

Caymanian Times



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Less Stress for Better Health



**By Andrew Vincent MBA DipM
Director, Integra Healthcare Ltd**

There is a huge increase in focus on mental health and wellbeing, a topic that has been rightly pushed to the fore during the pandemic, and our mental health may even prove to be one of the longest of Covid consequences. This appreciation of mental health and acceptance of the wide variety of everyday manifestations is paramount to removing the lingering stigmatisation that many feel when opening up about the topic.

It does not help that we tend to associate so much of health as being physical or biochemical, and we are not wrong, of course. We wrongly associate mental health as being essentially 'mental' (de-

liberately left so vague), when many of the identified conditions remain physical and biochemical in their origins, including neurological, physical injury related and... stress. Let's face it folks, we are a bag of plumbing with a complex bunch of chemicals and electrical pulses dictating much of our existence, and mental health is no different. So, let's not treat it differently!

So, to kick off treating it the same, let's reflect on an issue that so clearly has mental, physical and emotional manifestations - stress. But is it a state, a trigger or an illness? Strong argument could be made for all of these. Stress is not always bad. It provides positive stimuli in some cases, leading to better performance and growth, and it is a fundamental component of our fight or flight mechanism, designed to keep

us safe. However, I am referring to the more destructive side, and destructive it can be!

Adverse levels or chronic stress can affect many body systems:

- Brain (anxiety, depression, mind fog, mood etc)
- Cardiovascular System (blood pressure, heart attacks, stroke)
- Skin (hair loss, dry or inflammatory skin conditions, acne)
- Joints & Muscles (inflammation, fatigue, aches)
- Gut (irritability, poor nutrient absorption, bowel changes, bloating)
- Immune System (poor immune function, increased recovery time)
- Reproductive System (changes in hormone production, sexual function and more)

Having previously suggested that sleep might constitute life's greatest cure-all, it would certainly be easy to think that stress may be the evil opposite, and that's not an unfair accusation. It is also easy to see from this collection of potential effects that many of them are also interlinked. For instance, poor nutrient absorption could lead to decreased immune function and joint pains. In the same way that sleep seems to act as a virtuous circle, stress is undoubtedly a vicious one.

To return to our chemical analogy, a particularly important one with respect to stress is Cortisol, often termed the stress hormone. It has many essential functions, from release of glucose from the liver for fast energy in fight or flight, to regulating sleep cycles. Cortisol plays many vital roles. The issue of chronic stress occurs

when a persistence or excess of cortisol starts to have adverse effects.

Problems caused by elevated cortisol are too numerous to examine in depth but just a few will help reinforce its prominence in our wellbeing. For instance, it can lead to inflammation, or cause high blood pressure, and because it regulates release of stored glucose, can raise blood sugar and cause diabetes. It is also very clear that high cortisol leads to weight gain, and we all know that weight gain is linked to a whole heap of other issues.

So, having introduced a topic that we will explore in far more depth over coming weeks - Better health for self through stress reduction - I will start this journey prudently for fear of now leaving everybody - stressed! The easy and free solutions are numerous, including:

- Getting sufficient sleep
- Exercising regularly
- Maintaining a good sense of humour
- Organising, which avoids overwhelm-generated stress
- Listening to music
- Swimming in the ocean

What we mustn't ever forget though is that stress is there for a reason, or because of a trigger. It's great to apply these stress-reducing measures but it is equally important to reflect on the cause of stress. Sometimes these are not easy to remove, like the pandemic, for instance, but in many cases, we can take activity steps to reduce the trigger. But I'm just too busy and overwhelmed to even think about it, I hear you say. Well, maybe that's a very good place to start then!



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First female Chief Justice, Ramsay-Hale, sworn in

Christopher Tobutt
Photographs by Bina Mani

Margaret Ramsay-Hale was sworn in as the Cayman Islands' new Chief Justice on Tuesday 25 October. Present were His Excellency the Governor Martyn Roper, Deputy Governor Hon Franz Manderson, Premier, the Hon Wayne Panton, Deputy Premier Hon Chris Saunders, other members of Cabinet, the outgoing Chief Justice Sir Anthony Smellie, fellow judges, attorneys and members of the public. She is Cayman's first ever female Chief Justice

and her appointment runs until 11 Oct 2031.

As head of the judiciary, each Chief Justice is responsible for representing the views of the judiciary to Parliament, for the maintenance and welfare and guidance of the judiciary, and the deployment and allocation of judiciary and works within the courts. "No public official is more accountable than members of the judiciary," commented outgoing chief justice Sir Anthony Smellie, "Everything is done in the glare of public scrutiny. The challenges themselves are often magnified by the expectations of

immediate responses and solutions which come with that scrutiny."

The Governor stood with Ramsay-Hale in the Centre of the court with a bible in his hand for the swearing in. "I Margaret Ramsay-Hale do solemnly and sincerely swear and declare that I will well and truly serve his Majesty King Charles III His Heirs and Successors, and the people of the Cayman Islands in the office of Chief Justice of the Cayman Islands that I will do right to all manner of people according to the law without fear or favor, affection or ill will so help me God."

The Governor declared, "By virtue of the power and authority vested in me, by sections 95.3 and 106 of the Cayman Islands Constitution Order 2009 and by subsection 1 of section 6 of the Grand Court Act 2015 revision, and of every other power hereunto enabling I have constituted and appointed and by these presents do constitute and appoint you, the said Margaret Ramsay Hale, to be Chief Justice of the Cayman Islands with effect from the 25th Day of October."

SEE FIRST FEMALE CHIEF JUSTICE PAGE 5



► Margaret Ramsay-Hale was sworn in as the new Chief Justice of the Cayman Islands.





First female Chief Justice

CONTINUED FROM Page 4

“The swearing in of a new chief justice and the first woman to hold the post is indeed an historic occasion for our jurisdiction. Chief Justice Ramsay Hale is an outstanding appointment warmly welcomed across her islands. It is a sign of the quality of the judiciary in our islands that the JISC made an appointment from the bench here in Cayman. It is testimony to the quality of the candidate but also a strong signal of confidence in the Cayman Islands where our independent judiciary plays such a key role in our rule of law and democracy. Indeed the strength of an independent judiciary underpins the success of our financial services.”

Attorney General Hon. Samuel Bulgin said Ramsay-Hale’s career began at the Chambers of Church St, Jamaica, before moving first to Montego Bay, and then to the Cayman Islands as Magistrate, Chief Magistrate, Acting Grand Court Judge, followed by Chief Justice in the Turks & Caicos Islands, “Before returning to the Cayman islands now at the pinnacle of the judiciary.”

Chief Justice Ramsay-Hale thanked the Governor for breaking with tradition by allowing the swearing in to take place in a public court. “For me it was very impor-

tant symbolically to be sworn in the public view, because this is where we do our work,” she said

“This is not an appointment to another court an appointment to my home court. Yes I am Jamaican, and that’s where I grew up, but there is something to be

said by raising your children in another community then you enter another phase of your own growing up, and for me as a mother and as a woman the years I’ve spent raising my family, were my formative years, as much as my years in Jamaica were.

“In my tenure as Chief Justice, the goal of the Cayman Islands judiciary will be to establish a blueprint for court excellence. We will be adopting the international framework for court excellence which is a quality management system designed to help courts improve their performance.”



Emily Kelly is the new Assistant Director of Sports – Programmes



► Newly-appointed Assistant Director of Sports – Programmes, Ms Emily Kelly.

The Ministry of Youth, Sports, Culture & Heritage is pleased to announce the appointment of a young Caymanian as Assistant Director of Sports – Programmes.

Ms Emily Kelly's duties involve overseeing the department's 20 coaches and sports coordinators to support them in delivering community programmes, camps, workshops, recreational leagues and events, along with school coaching sessions. She will also help to develop and maintain strong working relationships with local sports associations and organisations to increase collaborative efforts, and devise methods of assessing and evaluating programmes to maximise the department's potential.

Director of Sports, Mr. Kurt Hyde said: "I am so pleased to welcome Ms. Kelly to the team. Her skills, experience and drive are going to greatly enhance our community programmes, and assist in ongoing talent identification and development."

The University of Richmond, VA Bachelor of Arts graduate, brings a wealth of

US collegiate coaching and administrative experience to her present role. Her time at Division 1 and Division 3 institutions includes two years of coaching at University of Mary Washington, Fredericksburg, VA; and one season coaching at her alma mater.

Ms Kelly went on to study a Master's programme in Sports Leadership at Virginia Commonwealth University's Center. Its curriculum sparked her interest in the administrative side of college athletics, allowing her to support student-athletes with a more holistic approach to athlete development.

Ms Kelly then secured an administrative role as the LEADS Programme Coordinator (a leadership development programme that provides a comprehensive and educational view of leadership for student athletes) at Amherst College, Amherst, MA.

Prior to joining the Department of Sports, she was Director of Student-Athlete Development at University of Massa-

chusetts, Amherst. During that time, Ms. Kelly facilitated numerous leadership and life skills workshops, guiding athletes on building a well-rounded portfolio, identifying transferrable skills, and marketing themselves as they begin to navigate life beyond sport.

Speaking about her first post on island, the former Cayman National U17 and U20 footballer said: "I'm thrilled to join the Department of Sports and work alongside so many individuals who are passionate about our islands' sports engagement, and empowered me when I was a young athlete.

The opportunity to contribute to building a more collaborative culture to enhance the development of young Caymanians in sports – both as athletes, and those who aspire to work in the industry – energises me greatly. I'm eager to help elevate the sports landscape across our islands, and feel very grateful to be in a position to do so," she added.

Government Extends Electricity Assistance Programme to Help Residents through December

Today, the Cayman Islands Government announces a 3-month extension of the Electricity Assistance Programme (EAP) until December 2022 - designed to help residents manage during this period of unusually high fuel costs.

In continuing the initial Electricity Assistance Relief Programme which ran for July, August and September 2022, Government will contribute up to CI\$0.05 per kWh for eligible residential customers.

Eligible residential customers are those with monthly energy consumption between 101 and 2000 kWh. For instance, for a household in Grand Cayman consuming 1,800 kWh per month, this will equate to CI\$90 in savings off their electricity bill.

This initiative goes beyond the just announced OfReg-approved CUC "Fuel Factor Relief Programme", which is designed to cap fuel factor costs at CI\$0.20 per kWh (as a deferral of the increase until 2023), and runs over the same time period of October through December.

As had been projected, increased residential consumption over the summer months, combined with rising fuel costs, resulted in significantly increased electricity costs. The Government Electricity Assistance Programme has helped many thousands of residential customers with reducing their electricity bills over that period.

Premier Wayne Panton JP, MP stated that Government is fully committed to working proactively to prepare for further price increases, and to reduce what is known for most families as one of the biggest household expenses:

"Around the world, the soaring cost of living is being driven in part by the cost of fuel, and the resulting cost of energy. Here at home, our Government is committed to helping our people get through these challenging times by offering a direct subsidy to



► Premier Wayne Panton

their electricity bills. This will help blunt the impact of the sharp increases in utility bills, providing much-needed relief for those who need it," said Premier Panton.

"Although fuel costs are expected to plateau in the coming winter months, fuel costs remain

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relatively high when compared to a year ago. For example, at 24 cents per kWh, October's fuel cost estimate is double what it was in January of this year. This means that even though consumption should be going down because it is cooler, bills may remain relatively high for most households," he added.

In the face of increasing costs of living, the three month extension of the electricity assistance programme is yet another of more than a dozen initiatives put in place by Government to help lower and manage costs for residents during these difficult times. These include but are not limited to: the free school breakfast, snack and lunch programme; extensions of the displaced tourism worker sti-



pend programme through June 2022; assisting with health insurance payments; cost of living adjustments across the public sectors; and honorariums to public service pensioners.

The programme initially announced in June 2022 gave households a Government subsidy applied directly to their electricity bills, effectively reducing what customers had to pay to their utility company. This programme has helped more than 22,000 households across Grand Cayman, Cayman Brac and Little Cayman.

Between July to September 2022, customers on average saved a total of CI\$66.20 on their monthly utility bills.

In announcing the extension of the programme, Premier Panton emphasised Government's people-driven commitment and dedication to the initiative, and hope to provide comfort to those currently enduring difficult times:

"As a Government, we understand how hard these times are for families, senior citizens and young adults, and we will not make

excuses or say that nothing can be done," said Premier Panton.

"That is why we have been working diligently since May last year to put in place more than a dozen initiatives to lower direct costs, and help people protect their income as we brace ourselves to get through the economic challenges that will continue to face us for the foreseeable future. We understand that things are tough, and people are experiencing financial stress, but we are here to help and give our people hope. If we each do our part, and we work together, we can get through these tough times," Premier Panton added.

The extended programme will continue to provide assistance to over 80% of the residential customers of CUC and Cayman Brac Power and Light over the next three months. The programme is effective for electricity consumption from October 1, 2022 through to December 31, 2022.

To learn more about how Government is containing costs for individuals and families across the Cayman Islands, visit www.gov.ky/cost-of-living.

Cadet Corps receive a new leader



► Governor Martyn Roper inspects the Cadets



► The Cadets' band



► Cayman's Finest: the Cayman Islands Cadet Corps on parade



► Cadets on parade

By Christopher Tobutt

It was an amazing spectacle of color, discipline and military precision as the entire Cayman Islands Cadets regiment with their bright red uniforms and brass buttons glinting in the sunshine, paraded their colors for their new leader, Commandant Errol Braithwaite, at the Truman Bodden Stadium on Sunday 22 October. Attending the handing over ceremony was His Excellency The Governor, Martyn Roper, and Hon Sabrina Turner, MP · Minister for Home Affairs.

The outgoing Commandant, Lt Col Bobeth O'Garro dedicated twenty years of service to the Cayman Islands Cadet Corps (CICC) and her Country after being seconded to the CICC in 2002 from the Royal Cayman Islands Police Service as acting Commandant from March 2008 until her appointment became confirmed five years later in 2013, where she remained until June 8th 2021. She became the first female Commandant in the region and is the first female head of a paramilitary uniform group in the Cayman Islands. During the course of her years of service to the CICC, Lt Col O'Garro has been awarded the Certificate of Honour (Cert. Hon.) Caribbean Cadet Medal (CCM), Meritorious Service Medal (MSM), Long Service Medal, Queen's Silver Jubilee Medal, and Queen's Diamond Jubilee Medal for her resolute contribution to the Country and Region.

Ms. O'Garro spoke about the early days of the cadets, when resources were low: "We were even struggling to get volunteers which at times, which required me as the Commandant to fill in by driving the bus and doing pickups, and even roughing it out in the bushes at camp. There were moments of frustration but there were even more joyful moments of leading this organization," she said. "Watching our young boys and girls develop their skills through participating in the cadet corps has brought me most satisfaction." Ms. O'Garro finally addressed the volunteers who dedicate their evenings, mornings and weekends to help the Cadets: "You are one of the greatest assets of the Cayman Islands Cadet Corps," she said.



► official signing over of the Cadet Corps leadership.



Cadet Corps

CONTINUED FROM Page 7

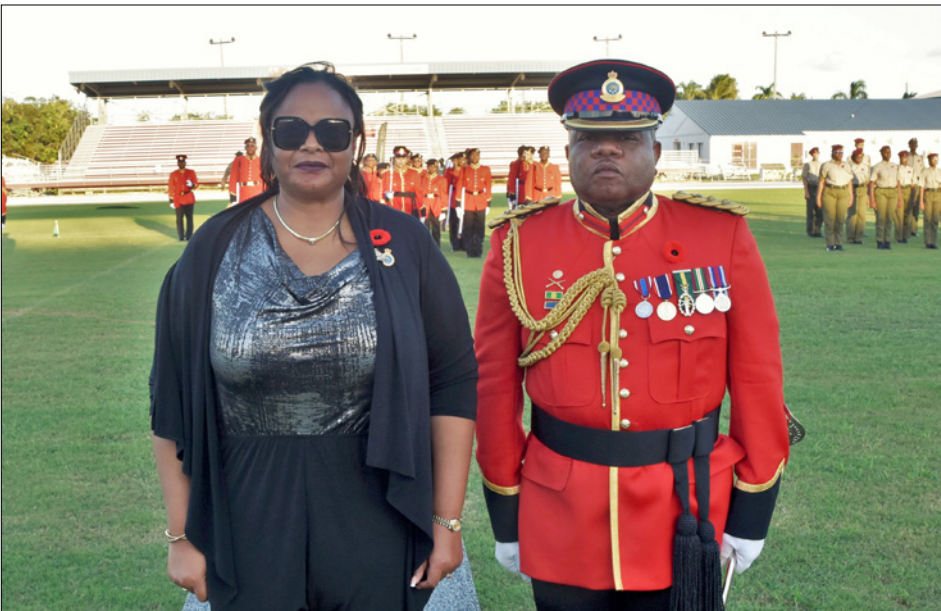
The New Commandant, Errol Braithwaite commented: "There is perhaps no better time to reflect on the path which the CICC has taken, achieving success over its 20 years of existence. First and foremost

I'd like to extend my gratitude to the Cayman Islands Government for its continued funding of the cadet corps. Secondly, I'd wish to express heartfelt thanks to the outgoing commandant, Lieutenant colonel Bobeth O'Garro and those who served under her command. "I must admit that when we first met, over 20 years ago, it was her, myself and Col. Philip Hyre who attended the initial training course in Barbados. It

was a clear indication for me then that she was destined for success. I saw the commandants attending regional conferences over the years, we plotted along with our regional counterparts a developmental strategy for the regional cadet movement to advance from strength to strength.

Governor Roper inspected all of the Cadets. "I must say that we are extremely proud of the Cayman Islands Cadet Corps

and everything that they do for our islands. You have become an absolutely fundamental part of the fabric of these islands and I want to pay tribute to each and every one of you for what you are doing for our islands thank you," he said. I really want to applaud Ms. Turner and this government for really making sure our cadets act as the feed organization for other uniform branches."



► The new Commandant, Errol Braithwaite with Minister Turner



GAS PRICES



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

Lowest Prices	Grand Cayman	5,72	5,88	6,05
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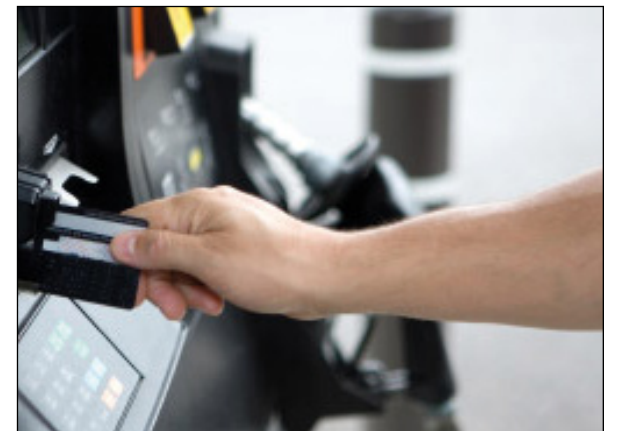
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			Carnival Paradise		
			Celebrity Summit		
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4,000	3,000	3,600	7,570	0	2,850



Department of Environmental Health
Cayman Islands Government

2022 Bulk Waste Collection Schedule

Grand Cayman

- West Bay — Nov. 7 - 12
- George Town — Nov. 14 - 19
- Bodden Town — Nov. 21 - 26
- North Side/ East End — Nov. 28 - Dec. 3

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- Monitor and manage the manpower, equipment and tools in all areas under his/her control.
- Maintain a current knowledge relative to aircraft maintenance, airworthiness procedures, company requirements and technical developments in the industry
- Monitors the development and training of all staff under his/her direction
- Ensure a high level of professionalism, productivity and discipline by effective supervision and counseling of staff under his/her direction

Qualifications, Skills and Experience:

- Must possess a current Aircraft Maintenance Engineer's License without type rating issued by the CAA CI or a licensing authority specified in OTAR Part 66.53
- Must be the holder of full certifying authority on B737-8 aircraft in either the A&C or Avionics category, with good specific system knowledge and proven troubleshooting skills
- Minimum of 6 years' experience as an approved engineer on the B737-8 or similar aircraft, with at least 3 years in a management capacity
- Experience on B737-800 / B737-8 aircraft would be advantageous
- Must possess good knowledge of aviation regulations
- Must be able to work under pressure at times while maintaining accuracy at all times
- Work requirements necessitate that the individual be disciplined, honest and trustworthy
- Must be decisive and analytical when making technical decisions
- Must be able to motivate and command the respect of junior staff
- Must have good interpersonal, oral and written communication skills
- Excellent management, leadership, organizational, and administrative skills
- Work requirements necessitate shift work, nights, weekends, major holidays and on call duties, when required
- Must be willing to temporarily relocate within reason to satisfy the company's operational needs

Cayman Airways offers an excellent compensation package. Qualified Caymanians, Caymanian Status holders and other legal residents with the right to work may apply in writing to:

Applicants must submit a Cayman Airways Application Form along with Resume and any supporting documents, to: jobs@caymanairways.net

The Cayman Airways Application Form is available at:

<https://www.caymanairways.com/career>

*The deadline for receipt of applications is **11th November, 2022***

Late and incomplete applications will not be accepted.



Seeking to hire in the following positions:

- Technical Assistant
- Cell Phone Technician
- Administrative Secretary
- Computer Technician Assistant
- Technical Customer Service Associate

Salary range CI\$7 to CI\$8.50 p/h

Collect a company application and deliver the completed application with a photo ID and resumes to Bay Town Plaza.

Only suitable and experienced persons need apply.

Caymanians and persons not requiring a permit will be given preference. Shortlisted candidates will be contacted.

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Digicel Group Ltd. is seeking applications for the **Market CEO** position.

Job Summary:

This opportunity requires a proactive and innovative, hands-on Chief Executive with a proven ability to build relationships and initiate change. A key element of the role will be building external relationships and representing Digicel at Corporate events and building community relations. You will be responsible for leadership and general management of the business to ensure that the revenue and EBITDA targets are achieved.

Main Duties and Responsibilities:

- Oversee quality control throughout the company, establishing goals for each department in partnership with division managers
- Develop a high-quality business strategy, ensuring they are aligned with short-term and long-term objectives
- Work closely with government and regulatory bodies to ensure compliance and contribute to the development of new regulations and policies.
- Engage senior level contacts and business partners in government, corporate entities, and the media
- Enforce adherence to legal guidelines and in-house policies to maintain the company's legality and business ethics
- Work closely with the CFO (Chief Financial Officer) to prepare annual budgets
- Review financial and non-financial reports to devise solutions or improvements
- Make high-quality investment decisions to advance the business and increase profits
- Maintain a management team that drives and supports employee development, revenue generation and customer loyalty
- Be the guardian of the company's brand equity and public image to consumers, government and other stakeholders and the wider business community

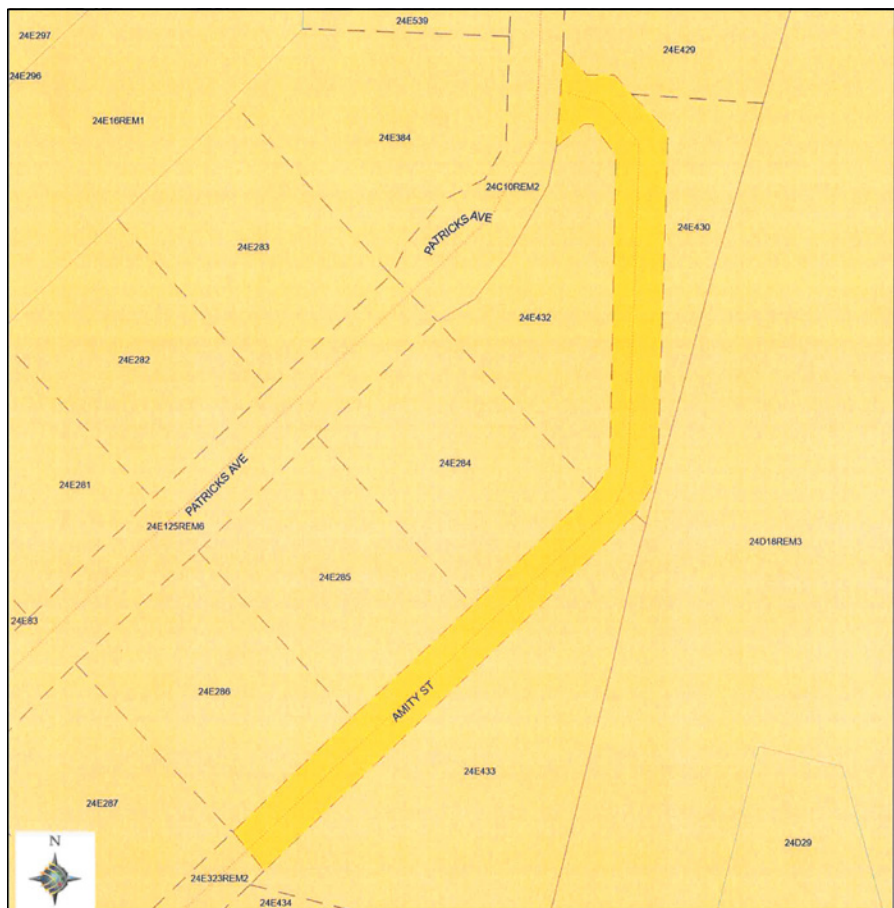
Required Qualifications & Experience:

- Bachelor's Degree in Business Administration or equivalent
- Minimum 5 years Commercial experience
- Minimum 3 years General Management experience in a Telecoms environment
- Track record of success in aggressively meeting targets
- Proven experience and expertise in Sales or Business Development.

Functional Skills:

- Strong leadership qualities with the ability to build high performance teams.
- Commitment to excellence and high standards
- Ability to work in a deadline-driven and fast paced environment
- Versatility, flexibility, and a willingness to work within constantly changing priorities
- Excellent interpersonal skills
- Effective negotiator
- Strong decision-making skills and customer focus

Salary Range will be CI\$160k-190k per annum depending on qualifications, knowledge, and experience working 40 hours per week. Benefits as deemed by law.



NOTICE UNDER SECTION 138(2) OF THE REGISTERED LAND ACT (2018 REVISION)

An application has been received from the **Proprietor, NEIL DE VERE**, under Section 138 of the Registered Land Act, one of the registered proprietor of **Registration Section SPOTTS, Block 24E Parcel 285** to be registered as a beneficiary who has acquired an easement by virtue of the Registered Land Act, without registration by peaceable, open and uninterrupted enjoyment over the land, comprised in **Registration Section, SPOTTS Block 24E Parcel 431**, for over twenty years shown on the extract of the Registry Map above.

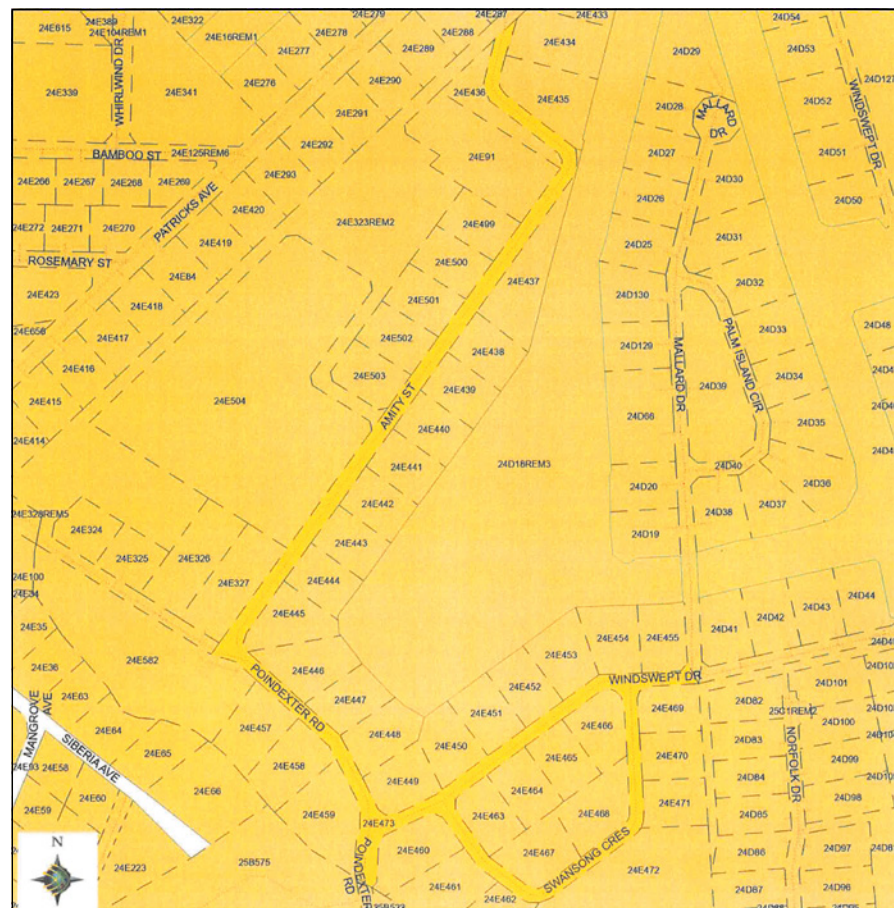
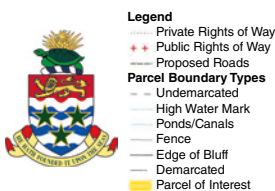
Therefore: **NOTICE IS HEREBY GIVEN** that an **ORDER** will be made for the registration of an **EASEMENT BY PRESCRIPTION** burdening **Registration Section, SPOTTS, Block 24E Parcel 431** in favour of the registered proprietors of **Registration Section SPOTTS, Block 24E Parcel 285** on or after **9 DECEMBER 2022**.

Anyone who wishes to object to this claim or comment in any way must state their reasons in writing to:

The Registrar of Lands
Lands & Survey Department
Box 120
Government Administration Building, Elgin Ave.
Grand Cayman, KY1-9000
CAYMAN ISLANDS

All such correspondence should arrive before 9 DECEMBER 2022.

TO:
THE PATRICK'S ISLAND HOME OWNERS ASSOCIATION,
P.O. Box 2681, Grand Cayman KY1-1111
Cayman Islands



NOTICE UNDER SECTION 138(2) OF THE REGISTERED LAND ACT (2018 REVISION)

An application has been received from the **Proprietor, NEIL DE VERE**, under Section 138 of the Registered Land Act, one of the registered proprietor of **Registration Section SPOTTS, Block 24E Parcel 285** to be registered as a beneficiary who has acquired an easement by virtue of the Registered Land Act, without registration by peaceable, open and uninterrupted enjoyment over the land, comprised in **Registration Section, SPOTTS Block 24E Parcel 473**, for over twenty years shown on the extract of the Registry Map above.

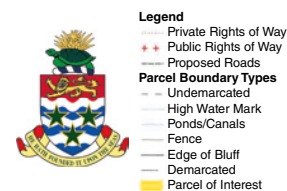
Therefore: **NOTICE IS HEREBY GIVEN** that an **ORDER** will be made for the registration of an **EASEMENT BY PRESCRIPTION** burdening **Registration Section, SPOTTS, Block 24E Parcel 473** in favour of the registered proprietors of **Registration Section SPOTTS, Block 24E Parcel 285** on or after **9th DECEMBER 2022**.

Anyone who wishes to object to this claim or comment in any way must state their reasons in writing to:

The Registrar of Lands
Lands & Survey Department
Box 120
Government Administration Building, Elgin Ave.
Grand Cayman, KY1-9000
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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

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

Answer to previous puzzle

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

Difficulty Level ★★★

3/01

Difficulty Level ★★★

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Bits of smoke
- 6 Radar sights
- 11 Prelude
- 12 Mail in
- 13 Milking seat
- 14 Be penitent
- 15 "Wait a minute!"
- 17 Right away
- 18 Summer on the Seine
- 19 Choice morsels
- 22 Icarus, to Daedalus
- 23 Warns
- 24 "The Hobbit" hero
- 25 Platter player
- 27 Truck part
- 30 Movie genre
- 31 Gardner of film
- 32 Vein contents
- 33 Got fresh with
- 35 Trailing plant
- 38 Cake cover

DOWN

- 39 Follow
- 40 Mountain group
- 41 Poor
- 42 Periphery
- 1 Trio from a genie
- 2 All together
- 3 Hot
- 4 Spur on
- 5 Game for one
- 6 Lingerie buy
- 7 Rent out
- 8 "Right away, boss!"
- 9 Some wines
- 10 Frets
- 16 Boat steerers
- 20 Suave
- 21 Sis's sib
- 24 Put on the line
- 25 Peaceful
- 26 Feared fly
- 27 Sausage skin
- 28 Pay back
- 29 Scout's awards
- 30 Like burlap
- 34 Large amount
- 36 Cow's chew
- 37 "You there!"

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

Yesterday's answer

- 9 Some wines
- 10 Frets
- 16 Boat steerers
- 20 Suave
- 21 Sis's sib
- 24 Put on the line
- 25 Peaceful
- 26 Feared fly
- 27 Sausage skin
- 28 Pay back
- 29 Scout's awards
- 30 Like burlap
- 34 Large amount
- 36 Cow's chew
- 37 "You there!"

Word Search

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

- Hoagy
- Hoard
- Hoarse
- Hoax
- Hobbit
- Hobbyhorse
- Hobgoblin
- Hobnob
- Hobo
- Hockey
- Hoedown
- Hogback
- Hokum
- Hollyhock
- Hombre
- Hominy
- Hoopla
- Hoopoe
- Horseshoe
- Hosanna
- Hotpot
- Howitzer

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

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

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

3-10



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CURTIS

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By Stan Lee



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By Woody Wilson & Mike Manley

