Philippine Airlines.

A total of 116 domestic flights and three international flights were cancelled due to the storm, but operations in the region have resumed as normal.

The Philippines gets hit by more typhoons than any other country, according to the Philippine Atmospheric, Geophysical and Astronomical Services Administration.

A month ago, Typhoon Kammuri, the twentieth to hit the country in 2019, killed 13 people and damaged more than 8,000 houses. 🌐

Honduras suffers from dengue epidemic

Honduras closed 2019 with more than 115,000 cases of dengue and 177 deaths from the disease, the worst in Latin America.

"It is the biggest epidemic that we have had," said Deputy Minister of Health Roberto Cosenza. He added that more than 20,000 people were diagnosed with severe dengue fever.

The viral disease has rapidly spread in recent years and is transmitted mainly by the *Aedes aegypti* mosquito, which also transmits chikungunya, yellow fever and Zika infections.

More than 400 people died last year as one of the worst dengue epidemics on record swept through Central America — a type of outbreak that some scientists and public health officials are warning is likely to become more frequent and more widespread because of climate change.

But while climate change is threatening to increase the spread of dengue worldwide by expanding the range of the mosquitoes that carry the virus, the disease has already found an especially fertile breeding ground in Honduras, for reasons that go beyond the environment.



► Honduras is fighting the spread of dengue fever

In Honduras, which accounted for more than 40 percent of the dengue deaths in Central America this year, according to the Pan American Health Organization, the effects of climate change have been compounded by government dysfunction, political tumult and public apathy.

Honduras's notorious criminality has worsened matters, too, as public health teams, already stretched thin by budget cuts and a lack of trained personnel, have been blocked by gangs from entering some of the most severely afflicted neighbourhoods to educate residents and fumigate against mosquito infestations. 🌐

Black UK businesses to get funding

Innovative black-led companies in the UK are set to benefit from a £100 million (KY\$109m) investment fund created by a unique team of venture capitalists who are strategically targeting businesses that also deliver a positive social impact.

Black-owned and managed venture capital firm Impact X has recently been launched to invest significant money in the businesses of under-represented groups such as the African Caribbean community and women in this country and across Europe.

It is managed and advised by an accomplished and ethnically diverse team that has over 500-years' worth of investment and management experience.

Among the founding members of the team are Paula Groves, General Partner, and a co-founding partner of the technology focussed fund Axxon Capital who has over 20 years' private equity and investment experience; Ursula Burns, Vice Chair, Digital & Technology, the first black woman CEO of a Fortune 500 company, Xerox, and named as one of the most powerful women in the world by Forbes; Eric Collins, CEO, a serial entrepreneur who has helped sell companies to the likes of Microsoft and Nuance as well as running a number of successful venture capital companies across the world.

According to recent research by the Economic and Social Research Council,



► Black enterprise in the UK will get more financial backing

businesses run by black and minority ethnic (BME) entrepreneurs were estimated to contribute up to £32 billion (KY\$35bn) per year to the British economy.

Yet despite growing levels of entrepreneurial activity in the BME community, aspiring black business owners often struggle to get significant investment to help their businesses grow. 🌐

Venezuela sees in New Year quietly

New Year's Eve in Venezuela used to be celebrated with various rituals including grapes and lentils, yellow underwear, a handful of money, and a suitcase taken around the block after midnight to invite opportunities for travel.

But Venezuelans no longer celebrate the end of the year with suitcases. For those who remain in the country, they are now a symbol of sadness and family separation.

For those driven from Venezuela by its political, social and economic crisis, they are a painful reality. Since 2016, over four million Venezuelans have left their country to escape violence and insecurity, as well as a lack of food, medicines and essential services. Of these, some 1.6 million men, women and children have crossed the border into Colombia, a country that does not have the resources to cope with the massive influx of migrants seeking safety and stability. Every day, hundreds of Venezuelans cross the Arauca River to Colombia in search of safety, food and healthcare. This migration represents the second largest population movement in the world after Syria.

Yet the dire situation of Venezuelan migrants and asylum seekers is largely



► Venezuelans are suffering under its economic collapse

being ignored by the international community and the humanitarian response remains severely limited, particularly in rural areas affected by armed conflict and criminal dynamics.

Most Venezuelans leave a distressing situation in their home country, but they do not reach a safe place on the other side of the border.

Many migrants sleep on the streets on arrival, then settle in slums or crowded houses. Poor living conditions and lack of access to water and sanitation have a direct impact on their health.

They risk being recruited by armed groups or for the cultivation of illicit crops or forced into prostitution. They suffer discrimination and sexual violence. 🌐

Cuba pleads for higher birth rate

The Cuban authorities will launch a campaign in 2020 in which they will ask Cubans to have more sex to increase the depressed birth rate on the island. The campaign, which will not be too subtle, will have the slogan "More love, more children," after the use of the word "sex" was banned from the propaganda.

A government source said "it is a necessary step" to encourage births, which in recent years have substantially decreased in Cuba, while population aging has alarmed the government due to its economic and social implications.

In 2018, the gross birth rate per thousand inhabitants was only 10.4, while the annual growth rate of the island's population was decreased for the second consecutive year to around 11.5 million. Meanwhile, projections indicate that the over 60 demographic will continue to increase and will exceed one third of the Cuban population in 2050.

The new campaign was devised to reverse this situation and will be



► Cuban couples are encouraged to have more babies

launched nationally on July 11, World Population Day. It will include radio and television spots seeking to persuade Cubans to have more children in the predominantly Catholic country. 🌐

CROSSWORD

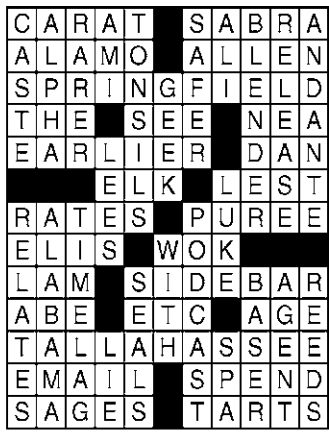
By THOMAS JOSEPH

ACROSS

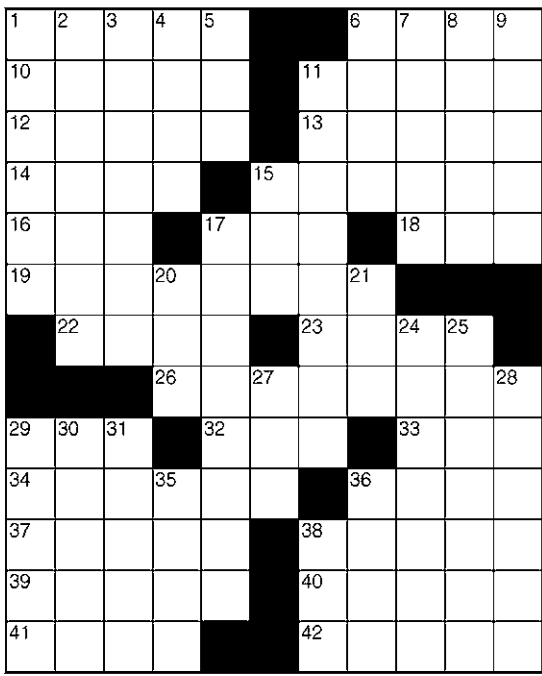
- 40 Find darling football players
- 6 Plummet
- 10 Plain silly
- 11 Zellweger of "Chicago"
- 12 Easy two-pointer
- 13 Heart, e.g.
- 14 Leave out
- 15 Truthful
- 16 Dieter's no-no
- 17 Bottom-line figure
- 18 Zodiac sign
- 19 Sweet-talks
- 22 Wow 'em at the comedy club
- 23 Staff member
- 26 Waiters' aids
- 29 Affectionate gesture
- 32 Rink stuff
- 33 Comic Bernie
- 34 Turmoil
- 36 Stand
- 37 Publicity act
- 38 Started
- 39 Sorts

DOWN

- 1 Took on, as work
- 2 Zoo residents
- 3 Star on a map
- 4 Make booties
- 5 Capitol Bldg. figure
- 6 Forest plant
- 7 Brat's opposite
- 8 Renter's paper
- 9 Slow tempo
- 11 Hotel door
- 15 Color
- 17 Salon staffers
- 20 Spigot
- 21 Canine command
- 24 Satyr, e.g.
- 25 Sign of error
- 27 Play part
- 28 Play parts
- 29 Corn covers
- 30 Loosen, as laces
- 31 Sty sound
- 35 Finishes
- 36 Make over
- 38 Outlaw



Yesterday's answer



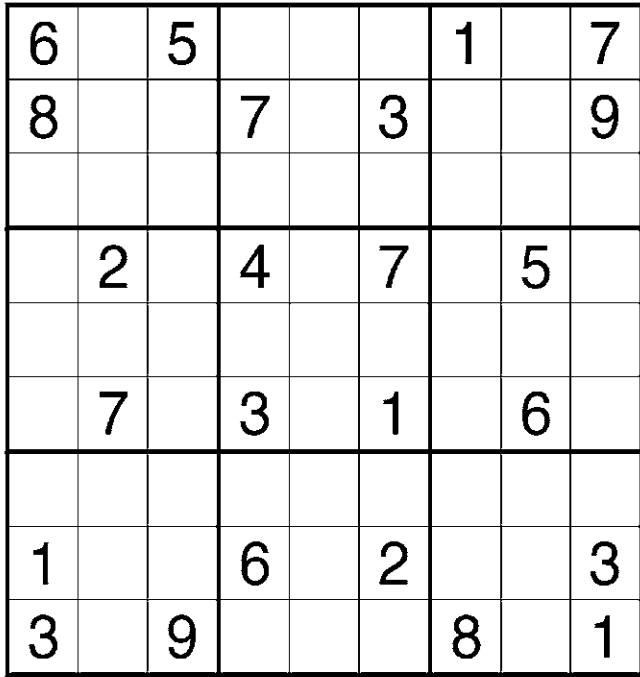
12-5

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

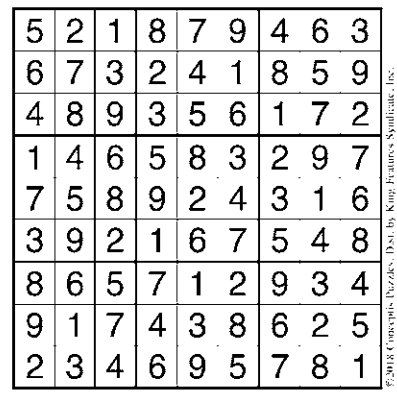
By Dave Green



Difficulty Level ★★★★★

10/19

Answer to previous puzzle



Difficulty Level ★★★

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Word Search

- Baklava
- Blini
- Borscht
- Cassata
- Chapatti
- Chow mein
- Couscous
- Dim sum
- Dolmades
- Falafel
- Gazpacho
- Goulash
- Haggis
- Halva
- Hummus
- Lasagne
- Luau
- Moussaka
- Paella
- Pita
- Sashimi
- Stollen
- Sushi
- Tagine
- Tempura
- Tortilla



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



CURTIS

By Ray Billingsley



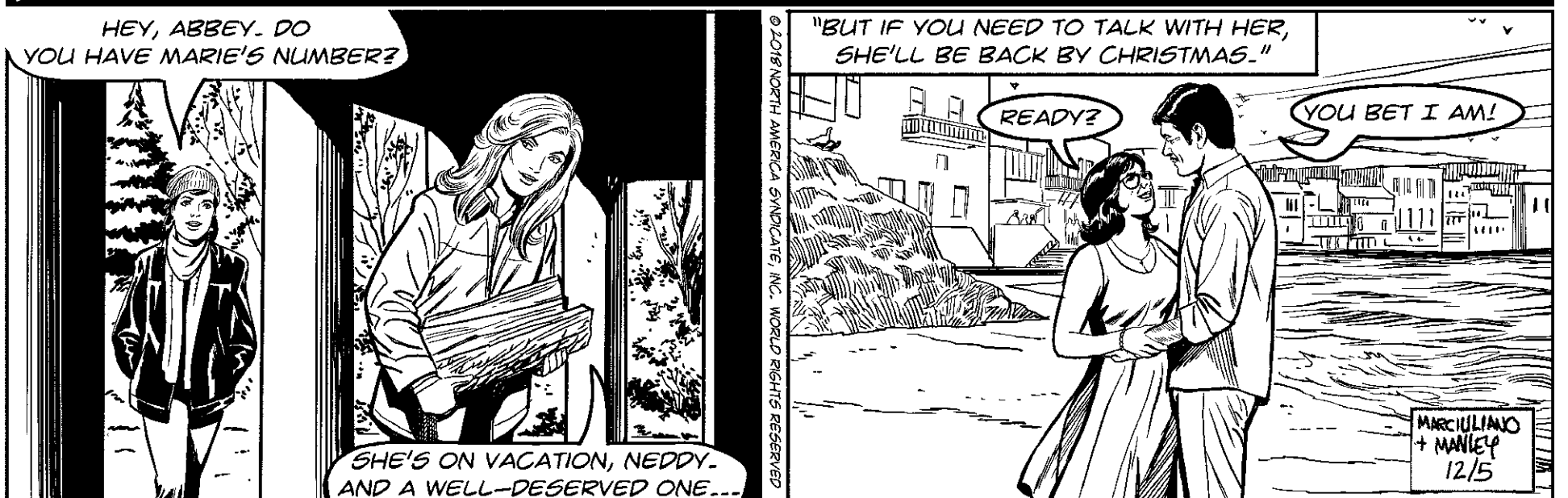
THE AMAZING SPIDER MAN

By Stan Lee



JUDGE PARKER

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