A photograph of two men in dark suits and light blue face masks. The man on the left is wearing glasses and a dark tie, while the man on the right is wearing a striped tie. Both are holding blue folders. They are standing in front of a large window with a decorative patterned curtain. The headline 'PM'S LEADERSHIP SHINES AT COP26!' is overlaid in large white text.

PM'S LEADERSHIP SHINES AT COP26!

see **EDITORIAL** on **PAGE 2** and story on **PAGE 15**

Antigua and Barbuda's Prime Minister Hon. Gaston Browne (left) who is also Chairman of the Alliance of Small Island States (AOSIS) with the Prime Minister of Tuvalu, Kausea Natano, as they collaborate in an unprecedented way at the COP26 Climate Change Summit in the UK. Scour inside to find out which story pertains to this historic pic. Our PM's Independence message is also reproduced.

- INSIDE:**
- Antigua and Barbuda's unflinching journey to 40
 - The latest COVID dashboard and its messages
 - Met Office tells beachgoers to beware of high surf!

COP26 WORLD LEADERS' SUMMIT 2021

Statement by the Honourable Gaston Browne, Prime Minister of Antigua and Barbuda and Chair of the Alliance of Small Island States (AOSIS)

Excellencies, Ladies and Gentlemen: I make this statement on behalf of the Alliance of Small Island States ... I begin by thanking the Government of the United Kingdom for hosting this important World Leaders' Summit from which much is expected.

Small island devel-

oping states attend this meeting troubled that the world is teetering dangerously on the precipice of a climate catastrophe if we overshoot the 1.5 degrees goal, with fatal consequences for all, especially SIDS.

Those effects have been evident in more

frequent catastrophic climate events that have decimated lives and livelihoods.

The difference between small island developing states and industrialized nations is the capacity to respond.

It takes a single storm, a few hours to destroy the economy and in-

frastructure of an entire small island state which lacks the necessary financial and other resources to rebound and rebuild.

Colleagues, this is now the perennial experience that small island developing states suffer, through no fault of their own.

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Hon. Gaston Browne, Prime Minister of Antigua and Barbuda; Chairman of CARICOM and Chairman of AOSIS.

This situation has weakened our ability to plan our economic and social development with predictability.

Colleagues, I remind that the contribution of all small island developing states to carbon dioxide emissions and climate change is less than one percent of the global emissions. Our countries are the least liable for the damage to the world's environment, but we pay the highest price.

I recall the words of Aristotle: "The greatest injustices proceed from those who pursue excess."

Surely the time has come for such excesses and injustice to end.

Colleagues, the scale

of funding for climate adaptation and mitigation has been sadly inadequate. It needs to be increased significantly if justice is to be served.

AOSIS calls for direct attention to loss and damage at this COP, as a distinct issue in its own right, not just on the margins of adaptation.

Such loss and damage have persisted for decades, but compensation has been neglected by the governments of the worst polluting countries for far too long.

Should no formal mechanism for loss and damage compensation be established, member countries of the United Nations may be prepared to seek justice in

the appropriate international bodies.

We hoped that no one would have had to come to such a position, but our very existence now depends on urgent attention to our perilous situation.

Colleagues, we are all aware that the promise made 12 years ago by the developed countries to provide \$100 billion annually in climate finance – to help deal with the effects of climate change – has not been fulfilled.

However, the G20 countries have, since the adoption of the Paris Agreement, provided over 3 trillion US dollars in support to the fossil fuel industry – including excessive subsidies – with only a meagre two billion USD per year, made available through the UN's climate funds.

We are also aware that the OECD has confirmed that climate finance to SIDS dropped by more than \$600 million between 2018 and 2019.

Colleagues, we can all agree that this is regressive. Worse yet, such financing, as available, is subject to conditionalities, including the inconsiderate and wrongful criterion of per

capita income. These conditionalities should not be applied to climate finance, and SIDS' accessibility should be based on their vulnerability. Colleagues, all of this makes COP26 a truly decisive moment for small islands and countries with low-lying coastal states.

This is the last decade the world has to avoid the worst impacts of global warming, and COP26 is our last chance to deliver on ambitious commitments and actions, to avert catastrophic consequences. I plead that we do not squander this crucial opportunity.

COP26 should deliver the following commitments: reduced emissions to keep temperatures below 1.5 degrees; phasing out of fossil fuel subsidies; scaled-up and accessible adaptation and mitigation funding; and a firm mechanism for loss and damage, as we work in global solidarity to save our planet and human civilization.

There is work to be done. We are on the clock. Our children are watching.

I thank you.



OFFICE OF THE GOVERNOR GENERAL
ANTIGUA & BARBUDA

**40th ANNIVERSARY OF INDEPENDENCE MESSAGE FROM THE
GOVERNOR GENERAL**

Dear Citizens and Residents of Antigua and Barbuda,

Congratulations on the achievement of the 40th Anniversary of Independence of our Nation.

Forty years as a sovereign state is a momentous milestone and one which is worthy of celebration. A nation's independence means more than freedom from political reliance on another. It also means that the nation is considered to have the capability of enabling its citizens and residents to live in an environment that is safe, stable, and supportive of those who wish to engage in meaningful endeavours. Independence means that within the nation exists the maturity, competence, and skills to develop policies and programmes which will enhance the socio-economic aspects of everyday life for its citizenry in a sustainable manner.

We celebrate the achievements of all the notable past recipients of national awards in various fields- including culture and the arts, education, sports, and humanitarian feats. Some 650 national honours of various categories have been distributed in Antigua and Barbuda over the past 40 years. Few can deny that our country has made significant progress, and we must applaud the insightfulness and hard work of those who have gone before us, having contributed in a meaningful way to the development of our twin-island "little bit of paradise". We must also commend and encourage those who continue to do their part to preserve Our Nation so that future generations can exist in a wholesome and winsome environment.

We acknowledge the reality that Our Nation has also had its fair share of difficulties. In spite of the seemingly endless litany of COVID-19 related ailments, one fact is apparent: Antiguan and Barbudans are a resilient people. Let us continue to focus upon the realignment of Our Nation to one where all citizens and residents have a reduced risk of illness; where everyone can work in safe and healthy places of employment; where our hospital beds are empty of patients with infectious diseases; and where our economy begins to remarkably rebound.

Happy 40th Anniversary of Independence to all.

His Excellency Sir Rodney Williams GCMG, KGN, KSt.J, DSc, PhD, MBBS
Governor General of Antigua and Barbuda





HAPPY INDEPENDENCE MESSAGE

Congratulations to the people of Antigua and Barbuda on the 40th Anniversary of Independence!

The country which our ancestors began reinventing, after defeating colonialism, differs remarkably from the sparse building blocks inherited on 1st November 1981. Those forty years until the present have been a marvelous experiment; the people and government created a better life for the citizens and residents through innovation, courage, and resilience.

For a colonial outpost, peopled and economically designed purposefully to extract wealth for absentee owners, beginning nearly four centuries ago, the relatively short period of sovereignty demonstrates collective brilliance. Our people have been yearning for the opportunities to manage their own affairs and to express their nationhood by astute leadership. The evidence demonstrates that the political maturity and social cohesion displayed during the forty years of independence are highly-valued behaviours that have become deeply ingrained in the sovereign consciousness of the people of Antigua and Barbuda.

There have been 16 general elections since 1946, when political parties first emerged. Never has there been a resort to violence or to force, in order to change the outcomes of those democratic expressions. In the eight general elections since 1981, governments have been changed with power passing from one political party to another, no violence or disturbance. Political maturity and social cohesion have been at work. Our cultural traditions, including the annual Carnival and the Christmas celebrations, enrich and

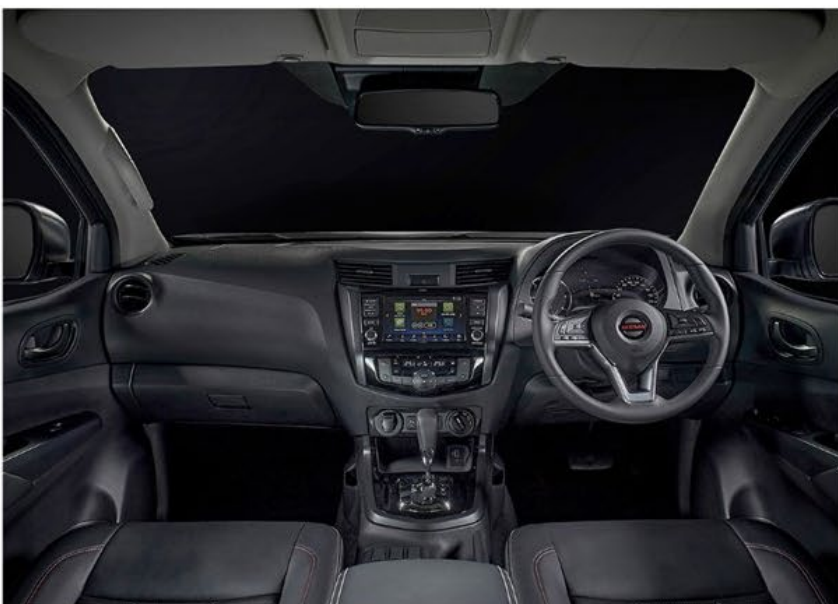
bind our people. These celebrations allow for all other incidental identities to be submerged temporarily, even as competition for excellence shines through. Our people have learned, through Christian values and socialization, to be tolerant and patient with each other.

The novel Coronavirus disease, or the Covid-19, the resulting vaccines that prevent hospitalization and death, and the securing of a sufficient supply of those vaccines now approved, have tested every country's people, worldwide. In Antigua and Barbuda's case, sufficiency of supply of the vaccines has been achieved. Yet, a significant cadre of our people seem determined to challenge the nation's leadership and to remain unvaccinated. This disagreement in the 40th year of Independence is surprising. Achieving national immunity will, nevertheless, continue as a national ambition. I am confident that our people will triumph over Covid and restore normalcy, good health, and prosperity for future generations.

I congratulate the people of Antigua and Barbuda for forty years of excellence, and I promise to take our country forward in the years ahead, turning the nation into an Economic Powerhouse.

Long live Antigua and Barbuda! Long live our people! Long live sovereignty!

Honourable Gaston Browne M.P.
Prime Minister
November 1, 2021



Give us a call 481-2500 and Roll Like a PRO



HAPPY INDEPENDENCE MESSAGE

Our national health, education, financial, and commercial systems continue to feel the impact of the COVID 19 pandemic. Nonetheless, as we commemorate our 'Ruby Jubilee' – Antigua and Barbuda's 40th Independence Anniversary, it is imperative that we collectively ponder on the theme for this year, ***"Resilience, Reflection and Recovery"***. In doing this, we shift our focus back to the past, while pursuing a future of continuing the work of Nation-building, laid out by our forefathers.

Forty years later, our traditions and values that we consider uniquely Antiguan and Barbudan should not only be remembered, and celebrated during our Independence or Carnival celebrations, but as an ongoing effort, as we strive to continue the preservation and development of our cultural heritage.

Just like 2020, this year, has been quite challenging for our Nation in almost every sector, more specifically Education, Sports, and the Creative Industries. However, the work of the individuals working in these industries should not go unnoticed. By their unwavering commitment and outstanding performances, it is a clear indication that despite the odds and uncertainties, greatness can be achieved – they are our Nation's unsung heroes, and you have made Antigua and Barbuda immensely proud.

Much emphasis should also be placed on recognizing the contributors, who continuously strive to develop other sectors within our Nation, and the continued efforts to keep transforming our Nation, in today's ever-changing environment. In this moment, we pause to honour the thousands of persons who have answered the clarion call to serve their country, despite the challenges we now face in 2021.

This year, which is considered a milestone celebration, should remind us that within the last year, our ***Resilience*** as a Nation is unmatched, we should never cease to ***Reflect*** on our National goals, and the only way for us to ***Recover*** is to stand together, work together, and advance together.

At this time, I would like to congratulate the Government and people of Antigua and Barbuda on the celebration of the 40th Anniversary of Independence.

Honourable Daryll S. Matthew
Minister of Education, Sports and the Creative Industries

India says Happy 40th Independence to Antigua and Barbuda



Antigua and Barbuda's Prime Minister, Hon. Gaston Browne (left) with his Indian counterpart, Narendra Modi.

India says Happy 40th Independence to Antigua and Barbuda. On the occasion of Antigua and Barbuda celebrating its 40th Anniversary of Independence on 1st November 2021, H.E. Dr K.J. Srinivasa, High Commissioner of India resident in Guyana, conveyed congratulations and best wishes on behalf of the Government and people of India and the High Commission of India in Guyana accredited to Antigua and Barbuda, to Honourable Prime Minister Mr. Gaston Browne, the Government, and all sisters and brothers of Antigua and Barbuda.

High Commissioner Srinivasa said bilateral relations between Antigua & Barbuda and India have been growing steadily and have seen greater visibility and enhanced momentum in all areas.

India is a valuable and trusted partner in Antigua and Barbuda's growth story. India is committed to further strengthen and deepen the warm and friendly ties with Antigua and Barbuda. Honourable Prime Minister of India, Mr. Narendra Modi had clearly signalled the great importance and priority that India attaches to Antigua and Barbuda as a valuable partner and friend in the CARICOM.

Antigua and Barbuda looks towards India for collaborations in many sectors including infrastructure, healthcare, agriculture, education, hospitality, manufacturing, personal care services, renewable energy, SMEs, etc.

High Commissioner Srinivasa added that the Government of India will be happy to support Antigua and Barbuda in all possible

ways to assist in its requirements and continued growth, and encourage Indian companies to work with Antiguan companies with offers of technology support and knowledge-sharing.

India is also offering training and capacity-building to the citizens of Antigua and Barbuda for enhancing the skill level of its people for nation building.

High Commissioner Srinivasa reiterated that India will always be a strategic partner and a friend in need and deed for Antigua and Barbuda. The Government and people of India pray for the progress and well-being of Antigua and Barbuda and its people.

Happy Independence Antigua and Barbuda. Long live India-Antigua and Barbuda friendship. (31 October 2021)



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State Insurance Corporation was established as a department of government on January 17th 1977 through the Ministry of Finance with a loan capital of EC\$100,000. At the helm were founding members Rolston Barthley and Robert Josiah.

State Insurance was established to offer insurance protection at an affordable cost and to plug the leakage of foreign exchange in what was a foreign dominated sector and operations commenced in the Hadeed Building located at the corner of Redcliffe and Market Street. With the creation of State Insurance Corporation a new era of employment opened up for Antiguan and Barbudans who are employed at all levels within the organization. The Department blossomed and as a result, in March of 1978, moved into the Peasant Development Office (PDO) building on Kentish Road.

In 1985, a new legislation – The State Insurance Corporation Act # 9 of 1985 was passed by the Parliament of Antigua and Barbuda. As the Corporation grew the Headquarters was erected on upper Redcliffe Street in 1989 where it remains upto today. In 2020, State Insurance was transformed and is now a Limited Liability Company, still wholly owned by the Government of Antigua and Barbuda. It has a regional expansion vision and will be moving towards expanding to public ownership in keeping with the mandate of the current administration.

State Insurance has been tested as it weathered the natural disasters during the most active hurricane periods of 1989 to 1999 with recorded claims in excess of 4,000 and paid claims of \$115 million. State Insurance is now a multi-million premium income Company contributing to the development of the nation's human resources and building of the economy.

State Insurance Corporation operated under the pillar “For your protection and your economy” for over forty-years. In January 2019 there was a rebranding exercise and State Insurance Company Limited emerged moving the provision of insurance services to the pillar of

“Living in a better STATE of mind”. This bold step was the first of many towards satisfying the mandate of taking the Company regional.

Today we continue to serve under the leadership of our Chief Executive Officer Mrs. Lyndell Francis-Butler with an increased capital of \$25,000,000.00.

State Insurance Company Limited is thankful and proud to have served its customers faithfully over the past 45 years and look forward to continued relationships.

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High Surf Advisory in effect until Wednesday

The Antigua and Barbuda Meteorological Service has issued a "High Surf Advisory" that took effect on Saturday 30 October and which remains valid until Wednesday 3rd November. The affected areas include mainly reefs and exposed coastlines facing north and having shallow near-shore areas that are gently to moderately sloping. The following information has been provided by weather forecaster Dale Destin.

Synopsis: Moderate long period swells are reaching the area and affecting mainly north-facing coastlines. The threat level to the life, livelihood, property and infrastructure of those using the affected coastlines is moderate, with the potential for significant impacts. These swells are expected to cause life-threatening surfs and rip currents near affected coastlines. A high surf advisory means that dangerous surfs of 2 to 3 metres or 6 to 10 feet will affect some coastlines in the advisory area, producing hazard-

ous conditions. Seas (significant wave heights): 1.2 to 2 metres (4 to 6 feet), occasionally or locally reaching near 2.5 metres (near 8 feet). Swell period: 10 to 15 seconds. Swells: North at 1.2 to 2 metres (4 to 6 feet) and occasionally higher.

Surfs (breaking swells): Over 2 metres (over 6 feet). These conditions are conducive for dangerous rip currents. Please note that surfs could be as much as twice the height of swells, depending on the bathymetry of the near shore



JOE MIKE'S

HOTEL RESTAURANT & CASINO

On this the 40th Anniversary of Independence, the Management and Staff of Joe Mike's would like to congratulate the Government and People of Antigua and Barbuda for celebrating 40 years of political independence. As a corporate entity also celebrating 40 years, this year, we are delighted to join the celebrations, and also committed to continue serving our Nation.

Happy 40th Independence Antigua and Barbuda!

"Resilience, Reflection and Recovery"

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areas. Coastal flooding: High tides combine with onshore wind and swell actions could result in localized coastal flooding and beach erosion.

Potential

Im-

pacts: Loss of life—strong currents that can carry even the strongest swimmers out to sea; injuries to beachgoers; beach erosion; sea water splashing onto low lying coastal roads; beach closures; localized dis-

ruptions to marine recreation and businesses; financial losses; damage to coral reefs; saltwater intrusion and disruptions to potable water from desalination. High surfs can knock spectators off exposed rocks and jetties.

Precautions: Beachgoers should be extremely cautious; bathe only where lifeguards are present or the sheltered, less affected beaches, mainly to the south. Rip currents are powerful channels of water flowing quickly away from shore, which occur most often at low spots or breaks in the sandbar and near structures such as groins, jetties and

piers. If caught in a rip current, relax and float. Don't swim against the current. If able, swim in a direction following the shoreline. If unable to escape, face the shore and call or wave for help.

Please continue to monitor these hazardous, life-threatening marine conditions. Stay tuned to updates coming out of the Meteorological Office via antiguamet.com, twitter.com/abmetservice and facebook.com/abmet-service.

Also, stay tuned to Radio and TV along with other media platforms for updates.

Body found at Freetown - says press release from STRATCOM



Police say their investigations are ongoing into the discovery of body that was found in bushes near Freetown, in close proximity to Fort Williams and the Wiloughby Bay area.

According to a press release on Saturday from the Police Strategic Communications Unit (STRATCOM), "What appeared to be the charred remains of a human body was discovered by police inside the trunk of a burnt out motor car around 11:00 a.m. on Saturday 30th October."

It added that the police are making efforts to positively identify the body," but are "meanwhile ... appealing to anyone with information surrounding this incident to contact the Criminal Investiga-

tions Department at 462-3913 or call Crime Stoppers at 800-TIPS (8477).

Meanwhile there has been an outpouring of shock, disbelief and condolences on social media the news of this gruesome discovery.

Some of those posting on Facebook in response to publication of the STRATCOM press release had identified a man who they say is the victim not named in the statement from law enforcement.

The name supplied took Pointe Xpress to a Facebook page in which some of the comments appear to confirm that the account holder has recently met an unnatural end.

RIP ... YOU WERE LIKE A LIL BRO TO ME I CANT BELIEVE THEY REALLY DO YOU THAT

Waking up to this sad news am still in shock my bro. When i first came to antigua you were one of the first that looked out for me and i never forget..Am going to miss you when i visit antigua and your not around, sleep well my friend.x

Imagine someone called my mum this morning telling her that her friend missing. And little did I know it was you ... Still can't believe its you ... R.I.P ...

Rip frenna still can't believe this your really gone

Antigua and Barbuda and Tuvalu to seek justice for climate change damage before international courts

The Prime Minister of Antigua and Barbuda – current Chair of the Alliance of Small Island States (AOSIS) – and the Prime Minister of Tuvalu on Sunday signed an historic accord that opens the way for ground-breaking litigation before international courts. This offers a novel legal path to address the severe damage to small island states caused by climate change. The Agreement establishes a Commission of Small Island States on Climate Change and International Law, creating a body for the development and implementation of fair and just global environmental norms and practices. The Commission is also authorized to request advisory opinions from the International Tribunal for the Law of the Sea (ITLOS) on the legal responsibility of States for carbon emissions, marine pollution, and rising sea levels. Membership in the Commission is open to all small island states whose leaders have long complained about the absence of effective mechanisms for States most responsible for climate change to compensate for the resulting loss and damage.

At the signing ceremony in Edinburgh, the Prime Minister of Antigua and Barbuda, Hon. Gaston Browne, explained that: “Small Island States’ emission of greenhouse gases is negligible, but they bear the overwhelming burden of its catastrophic effects, including persistent destruction, repeated costs of rebuilding, and huge debts to finance resilience. This injustice must end. We insist that those States most responsible for this dire situation respect their legal obligations to stop global warming and to provide compensation to its victims. The time for empty promises is over.” Prime Minister of Tuvalu, Kausea Natano, stressed that: “For us, climate justice is a matter of survival. Rising sea levels, extreme weather events, the decline of marine resources – these threaten our very existence. We see better than anyone else what is being done to our beautiful planet. It is time to put words into action, to save Small Island States, and to save the world from impending disaster.” The legal counsel to the Commission – Professor Payam Akhavan of Massey College, University of

Toronto; and Member of the Permanent Court of Arbitration at The Hague – said that: “Small Island States are the canary in the coalmine of climate catastrophe. Their fate is a warning to all humankind that the disastrous consequences of global warming are happening now, not in a distant future. The fundamental principle of international law not to cause harm to others has now taken on an unprecedented dimension. This historic initiative to pursue climate justice should be welcomed by all who care about the future of our planet.”



Prime Minister of Tuvalu, Kausea Natano.

Island Nations: COP26 might be the “last stand” to keep 1.5 alive

Small island states have laid down the gauntlet ahead of critical showdown climate talks in Glasgow, Scotland.

Citing the “terrifying” implications of the Intergovernmental Panel of Climate Change’s latest scientific report, lead negotiator for the Alliance of Small Island States (AOSIS), Lia Nicholson did not mince words in her opening statement on behalf of the group.

“AOSIS’ stance is clear: we call on all

Parties to submit an enhanced NDC (climate plan)...” she said, “...Governments must be called to account and explain to the world and their own people what could be more urgent than this crisis and the failure to act.” Ms. Nicholson is a delegate of Antigua and Barbuda, a small Caribbean nation especially prone to hurricanes. She also had strong words for developed nations and their failure to keep their \$100bn per year climate

promise to developing nations by 2020, now projected to be delivered by 2023.

“\$100 billion in 2023 is three years too late. This delay has very real impacts on the lives and livelihoods of climate victims now.”

She noted that the continued subsidisation of fossil fuels added further “insult to injury”. AOSIS is explicitly calling for the phase-out of all fossil fuel subsidies in major economies by 2023. Ms. Nicholson warned that

developed nations continued failure to act will force islands’ hand in seeking compensation for “loss and damage” incurred. “Climate finance is not charity. There are no ‘donors’ in this process. This is about climate justice... if countries continue to renege on agreed mitigation and finance obligations, there will be a reckoning.”

Lia Nicholson’s full statement is also published in this issue of Pointe Xpress.



APUA ELECTRICITY MAINTENANCE SCHEDULE

These planned outages are necessary for our continuous upgrade and maintenance programme to provide reliable and consistent service to our customers.

Tuesday, 2nd November 2021	Wednesday, 3rd November 2021
<p>Section of Hodges Bay near Johnson's property 8:00 AM - 1:00 PM</p>	<p>Section of Old Road east of South Coast Horizon 8:30 AM - 11:30 AM</p>
<p>Section of Bendals east of the Clinic 8:30 AM - 11:30 AM</p>	

Kindly note that this schedule is subject to slight variation. Changes will be communicated on the APUA Facebook page. Any service disruptions outside of this schedule were not anticipated. For further information and updates please call 311.

Statement by Antiguan Lia Nicholson on behalf of the Alliance of Small Island States (AOSIS) at the Joint Plenary of COP, CMP, CMA, SBSTA and SBI

I have the honor to deliver these remarks on behalf of the Alliance of Small Island States, in line with the statement by the Group of 77 and China.

Introduction

We would first like to thank the UK Government for their outstanding efforts to enable COP-26 during this critical year. We in AOSIS understand what is at stake. Our member countries, especially in the Pacific, have travelled far and put themselves at great risk to be here in Glasgow. We have no choice.

Friends, this could very well be the last stand for 1.5-degrees. The science has never been clearer.

Time is running out and during this COP we must deliver.

Climate ambition in the COP 26 outcome

On Mitigation

This year's first of three IPCC reports is terrifying. It is even more terrifying for those of us on the frontlines

of this crisis, already experiencing the dire consequences of a 1.2-degree world. Yet, it appears some of us remain unafraid, or worse, unmoved. Despite clear warnings, the emissions gap in 2030 to limit global warming to 1.5-degrees has only narrowed a fraction. None of the major emitters have targets that add up to a 1.5-degrees scenario. And these are just targets, not yet implemented.

AOSIS' stance is clear: we call on all Parties to submit an enhanced NDC. We request a formal platform to take stock of commitments towards the 1.5-degree goal as well as the real gap and the consequences of this gap. Governments must be called to account and explain to the world and their own people what could be more urgent than this crisis and the failure to act.

Let us talk about the elephant in the room. Developed countries failed to deliver on their commitment made in 2009 to provide and mobilize \$100 billion in climate finance per year by

2020 for climate action in developing countries. According to the most recent delivery plan, the finance gap will be about \$40 billion short by 2023. \$100 billion in 2023 is three years too late. This delay has very real impacts on the lives and livelihoods of climate victims now. This COP needs to deliver outcomes to scale up climate finance. We look forward to starting discussions on the new collective quantified goal on climate finance immediately. We must do better, we have to do better. This is not climate justice.

To add insult to injury, financing for *the* root cause of climate change stubbornly outstrips the finance to respond to climate change. Over \$1.6 trillion was spent subsidizing fossil fuels, just since the adoption of the Paris Agreement. To an industry that emitted 86% of anthropogenic greenhouse gases in the last decade. This situation underscores the stark reality that politicians and leaders struggle with the political risks of deeply embedded interests. AOSIS calls for decision text at *this*



Lia Nicholson

COP to call for phasing out all fossil fuel subsidies in major economies by 2023.

Meanwhile, financing for SIDS has gone from 2.1 billion in 2018 to just 1.5 billion in 2019. Worse yet, for the 'pittance' of finance that has been made 'available', we are made to jump through hoops with unfair criteria being applied.

Let me remind you again that climate finance is not charity. There are no 'donors' in this process. This is about climate justice.

Adaptation

This extends to finance for adaptation. With a trajectory of 2.7-degrees of warming, we need to at least double adaptation finance, which should be grant

based, predictable and accessible.

Climate adaptation and loss and damage debt should not be on national balance sheets. Debt servicing and a debt service facility should be an integral part of our dialogue to create fiscal space for vulnerable countries to deal with an onslaught of climate impacts.

Loss and Damage

Now onto the forgotten pillar, the unwanted child: loss and damage. AOSIS has not forgotten. If countries continue to renege on agreed mitigation and finance obligations, there will be a reckoning. AOSIS demands concrete outcomes on financial support for loss and damage in SIDS, here at this COP. Financing for

loss and damage is separate and additional to the annual 100-billion-dollar pledge for mitigation and adaptation.

Conclusion

With the urgent work before us, we encourage any initiative by the COP President, the Chairs and Co-Facilitators, to work on outcome text as soon as possible. We must begin our work with draft decisions to move swiftly and safely during this COP. AOSIS is committed to completing outstanding items under the Paris Rulebook and transition the UNFCCC into full implementation mode. But do not mistake our urgency for expediency. We will deliver a Rulebook with a robust transparency framework, a stringent Article 6 carbon market that ensures an overall reduction in emissions and common timeframes that keep the impetus on urgent short term climate action.

Outcomes at this COP will determine the success or failure of the Paris Agreement. These high stakes have compelled SIDS to go through extreme lengths to be at COP 26. Let us work together to make things right at this COP. And remember, 'the world is watching'.

I thank you.

COVID Dashboard Update for October 31, 2021

The most recent report received by the Ministry of Health, Wellness & the Environment revealed four (4) new laboratory confirmed COVID-19 cases in Antigua and Barbuda as of Friday 29th October 2021 at 6:00 pm.

One hundred and fifty-six (156) samples were processed.

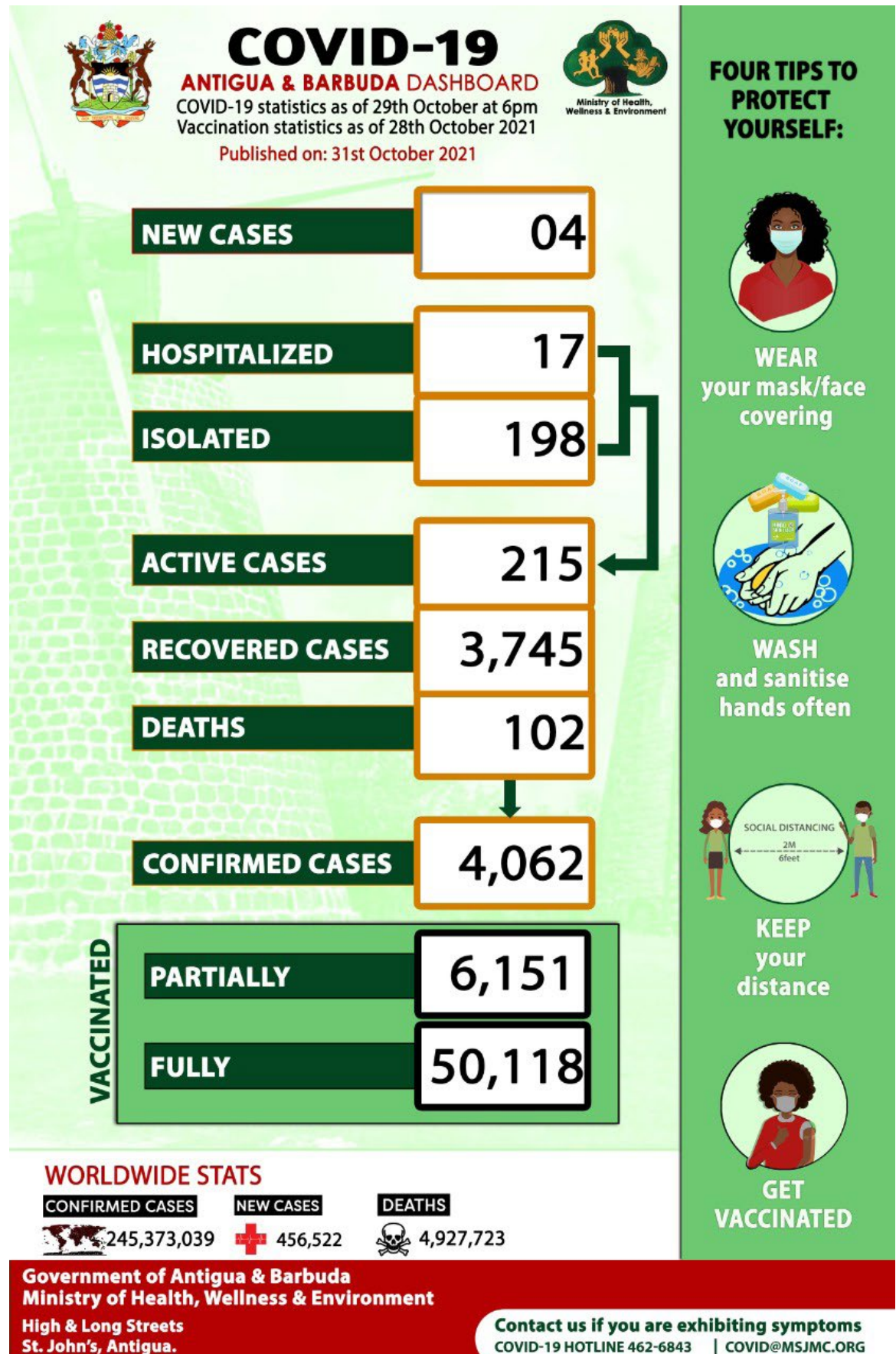
Nineteen (19) recovered cases were recorded, increasing the total to 3,745.

Consequently, the total number of persons with laboratory confirmed COVID-19 cases in Antigua and Barbuda is 4,062; which is inclusive of 215 active cases.

There are 17 hospitalized cases; 11 mild; two (2) moderate; and four (4) severe.

Meanwhile, Antigua and Barbuda has fully vaccinated 50,118 individuals, while 6,151 have only received their first dose.

The dashboard has been updated to reflect these changes.





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Reflections on the leadership of the Honourable Gaston Browne

by Garfield Joseph

Back in 2013, after deep reflections on the performance of our political leaders prior to and after our independence in 1981, I penned an article entitled: *Gaston Browne, Antigua and Barbuda's Best Hope*.

It was an article that reflected not only on the political past, but with an eye towards the future. It emerged, also, out of a desire to answer the question, "which political figure was best suited to lead Antigua and Barbuda to a more competitive and prosperous position as a small developing country with limited resources."

At the time of writing that recalled piece in 2013, the Honourable Gaston Browne had just been elected leader of the Antigua and Barbuda Labor Party (ABLP).

Then in 2014, the Honorable Gaston Alphonso Browne – born on February 09, 1967 and whose creed is to serve and to empower – led the ABLP to victory with a 14-3 majority after having been in opposition for 10 years.

Now, in his second term as Prime Minister – as we approach our 40th Independence celebra-

tions – this is an opportune time to reflect on the impact of his leadership as we look towards the future.

Regardless of one's political persuasion, by all objective measures, the impact of the Honorable Gaston Browne's leadership has been transformative in so many areas.

The overall management of the economy is one of his most important accomplishments. Inheriting an economy that continued to show decline year after year, he was able to turn this around, with year-over-year growth from 2014 to 2019, a pattern only interrupted by COVID-19 in 2020 and 2021 thus far.

The life of presidents and prime ministers rise and fall on how well they can manage the economy. On this measure, Honourable Gaston Browne has outperformed many – if not all – of the prime Ministers and presidents in Latin America and the Caribbean.

Apart from the management of the economy, other significant result areas include the successful opening of the Fourth Land-Ed Campus of The University of the West Indies (UWI) in Antigua,

creating greater access to higher education for the peoples of the OECS.

Add to this the successful negotiation with the Bank of Nova Scotia to sell its operations to local and regional entities, thereby ensuring greater access to development capital and retention of profits back into the local economy.

Neither can one forget his successful intervention in giving LIAT, the bankrupt regional airline, a lifeline when others felt it should be liquidated.

But Gaston Browne's most significant accomplishment may well be the opening of a pathway to allow for sustainable economic development in Barbuda, our smaller twin island with immense developmental potential that has not yet materialized.

Barbuda's potential, to my mind, is equal to that of Bermuda, an island of only 21 square miles in the northern Atlantic and the fifth smallest country in the world. With a population of over 60,000, Bermuda has an enviable per capita income of over US\$100,000 to which Tourism is a significant contributor.

Barbuda, on the other hand, with a far greater land mass of 62 square miles (three times that of Bermuda!) and a population of about 1,200 people with a per capita income of less than US\$15,000, dwindles in comparison.

This means, therefore, that if we are able to realize even half of Bermuda's per capita income in Barbuda by smartly utilizing its natural resources, akin to Bermuda, it would mean a per capita income of US\$50,000 or more – an amount greater than many other countries in the world with even more natural resources!

This explains the Prime Minister's three-fold articulated vision and mission for the sister isle, which include the following: The economic empowerment of its people; the sustainable use of our natural resources; and reducing Barbuda's over-dependence on Central Government to meet its monthly financial obligations.

Barbuda's continued development, therefore, is a moral and business imperative; for on what other basis can small developing

countries compete with the rest of the world, if not with the sustainable use of their limited natural resources?

With the Peace Love & Happiness (PLH) project as a prototype, it may well serve as the catalyst that ignites similar investments in the future. This project, and others that may naturally follow, may well turn out to be Gaston Browne's most significant contribution to the development of our twin island state.

Apart from the management of the economy and his leadership on key regional and international issues – as well as the heavy workload and demands of the Office of Prime Minister – the Honourable Gaston Browne still finds the time to engage and educate the public on matters of public interest in a way rarely seen before. He knows how to engage friend and foe, blue and red, old and young, supporters and detractors, all and sundry. Let's just say he knows how to keep his brand top-of-mind.

Yet despite his many accomplishments, some have yet to ap-

preciate the significance of Gaston Browne's contribution to this country's development. Only time will tell if they will be persuaded otherwise.

However, as we reflect on the leadership of this country during our Independence celebrations, our hearts should be filled with deep appreciation for the leaders that we have had – including the Honourable Sir Vere Cornwall Bird, the Honourable Sir Lester Bird and the Honourable Baldwin Spencer – and now our sitting Prime Minister, the Honourable Gaston Browne, who may well emerge not only as one of the greatest political figures in Antigua and Barbuda, but one of the greatest political figures in the entire Caribbean.

May his leadership of our twin island state and all that he has been able to accomplish against all odds – including the management of the unprecedented challenges of the COVID-19 pandemic – serve as the potion that inspires our next generation of leaders.

Expose corruption, Guyana PM exhorts police

Guyana Chronicle

– COVERING up corruption and shielding crooked officers are not the kind of “protection” in which the Guyana Police Force should be involved, said Prime Minister Brigadier (ret’d) Mark Phillips who is executing the duties of President.

He was at the time delivering the keynote address to an inaugural Integrity Policing Symposium hosted on Saturday at the Arthur Chung Conference Centre at Liliendaal.

The Prime Minister (PM) told senior officers gathered in the dome that they are all leaders placed in positions to deliver “public good” which must not be abused.

“If you’re exercising power, issues of responsibility and integrity [must] be ingrained in your psyche,” PM Phillips noted.

Premised on honesty and strong moral values, the Prime Minister said integrity within the Guyana Police Force (GPF) is critical to the nation’s safety and security.

He acknowledged, however, that – at some point in their careers – almost every public official is faced with proposals that seek to test

their moral compasses.

“Your integrity will determine how you handle issues,” PM Phillips asserted. He went further to assure the officers that upholding one’s integrity “has its rewards”.

For integrity to be the order of the day, PM Phillips placed the onus on the top-tier policemen and women whom, he said, are required to cultivate a “no nonsense command climate” based on noble principles.

“Keep your word, be true to your values and people will follow you,” PM Phillips posited. He added, “Your success as a commander adds up to the successes of the force in the eyes of the Guyanese society.”

Such wins, the PM indicated, are much-needed in order for persons to change their perceptions of the police force.

As it is, the GPF has been ranked by international surveys as being one of the least trusted bodies in the country.

“Without integrity, your organisation will suffer,” PM Phillips said as he encouraged the police officers to spare no effort in weeding out the unethical members among them.

“Don’t cover up. In-



Prime Minister Brigadier (retired) Mark Phillips has told senior officers of the Guyana Police Force that “Without integrity, your organisation will suffer.” (Elvin Croker photo)

vestigate and expose corruption,” the PM charged.

He reminded that a change in the negative perception of the police force is especially critical as the country remains on the cusp of massive transformation.

“All eyes are on Guyana ... Guyana is the land of opportunities right now,” PM Phillips noted.

In effecting the needed change, the PM stressed the importance of lower- and middle-tier officers understanding and being constantly reminded of their roles and what is required of them. To this end, he instructed that a booklet outlining key police principles be printed and distributed to officers all across the

country.

“Put it in writing. Every member must have a booklet with values and standards; [that] is very important ... so they can read, study and stay informed,” PM Phillips noted.

Even as he outlined the government’s expectations of the GPF, Phillips assured the officers that even before he became Prime Minister he had served for 36 years as a member of the Guyana Defence Force.

“I worked closely with [the] GPF; see me as a colleague who served with you and understand the challenges in the defence and security sector,” PM Phillips encouraged.

Jamaica: Free KFC and phone credit at downtown Kingston vax drive

Jamaica Gleaner – Organisers of a COVID-19 vaccination drive in downtown Kingston are seeking to entice Jamaicans to roll up their sleeves by dangling helpings of free fried chicken and cellphone credit.

The campaign – forged among fast food chain KFC, telecom Flow, and the Spectrum Management Authority (SMA) – is the latest initiative geared towards firing up interest amid concerns that fewer than 14 percent of the population is fully vaccinated.

The vaccination drive coincides with the expiry of more than 150,000 doses of AstraZeneca that are doomed for the dumpster — a telling metaphor of Jamaica's below-par inoculation programme that's targeting 65 percent herd immunity by March 2022.

Organisers are optimistic that offering free KFC meals and Flow credit giveaways will get some persons to abandon their hesitancy.

Maria Myers-Hamilton, managing director of the SMA, said that the organisation considered it part of its corporate social responsibility to reach out to residents of downtown Kingston's many inner-city communities.

SMA, which is located in the heart of central Kings-



The campaign is the latest initiative aimed at ramping up interest in Jamaica where less than 14 percent of the population is fully vaccinated.

ton, said chicken and cell phone credit were staples in poor households that are already buckling under the pandemic.

"I know a number of people are suffering in silence in the inner city ... Food is not something that we take for granted [or] credit," Myers-Hamilton told *The Gleaner* in an interview on Saturday.

"The average man is suffering, the children are suffering ... so we are just trying to make a difference in our community."

Myers-Hamilton said persons who turn out for the jab will be able to listen music and watch a football game on a big-screen

television while waiting to be seen.

"Jamaican people are a social people ... so we are trying to combine everything together to make it reality," she said.

The vaccination drive has been themed 'Come tek di juk'.

With vaccine-or-PCR test mandates emerging in the private sector and the National COVID-19 Vaccination Operationalisation Task Force lobbying for a similar thrust for public-sector workers, Myers-Hamilton said the SMA will follow the lead of the Government of Jamaica. She said, however, that citizens should take

personal responsibility in protecting themselves in the midst of the pandemic.

"COVID is still a reality. We have to tackle this beast and try to get people on board so that we can go back to normality," said the SMA managing director.

"I just think that people need to have a conversation rather than having it forced upon you. If we get most of the population vaccinated, then we are protecting others."

The SMA is an agency of the Ministry of Science, Energy & Technology.

IMF says COVID-19 impact 'severe' on St. Kitts-Nevis economy



Loop Caribbean - After concluding Article IV consultation with St. Kitts and Nevis, the Executive Board of the Washington-based financial institution on Friday said that the complete halt in cruise ship arrivals and very few stayover tourists

since the first quarter of 2020 “compounded on the pandemic’s impact on domestic activity”. In a statement, the lending agency said the pandemic resulted in an estimated annual decline in gross domestic product (GDP) of 14 percent,

and the government’s first fiscal deficit (4.7 percent of GDP) since 2010, “financed by drawing down sizeable deposit buffers”.

“An expected rebound in tourism sets the stage for a strong recovery from 2022 onward, but risks to

the outlook remain significant,” the IMF said.

Following a loss of the 2020–21 winter tourism season and slow resumption of tourism inflows to date, it said staff projects a small further decline in GDP of one percent in 2021, followed by 10 percent growth in 2022.

“However, the recovery path could be derailed should the pandemic lead to further sustained disruptions on the anticipated pace of tourism recovery and domestic activity,” the IMF warned.

It said other risks include financial sector uncertainties, natural disasters, and lower-than-expected CBI receipts.

The IMF said its executive directors agreed with the thrust of the staff appraisal, which noted that St. Kitts and Nevis entered the COVID-19 pandemic from a position of fiscal strength, commending the authorities’ “prompt and

effective policy response, which has helped contain the pandemic's economic and health impact.

"Directors agreed that, in the near term, the key policy priorities are containing the pandemic and supporting the economic recovery," the IMF said. "In particular, they emphasized that reaching herd immunity through vaccination is the chief priority to save lives and livelihoods."

The IMF directors agreed that fiscal relief measures should be kept in place until the recovery firmly takes root. They noted that robust levels of public investment would further support economic activity.

Given the small economy's susceptibility to natural disasters and dependence on tourism and volatile revenues from the Citizenship by Investment (CBI) Program, the IMF said its directors concurred that, once the recovery is firmly established, the government should resume saving part of the CBI revenues to rebuild fiscal buffers, "which will also provide additional fiscal space to mitigate contingent and long-term fiscal pressures".

The IMF said its directors agreed on the need to preserve the stability of the financial system by increasingly focusing on building readiness to exit the temporary support measures.

Saint Lucian takes up office today as new Deputy Secretary General of CARICOM



Dr. Armstrong Alexis of Saint Lucia.

CARICOM Today – Dr. Armstrong Alexis of Saint Lucia has been appointed as the new Deputy Secretary-General (DSG) of the Caribbean Community (CARICOM).

Dr. Alexis takes up his post from 1 November 2021.

Dr. Alexis was previously at the United Nations Development Programme (UNDP) where he has had a distinguished career in the Caribbean, the Pacific and Africa, rising to the level of Deputy Resident Representative in Namibia.

The DSG brings a wealth of experience to the post, having served as well with the Com-

monwealth Secretariat and at a high level in the public service of his native Saint Lucia.

Secretary-General of the Caribbean Community (CARICOM) Dr. Carla Barnett, in welcoming Dr. Alexis, said: "He is an experienced international public servant who brings a solid record of performance at a high level. The Community and the Secretariat will undoubtedly benefit from his skills and vast experience. I am looking forward to him joining the team at the Secretariat as we continue to strive to provide effective and efficient service to the Community."

French president says Australian PM lied over submarine deal

BBC - French President Emmanuel Macron has said Australia's PM Scott Morrison lied to him about a scrapped submarine deal.

Asked whether he thinks Mr. Morrison was untruthful, the president replied: "I don't think, I know."

Mr. Macron was furious after Australia cancelled a US\$37 billion (£27 billion) deal to build 12 submarines, and instead negotiated a new defence pact with the US and the UK – the so-called AUKUS.

The pair's meeting at the G20 summit was the first since the September row.

On the sidelines of the gathering in Rome, President Macron was asked by an Australian journalist whether he could trust Mr. Morrison again.

"We will see what he will deliver," Mr. Macron answered. "I have a lot of respect for your country. I have a lot of respect and a lot of friendship for your people. I just say, when we have respect, you have to be true and you have to behave in line and consistently with this value."

The cancelled deal launched a bitter rift between France, Aus-



Emmanuel Macron with Scott Morrison at the Elysee Palace in Paris in June

tralia and the US.

French Foreign Minister Jean-Yves Le Drian denounced the decision as "a stab in the back", and Paris temporarily recalled its ambassadors to Australia and the US.

Speaking after Mr. Macron's comments, Scott Morrison told reporters he had not lied to the president, and that he had previously explained to him that conventional submarines would no longer meet Australia's defence needs, according to Reuters news agency.

He added that rebuilding the trust and

relationship between the two nations had already begun.

On Friday, US President Joe Biden also held his first face-to-face meeting with Mr. Macron since the AUKUS pact was agreed.

During the seemingly awkward exchange, Mr. Biden admitted that the US was "clumsy" over the negotiations.

Mr. Macron said it was important to "look to the future".

The leaders will have more time to mend relations, as all three are now heading to the Scottish city of Glasgow for the COP26 climate change summit.

The AUKUS pact will let Australia build nuclear-powered submarines for the first time, using technology provided by the US.

It will also cover AI and other technologies, and is one of Australia's biggest defence partnerships in decades.

The pact scuppered a deal signed by Australia in 2016 for France to build 12 conventional submarines.

It is widely seen as an effort to counter China's growing military might.

China has condemned the agreement as "extremely irresponsible".

G20 offers little new on climate, leaving uphill task for COP26

Reuters – Leaders of the Group of 20 major economies agreed on a final statement on Sunday that urged “meaningful and effective” action to limit global warming, but angering climate activists by offering few concrete commitments. The result of days of tough negotiation among diplomats leaves huge work to be done at the broader United Nations COP26 climate summit in Scotland, which starts this week.

US President Joe Biden said he was disappointed that more could not have been done and blamed China and Russia for not bringing proposals to the table.

“The disappointment relates to the fact that Russia and ... China basically didn’t show up in terms of any commitments to deal with climate change,” Biden told reporters.

Although the G20 pledged to stop financing coal power overseas, they set no timetable for phasing it out at home, and watered down the wording on a promise to reduce emissions of methane – another potent greenhouse gas.

However, Italian Prime Minister Mario Draghi – who chaired the Rome gathering – hailed the final accord, saying that for the first time all G20 states had agreed on the

importance of capping global warming at the 1.5 degrees Celsius level that scientists say is vital to avoid disaster.

“We made sure that our dreams are not only alive but they are progressing,” Draghi told a closing news conference, brushing off criticism from environmentalists that the G20 had not gone nearly far enough to resolve the crisis.

The G20 – which includes Brazil, China, India, Germany and the United States – accounts for 60% of the world’s population and an estimated 80% of global greenhouse gas emissions.

The 1.5C threshold is what UN experts say must be met to avoid a dramatic acceleration of extreme climate events like droughts, storms and floods, and to reach it they recommend net zero emissions should be achieved by 2050.

The stakes are huge – among them the very survival of low-lying countries, the impact on economic livelihoods the world over, and the stability of the global financial system.

“This was a moment for the G20 to act with the responsibility they have as the biggest emitters, yet we only see half-measures rather than concrete urgent action,” said Friederike Roder, vice



US President Joe Biden and other leaders stand for a family photo at the G20 summit at the La Nuvola in Rome, Italy, October 30, 2021.

president of sustainable development advocacy group Global Citizen.

The final summit document said current national plans on how to curb emissions will have to be strengthened “if necessary” and makes no specific reference to 2050 as a date to achieve net zero carbon emissions.

“We recognise that the impacts of climate change at 1.5°C are much lower than at 2°C. Keeping 1.5°C within reach will require meaningful and effective actions and commitment by all countries,” the communique said.

The leaders only recognised “the key relevance” of halting net emissions “by or around mid-century”. This removed the 2050 date seen in previous versions of the final statement so as to make the target less specific. China,

the world’s biggest CO2 emitter, has set a target date of 2060, and other large polluters such as India and Russia have also not committed to the 2050 target date.

German Chancellor Angela Merkel said the agreement was a good signal for COP26, but Canadian Prime Minister Justin Trudeau signalled he would have liked to see more ambition.

“There’s no question that Canada, along with a number of other countries, would have liked stronger language and stronger commitments on the fight against climate change than others,” he told reporters.

UN experts say that even if current national plans are fully implemented, the world is headed for global warming of 2.7C with cata-

Man dressed as Joker stabs 17 people on Tokyo train; starts fire

Al Jazeera - A man dressed in Batman's Joker costume attacked passengers on a Tokyo train line on Sunday, injuring 17 people as many party-goers headed into the city centre for Halloween gatherings.

NHK public television reported at least 17 passengers were wounded, including one seriously. NHK said the suspect, 24, after stabbing passengers, poured a liquid resembling oil and set a fire.

"I thought it was a Halloween stunt," one witness told the Yomiuri newspaper, recalling the moment he saw other passengers running in a panic towards his train car. "Then I saw a man walking this way, slowly waving a long knife."

There was blood on the weapon, he said.

The attacker was arrested on the spot and was being investigated on suspicion of attempted murder. His motive was not immediately known. A man believed to be in his 60s was unconscious and in critical condition after being stabbed.

Tokyo police officials said the attack happened inside the Keio train near the Kokuryo station.

Television footage showed a number of firefighters, police officials and paramedics rescuing the passengers, many of whom escaped through train windows. In one video, passengers were running from another car where flames were gushing.

A video on Twitter showed a bespectacled man dressed in a purple suit and bright green shirt, as worn by the Joker, seated in an empty train puffing on a cigarette,



Commuters pack into a train car in Tokyo earlier this month.

his legs crossed and looking calm. He can be seen through the window being surrounded by law enforcement in a subsequent clip.

Shunsuke Kimura, who filmed one video, told NHK he saw passengers desperately running and while he was trying to figure out what happened, he heard an explosive noise and saw smoke wafting.

Local media reported later the suspect told authorities he "wanted to kill people so he could be

sentenced to death".

The attack was the second involving a knife on a Tokyo train in two months.

In August, the day before the Tokyo Olympics closing ceremony, a 36-year-old man stabbed 10 passengers on a commuter train in Tokyo in a random burst of violence. The suspect later told police that he wanted to attack women who looked happy.

Tonga just found first COVID case; preparing for potential lockdown

(CNN) - The South Pacific island nation of Tonga reported its first case of COVID-19 on Friday, spurring thousands of people to get vaccinated amid warnings of a national lockdown.

Tonga was one of only a few countries that had not reported a single COVID case since the start of the pandemic.

But on Friday, Tonga's Prime Minister Pohiva Tu'i'onetoa confirmed its first positive case from a passenger who had traveled from New Zealand.

The infected traveler arrived in Tonga on Wednesday, having flown from Christchurch, according to New Zealand's health ministry.

The passenger was fully vaccinated, had tested negative in New Zealand prior to the flight's departure, and was discovered among travelers staying at a hotel used for managed isolation and quarantine for new arrivals into the country.

Tu'i'onetoa said all airport staff who were in contact with any of the passengers on the flight have been quarantined and he warned Tongans to prepare for a potential national lockdown following the case, according to news website Matangi Tonga.

"We should use this time to get ready in case more people are confirmed they have the virus," he reportedly said.

Following the news of the positive case, thousands of people rushed to vaccination centers to



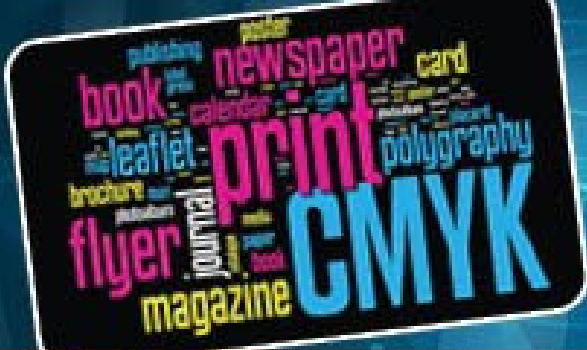
get their COVID shots, Matangi Tonga reported.

Tonga's minister of health, Amelia Tu ipulotu, said the high turnout over the past few days will boost the nation's vaccination coverage.

"More people are coming forward because now we have coverage of first dose of about 86% and a second dose of about 62%, so this is a major turnout today and

will boost the overall coverage of first and fully vaccinated," Tu ipulotu said, according to Matangi Tonga.

Tonga is a Polynesian country of more than 170 South Pacific islands and home to about 100,000 people. The archipelago lies about 800 kilometers (497 miles) east of Fiji and 2,380 kilometers (1,480 miles) from New Zealand.



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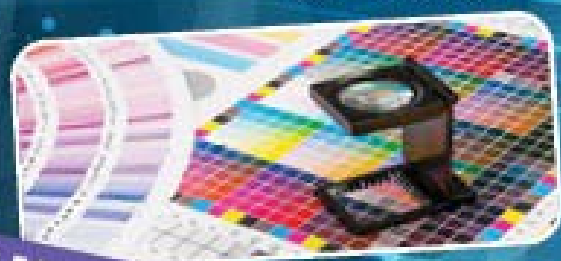
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YOU THINK IT WE PRINT IT

Usain Bolt says he 're-tones' to stay in peak condition by stopping his workouts for 2 weeks at a time



Usain Bolt

Usain Bolt pushed his body to the limits to break records in the Olympics.

But time off from the gym was essential for his performance, too.

Bolt, who won eight gold medals from 2008 to 2016 and became the first man in history to set three world records in Olympic competition, kept a close eye on his body and performance, trying to hit a sweet spot of strength and agility.

When his muscles got too big, he and his trainer Glen Mills would pause his gym routine for a few weeks, Bolt told Insider.

"If you get too big, then your muscles get too tight. And if your muscles get too tight, there's one of two things that's going to happen. Either you're going to get injured or you're going to slow down," Bolt said in an interview

about his new partnership with 3D dental printing technology company, SprintRay, which is providing dental care to under-served communities in his home country of Jamaica.

"We would take two weeks from the gym just to re-tone," he added.

For Bolt, that time away from the gym ensured his body stayed lean, light and loose to compete at his generational speed with a reduced risk of injury. Too much muscle can slow you down, cause joint damage, and reduce flexibility.

But keeping control of muscle mass can be helpful to athletes in other sports, as well as anyone looking to stay toned without getting too bulky. Excessive muscle mass can make the cardiovascular system less effective, and leave a

person with less endurance than what they had at a lighter weight with lesser muscle mass, according to licensed dietitian Joey Gochmour.

Too much muscle mass, built too quickly, impacts range of motion, too, which could make Bolt slower and less flexible.

But it is possible to lose fat and gain muscle at the same time without bulking up — a process known as body recomposition.

How to build muscle without getting too bulky

One way to achieve a "toned" look is to do heavy weight lifting without eating at a high caloric surplus.

Swapping processed foods for whole foods like seafood, lean grass-fed meat, low-fat dairy, free-range eggs, nuts, and beans — spread evenly across all your meals — will help.

Workouts like squats, deadlifts, push-ups, and rows will target multiple muscles at a time to prevent any specific muscles from getting disproportionately built up. Personal trainer Niko Algieri told Insider's Rachel Hosie he recommends choosing three or four exercises per muscle group and performing three or four sets of eight to 12 reps per exercise to avoid bulking in certain areas.

Bodybuilder Brian Johnson swears by gross raw meat diet

A man who swears by a caveman diet eats raw liver, testicles and bone marrow every day.

Brian Johnson – nicknamed “Liver King” – claims it has transformed his life.

The stacked American has been living in the wilderness, eating raw meat and following a regimented “ancestral” lifestyle for 20 years. He follows what he calls “9 Ancestral Tenets”, which include strict rules on eating, exercise and sleeping.

His aim is to go back to the lifestyle we had centuries ago – living without modern day comforts and eating simply.

He regularly posts pictures and videos of himself tucking into raw meat and is a firm believer in using all parts of an animal for optimum health.

Brian, thought to be in his 40s, had a number of businesses and was living “the American dream”, until his boys began to get ill.

He said: “The more my boys interacted with the modern world, the more severe and abundant their allergies became. Time outdoors led to hives. Even interaction with our family dogs sparked shortness of breath, puffy eyes and runny noses.

“The real wake-up call was when one of my sons stopped breathing. We

were lucky. We made it to the hospital just in time.

“My wife and I were determined to confront the cause. Never to test our luck again. We did what all parents would do: we tried everything. And that’s where our journey began.

“First, we eliminated processed foods. We began to reintroduce the nutrition of our ancestors: seasonal fruits and vegetables; nose-to-tail animals, including the most nutrient-dense part of all – the liver.

“Within just two weeks, we saw radical change in our boys’ wellbeing; our own, too. Two decades later, I eat a pound of liver every single day.”

Specifically on eating testicle, he said: “Social norms are ... well ... just that. If you want more, you have to become more. So stretch yourself, leave the comfort of the cave, do something drastically different – for the betterment of you and the betterment of humanity – and break new ground like a good evolutionary hunter does.”

Dangerous fad

There are many risks associated with eating raw meat, such as Salmonella, Listeria and E.Coli – all of which are destroyed when meat is cooked properly.



Bodybuilder Brian Johnson eats raw liver, testicles and bone marrow every day, and says the stomach-churning diet has transformed his life.

Earlier this year a dangerous fad emerged on social media – eating rotten meat!

If you eat rotten meat then it’s likely you will get food poisoning with symptoms including nausea, vomiting, and diarrhoea.

Those taking part in the trend have dubbed it as “high meat”, using meat that has been left to rot over a period of weeks, months and, in some cases, years!

The participants don’t cook the meat, and instead eat the grey flesh raw. The meat used is often covered in slime and little patches of grey mould – with some of the

meat even having turned grey or brown as it decomposes.

Speaking to The Sun, Dr. Sarah Jarvis, a general practitioner (GP) and clinical director of patientaccess.com said: “At worst, it can cause serious illness – severe tummy pain, vomiting, diarrhea, and dehydration

“While fans may talk about the Inuit people’s habit of eating kiviak – basically a seal’s carcass stuffed with whole birds and left to ferment – fermentation (used in producing yoghurt, alcoholic drinks and sauerkraut) is very different from rotting.”

Nigel Paul last Trinidad and Tobago medal hope at World Boxing Champs

OLYMPIAN NIGEL PAUL remains Trinidad and Tobago's last hope at the AIBA World Boxing Championship, after compatriot Blessing Waldropt lost his opening round -32-light welterweight bout in Belgrade, Serbia on Saturday.

Paul faces Spain's Ayoub Ghadfa in a super-heavyweight (92-plus kilos) division bout on Sunday. He was the only TT boxer to secure a first-bout win at the Championship as he defeated Albania's Nelson Hysa on Thursday.

In Waldropt's match on Saturday, he lost via knockout to American Lee Vershaun. The American's experienced showed as he knocked Waldropt to the canvas in the second round.

The TT boxer survived the standing eight count and but hit the floor once more in the same round owing to another right-handed flush from Vershaun. After this knockdown, the referee ended the fight in favour of the American.

In TT's earlier bouts, Tokyo Olympian Aaron Prince, Donnel Phillip and Anthony Joseph lost their respective opening contests.



Trinidad and Tobago boxer Nigel Paul.



In this April 2nd 2021 file photo, captains Dimuth Karunaratne (left) of Sri Lanka and Kraigg Brathwaite of West Indies share the trophy at the end of the second Test between West Indies and Sri Lanka at the Sir Vivian Richards Cricket Stadium in North Sound, Antigua.

WEST INDIES TO PLAY TWO TESTS IN SRI LANKA IN NOVEMBER

THE WEST Indies men's cricket team will tour Sri Lanka for a two-match Test series in November.

The team is set to arrive in Sri Lanka on November 10 and will play a warm-up match in Colombo from November 14-17.

The series bowls off with the opening Test

on November 21-25 at the Galle International Cricket Stadium. The second Test will be staged at the Galle venue from November 29 to December 3.

According to a statement from Sri Lanka Cricket, the series will be held under a bio-secure bubble environment.

Earlier this year, the West Indies and Sri Lanka played two Tests at the Sir Vivian Richards Stadium, North Sound, Antigua. Both matches were drawn.

The West Indies are currently defending their ICC T20 World Cup title in the United Arab Emirates and Oman.

SRI LANKA TOUR SCHEDULE: Nov 14-17 - warm-up match at Colombo; 1st Test, November 21-25, Galle International Cricket Stadium; 2nd Test, November 29 to December 3, Galle International Cricket Stadium.

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