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PM BROWNE: BARBADOS TOURISM MINISTER'S STANCE ON LIAT SEVERANCE IS DECEPTIVE

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PM Browne: BGI Tourism minister's stance on LIAT severance disingenuous

Barbados' tourism minister, Lisa Cummins, caused a major regional stir last week when she laid blame at the feet of the Gaston Browne administration for LIAT's former employees being unable to claim severance.

In a media appearance last week, the former Barbados Minister of Tourism and International Transport said an "unfortunate" change in legislation in Antigua and Barbuda was solely responsible for the plight of over 500 now unemployed LIAT staff.

"We are committed as a government to labour practices. Where severance is due, people should be paid their severance by the companies that owe them the severance. It is unfortunate that the legislation was changed in Antigua that made changes that then created a bit of a challenge for the employees of LIAT to be able to get their monies if there were any future difficulties with the company. That we saw as something that was unfortunate," Cummins said.

On Saturday however, Antigua and Barbuda's Prime Minister Gaston Browne said Cummins' assertions were a failed attempt at "sophistry and subterfuge".

According to Browne, Cummins' statements did not reflect with honesty the circumstances which led to the difficult decisions which have been taken in order to save the regional airline which would have failed in the aftermath of the COVID-19 pandemic had it not been for the intervention of Antigua and Barbuda.

While LIAT's former staff will likely lose their full severance and other payments and benefits to which they may have been entitled before the collapse of the company, last week, Minister of State in the Ministry of Finance, Lennox Weston, announced



Prime Minister Gaston Browne

that the government has made a 'compassionate payment' amounting to about 50 percent of the severance due to local LIAT staff.

The \$2 million disbursement made through LIAT's court appointed administrator Cleveland Seaforth, which became available in December 2021, takes the form of cash, scholarships, land and bonds or a combination of the options offered.

While a number of individuals have accepted the payment package, an exact figure is unknown.

The Antigua and Barbuda leader also suggested that Cummins' position was hypocritical as, while the Barbados government has offered some relief to former LIAT staff, it pales in comparison to the efforts undertaken by his administration.

"The issue with Lisa Cummins, I would say it's a failed attempt at sophistry, subterfuge. She misspoke.

"Yesterday (Saturday) though, she was back on Observer and she was asked a specific question as to whether or not the Barbados government will offer a compassionate severance pay to displaced LIAT workers commensurate with its shareholding, which incidentally is about 52 percent.

surate with its shareholding, which incidentally is about 52 percent.

"Barbados had gone ahead and gotten the votes of Trinidad and Tobago transferred to it so it could have the majority in order to collapse LIAT, and we had to amend the laws here to prevent the liquidation of LIAT. But that does not in any way stop Barbados, St. Vincent, Dominica [from making a] compassionate payment to the displaced workers of LIAT," said Prime Minister Browne.

He continued: "When she (Cummins) was asked yesterday (Saturday) directly whether they will provide that type of settlement, she declined to answer and suggested that maybe the new minister will be better able to address that question."

To date, the Mia Mottley-led Barbados government has only moved to offer former LIAT workers based there a one-off gift of \$2,000 along with a monthly advance of another \$2,000 that must be repaid once a severance settlement is arrived at.

LIAT's former employees across the region are claiming more than

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USD \$120 million in severance payments.

Cummins' comments were made ahead of Barbados' elections on the 19th, so it is not yet known if she will return as a member of the Mia Mottley cabinet, and if so, to which portfolio.

Meanwhile, the prime minister has reiterated his previous position that some of LIAT's former employees, and trade unions the region over, are seeking to make his administration the villain when in his view, his government's actions have proven that it is anything but that.

Browne asserted that his government remains an ally of all LIAT's former staff and suggested that many of

them may have lost focus on the bigger picture.

"I find that the LIAT workers, some of them, and even some of the unions within the region, seem to be ill-focused.

"The Antiguan government is a natural ally to support their cause to make sure that the other governments give them something. [But] instead of working with us to bring the other governments to the table, they are literally trying to fight us [on] what I consider to be a very generous settlement that we have offered."

Recently, the president of the Leeward Islands Airline Pilots Association (LIALPA), Patterson Thompson declared neither Barbados' offer of a



Barbados' Minister of Tourism, Lisa Cummins

\$2,000 per month advance for Barbados-based LIAT staff nor the compassionate severance package deal of Prime Minister Browne

goes far enough to resolve the increasingly desperate situation in which ex-LIAT employees now find themselves.

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ANTIGUA AND BARBUDA TRANSPORT BOARD

A Message from Antigua and Barbuda Transport Board

Foreign Affairs Minister Greene pays tribute to Lady Ena Thomas

Foreign Affairs Minister E.P Chet Greene has paid tribute to Lady Ena Pereira-Thomas following her recent passing.

Reflecting on her service, Minister Greene remembered Lady Ena’s work as Permanent Secretary and first Chief of Protocol within the Ministry of Foreign Affairs.

“As Permanent Secretary with Ambassadorial rank, Lady Ena was described as a dedicated and conscientious official with a strong commitment to diplomatic procedures and administration. She was an inspiration to those who worked with her at the ministry.

“She was known for her grace and aplomb in facilitating the many state and official ceremonies and activities through her tenure in office,” the statement read.

He continued, “Lady Ena was a strong believer that protocol subtly becomes the face of a country’s diplomatic relations that remains in the minds of foreign officials for a long time after joint statements are made and agreements signed.

“As a dedicated senior government administrator she made significant contributions to the growth and development of the Ministry of Foreign of Affairs.”

Lady Ena Thomas was married to the late Sir James ‘Bags’ Thomas, a diplomat who served as High Commissioner for Antigua and Barbuda to the United Kingdom, Ambassador to the People’s Republic of China and also Antigua and Barbuda’s representative to CARICOM.

He passed away in November 2011.



Lady Ena Pereira-Thomas

<p>Mon 24 Day</p> <p>81° 33% ESE 13 mph</p> <p>A few showers early with mostly sunny conditions later in the day. High 81F. Winds ESE at 10 to 15 mph. Chance of rain 30%.</p> <table border="0"> <tr> <td> Humidity 69%</td> <td> UV Index 9 of 10</td> </tr> <tr> <td> Sunrise 6:40 am</td> <td> Sunset 5:58 pm</td> </tr> </table>	Humidity 69%	UV Index 9 of 10	Sunrise 6:40 am	Sunset 5:58 pm	<p>Mon 24 Night</p> <p>74° 4% E 10 mph</p> <p>A mostly clear sky. Low 74F. Winds E at 10 to 15 mph.</p> <table border="0"> <tr> <td> Humidity 70%</td> <td> UV Index 0 of 10</td> </tr> <tr> <td> Moonrise 11:56 pm</td> <td> Moonset 11:12 am</td> </tr> <tr> <td colspan="2"> Waning Gibbous</td> </tr> </table>	Humidity 70%	UV Index 0 of 10	Moonrise 11:56 pm	Moonset 11:12 am	Waning Gibbous	
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The Glanvilles Polyclinic and Community Centre.

Glanvilles Polyclinic commissioned

The opening of the Glanvilles Polyclinic last Friday has been welcomed by the many people who will use it to access healthcare services.

A commissioning ceremony was held more than three years after ground broke for construction of the facility by the government of the People's Republic of China, one of two, with the second polyclinic located at Blackburn Park in Villa.

Several challenges stood in the way of an earlier opening, including the Ministry of Health working on the human resource logistics for the polyclinic's operationalization and the COVID-19 pandemic.

Describing it as a first for Antigua and Barbuda, Health Minister Sir Molwyn Joseph said the structure stands



Health Minister Sir Molwyn Joseph

as an example of the administration's quest to provide its citizens with the most advanced healthcare found in the region.

"I am not in any way shy in saying publicly that Antigua and Barbuda has the potential to deliver the most advanced healthcare system in the entire Caribbean and that is our ambition," Sir Molwyn boldly declared.

"And the fact that we already for instance in the OECS is the first country to have kidney transplants, it should help us build confidence that we are capable of doing more than what we are doing today and taking this country farther along the road of providing first world healthcare in Antigua and Barbuda," he said.

The health minister told the opening ceremony the polyclinic will have a pharmacy and the ministry will work towards providing dental services there. Additionally, the facility will at some point be equipped to perform minor surgeries on patients. There are also plans for an ambulance and fire tender to be stationed at the polyclinic.

Minister Joseph thanked the People's Republic of China for its continued support of Antigua and Barbuda, through a relationship that exists between the two countries spanning almost four decades. He said the estab-



MP for Saint Philip's North Sir Robin Yearwood

lished relationship has resulted in the country benefitting in several areas, notably the airport and seaport.

Chinese Ambassador, Zhang Yanling, on behalf of her government, highlighted the diplomatic and bilateral relationships that exist between the two countries, stating both Antigua and Barbuda and the People's Republic of China share similar goals, one being the improvement of the standard of living for its peoples.

"It is with the goal of improving people's livelihoods that China and Antigua and Barbuda decided to jointly carry out the community centre and the clinic construction project. We do remember how we coordinated

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Big fish and small ponds

By Tony Deyal

I was in the Bahamas working with health department employees, community leaders and hospital staff on Dengue prevention.

When we wrapped up a session, one of the participants who knew I was staying at the Atlantis asked, "So you're in the Casino tonight, right?" "Not me," I replied. "I am going fishing." He laughed, "I know how you deal with people and all the jokes you tell in your lectures, but how do you communicate with a fish?"

The others snickered. I put on my serious face, paused a second or two and then quipped, "I drop it a line." Fortunately, he didn't ask me what kind of music I listen to while fishing because I would have said, "Something catchy!"

This preamble is really a red herring. It is like the question, "Why was the seafood restaurant being investigated by the Inland Revenue Department?"

The owners were suspected of being a shell company in some fishy business. I smiled as I thought of it because I was in our car being driven by my son Zubin along the mountainous North Coast Road of Trinidad with the sea and Atlantic Ocean below us. It could have been any other Caribbean country especially since we were on "fishing" and not "fishy" business.

Henry David Thoreau, the famous naturalist believed, "Many men go fishing all their lives without knowing that it is not fish they are after". While he might be right most of the time, he was definitely wrong in our case.

Fishing as a sport, hobby, or way of life has caught us hook, line and sinker. It is said that the two happiest days of your life are when you buy a boat and when you sell it.

However, as we pushed the 27-foot pirogue (fishing-boat) out from the sheltered bay with the boat's owner and our friend Peter, who knows all the "banks" and with whom we have trolled for king-fish, we could not think of any happier days, past or future. This was our present- to ourselves.

I had taught Zubin to fish for the love of it. I know that if you give a man a fish, he will have a meal but I also learnt that, like me, if you teach a man how to fish, he is very likely to spend thousands of dollars on fishing equipment. Or, if you give him one he might eat for a day and then will come back hungry the next day. In that case, it is better to catch a man a fish and sell it to him.

However, if you teach him to fish you will ruin a wonderful business opportunity. Or, instead of eating for a lifetime, if you teach him fishing, he will turn



around and behave as if he invented it and you're just an idiot.

In that case it is better to cut him up into little bits so that he will become your chum. The only thing worse than that is teaching 100 men to fish because you will end up creating the biggest single threat to our regional ecosystem.

I always thought that I could stand on a jetty or sit in a boat with my sons and friends around me, cast lines all day long, never catch a single fish, come home and still feel I had a great and wonderful time. Except that the day we chose was not as wonderful as it was memorable.

The Atlantic was either trying to take us to Atlantis or provide us an immediate date with either destiny or mermaids. I threw down a 16-ounce sinker and it floated. We didn't have to pull up the anchor, it never really

went or stayed down.

Occasionally the sky above and the sea below changed places and instead of ups and downs we experienced boat and both.

However, I decided that come hell (the high water was already with us), we would let our lines into the water even if we had to go down with them, and hook ourselves to the boat.

While fighting the currents and the hurly-burly, and waiting for a bite or even a solitary nibble, I thought of the big-fish, little-pond way of life I had given up for the big pond and deep sea.

Some experts swear by the "BFLPE" (big-fish-little-pond effect). They preach that children perform better if they are with a less capable group and being a big fish in a little pond is better than trying to become a big fish in a big pond.

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Unfortunately, almost all the big fish in the little ponds of the region become, and behave, like Jaws in a village ravine.

The West Indian Federation failed and CARICOM has never really worked because every Prime Minister, Media magnate, Police Commissioner or even public servant wants to remain the biggest fish in a little pool of people and resources. They are afraid that if they try the big league they will lose the power, respect, wealth and “freedom” they enjoy.

I have seen a lot of big fish in our little regional ponds clinging with teeth, nails and skulduggery to their little bits of sand and rock while making sure there is no election for the leadership of CARICOM. Instead, there is a schedule giving each shark a small ceremonial bite, very limited time and no power.

Fortunately, there are still Caribbean people who are willing and prepared to take on the challenges of the big pond. The Jamaica Bobsled team took on the world without fear. They joined our cricketers and other athletes who were already there. We have academics, media and other professionals who are in the big league.

For many of us, even being small fish in the big pond is a triumph in its own right. As Victoria Beckham said, “In England, David and I are big fish in a small pond. But in L.A. we are tiny, tiny, tiny fish in a big pond.”

Yet, they’re still there. I remember when I was the Government’s television producer and I walked into a New York store, the owner asked, “You from Trinidad?” Then added without waiting for my answer, “You’re in the right place. Dr. Williams shops here. Even Tony Deyal comes here. You know Tony Deyal?” However, after I had left

television, a woman took a long time on Frederick Street looking at me and finally recognising me beamed, “You used to be Tony Deyal?”

Unlike people who describe themselves as “Media Celebrities” or “former” anything, I prefer to be a small and slightly overweight fisherman in the big pond catching my fish or my “nennen” in the Atlantic.

I see my friends in the regional media who are content with only one-sided stories and I let them be.

In the meantime, I try to be the best I can be and will continue to reach out and show the people of this region how much we can gain from togetherness in this slightly bigger pond that is the Caribbean.

**Tony Deyal was last seen telling a friend how tough things were for him in Trinidad. His friend asked sagely, “Would the fish have ever been caught if it had kept its mouth shut?”*



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Community health services to undergo review

Chief Medical Officer (CMO) Dr. Rhonda Sealey-Thomas has announced a review will be undertaken of health services offered at the community level.

Speaking during the commissioning of the Glanvilles Polyclinic last Friday, Dr. Sealey-Thomas pointed to a growing population and changes in disease patterns as the reasons necessitating a review of the current system.

The aim, she said, is to make available to citizens and residents, improved healthcare services.

The Pan American Health Organization (PAHO) will play a key role in the process, which forms part of the Ministry of Health, Wellness and the Environment’s plans for 2022.

“The end result will be an improved community health system that meets the needs of the people of Antigua and Barbuda,” she revealed.

The CMO said priority will also be given to im-

proving linkages between community health services and the country’s main public hospital, Sir Lester Bird Medical Centre.

“There must be a smooth transition from our primary health care in the community, to secondary and tertiary services at the hospital and vice-versa.

“This polyclinic was built with this in mind, and will serve to decentralise some of the services from the hospital and in so doing, alleviate the burden on the hospital that we currently see,” she said.

Dr. Sealey-Thomas views the commissioning of the Glanvilles Polyclinic as “fulfilling one of the basic tenets of primary health care, which is to bring healthcare close to where people live and work, and indirectly assist in the economic and social development of the community and by extension Antigua and Barbuda”.

She said the new health-



Chief Medical Officer, Dr. Rhonda Sealey-Thomas

care facility will aid significantly in treating and managing non-communicable diseases among citizens and residents.

“Statistics for Antigua and Barbuda indicate that non-communicable diseases continue to contribute to illness, disability and death in our twin-island state. Pa-

tients suffering from these disorders need to be on medications regularly, and also need to be constantly monitored in order for the diseases to remain under control. This polyclinic will help in alleviating the burden of these diseases at its diabetic and hypertensive clinics,” the CMO stated.

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.

Monday, 24th January 2022	Tuesday, 25th January 2022	Wednesday, 26th January 2022	Thursday, 27th January 2022
Hamlet Road, Section of Liberta and New Village Area 8:30 AM - 12:00 PM	Section of Weirs near Everton Barnes Property 8:30 AM - 11:30 AM	Section of Green Bay, North of Moravian Church 8:30 AM - 11:30 AM	Bendals, East of the Anglican Church 8:30 AM - 11:30 AM
—	—	—	Anchorage Road (First Choice, Sandals Grande and Antigua Village Area) 9:00 AM - 9:30 AM

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.



First phase of HMP renovations complete

Phase one of the renovation of Her Majesty's Prison undertaken by the Government of Antigua and Barbuda is complete and will be handed over next week.

A statement from the Ministry of Legal Affairs and Public Safety indicated that Minister of Works, Lennox Weston, will hand over the inmate housing facilities to the Minister of National Security, Steadroy Benjamin on 1st February, 2022.

The work that was undertaken involved renovation of the remand area of Her Majesty's Prison, allowing for the inclusion of 170 new beds.

Additionally, renovation in the remand yard involved 36 containers that were retrofitted to accommodate a total of 144 beds.



The facilities also boast new showers and toilets, the statement added.

In addition to the holding cells, contractors assembled five containers that will house a new kitchen, storage area and offices.

Customised interior drainage systems, which will fit the containers along with new plumbing for exterior drainage, were installed.

The kitchen was extended to join the preexisting one, with a new baking area, freezers, a microwave and air conditioning units.

Also included in the first phase were a new office space and perimeter security fencing with barbed and razor wires.

There is also a new sewage tank and increased capacity water storage tanks.



The expansion programme began in mid-2020, amidst calls for improved conditions for inmates serving time at the country's lone correctional facility, now in its 286th year of operation.



Development Control Authority (DCA) Statement on Removal of an Illegal Timber Shed in Parham

It has come to the attention of the Development Control Authority (DCA) that a number of incorrect and misleading statements are circulating in the public domain surrounding the removal of an illegal timber shed belonging to Mr. Kimani Z. Gardner located on Church Street in Parham Town (Registration Section: East Central, Block: 13-2491B, Parcel: 147.

The DCA wishes to point out the following facts:

1. DCA Building Inspector Owren Smith discovered the construction of the said timber shed by Mr. Kimani Z. Gardner without permission from the relevant authorities in January of 2021

2. On January 22, 2021, the DCA served Mr. Gardner

an Enforcement Notice instructing the owner/occupier to cease construction immediately.

3. Mr. Kimani Z. Gardner was advised to seek written permission from the Lands Division to occupy the Crown land and to prepare a plan for the structure to be approved by the DCA.

4. Mr. Kimani Z. Gardner was granted a one (1) year permit by the Chief Lands Officer, Mr. Shaun George to occupy the said Crown land from March 2021 to March 2022, for the sole purpose of selling fruits and vegetables from the farm he operated utilizing a 10x10 structure..

5. The permit from the Chief Lands Officer, Mr. Shaun George advised Mr.

Kimani Z. Gardner that he would require permission from the DCA for the construction of any fixed structure on the said Crown land.

6. Mr. Gardner subsequently produced a crude free-hand sketch of a proposed shed. He was advised by Building Inspector Owren Smith that the sketch was inadequate for DCA approval, and that a complete and professional drawn document was required before approval is granted. Such a drawing was never presented to the DCA.

7. In the ensuing months, DCA observed additions/extensions being made to the said shed which had an Enforcement Notice to cease construction.

8. During the period of illegal additions/extensions, Mr. Gardner requested written permission from the Lands Division for assistance in applying to the Antigua Public Utilities Authority (APUA) for the provision of electricity and water services. The request was declined by the Lands Division due to the permission to occupy conditions were not being honoured. (To sell farm provisions only)

9. It was discovered that Mr. Gardner was using the site for other activities to include the cooking and selling of food, the playing of very

loud music and unwholesome practices.

10. DCA wrote Mr. Gardner a letter dated January 3, 2022, giving final notice of 5-7 days from the date of the letter to have the structure removed.

11. Mr. Gardner was further advised in person at the DCA headquarters following receipt of the removal notice that the structure would not be allowed based on what was subscribed in the permission to occupy he received from the Lands Division. It must be noted that Section 17 of the Physical Planning Act of 2003 and Section 47 were contravened.

12. Upon the expiration of the deadline for the removal of the illegal structure, the DCA sought and received the assistance of the Central Housing and Planning Authority (CHAPA) and demolished the illegal structure on 14th January 2022.

The Development Control Authority (DCA) fully supports entrepreneurial development, particularly those that uplift the youth and positively impact society, however the authority will continue to carry out its responsibilities as prescribed under the laws of Antigua and Barbuda, specifically the Physical Planning Act No. 6 of 2003, in the exercise of its functions.



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Thieves target Cultural Development Division again

An office belonging to the Cultural Development Division was broken into and ransacked over the weekend.

The office, which is managed by Deputy Director of Culture, Owen Jackson, is located in the building that houses the Prices and Consumer Affairs Division at the corner of Redcliffe Street and Corn Alley.

The discovery was made on Saturday afternoon when Jackson arrived to open the office for National Youth Theatre rehearsals.

Director of Culture, Khan Cordice, confirmed the break-in which he added was approximately the eighth incident at the same location.

Cordice said he was informed that the office was ransacked and that lockers, desks and storage facilities had been damaged.

Cleaning supplies and several cases of water have also been reported missing.

In previous break-ins, computers and portable speakers were stolen.

Asked about securi-

ty measures in place at the building, the director of culture said guards are on the second floor, but the perpetrators - who may have been involved in the previous larcenies - appeared to have gained entry by climb-

ing a side wall which gives access to a sliding door located on the top floor of the building.

Despite the installation of door stops, the thieves still found their way into the office.



cont'd from pg 5

with each other to advance the project steadily, and how we withstood the challenges posed by hurricanes and the pandemic.

“Today, I have the honour to witness the opening of the polyclinic. It is my sincere belief that the clinic will serve to benefit the local society and the local people, and improve their living conditions, with more convenient medical services,” the Chinese diplomat said.

The Glanvilles Polyclinic sits in the constituency of Saint Philip's North, whose MP is Sir Robin Yearwood. In

welcoming the opening of the health-care facility, he urged residents in the immediate and surrounding areas that will seek medical care there to do all they can in caring for the structure.

“It's not easy for a large village [like] Wilikies, for people to take sick and I understand, minister, that the clinic will be open late. That would suit us, for when we [get] sick in the night, it's the ambulance that comes out here. The time it takes from there to here, and here to there, it could be a life.

“I hope that we, the people who live here, will care [for] it. We will

come and help. If we have to help and cut the grass, we'll do it. It's our clinic and we must show people we care about it,” Sir Robin noted.

Chief Medical Officer, Dr. Rhonda Sealey-Thomas said services which will be offered include antenatal and neonatal assessments, child health clinics, post-natal checks, family planning and nutrition counselling .

It has the capacity to also provide diagnostic testing, EKG monitoring, radiology and laboratory services.

The Glanvilles Polyclinic is expected to be fully operational by February, 2022.

7 Best Exercises for Seniors (and a Few to Avoid!)

SeniorLifeStyle - Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever changing. A growing body of research illustrates how regular exercise is especially important for seniors, and how more seniors are opting for an active lifestyle instead of a sedentary one. This article will show you the benefits of exercise for older adults, the seven best forms of exercise for seniors, and a few exercises that may be hazardous to seniors' health.

The Health Benefits of Exercise in Older Adults

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. Physicians and researchers say seniors should remain as active as possible, without overexerting one's self. In older adults, exercise helps you live a longer, healthier, and more joyous life.

Some of the benefits of exercising later in life include:

More exercise means more independence for seniors:

Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adult's ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

Exercise improves balance for older adults:

Falling down is a much bigger deal



for older adults than younger ones. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury, and every 19 minutes, a senior dies from a fall, according to the National Council of Ageing. Though no two falls are alike, and preventing falls is very complex, regular exercise reduces the likelihood of falling by 23%.

Regular exercise means more energy:

Though it seems counter-intuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of well-being. Endorphins combat stress hormones, promote healthy sleep, and make you feel more lively and energetic, overall.

Exercise helps prevent and counteract disease:

Heart disease, osteoporosis, depression and diabetes are common

diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them. If you are at-risk for disease, exercise may be the key to warding off an unpleasant condition.

Regular exercise improves brain function:

One of the most remarkable developments in health science is the revelation that the mind and the body are much more closely linked. A healthy body likely means a healthy mind, and seniors that exercise on a regular basis have improved cognitive health, according to research from NCBI. More recently, a study from the Alzheimer's Research & Prevention Foundation, regular exercise has been shown to reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.

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The Best Exercises for Seniors

Exercise is crucial for older adults, but it can be hard to know where to begin. If you haven't worked out for a while, re-entry into the active world can be daunting. There's also a good chance the exercises you were once accustomed to aren't ideal for older adults.

Before you launch into an exercise regimen, it's important to check with a physician to ensure you're healthy enough for exercise, and to see which exercises are ideal for your current fitness level.

1. Water aerobics

In the past years, water aerobics have become an extremely popular form of exercise among all ages, but in particular to seniors. Exercising in the water is ideal for those living with arthritis and other forms of joint pain, as the buoyancy of the water puts less stress on your joints. Additionally, water brings natural resistance, which eliminates the need for weights in strength training. Water aerobics exercises improve your strength, flexibility, and balance with minimal stress on your body.

2. Chair yoga

Like water aerobics, chair yoga is a low-impact form of exercise that improves muscle strength, mobility, balance and flexibility, all of which are crucial health aspects for seniors. Chair yoga is an accessi-

ble form of yoga that provides less stress on muscles, joints, and bones than more conventional forms of yoga.

As an added bonus, chair yoga has been shown to improve mental health in older adults. Regular chair yoga participants have better quality sleep, lower instances of depression, and report a general sense of well-being.

3. Resistance band workouts

Resistance bands are stretchy strips of rubber that add resistance to workouts with reduced stress on your body. Resistance band workouts are user-friendly and accessible for beginners. This form of exercise is growing more popular among seniors because of the relatively cheap upfront costs of materials, which makes resistance band workouts ideal for at-home exercise. Additionally, these exercises are ideal for strengthening your core, which improves posture, mobility, and balance.

4. Pilates

Pilates is a popular low-impact form of exercise that was developed a century ago. In pilates exercises, breathing, alignment, concentration and core strength are emphasised, and typically involves mats, pilates balls, and other inflated accessories to help build strength without the stress of higher-impact exercises. Pilates has been shown to improve balance, develop core strength and increase flexibility in older adults.

5. Walking

One of the least stressful and accessible forms of exercise is walking. For some seniors, walking is a bigger challenge than others, so distance and step goals differ from person to person. For the general population, 10,000 steps per day is advised for a healthy lifestyle, but those with difficulty walking or joint pain may settle for a smaller number as a goal. A PLOS One study found that walking 10,000 steps lowered the ten-year outlook for mortality by 46%. Walking promotes a healthy lifestyle, while strengthening muscles, lowering your risk of heart disease, stroke, diabetes, and colon cancer.

6. Body weight workouts

Muscle loss can be devastating and debilitating for older adults. Around a third of seniors live with severe muscle loss, which can lead to hormone problems, a decrease in the ability to metabolise protein, and other problems. Body weight workouts are one of the best ways to counteract the effects of muscle atrophy in older adults. One of the key benefits of body weight workouts is the affordability. The materials required for body weight workouts are minimal; most body weight workouts require workout clothes and a mat to soften impact with the floor.

7. Dumbbell strength training

Strength training has

been shown to alleviate the symptoms of diabetes, osteoporosis, back pain, and depression, while helping you manage your weight. Strength training also contributes to a higher metabolism and enhanced glucose control. Dumbbell exercises are some of the best ways for seniors to strength train, if they are performed with the proper precautions. Dumbbells allow seniors to isolate muscle groups to strengthen, while improving balance and flexibility.

Exercises Seniors Should Avoid

A good percentage of popular mainstream workouts are not ideal for older adults. These popular workouts are well-suited for younger adults looking to bulk up or shed weight in a hurry, but they may put an unhealthy strain on older adults with joint pain, atrophied muscles, posture problems or issues with balance.

The following exercises should probably be avoided if you're over the age of 65:

- Squats with dumbbells or weights*
- Bench press*
- Leg press*
- Long-distance running*
- Abdominal crunches*
- Upright row*
- Deadlift*
- High-intensity interval training*
- Rock climbing*
- Power clean*

Always consult with your medical care provider before commencing any fitness programme!

CARICOM sends condolences to Tonga

The Caribbean Community CARICOM has expressed 'heartfelt sorrow' at the tragic loss of life from the recent tsunami in Tonga.

CARICOM Secretary-General Dr. Carla Barnett shared the Community's concern in a message of condolence to the Prime Minister of Tonga, H.E. Siaosi Sovaleni, which stated in part, "The Caribbean Community (CARICOM) views with deep concern the tragic effects on Tonga of the nearby volcano eruption and the ensuing tsunami.

"CARICOM expresses its heartfelt sorrow at the loss of life and is dismayed at the destruction of property following this natural disaster.

The Community stands in solidar-



Aftermath of tsunami in Tonga [Photo credit: The Caribbean Community]

ity with Tonga, as this event is yet another example of the vulnerability of Small Island and low-lying Coastal Developing States (SIDS) like those of the Caribbean Community to natu-

ral disasters.

"CARICOM wishes a full and speedy recovery to the injured and empathises with Tonga as it confronts the challenges of building back better."

Grenada issues guidelines for schools to reopen

Loop - The Ministry of Education in Grenada says the current guidelines for the functioning of schools will continue into week four of the Hilary Term.

This commences from January 24 until further notice.

The Ministry says it is acting on the guidance of the Ministry of Health.

It says principals and teachers in charge will discuss school-specific arrangements with the manager and district education officer to inform further guidance and or approval of



Remote learning in effect as school reopens [Photo Credit: LOOP]

the same.

Teachers will continue their weekly submission of

remote learning data to the Ministry of Education by Monday of every week.

As of Sunday, Grenada reported 2,366 active COVID-19 cases.

Concerns were raised recently in the public about allowing children to continue face-to-face classes, their ability to remain masked and engage in social distancing. However, during last week's Post Cabinet media briefing, Acting Chief Medical Officer Dr. Shawn Charles said it is necessary to open schools.

Dr. Charles pointed out that the health of children is influenced tremendously by
cont'd on pg 15

JDF to welcome first female Chief of Defence Staff

LOOP – Commodore Antonette Wemyss Gorman is set to create history when she becomes the first woman to be appointed Chief of Defence Staff of the Jamaica Defence Force (JDF).

The 48-year-old army woman is scheduled to succeed Lieutenant General Rocky Meade who will be retiring early next year after 38 years in the army.

Wemyss Gorman is also to be promoted to the rank of Rear Admiral in January 2022 at the time of her appointment as chief of defence staff.

A release from the Office of the Prime Minister (OPM) said: “Following a meeting of the Defence Board on Wednesday 22 September 2021, the retirement of Lieutenant General Rocky Meade, chief of defence staff, was approved.”

General Meade served the JDF for 38 years. He was appointed Chief of Defence Staff in December 2016, according to the release.

The OPM release add-

ed: “The Defence Board is announcing its decision, after interviewing three senior JDF officers, to appoint Commodore Antoinette Wemyss Gorman to the post of chief of defence staff.

“Commodore Wemyss Gorman will be promoted to the rank of rear admiral; her promotion and appointment take effect in January 2022.”

According to the OPM, Wemyss Gorman is a career officer whose 29 years of service has been “characterised by notable achievement and exceptional service” to the JDF.

The release added: “Additionally, she has performed at the strategic level of command within her technical area of expertise and in other domains, both internal and external to the JDF.”

Wemyss Gorman “holds a Master’s Degree with distinction in National Security and Strategic Studies from the University of the West Indies”, the release added.



Antonette Wemyss Gorman is to become the first female JDF Chief of Defence Staff [Photo Credit: Loop]

“Promoted to her current rank in December 2019, Cmdre Wemyss Gorman assumed the post of Force Executive Officer (FXO) in January 2020. She currently provides strategic guidance to the force in support of the transformational vision of the chief of defence staff,” the OPM stated.

Wemyss Gorman is also

responsible for the establishment of the Caribbean Military Maritime Training Centre (CMMTC) and the Maritime Air and Cyber Command, which includes the JDF Coast Guard, the JDF Air Wing and Special Forces.

Further, she has represented the JDF and Jamaica at “various local and international fora on matters of regional security, blue economy, transnational organised crime, women peace and security”, among other defence matters.

She is married and is the mother of a 15-year-old son, disclosed OPM in its release on the historic appointment.

cont’d from pg 14

their education and the education environment is vital for the normal development of every child.

He said schools don’t just educate, they offer socialisation, a safe environment, nutrition and counselling. Dr. Charles said peer interaction is important for the normal development of a child.

The Acting CMO said this has all been

postponed for two years to the detriment of the child.

He noted it has been demonstrated that across all variants of COVID-19, children are the least severely affected.

Dr. Charles added that schools continue to be a safe environment for children to be in, as there are COVID-19 protocols as well as the option of vaccines for all persons 12 years and over in the country.

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TERMS AND CONDITIONS APPLY

Mutinous soldiers take over Burkina Faso military barracks

AP — Mutinous soldiers seized control of a military base in Burkina Faso's capital Sunday, raising fears of a coup attempt in the West African nation as gunfire rang out for hours amid growing frustration with the government's handling of the Islamic insurgency.

The apparent mutiny came one day after the latest public demonstration calling for President Roch Marc Christian Kabore's resignation. On Sunday, security forces used tear gas to disperse crowds seeking to publicly support the mutineers. Crowds also vandalised a building occupied by the president's political party and set it on fire.

Defence Minister Aime Barthelémy Simpore told state broadcaster RTB that a few barracks had been affected by unrest not only in the capital of Ouagadougou but in other cities too. He denied, however, that the president had been detained by the mutineers, even though Kabore's whereabouts remained unknown.

"Well, it's a few barracks. There are not too many," Simpore said. "In some of these barracks, the calm has already returned. So that's it for the moment. As I said, we are monitoring the situation."

A news headline on the state broadcaster described the gunfire as "acts of discontent by soldiers."

"Contrary to some information, no institution of the republic has been targeted," the headline continued.

At the Lamizana Sangoule military barracks in the capital, however, angry soldiers shot into the air Sunday, directing their anger over army casualties at the president. About 100 motorcycles later left the base, chanting in support of the mutineers, but were



Soldiers seized control of a military base in Burkina Faso's capital [Photo Credit: Sophie Garcia]

stopped when security forces deployed tear gas.

The soldiers put a man on the phone with The Associated Press who said that they were seeking better working conditions for Burkina Faso's military amid the escalating fight against Islamic militants. Among their demands are increased manpower in the battle against extremists and better care for those wounded and the families of the dead. The mutinous soldiers also want the military and intelligence hierarchy replaced, he said.

There were signs Sunday that their demands were supported by many in Burkina Faso who are increasingly distressed by the attacks blamed on al-Qaida and Islamic State-linked groups. Thousands have died in recent years from those attacks and around 1.5 million people have been displaced.

"We want the military to take power," said Salif Sawadogo as he tried to avoid tear gas on the streets of Ouagadougou. "Our democracy is not stable."

Kabore first took office in 2015, winning the election held after long-time President Blaise Compaore was ousted in a popular uprising.

Still, Kabore has faced growing opposition since his reelection in November 2020 as the country's Islamic extremism crisis has deepened. Last month he fired his prime minister and replaced most of the Cabinet, but critics have continued calling for his resignation.

On Sunday, protesters who supported the army mutiny said they had had enough of Kabore even though the next presidential election isn't until 2025. Demonstrator Aime Birba said the violence under Kabore has been unlike anything Burkina Faso experienced during the nearly three decades Compaore was in power.

Earlier this month, authorities had arrested a group of soldiers accused of participating in a foiled coup plot. It was not immediately known whether there was any connection between those soldiers and the ones who led

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Stowaway found in South Africa plane wheel at Amsterdam airport

BBC - Dutch police say they have found a stowaway alive in the wheel section of a plane that landed at Amsterdam's Schiphol airport from South Africa.

Flights from Johannesburg to Amsterdam take about 11 hours, with the cargo plane believed to have made one stop, in Nairobi, Kenya.

It is very unusual for stowaways on long flights to survive, due to the cold and low oxygen at high altitudes.

The man's age and nationality have not yet been determined, police say.

"The man was found alive in the nose wheel section of the plane and was taken to hospital in a stable condition," Royal Dutch Military Police spokeswoman Joanna Helmonds told the AFP news agency.

"It is quite remarkable that the man is still alive," she said.

A spokesperson for freight carrier



The stowaway was found in the nose wheel section of a cargo plane (not pictured) [Photo credit: Getty Images]

er Cargolux confirmed in an email to Reuters that the stowaway had been on a flight operated by Cargolux Italia.

According to flight data, the only

Cargolux freight flight from Johannesburg to Schiphol on Sunday also made a stop in Nairobi. It is not known if the man boarded the plane in South Africa or Kenya.

Weekend Puzzle Solution

DOT COM By Corey Bowers

1	S	P	A	C	E		6	A	S	T	E	R		11	C	P	A		
14	A	R	R	O	W		15	S	P	O	R	E		16	O	R	R		
17	C	O	M	M	E	N	T	A	T	O	R		19	M	O	A			
				20	B	R	U	I	T		21	S	U	P	P	E	R		
23	T	A	C	O		26	B	R	U	T		28	N	O	R	M	A		
29	A	B	O							30	L	A	C		32	W	E	S	T
33	M	U	M		34	A	R	E	A	C	O	D	E	S					
38	E	T	E	R	N	A	L			40	T	H	I	R	S	T	Y		42
				43	D	I	C	K	I	N	S	O	N		45	I	O	U	
46	O	T	I	C		48	E	T	A					49	N	I	L		
50	T	H	E	I	R		52	E	M	U	S		54	O	G	L	E		
56	T	A	N	N	E	D		58	A	V	I	A	N						
60	A	W	N			61	C	O	M	B	U	S	T	I	B	L	E		
66	W	E	E			67	T	R	O	L	L		68	O	C	E	A	N	
69	A	D	S			70	A	P	N	E	A		71	N	E	E	D	S	

cont'd from pg 17

a mutiny Sunday. Military prosecutors said nine soldiers and two civilians were being held in connection with the plot.

West Africa has seen a spate of military coups in West Africa over the past 18 months, causing the regional bloc known as ECOWAS to suspend two member states simultaneously for the first time since 2012.

In August 2020, a mutiny at a Malian military barracks led to the democratically elected president being detained. He later announced his resignation on national television, and the junta leader there doesn't

want new elections for four more years.

In September 2021, Guinea's president also was overthrown by a military junta that remains in power to this day.

Burkina Faso too, has seen its share of coup attempts and military takeovers. In 1987, Compaore came to power by force. And in 2015, soldiers loyal to him attempted to overthrow the transitional government put into place after his ouster. The army was ultimately able to put the transitional authorities back in power, who led again until Kabore won an election and took office.

UK accuses Russia of trying to install pro-Kremlin gov't in Kyiv

AlJazeera - The UK has accused the Kremlin of seeking to install a pro-Russian leader in Ukraine as fears of a Russian invasion of Ukraine grow.

The Foreign Office said in a statement Russian intelligence officers had been in contact with a number of former Ukrainian politicians as part of plans for an invasion and that former parliamentarian Yevgen Murayev was being considered as a potential leader.

“The information being released today shines a light on the extent of Russian activity designed to subvert Ukraine, and is an insight into Kremlin thinking,” said UK Foreign Secretary Liz Truss.

“Russia must de-escalate, end its campaigns of aggression and disinformation, and pursue a path of diplomacy.”

The British foreign ministry did not provide evidence to back its accusations.

Russia will face severe economic sanctions if it installs a “puppet regime” in Ukraine, Britain’s deputy Prime Minister Dominic Raab said on Sunday.

“There’ll be very serious consequences if Russia takes this move to try and invade but also install a puppet regime,” Raab told Sky News.

Murayev, the man



Moscow, which maintains it has no plans to invade Ukraine, dismissed the accusations as ‘disinformation’. [Photo Credit:AlJazeera]

named by London, lost his seat in the Ukrainian parliament when his party failed to win five percent of the vote in the 2019 elections. He is the founder of TV channel Nash, which regulators have been seeking to shut down since last year, accusing it of airing pro-Russian propaganda.

Four other politicians named by the UK as possible Russian picks were Mykola Azarov, Sergiy Arbutov, Andriy Kluyev, and Volodymyr Sivkovich.

Murayev said on Sunday his country needed new leadership.

“The Ukrainian people need rule of law, peace, sound and pragmatic economic and social policies, and new political leaders,” Murayev wrote on Facebook.

Moscow has insisted it has no plans to invade

Ukraine, despite currently having about 100,000 troops on the Ukraine border. The Russian foreign ministry dismissed London’s claims as “disinformation” and urged London to “stop spreading nonsense”.

In Washington, DC, US National Security Council spokeswoman Emily Horne said Russia’s alleged “plotting” was “deeply concerning”.

“The Ukrainian people have the sovereign right to determine their own future, and we stand with our democratically elected partners in Ukraine,” Horne said.

The claims came hours after a senior UK defence source said Russian Defence Minister Sergey Shoigu had accepted an invitation to meet his UK counterpart Ben Wallace to discuss the crisis.

Tensions have soared in recent weeks as Russian troops mass on Ukraine’s border along with an arsenal of tanks, fighting vehicles, artillery and missiles.

These accusations came at the end of a week of intense international diplomacy, which concluded with Washington and Moscow’s top diplomats, Antony Blinken and Sergey Lavrov, failing to make a major breakthrough but agreeing to keep working to ease tensions.

Andrey Kortunov, director of the Russian International Affairs Council, told Al Jazeera the UK allegations were implausible.

Moscow seized the Crimean Peninsula in 2014 after Ukrainians deposed their pro-Russian president, Viktor Yanukovich. A few weeks later, a pro-Russian rebellion broke out in eastern Ukraine that has since killed more than 13,000 people.

The UK is among a handful of Western nations rushing weapons to Ukraine, including anti-tank missiles, while other countries including Germany have refused to supply arms to Kyiv.

The US has sent 90 tonnes of ammunition to Ukraine as part of an additional \$200m of “lethal aid” approved by President Joe Biden in late December.

Jamaican minister says spectators at WC qualifiers a bad idea

Former Mayor of Kingston, Desmond McKenzie says the Jamaican government would be irresponsible to permit spectators to participate in the Reggae Boyz upcoming World Cup qualifiers home games.

The Reggae Boyz are slated to play two matches over the next two weeks—Mexico on January 27 and Costa Rica on February 2, inside the national stadium.

The government had allowed a maximum of 5,000 spectators for a recent match against the United States of America in October, however, since December the country's novel coronavirus positivity rate has spiked, suggesting that the country is experiencing its fourth wave.

McKenzie told reporters on Wednesday while the government is in discussions with Jamaica Football Federation (JFF) surrounding the pos-

sibility of having spectators attend the match at the stadium, the current outbreak of the virus has tied its hands.

“We were in discussions with the JFF surrounding having spectators for the next open game, but because of this new outbreak it would be irresponsible, based on the dangers of this thing, to have a mass gathering,” stated McKenzie.

The government's decision has left the JFF President Michael Ricketts disappointed.

For Ricketts, the blow came at a time when Prime Minister Andrew Holness had granted an extension to the COVID-19 measures to include reduced curfews and continued relaxation of those measures.

McKenzie said the Government will possibly allow spectators once the country has overcome the present outbreak.



Jamaican Minister of Local Government & Rural Development, Desmond McKenzie

Olympic curse strikes again as Beijing costs mount

The “curse” of the Olympic overspending looks set to strike again at the Beijing Games’ with stringent measures and loss of ticket sale revenues pushing up costs for China.

It's not unusual for nations to find the bill of hosting an Olympic ballooning, but the pandemic and China's zero-Covid approach has made preparations for the February 4-20 Winter Games particularly difficult.

With increasingly strict rules imposed as domestic outbreaks spread in China, organisers announced

last week that they will not sell tickets to the public because of the “complicated” COVID situation. Instead, invitations will be given to select people.

The organising commit-

tee had originally calculated ticketing revenue to be worth \$118 million.

That total was already in question after it was confirmed last year there would be no international specta-

tors at the Games because China's weeks-long quarantine requirements and closed borders.

Budget was a key part of China being awarded the Games, with Beijing winning the bid over only one other contender as other cities backed out over high costs.

Beijing Olympic communications manager Zhao Weidong recently admitted to reporters that the pandemic might mean a need to “increase some expenses”. However he pointed out that others could be reduced, without giving specifics.



Debutant Gage joins Appleton, Barnarde and Peters on 2022 FIFA List

The Antigua and Barbuda Football Association (ABFA), on Friday, January 14, 2022, held the annual Badge Ceremony for the Assistant Referees making the 2022 FIFA List.

Iroots Appleton, Wasnah Barnarde and Kevin Peters maintained their positions on the list as Assistant Referees. Nikesha Gage, a past senior player, makes her debut as an Assistant Referee.



ABFA President Everton Gonsalves and FIFA Assistant Referees Kevin Peters, Nikesha Gage, Iroots Appleton, Wasnah Barnarde and Referee Coordinator Kelesha Antoine during Friday's Badge Ceremony at the ABFA Headquarters.

The assistant referees during the ceremony held at the ABFA Technical Centre received their 2022 badges.

Shernel Burton, representative from the Antigua and Barbuda Referee Association, offered congratulatory remarks.

President of the ABFA Everton Gonsalves congratulated the referees for their commitment and hard work. He encouraged them to continue to be ambassadors for Antigua and Barbuda and an example for others aspiring to become FIFA officials.

Windies v India series to be played in two cities due to COVID-19

India's upcoming One Day International and Twenty20 international series against West Indies will be hosted in two cities to minimise "biosecurity risks" amid the COVID-19 pandemic, the Indian cricket board (BCCI) said on Saturday.

The white ball series originally intended to be played across six venues, including the Indian cities Jaipur, Visakhapatnam, Cuttack and Thiru-

vananthapuram, will now be hosted entirely in Ahmedabad (ODI) and Kolkata (T20).

"The decision has been done to mitigate biosecurity risks by cutting down on travel and movement of the teams, match officials, broadcasters, and other stakeholders," BCCI said in a statement.

The two series will be played from February 6-20.



Kieron Pollard & Virat Kohli

Fire at Wolverhampton causes damage to club's grounds



A fire broke out at Wolverhampton Wanderers' Molineux stadium in the early hours, er nearby areas in the Billy Wright Stand, the club said.

The blaze is thought to have started in an electrical appliance, Crews contained the blaze before putting it out by 03:40.

Smoke could be seen coming from the stadium as 20 firefighters attended at about 01:55GMT.

It started in the Sir Jack Hayward Suite bar area and spread to oth-

er nearby areas in the Billy Wright Stand, the club said.

Steve Sutton, Facilities, Safety and Security director at the football club, thanked the fire service and expressed his relief that no-one was hurt.

Nikeshia Gage makes debut on 2022 FIFA Referee List

From her first foray into refereeing in the Antigua and Barbuda Football Association (ABFA) Second Division in 2015 to her first international appointment with the Concafcac Under-15 in 2019 to making the 2022 FIFA List, Assistant Referee Nikeshia Gage's elation is always tempered by her serious disposition and focus on the task.

Gage admits, "I'm not usually a person who shows a lot of emotions, but I was very excited when I learnt that I made the list."

Her mind then immediately went to the job.

"I'm looking forward to the assignments and getting out there. I know I want to stay on the list, so I am prepared to stay on top of my game," Gage said.



Nikeshia Gage

Her game, she notes, is staying fit—the fitness tests are not for the faint of heart—being mentally prepared, and knowing the laws of the game inside out.

The former player recalls that, after the lustre wore off with playing, a friend suggested refereeing. In addition to local matches and aforementioned competitions, Gage

also relishes two appointments with the Caribbean Football Union (CFU) at the Girls U14 Challenge Series in 2019 and 2021. She has only looked forward since.

Among the people she credits with helping and encouraging her is Fitness Instructors Audwin Walsh, compatriot FIFA assistant referee Wasnah Barnarde, local referee Ken Pennyfeather—who is celebrating earning his Concafcac badge—and Referee Coordination and FIFA and Concafcac Referee Fitness Instructor Kelesha Antoine, whom Gage said doesn't let her quit.

A woman of few words, asked what her approach will be, Gage said, "From the (moment) I leave home, it's about the work."

Chris Gayle left out of IPL auction

West Indies big-hitter Chris Gayle is among the stars missing from the upcoming auction for the Indian Premier League (IPL).

More than 1,200 cricketers from India and 18 countries across the world have registered to go under the hammer in Bangalore on February 12 and 13 for the 15th edition of the world's most lucrative cricket tournament.

Other notable absentees from the long list of players in the bidding pool for the IPL-expected to begin in late March depending on the COVID situation in India - are Ben Stokes, Mitchell Starc, Jofra Ar-

cher, Chris Woakes and Sam Curran.

Gayle, 42, delayed his retirement following the conclusion of last year's Twenty20 World Cup, indicating his desire to play his final T20 International before his home crowd at Sabina Park in Jamaica,

Ten teams will bid and participate in this year's IPL after the addition of two new franchises - Ahmedabad and Lucknow - according to The Board of Control for Cricket in India (BCCI).

On Saturday the BCCI discussed logistics and the emerging COVID situation with IPL franchise owners before announcing that its showcase event will start



Chris Gayle [Photo credit: Getty Images]

in the last week of March and run until the end of May.