



ANTIGUA AND BARBUDA

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# CABINET TO REVIEW VACCINE REQUIREMENT TO ENTER COUNTRY

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*The Antiguan Racer, endemic to mainland Antigua, was once classified as the rarest snake species on the planet. This represented a comeback as it had been declared extinct in 1936 and again in 2009. Once plentiful on Antigua, the introduction of the mongoose saw to it that they were wiped out, and what they didn't get, fearful humans did. Through the efforts of conservationists over the last two decades, the 3 foot long snake, which belongs to the genus *Alsophis*, has made a comeback with numbers estimated at over 1,100, however it is still listed among the 15 rarest snakes in the world. Now, the harmless, rear-fanged snake can only be found on Rabbit Island, Great Bird Island, Guiana Island and York Island. **Photo credit: John Cancalosi / Fauna & Flora International | Credit: JC/FFI***

## Cabinet to mull lifting vaccine mandate for travelers

When Cabinet convenes today, ministers are expected to deliberate on whether the administration should remove the vaccine requirement for incoming passengers.

Prime Minister Gaston Browne on his radio programme at the weekend said consideration was being given to dropping the mandate as part of the overall plan to fully re-open the economy.

“We continue to review the restrictions we have in place and this coming Wednesday we intend to further relax some of those restrictions.

“For example, it is probable as a result of our deliberations, unless the epidemiological position changes for the worst that we could see for exam-

ple a relaxation of the vaccine mandate, which requires mandatory vaccination in order to enter the country,” Mr. Browne told listeners last weekend.

He said if lifted, incoming passengers will only need to present a negative rapid or PCR test.

“So that is one of the restrictions I can see us lifting. Again, we are moving now towards a policy of personal responsibility. We would have said that several months ago that as we reduce these restrictions or eliminate them that the burden of risk will be placed on the individual, who is required to be more vigilant and to manage the risk of contracting COVID, or if they contract COVID, to move quickly to

get treated, avoid possible hospitalization or death.”

If the vaccine mandate for passengers is lifted, it will be a major development for the country, since only a handful of nations allow travelers to enter without having a COVID-19 vaccine. Conde Naste Traveller lists those nations as Croatia, Cyprus, Greece, Slovenia, United Arab Emirates, Mexico and Madeira, off Portugal’s mainland.

Vaccine restrictions were implemented as a means of slowing the virus and preventing variants from entering countries. So far, it has not worked, but governments, including the United States, Canada and the United Kingdom are maintaining the mandate.

## PM takes Villa Primary students on tour of Point Hydroponics facility



On Tuesday, Prime Minister Gaston Browne took several students from the Villa Primary School on a tour of the Point Community Hydroponics facility on Lower North Street.

The students got the opportunity to learn about the dynamics of Hydroponic farming and its importance to sustainable food security.

PM Browne explained

that local farming also guarantees healthier food options in the local economy.

At the moment, the community-based farming facility produces approximately 700 heads of lettuce which will be used to provide food to support the Villa and Point feeding programme, The Soup Kitchen, and members of the community.



## Dr. Dane Abbott: Cervical cancer is preventable

January is cervical cancer awareness month, and gynaecologist and obstetrician, Dr. Dane Abbott, is doing his part to share information about the disease.

According to Dr. Abbott, medical statistics gathered here in Antigua and Barbuda have shown that each year since 1984, 7 to 8 women have been diagnosed with cervical cancer. Of this number, 2 or 3 will go on to die.

However, Dr. Abbott says advances in medical technology and science mean that women no longer have to face death as the ultimate consequence of this cancer.

If detected early, cervical cancer has a survival rate of about 95 percent. Late stage detection reduces the chances of survival to about 15 percent.

Armed with this information, Dr. Abbott says it is critically important for women to have regular gynaecological check-ups in order to detect abnormal cervical cell development early.

This is because these abnormal cells can take anywhere from 10 to 20 years to develop into cancer. Early detection, therefore, almost guarantees a successful treatment outcome.

He is also raising awareness about the Human Papilloma Virus, HPV, which research suggests is the leading cause of cervical cancer in women.

“Normally, cells on the cervix are supposed to divide and grow and die. In cancer, however, these cells undergo

abnormal growth. So they will grow and divide, but some of them don’t die.

“We know that in cervical cancer there is a virus, known as Human Papilloma Virus or HPV, which, once it infects the cells of the cervix, can cause these cells to become abnormal and develop into cancer.

“The good thing about cancer of the cervix, is that it takes a long time to develop. So if a woman gets HPV today, it takes maybe, 10, 15, 20 years for that HVP to cause enough damage to the cervix to then become cancerous.

“There are some tests which can be done to catch HPV early before the woman actually gets cancer and that test is a PAP smear test. It’s a simple test, it’s cheap and it’s very effective in finding changes on the cervix – precancerous changes,” he explained.

PAP smear screenings in women who show no signs of abnormal cells should occur at intervals of three to as many as five years under the advice of a medical doctor

who decide what is appropriate for their patient based on the type of screening performed and their results.

Dr. Abbott continued that HPV is itself preventable, as there is a vaccine which is available for young children who are not yet sexually active.

“There is a vaccine available to women, girls and even boys. The recommendation is that when a [child] gets to about 9 to 11 years of age, they can get an HPV vaccine.

“This HVP vaccine has been around since 2006. So there are millions who have had this vaccine and this vaccine is available here in Antigua. So we know it’s safe, we know it’s effective in trying to prevent HPV.”

Most critically, Dr. Abbott is driving home the message that cervical cancer is a preventable disease. Therefore, he strongly believes that the importance of the availability of the HPV vaccine, coupled with regular PAP smear screenings cannot be overstated.

“Now because cancer of the cervix is preventable,



Dr. Dane Abbott

those 7 or 8 women who get cancer, and those 2 or 3 women who die, that’s a preventable illness, that’s a preventable death.

“So what we have found, is that countries that have very good PAP smear screening programmes, those countries have brought down the number of women who are getting cancer of the cervix and the number of women dying of cancer of the cervix, very low.

“Here in Antigua we just don’t have enough women going to get regular PAP smears and that is one of the reasons we still see our numbers being high,” Dr. Abbott concluded.

Wed 26 82°/73° Sunny 5% E 11 mph	
Wed 26   Day <b>82°</b> Sunny 5% E 11 mph Sunny. High 82F. Winds E at 10 to 15 mph.	Wed 26   Night <b>73°</b> Clear skies. Low 73F. Winds ENE at 5 to 10 mph.
Humidity 62% UV Index 9 of 10	Humidity 75% UV Index 0 of 10
Sunrise 6:39 am Sunset 5:59 pm	Moonrise 12:53 am Moonset 12:36 pm Waning Crescent

## Island Girls set to take take on another ocean

Team Antigua Island Girls, Antigua and Barbuda’s history-making rowers are taking to the water again.

The team, comprising Christal Clashing, Elvira Bell, Kevinia Francis and Samara Emmanuel—will compete in the inaugural Pacific Challenge carded for 2023.

Atlantic Campaigns, the official race organisers of the Talisker Whisky Atlantic Challenge, is also organizing this initiative.

A statement detailed the Pacific Challenge is a 2,800 nautical mile race from Monterey Bay in California to Nawiliwili Harbor in Kauai, Hawaii. The challenge begins on June 12, 2023.

Team Antigua Island Girls launched their Pacific 2023 campaign at a press conference on January 24, 2021, at the



Antigua and Barbuda Football Association’s Headquarters at Paynters, with the tagline Back on the Row Again.

Team Antigua Island Girls acknowledged that, much like their first, history-making row in the 2018-19 Talisker Whisky Atlantic Challenge, reaching the start line is its own jour-

ney. Fundraising activities will ramp up shortly, and the team has begun training—both physical and mental—as they learned from their freshman experience that it takes more mental strength than brawn to get to the finish line.

## Police officers disciplined for incurring debt

The Royal Police Force of Antigua and Barbuda has taken a firm position regarding the conduct of its officers in relation to their dealings with the public, even if it results in their dismissal from the force.

According to Deputy Commissioner of Police (Operations), Albert Wade, at least 65 of 68 complaints made against law enforcement officers to the Office of Professional Standards were withdrawn by com-

plainants who requested no further action be taken after the process was explained to them.

DCP Wade explained that in total, two officers were convicted and one constable was dismissed for discreditable conduct.

Additionally, the accused officers were fined \$14,785 for 2021 and four officers were demoted.

“Most of the complaints deal with the issue of incurring debt; house rent,



Commissioner of Police, Atlee Rodney

borrowing money et cetera. Most of the complaints involve around our officers incurring debt and not paying those debts.”

Commissioner of Police Atlee Rodney said police officers are not to be found at any time committing the violations outlined in the disciplinary regulations.

“For us within the organisation, we are not supposed to incur any debt and show no means of paying it

back. That’s a disciplinary offence,” Commissioner Rodney pointed out.

“So when persons have those challenges with officers, they will come to Professional Standards and make a report and we have to address it,” he said.

Internally, 206 complaints were made against officers of the police force. Of that number, 175 charges were laid and 32 complaints

*cont’d on pg 5*



DCP Albert Wade

## Rover Surgical Suites opens in Ramco Building

Antigua and Barbuda is now home to a new medical facility, the Rover Surgical Suites.

The recently opened facility, located in the Ramco Building, is owned and operated by obstetrician and gynaecologist, Dr. Gwendolyn Fevrier-Roberts, Ear, Nose, and Throat Specialist Dr. George Roberts and their daughter Dr. Nicole Roberts.

The facility is designed to offer primarily outpatient surgical procedures where after a short period of recovery, the patient is allowed to return home the same day. Its four bed capacity allows the clinic to

also offer overnight stays if necessary.

On Monday, Prime Minister Gaston Browne was invited to tour the family owned medical facility.

While there, the country's leader pledged his government's commitment to supporting medical development.

"Having a close family and at the same time being able to make a very important economic contribution to the country is significant.

"Your contribution is not limited to medicine; it's even the business of medicine, which is great, and we commend you.

"I want to wish you our



PM Gaston Browne touring Rover Surgical Suites on Monday [Credit: Office of the Prime Minister]

continued support. Any you can rest assured that it assistance you may need, will be forthcoming," said once it is within our means, Browne.

## Ministry of Health reports 92 new COVID-19 cases

The most recent report received by the Ministry of Health, Wellness and the Environment revealed ninety-two (92) new laboratory confirmed COVID-19 cases in Antigua and Barbuda as of Wednesday 19th January, 2022 at 6pm.

Two hundred and sixty-eight (268) samples were processed.

Forty-five (45) recov-

ered cases were recorded.

Consequently, the total number of persons with laboratory confirmed COVID-19 cases in Antigua and Barbuda is six thousand and twenty-three (6,023); which is inclusive of eight hundred and eleven (811) active cases.

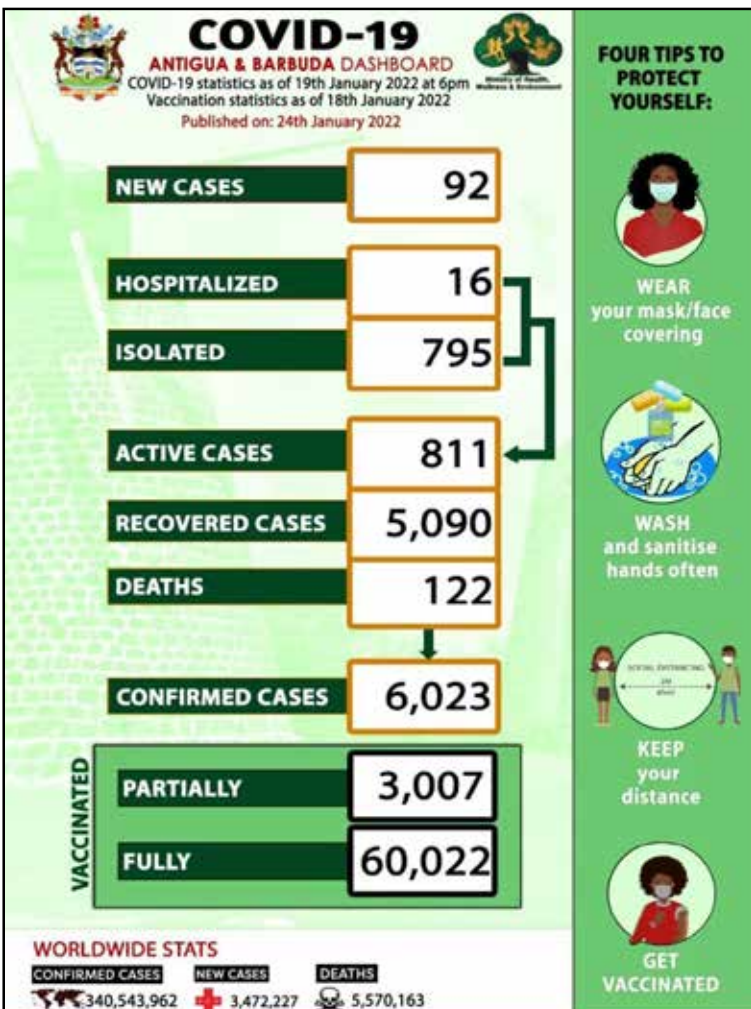
There are sixteen (16) hospitalised cases; two (2) severe and fourteen (14) mild.

*cont'd from pg 4*  
were withdrawn.

It was revealed the majority of complaints involved officers' disobedience when given orders (52), followed by neglect of duty (41) and insubordination (36).

All complaints are investigated, and if officers are charged, a tribunal is established to hear the matter.

If held liable, officers are sentenced with penalties ranging from reprimand to dismissal.



## Team India: Responding to adversity with achievement

**By Hon. Prime Minister of India, Mr. Narendra Modi**

India completed vaccination of 1.6 billion doses on 16th January 2022, in just about 11½ months since starting vaccination. This has been a tremendous journey in dealing with COVID-19, especially when we recall how things stood in early 2020. Humanity was dealing with such a pandemic after 100 years and no-one knew much about the virus. We remember how unpredictable the situation appeared then, as we were faced by an unknown and invisible enemy mutating rapidly.

The journey from anxiety to assurance has happened and our nation has emerged stronger, thanks to the world's largest vaccination drive.

It has been a truly "Bhagirath" effort involving multiple sections of society. To get a sense of the scale, assume that each vaccination took just two minutes for a healthcare worker. At this rate, it took around 4.1 million man days or approximately 11,000 man years of effort to reach this landmark.

For any effort to attain and sustain speed and scale, trust of all stakeholders is crucial. One of the reasons for the success of the campaign was the trust that people developed in the vaccine and the process followed, despite various efforts to create mistrust and panic.

There are some among us who only trust foreign brands, even for simply everyday necessities. However, when it came to something as crucial as the COVID-19 vaccine, the people of India unanimously trusted 'Made in India' vaccines. This is a significant paradigm shift.

India's vaccine drive is an example of what India can achieve if the citizens and the government come together with a common goal in the spirit of Jan Bhagidari. When India started its vac-

ination programme, there were many people who doubted the capabilities of 1.3 billion Indians. Some said India would take 3-4 years. Some others said people will not come forward to get vaccinated. There were those who said there will be gross mismanagement and chaos in the vaccination process. Some even said that India will not be able to manage supply chains. But just like the Janta Curfew and subsequent lockdowns, the people of India showed how spectacular the results can be, if they are made trusted partners.

When everyone takes ownership, nothing is impossible. Our healthcare workers traversed hills and crossed rivers across difficult geographies to vaccinate people. Our youth, social workers, healthcare workers, social and religious leaders, all deserve credit for the fact that India faces minimal vaccine hesitancy when compared to even developed nations.

There was a lot of pressure from different interest groups to give preferential treatment to them in vaccination. But the Government ensured that, like our other schemes, there is no VIP culture in the vaccination drive either.

In early 2020, when COVID-19 was rampaging across the world, it was clear to us that this pandemic will have to be eventually fought with the help of vaccines. We started preparing early. We constituted expert groups and started preparing a roadmap right from April 2020.

Till today, only a handful of countries have developed their own vaccines. More than 180 countries are dependent on an extremely limited pool of producers and dozens of nations are still waiting for the supply of vaccines, even as India has crossed 1.6 billion doses! Imagine the situation if India did not have its own vaccine. How would have India secured



Prime Minister of India, Hon. Mr. Narendra Modi

enough vaccines for such a large population and how many years would that have taken? It is here that credit should be given to Indian scientists and entrepreneurs for rising to the occasion. It is due to their talent and hard-work that India is truly Aatmanirbhar when it comes to vaccines. Our vaccine manufacturers, by scaling up to meet the demands of such a large population, have shown that they are second to none.

In a nation where governments used to be known as a roadblock impeding forward movement, our government has instead been an accelerator and enabler of progress. The government partnered with the vaccine makers right from day one and gave them support in the form of institutional assistance, scientific research, funding, as well as accelerated regulatory processes. All ministries of the government came together to facilitate the vaccine makers and remove any bottlenecks as a result of our 'whole of Government' approach.

In a country of the scale of India, it is not enough to just produce. Focus has

*cont'd on pg 7*

## Message from the High Commissioner of India, Dr. K. J. Srinivasa

Namaste!

On this auspicious occasion of the 73rd Republic Day, I take the opportunity to convey my heartfelt greetings and best wishes to the 1.3 billion Indians across the world and to all our friends from Antigua & Barbuda.

India and Antigua & Barbuda share a deep bond. Currently, India is tackling another Corona wave with caution and alertness. Parallely, India is also moving ahead in the economic field with many promising results with the IMF and the World Bank predicting 8.5 per cent GDP growth rates. Today India is filled with the excitement of the celebrations of 75 years of its independence and also with the confidence of having administered 1.6 billion corona vaccine doses in just one year.

A strong democracy like India has gifted the whole world a bouquet of hope with democracy, technology and the temperament and the talent of us Indians. During the Corona time, we have seen how India, following the vision of 'One Earth, One Health', is saving millions of lives by providing necessary



High Commissioner of India to Antigua and Barbuda, Dr. K.J. Srinivasa

medicines and vaccines to many countries. Today India is the world's third largest Pharma producer; it's a pharmacy to the world. India is among those countries of the world whose health professionals and doctors are winning everyone's trust through their sensitivity and expertise.

During this crisis, India's IT sector has saved all the countries of the world by working round the clock. Today India is sending record software engineers to the world. More than five million software developers are working in India. Today India has the third largest number of Unicorns in the world. More than 10

thousand start-ups have been registered in the last six months. Today India has a huge, secure and successful digital payments platform.

Last month alone, 4.4 billion transactions have been done through Unified Payments Interface in India. The digital infrastructure that India has developed and adopted over the years has become a huge strength of India today.

India is promoting Ease of Doing Business and minimising government interference. India has regained the confidence of the business community by reforming measures like retrospective taxes. India has also deregulated many sectors like Drones, Space and Geo-spatial mapping. India has made major reforms in the outdated telecom regulations related to the IT sector and BPO.

India is committed to becoming a trusted partner in the world in global supply-chains. We are making way for free-trade agreements with many countries. The ability of Indians to adopt innovation, new technology; the spirit of entrepreneurship of Indians; can give

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to be on last mile delivery and seamless logistics.

To understand the challenges involved, imagine the journey taken by one vial of vaccines. From a plant in Pune or Hyderabad, the vial is sent to a hub in any of the states, from where it is transported to the district hub. From there, it reaches a vaccination centre.

This entails the deployment of thousands of trips taken by flights and trains. During this entire journey, the temperature has to be maintained in a particular range which is centrally monitored. For this, over 100,000 cold-chain equipment were utilised. States were given advance notice of the delivery schedule of the vaccines so that they could plan their drives better and vaccines reached them

on the pre-decided days. This has been an unprecedented effort in the history of Independent India.

All these efforts were complemented by a robust tech platform in CoWIN. It ensured that the vaccine drive was equitable, scalable, trackable and transparent. This ensured that there was no scope for favouritism or jumping the queue. It also ensured that a poor worker could take the first dose in his village and the second dose of the same vaccine in the city where he works, after the required time interval. In addition to a real-time dashboard to boost transparency, the QR-coded certificates ensured verifiability. There are hardly any examples of such efforts not only in India but also the world.

In my Independence Day Address in

2015, I had said that our country is moving ahead because of 'Team India' and this 'Team India' is a big team of our 1.3 billion people. People's participation is the biggest strength of democracy. If we run the country through the participation of 1.3 billion Indians, our country will be moving ahead 1.3 billion steps every moment. Our vaccination drive has yet again showed the power of this 'Team India'. India's success in its vaccination drive has also demonstrated to the whole world that 'democracy can deliver'.

I am optimistic that the success achieved in the world's largest vaccination drive will further spur our youth, our innovators and all levels of government to set new benchmarks of public service delivery which will be a model not only for our country, but also for the world.

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new energy to every global partner of ours. So this is the best time to invest in India. Entrepreneurship among Indian youth is at a new height today. Startup numbers have crossed 60,000 today. It also has more than 80 unicorns, of which more than 40 formed in 2021 alone. Ex-pat Indians are showing their skills on the global stage.

India's commitment to deep economic reforms is another major reason that is making India the most attractive destination for investment today. The biggest projects to modernise digital and physical infrastructure gained unprecedented momentum during the pandemic. More than 600,000 villages in the country are being connected with optical fibre. Notably, an investment of \$1.3 trillion is being made, especially on connectivity infrastructure. Through innovative financing tools like asset monetization, a target to generate \$80 billion has been set.

While following the path of self-reliance, India's focus is not only on easing the processes, but also on incentivizing investment and production. Production Linked Incentive schemes worth \$26 billion have been implemented in 14 sectors. The \$10 billion incentive plan to roll out the fab, chip and display industry is a testament to our commitment to making the global supply chain smooth. We are moving ahead with the spirit of Make in India, Make for the world. Along with telecom, insurance, defence and aerospace, now there are limitless possibilities offered by India in the field of semiconductors as well.

India has set a target of net zero by 2070. India, with 17 percent of the world's population, may contribute five per cent, only five per cent in Global Carbon Emission, but our commitment to tackle the Climate Challenge is 100 percent. Initiatives like International Solar Alliance and Coalition for Disaster-Resilient Infrastructure for Climate Adaptation are proof of this. As a result of the efforts of the past years, today

40 percent of our Energy Mix is coming from non-fossil fuel sources. We have already achieved the commitments made by India in Paris, nine years before their target.

Today, at the beginning of 2022, India also considers its responsibility to make everyone aware of a few more challenges. Supply chain disruptions, inflation, climate change and cryptocurrency are few examples of these challenges. But looking at the global scenario today, the question is whether multilateral organisations are ready to deal with the new world order and new challenges?

Every year, India is glad to offer 10 Antigua & Barbudan students the opportunity to go to India under the ITEC scholarships. Both India and Antigua & Barbuda cooperate and support each other in many multilateral organisations and share a common world view on many issues.

Our South South cooperation is based on a developmental agenda. India stood by Antigua & Barbuda to combat the COVID-19 pandemic and was the first responder to send 40,000 vaccines to Antigua & Barbuda, and millions more to the Caribbean and many other parts of the world. These were delivered at St. John's by a special flight. India sees such cooperation as part of our vision of Vasudhaiva Kutumbakam – "The world is one family". The contribution of the Indian Diaspora in the region is commendable.

The Government of India provided 10,000 Hydroxychloroquine tablets to the Government of Antigua and Barbuda. India had earlier also offered direct cash assistance of US\$100,000- and another US\$1 million through UNDP from India-UN Development Partnership Fund for rehabilitation of Barbuda after the devastating hurricane in 2017. Hannah Thomas Hospital and the Post Office in Barbuda were rehabilitated with this assistance.

Hon'ble Prime Minister of India, Mr. Narendra Modi had announced during



*Prime Minister Gaston Browne meeting with Prime Minister Narendra Modi*

his meeting with the CARICOM leaders in the first India-CARICOM Summit held on 25th September 2019 on the side-lines of the UNGA in New York, assistance to CARICOM countries: (i) US\$ 14 million Grant (US\$ 1million per CARICOM member state) for quick impact community development projects in CARICOM countries; (ii) US\$ 150 million Line of Credit (US\$ 10 million per CARICOM member state) for CARICOM countries for solar energy and climate change related projects; and (iii) Special capacity building courses, training and deputation of experts based on the needs and requirements of the CARICOM countries. Out of the above offers, USD 1 million Grant aid was used by Antigua and Barbuda for upgrading health infrastructure to combat COVID19 specifically the Infectious Disease Control Center in St. John's. This assistance of US\$ 1 million was also used for procurement of life-saving medical supplies and equipment like Ventilators, etc.

India cherishes its partnership and friendship with Antigua & Barbuda. I hope sincerely that 2022 brings in health, happiness and prosperity to all our people and deliverance from the pandemic. Let's work together to further strengthen our bonds.

Long live India-Antigua & Barbuda friendship!



# A New World Order and India

By **Harsh Vardhan Shringla**

As the COVID-19 virus ebbs and wanes, post-pandemic realities are beginning to emerge. They underlie a growing set of understandings and arrangements that form the basis of an emerging world order.

Empirically speaking, downturns are followed by recovery. The Indian economy is beginning to bounce back with economic output and activity surging. A vaccination campaign of unprecedented scope and complexity has improved health security and reduced vulnerabilities in record time. The stage is set for a return to normalcy and more.

This is, therefore, a moment of opportunity. The choices that India makes at this juncture are an indication of where it sees promise of a better tomorrow.

The pandemic has demonstrated that we need a more, and not less, interconnected world. Common problems must have common solutions. Prime Minister Narendra Modi, over the last few months, has in the G7, G20, in COP 26, in the first Quad Summit, in the United Nations General Assembly and as Chair of the UN Security Council, BRICS and the Shanghai Cooperation Organisation Council of Heads of Government, articulated a vision of a new world order that is relevant to the challenges of the post-pandemic world. He has also, through a vari-



*Harsh Vardhan Shringla is the Foreign Secretary, Government of India*

ety of domestic and international platforms, laid down a set of strategies and objectives which will align Indian priorities with this vision for a better tomorrow for all.

A major global challenge on which India has acted to provide leadership and direction is climate change. Despite our developmental needs, we have shown a strong commitment to climate action.

Speaking most recently at the COP26 Summit in Glasgow, the Prime Minister outlined India's climate ambition through Panchamrit which will put India on an accelerated track to raise non-fossil fuel based energy capacity to 500GW and meet 50 per cent of our energy requirements from renewables by 2030 while reducing projected carbon emissions by a billion tonnes and carbon intensity to below 45 per cent until 2030 and to "net zero" by 2070. Articulating the concerns of the developing world, the Prime Minister also called on developed countries to enhance their ambition on the transfer of

climate finance and low cost technologies.

Two international organisations, the International Solar Alliance and Coalition for Disaster Resilient Infrastructure, initiated by India, have begun to play an important role in climate change mitigation and adaptation efforts globally. At COP26, the Prime Minister launched the 'One Sun, One World, One Grid' for interconnected solar energy infrastructure at a global scale and 'Infrastructure for Resilient Island States' for climate and disaster resilient infrastructure in Small Island Developing States under these organisations.

India is also seeking to turn into a global hub for Green Hydrogen production and export under its National Hydrogen Mission.

The Prime Minister's appeal for promoting sustainable lifestyles to deal with climate change found resonance at the G20 Summit in Rome. He has proposed a One-Word Movement, i.e., LIFE or Lifestyle for Environment. The adop-

tion of India's own example of sustainable lifestyle on a global basis would be transformational in our fight against climate change.

The pandemic has highlighted the need to de-risk supply chains and make them more resilient. Prime Minister has emphasised three key factors for improving our supply chains: Trusted Source, Transparency and Time-Frame.

The Atmanirbhar Bharat Abhiyan prioritises resilience and reliability and intends to make India a trustworthy supply chain hub. This is a part of a larger policy framework to augment capacity through fiscal and monetary support, injection of liquidity, financial support for industry, better ease of doing business, and ambitious structural reforms. A landmark Production Linked Incentives scheme is attracting investment, boosting domestic manufacturing and creating globally competitive Indian businesses. Previously restricted sectors such as space, defence and atomic energy have been opened to greater private participation.

A National Education Policy has created the framework for educating a 21st century workforce and making India a global education and skilling centre.

India is also making massive public investments in improving its infrastructure. Prime Minister's Gati Shakti – the National

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Master Plan for Multi-modal Connectivity – is set to create a seamlessly connected India. It introduces a non-siloed approach to connectivity and brings executing and policy entities onto a common platform.

Improvements in physical infrastructure will be accompanied by focus on SDG goals by initiatives such as those on digital connectivity, financial inclusion and immunisation. The JAM trinity, composed of Jan Dhan, the world's largest financial inclusion programme; Aadhar, the world's largest biometric programme; and one of the world's largest mobile phone networks; has enabled Direct Benefits Transfer on a transformational scale. It is now powering a fintech revolution. Jal Jeevan and Ayushman Bharat are changing lives by providing access to clean water and healthcare, respectively, to all Indians.

SDG 3 sets us all towards the tar-

get of ensuring healthy lives and promoting well-being for all at all ages. At the G20 Summit, Prime Minister Modi put forward the holistic vision of “One Earth – One Health” for the world.

The pandemic has moved international systems to the digital space. Whether it is the Co-Win Portal that has managed one of the world's most ambitious vaccination operations in a user-friendly, transparent, equitable and efficient manner; the Digital India initiative; digital payment solutions; or the 24\*7 BPO and ITES industry -- India has adapted and continues to go digital.

Speaking at the G20 Summit, the Prime Minister pointed out that India has certified ‘at scale’ solutions for many developmental problems. It is a proving ground of development. It also has vast experience of South-South Development Cooperation and can offer many templates to other de-

veloping countries. Earlier, at the G7 Summit, the Prime Minister had announced that Indian open source digital solutions would be available to all.

Even during the bleakest days of the pandemic, India did not forget that it was part of an international community. It went out of its way to supply essential medicines to more than a 150 countries. It received, in its turn, the support of all, during its “second wave”.

While running a successful vaccination campaign at home, India has also now resumed export of vaccines to its neighbours and partners.

Through all of these, and more, India is acting as a key and constructive player in the creation of a new world order that can cope with the challenges of tomorrow. A world order that looks beyond the purely economic, and places human beings and their well-being, as the ultimate objective.

*The views expressed are personal.*



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SAFER VEHICLES

A Message from Antigua and Barbuda Transport Board

## Importance of Ayurveda in Modern World

Ayurveda blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy, happy, stress-free and disease-free life. The cardinal aim of Ayurveda is to restore the individual balance between mind, body and spirit. For most people, Ayurveda is just another way of treating illnesses with medicines that are made up of herbs. Well, Ayurveda is much, much more than that and today for many, Ayurveda is life, its energy which inspires them.

### Ayurveda Basics

Ayurveda is the Upaveda (sub or near to veda) of Atharva veda. It's also called Panchama veda (5th veda). The word Ayurveda is made of two words Ayu and Veda. Ayurveda means the knowledge of the union of body, sense organs, mind and soul. It is the "Science of Life". So when people bless saying (dīrghāyusī bhaval), it means let you be in union with all the above factors for a long time!

Ayurveda bases its theory on the existence of five elements – basic principles or building blocks, which are the basis of life of the whole universe (the macrocosm), as well as our body (the microcosm), and are known as the five great elements: space/ether (ākāśa); air/wind (vāyu); fire (tejas); water (jala); and earth (pṛthvī).

Ayurvedic sages condensed these five principles into three constitutional types – doshas, which are called: vata (a combination of the elements of space and air); pitta (a combination of fire and water) and kapha (a combination of water and earth). These principles govern our entire physiology.

Ayurveda Shastra aims at maintaining good health and managing or curing diseases (mind, body or both) that manifest in a person.

Basic and simple way that you understand Ayurveda benefits in modern world

- You Are Encouraged to Love Yourself
  - Offers a Nurturing Approach to Being Healthy
  - You Get a Greater Understanding of Your Place in Life
  - We Learn to Clear Up Energy
  - It Provides a Full Circle Philosophy
  - Better Health at a Cellular Level
  - Toxins in the Body are Reduced
  - Stronger Digestion
  - Increase Potential and Immunity Power of the Body
  - Prevention from Disorder
  - You understand your Prakruti/ your body time, many things clear about food, lifestyle for being healthier, happier and long life
- Ayurvedic Lifestyle
- Ayurvedic recommendations for a healthy



lifestyle are as natural and reasonable as Ayurvedic methods. They propagate a peaceful life that follows steady routines, which support growth of body and soul

- Holistic Ayurvedic approach recommends healthy routine, daily exercise and meditation, organic vegetarian diet and consumption of large quantities of hot water
- The timeless Ayurvedic knowledge has an insight into the most refined processes in our mind and body and through these simple methods, it enables us safe return to our true nature

### Personal Hygiene

- Daily intake of hot water, boiled for 15 -20 minutes
- Regular morning bowel elimination, tooth brushing and showering
- Daily yoga practise
- Nutrition based on fresh, organic ingredients, according to the constitutional type
- Avoidance of any harmful substances or narcotics

### Mental Hygiene

- Early awakening (06:00hrs) and early going to bed (22:00hrs)
- Daily breathing exercises (pranayama)
- Daily practise of transcendental meditation
- Spending a lot of time in nature
- Spending a lot of time doing new things – new hobbies, travelling

### Importance of Ayurveda Treatment/ Medicines in Modern world

Ayurveda is a preventive-oriented and time-tested natural medicine. It is the earliest medical system known to mankind, from which all the later treatment systems have emerged. Its core field of interest is wholesome health as the foundation of everything else. Ayurveda promulgates that vitality and longevity are achieved by harmoniously living with nature and maintaining balance between the body, the psyche and the spirit.

*cont'd on pg 12*

cont'd from pg 11

Ayurvedic Healing is Based on a Completely Individual, Multilayered Approach that Unites:

- Phytotherapy, ie, herbal treatments
- Nutrition – Ayurvedic nutrition guidelines
- Detoxification and revitalisation of the body with multiple therapeutic massages called panchakarma
- Psychology, through the introduction of Ayurvedic daily routine
- Spirituality, through day-to-day yoga training and meditation

Ayurvedic approach to healing emphasises prevention and rejuvenation which enable the modern man to harmonise all aspects of his life and to live long and prosperous in harmony with natural laws.

Due to its holistic approach, Ayurveda has shown a great potential as a disci-



pline complementary to modern medicine. Its main advantages are disease prevention and the lack of negative side effects.

Ayurvedic medicines are widely used to treat several physical as well as psychological conditions. There are arthritis, obesity, hypertension, heart disease, nervous disorder, colds, colitis, constipation, obesity, skin problem and ulcer, to name a few. They are non-toxic and non-invasive.

Ayurvedic medicines

can be safely used with other conventional medicines. Ayurvedic medicine aims at maintaining and restoring the body's own capability to have balance and fight with ailments.

Since Ayurvedic medicines have natural ingredients, they do not have any side effects. These medicines make the person's body and mind disease-free. Ayurvedic practitioners claim that with Ayurvedic medicines, one can easily get relief from stress and problems in metabolism, acne, allergies, asthma, anxiety, chronic fatigue syndrome, depression, diabetes, flu and immune problems.

What makes Ayurveda unique is that it works for the system not for the symptoms and when the root cause of the problem starts to get cured, other symptoms get cured as well. A

nd the approach of Ayurveda is very much holistic that deeply explains about the body, mind and soul.

Ideas about the relationships among people, their health, and the universe form the basis for how Ayurvedic practitioners think about problems that affect health.

Ayurvedic medicine holds that:

- All things in the universe (both living and nonliving) are joined together
- Every human being contains elements that can be found in the universe
- Health will be good if one's mind and body are in harmony, and one's interaction with the universe is natural and wholesome
- Disease arises when a person is out of harmony with the universe. Disruptions can be physical, emotional, spiritual, or a combination of these
- Some believe that when the approach of Western therapy finishes, the Ayurveda starts.

So we can all say -  
Om Sarve Bhavantu Sukhinah  
Sarve Santu Nir-Aamayaah |  
Sarve Bhadraanni Pashyantu  
Maa Kashcid-Duhkha-Bhaag-Bhavet |  
Om Shaantih Shaantih Shaantih ||

Meaning:  
May all become happy  
May none fall ill  
May all see auspiciousness everywhere  
May none ever feel sorrow  
Om Shaantih Shaantih Shaantih

- Credits:
1. Vaidya Adwait Tripathi, Vaidya at Arogyasadnam
  2. Dr K J Srinivasa, High Commissioner of India to Guyana
  3. Shri Unnikrishnan Payyappallimana and Ms. Padma Venkatasubramanian



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## 6 Tips for Ending a Cycle of Unhealthy Relationships

By Sharon Martin, LCSW

Many people get out of one bad relationship only to find themselves in another dysfunctional, toxic, or unhealthy relationship.

Even when we work hard to change ourselves and seek out different kinds of friends and lovers, it's hard to avoid the unconscious pull toward people who draw us into arguments, activate our emotional wounds, and recreate familiar, but unhealthy, relationship roles and behaviours.

If you feel stuck in a cycle of unhealthy relationships, use these six tips to help you end the pattern and start creating healthier, more fulfilling relationships.

1. Recognize dysfunctional, toxic, and harmful behaviour. Ideally, we need to recognize unhealthy behaviours (in ourselves and others) before we're attached, committed, or in love. Yet, often, we miss the early warning signs and don't realise we're in a toxic relationship until after we've developed strong feelings or intertwined our lives with someone.

And if you grew up in a dysfunctional family, you may not know what a healthy relationship looks like and feels like: You didn't have good role models. So it's no wonder that you're missing the red flags in your adult relationships:

**Physical abuse:** pushing, hitting, kicking, or otherwise hurting you physically.

**Emotional or mental abuse:** calling you derogatory names, yelling, blaming, or threatening you; dismissing your feelings or telling you that you're "crazy," exaggerating, confused, or making things up.



*Free yourself from a pattern of dysfunctional relationships.*

**Dishonesty:** lying, cheating, stealing, or engaging in other dishonest or illegal behaviour; saying contradictory things, or telling stories that don't add up.

**Controlling and jealousy:** controlling where you go, who you see, what you wear, or your access to money. Insisting on reading your texts or private messages, knowing the password to your phone. Accusing you of cheating.

**Avoidance:** unwilling to address problems, emotionally unavailable, or retreating physically or emotionally when things get uncomfortable.

**Codependency:** an unbalanced relationship in which one person over-functions (feels responsible for the other, takes care of him/her, and is extremely responsible and hardworking) while the other under-functions and is emotionally immature and irresponsible.

2. Understand why you're stuck in a cycle of unhealthy relationships.

Logically, of course, it doesn't make sense to make the same mistakes and repeat the same behaviours when they cause so many problems. But I assure you that you're not doing this because you're stupid. Usually, there are underlying traumas, learned behaviours, and unconscious emotions at work.

We repeat things because they're familiar. So, even if you know a relationship is dysfunctional and not in your best interest, you may pursue it because it feels familiar and you know what to expect.

We also tend to repeat what we learned in childhood. You might repeatedly date women who abandon you like your mother did or you might unconsciously replicate your parents' high-conflict marriage. Often our beliefs, coping strategies, and relationship patterns stem from our early experiences and they're deeply entrenched because we form them before we develop critical thinking

*cont'd on pg 14*

# Relationships

*cont'd from pg 13*

skills or have had much life experience. It's as if we're on autopilot, repeating patterns without intending to.

In addition, you may repeat dysfunctional relationship patterns because you don't feel worthy of being treated with respect and unconditional love. Again, these beliefs probably originated in childhood, but you've been telling yourself their true and unconsciously finding partners who reinforce these beliefs.

3. Heal underlying trauma. Dysfunctional relationships stem from abandonment, rejection, shame, and other painful and traumatic experiences. Until your emotional wounds and unmet needs are resolved, you will continue to seek healing from partners who are unable to give you the love, acceptance, and emotional safety that you need and deserve. Many people find the assistance of a

trauma-informed therapist is an essential component of healing.

4. Learn and practice new relationship skills. To change your relationship patterns, you also need to change your own behaviour. This might include improving your communication skills, regulating your emotions, setting boundaries, and so forth. Self-help books can be a good place to begin, as well as psycho-educational groups and therapy.

5. Be willing to be alone rather than in a dysfunctional relationship. Many people remain in abusive or unhealthy relationships in part because they don't want to be alone. However, sometimes, taking time between relationships allows you to prioritise yourself in new ways, learn skills, process your feelings, and gain new insights. Choosing to be single or to have fewer friends doesn't mean there's something wrong with you. In

fact, it can reflect healthy self-esteem and knowing that you deserve to be treated well.

6. Treat yourself the way you want to be treated. When we treat ourselves poorly (criticising ourselves, ignoring our needs, invalidating our feelings, or not standing up for ourselves) we're telling others that it's okay to treat us this way. If we want others to treat us well, we have to treat ourselves well, too. We have to value and accept ourselves, take good care of our bodies and emotions, trust ourselves, respect our opinions, and work toward our goals. When we do these things, others will follow.

Making significant changes takes a lot of effort. Realistically, you're not going to change long-standing patterns in a matter of weeks. Be gentle with yourself as you make small changes. They will eventually help you break the cycle.



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## Barbados Prime Minister Names New Cabinet

CMC – Prime Minister Mia Mottley, Monday, announced a smaller Cabinet than what had obtained in the last two governments, offering also two seats in the Senate to the opposition parties as she begins a new five-year term in government following her Barbados Labour Party (BLP) whitewash of its adversaries in the January 19 general election.

Mottley named for the first time a deputy prime minister in the person of Sanita Bradshaw as well as three senior ministers.

“We face simply too many critical challenges for us to continue with business as usual,” Mottley said in an address to the nation thanking the electorate for giving the BLP an “unprecedented mandate of a second term with all of the seats in the Lower House.

“We are most honoured, we are humbled. Most of all we are committed to delivering for all of the people of our country,” she said, noting that the new development agenda titled “Our Barbados, Owing Our Future,” is a transformative one intended to build human and social capital and a sustainable economy in which the skills of all Barbadians will be required.

“The government that I led is determined that Barbados will be viewed as one of the world’s top countries, a place of energy and enlightenment, opportunity.



*Barbados' Prime Minister Mia Mottley*

It is our intention that Barbadians should continue to hold and draw on the finest of our values and traditions as a people”.

Mottley, who called the general election 18 months ahead of the constitutional deadline, saying she needed to bring about unity in the country, said that the campaign has ended and it is now time for Barbadians to unite and move beyond partisan division.

“Now is the time for governance which builds public trust between government and people. This is the time in which citizens and residents of all ages, classes and persuasion must offer solutions to the problems we are facing as a nation and as a people.”

She said while there would be need for “constructive engagement” de-

bates should be “in the cause of advancing our nation not merely to add to the discussions and the noise, nor to sow division”.

The election had been a straight fight between the BLP and the other established political party, the Democratic Labour Party (DLP) that suffered the same whitewash in 2018. But there were other small parties and independent candidates, all of whom failed to have any impression with the electorate.

“It is the intention of this government again to engage with the opposition parties which contested the last two elections to determine how best they may participate in the appointment of two opposition senators provided for in our Constitution.

“I am equally awaiting a legal opinion from the

Honourable Attorney General (Dale Marshall) on this matter before we start those formal discussions with the opposition parties,” she said, adding that she will appoint a chief of staff in the Prime Minister’s Office as Barbados moves to deal with a changing global environment.

“Despite the challenges which lay ahead, my friends, this is a moment for optimism and yes a time for opportunity. We must use it to educate, upscale and train a new generation of confident Barbadians for nation building, for regional engagement and for global leadership.”

She said that it would be an era to end the intergenerational cycle of poverty and for the island to take its place in a new global environment and “for our voice to truly matter globally in spite of our small size”.

The following are the names of the new Cabinet of Barbados:

Mia Mottley – Prime Minister, Minister of Finance and Economic Affairs with responsibility for Culture, Security, Public Service, Caricom and Development Commissions.

Sanita Bradshaw – Deputy Prime Minister, Senior Minister, Minister of Transport, Works and Water Resources.

Dale Marshall – Attorney General and Minister of Legal Affairs, Senior Minister

*cont'd on pg 16*

## Lawsuit claims US deputies detained man for being from Jamaica

Loop - A Florida man filed a federal lawsuit last Thursday against a sheriff and his deputies, claiming he was illegally detained for no other reason than being born in Jamaica.

Neville Brooks was a lawful permanent US resident when he was detained in central Florida in August 2020, his lawsuit said. It added that a federal immigration officer told multiple county employees that Brookes wasn't subject to any immigration detention request, according to the suit against Marion County Sheriff Billy Woods and several deputies.

Brooks wasn't released until the following day, and he was diagnosed with COVID-19 five days later, according to the lawsuit.

The lawsuit accuses the



sheriff's office of having a policy of detaining people merely because they were born outside the US. Brooks' constitutional rights were violated and state law against false imprisonment also was violated, according to the lawsuit.

The lawsuit is seeking undisclosed financial damages and an order barring the

sheriff's office from detaining people for immigration enforcement merely because they are born outside the US.

Sgt Paul Bloom said the sheriff's office hadn't yet been served with the lawsuit so he couldn't comment on it. Bloom said in an email that the sheriff's office is required by Florida law to use its "best efforts to support

the enforcement of federal immigration law".

"We will continue to do just that," Bloom said.

Brooks, 59, was originally arrested on a charge of misdemeanour battery, which was later dismissed. The judge set bail for US\$100 at the man's first appearance amid concern that Brooks could be exposed to COVID-19 in jail, the lawsuit said.

Family members posted the bail, but deputies at the jail never released him, according to the suit.

It said authorities told him that he was being held for federal immigration agents even though US Immigration and Customs Enforcement never issued a detainer, administrative warrant, or any other request to hold Brooks.

**cont'd from pg 15**

Governance.

Kerrie Symmonds – Minister of Energy and Business Development, Senior Minister

Jerome Walcott – Minister of Foreign Affairs and Foreign Trade, Senior Minister, Social and Environmental Policy.

Wilfred Abrahams – Minister of Homes Affairs and Information.

Indar Weir – Minister of Agriculture, Food and Nutrition Security.

Ian Gooding Edghill – Minister of Health and Wellness.

Lisa Cummings – Minister of Tourism and International Transport.

Kay McConney – Minister of Ed-

ucation, Technological and Vocational Training.

Dwight Sutherland – Minister of Housing, lands and Maintenance.

Kirk Humphrey – Minister of People Empowerment and Elder Affairs.

Adrian Forde – Minister of the Environment and National Beautification and Blue Economy.

Colin Jordan – Minister of Labour, Social Security and Third Sector.

Davidson Ishmael – Minister of Industry, Innovation, Science and Technology.

Charles Griffith – Minister of Youth, Sports and Community Empowerment.

Ryan Straughn – Minister in the

Ministry of Finance and Economic Development.

Chantal Munroe Knight – Minister in the Office of the Prime Minister.

Sonia Browne – Minister of State in the Ministry of Health and Wellness.

Sandra Husbands – Minister of State in the Ministry of Foreign Trade and Ministry of Business Development.

Rommel Springer – Parliamentary Secretary in the Ministry of Transport, Works and Water Resources with responsibility for Water Resources.

Corey Layne – Parliamentary Secretary in the Ministry of People Empowerment and Elder Affairs.



## PM comments on 4-year sentence for man in child porn video

iWitness News - Prime Minister Ralph Gonsalves says that the recent case of a man forcing a 4-year-old to perform fellatio on him, is one in which the court should have departed from the guidelines on sentencing sex offenders.

The man also filmed the child performing the sex act on at least one occasion, the first count of which occurred when the child was around 2 years old.

The prime minister, who is also minister of legal affairs, asked why no charges were brought under the Cyber Crime Act as the video of the sex act was circulated on social media.

Earlier this month, the man, who is originally from Sion Hill but lives in Mesopotamia, pleaded guilty at the Family Court to two counts of indecent assault of the child.

President of the Family Court Colleen Mc Donald sentenced him to two years in prison on each count.

The sentences will run consecutively, meaning that the man will serve a total of four years.

The court could have sentenced the man to a maximum of five years on each count.

There has been widespread public outrage over the sentence, with many people, including Opposition Leader, Godwin Friday, calling for stiffer penalties for sex crimes.

Speaking on radio on Sunday, the prime minister noted the reaction of the public, but said, "I want to ask all persons who have been talking that it's important that we have the factual matrix.

"Of course, everybody is quite right to be appalled that [it's] only four years."

He noted that on Dec. 14, the Gazette published, through the Eastern



*Prime Minister Ralph Gonsalves*

Caribbean Supreme Court, sentencing guidelines for a range of offences.

The prime minister was referring to "A Compendium Sentencing Guideline of The Eastern Caribbean Supreme Court" on sexual offences, which was re-issued on Nov. 8.

Gonsalves read the applicability of the guideline, which says, "In sentencing for these offences, the Chief Justice has issued guidelines and the court must apply the relevant guidelines and sentence accordingly, unless to do so would not be in the interest of justice."

Gonsalves commented, "In other words, a magistrate or a judge can say, 'Listen to me. I'm not going to apply these guidelines, because these guidelines, this offence, which is before me is so out of the norm, is so abhorrent that the interest of justice will not be served to apply the guidelines.'"

The Supreme Court, however, says that a judge or magistrate may only depart from the guidelines in exceptional circumstances, where such departure can be justified.

"Surely, a departure could have been justified in that case," Gonsalves said.

He noted that the guidelines say that clear reasons for not applying them must be given when passing sentence.

Gonsalves said: "So that the guidelines are not written in stone, if you see what I mean. They are what they are: guidelines.

"Now, I'm not making a criticism of the magistrate because I was not sitting there knowing all the facts.

"And then the question is this: Why wasn't someone charged if you had admissible evidence under the Cybercrime Act? Because I've been advised that this crime was on social media. As always, we must have a good discussion on what is at play. But I thought that I would introduce that discussion," he said.

The prime minister said that his government is undertaking a comprehensive review of the nation's sex laws and the attorney general updated the cabinet on this last Wednesday.

## Children among the dozens killed in South Sudan violence

Aljazeera - UN Mission in South Sudan condemns armed raids in Jonglei that left more than 30 people dead, including three children who drowned in a river while trying to flee.

At least 32 people, including children, have been killed during armed raids in South Sudan's eastern Jonglei state, according to the United Nations.

The attacks on Dungrut and Machined villages on Sunday sent civilians from the Dinka Bor community fleeing as armed youths from the Murle ethnic group opened fire and torched property.

Among the dead were three children who drowned in a river while trying to escape, the UN Mission in South Sudan (UNMISS) said in a statement on Tuesday.

At least 26 people were wounded and others remain unaccounted for two days after the bloodshed in the Baidit locality.

"UNMISS strongly condemns any attack on civilians and urges groups and individuals to take immediate action to avoid further escalations that will endanger vulnerable people," it said.

"The Mission further calls on authorities to carry out timely investigations and that the perpetrators be held accountable."



Map of South Sudan's Jonglei state. [Photo credit: Aljazeera]

Oil-rich South Sudan gained independence from Sudan in June 2011 but has been engulfed in ethnic violence since December 2013 when forces loyal to President Salva Kiir began battling those loyal to his deputy, Riek Machar.

The brutal civil war that ensued killed nearly 400,000 people and displaced millions. Numerous attempts at peace failed, including a deal that saw Machar return as vice president in 2016 only to flee months later amid renewed fighting.

A second peace deal signed in 2018 has largely held, with warring parties forming a coalition government in 2020 and Kiir and

Machar trying – for the third time – to run the country as president and vice president.

But the government has failed to achieve many reforms – including completing the unification of the army command, graduating a unified force and reconstituting the Transitional National Legislative Assembly – prompting warnings by the UN and others that the peace agreement is at risk of collapse if key pillars of the accords remain unfulfilled.

More than 700 people were killed and others were raped and kidnapped in Jonglei between January and August 2020 in armed raids by ethnic militias.

A UN investigation found political and military

elites played a role in the violence in which militias razed villages in coordinated attacks on their rivals, using machetes, machine guns and sometimes rocket-propelled grenades.

The UN's special envoy to South Sudan, Nicholas Haysom, told the Security Council in December that the number of civilian casualties from local violence across the country had roughly halved in 2021 compared with the previous year.

But instability remains pervasive, and the coalition government has failed to stop armed violence or punish those responsible nearly two years after taking power in the capital, Juba.

## US orders 8,500 troops on heightened alert amid Russia worry

AP — The Pentagon ordered 8,500 troops on higher alert to potentially deploy to Europe as part of a NATO “response force” amid growing concern that Russia could soon make a military move on Ukraine. President Joe Biden consulted with key European leaders, underscoring U.S. solidarity with allies there.

Putting the U.S.-based troops on heightened alert for Europe on Monday suggested diminishing hope that Russian President Vladimir Putin will back away from what Biden himself has said looks like a threat to invade neighboring Ukraine.

At stake, beyond the future of Ukraine, is the credibility of a NATO alliance that is central to U.S. defense strategy but that Putin views as a Cold War relic and a threat to Russian security. For Biden, the crisis represents a major test of his ability to forge a united allied stance against Putin.

Pentagon press secretary John Kirby said about 8,500 U.S.-based troops are being put on alert for possible deployment — not to Ukraine but to NATO territory in Eastern Europe as part of an alliance force meant to signal a unified commitment to deter any wider Putin aggression.

Russia denies it is planning an invasion. It says Western accusations are merely a cover for NATO’s own planned provocations. Recent days have seen high-stakes diplomacy that has failed to reach any breakthrough, and key players in the drama are making moves that suggest fear of imminent war. Biden has sought to strike a balance between actions meant to deter Putin and those that might provide the Russian leader with an opening to use the huge force he has assembled at Ukraine’s border.

“I had a very, very, very good meeting -- total unanimity with all the European leaders,” Biden told reporters at the



*Pentagon spokesman John Kirby speaks during a briefing at the Pentagon in Washington, Monday, Jan. 24, 2022. [photo credit: AP News]*

White House. “We’ll talk about it later.”

The White House said the leaders emphasized their desire for a diplomatic solution to the crisis but also discussed efforts to deter further Russian aggression, “including preparations to impose massive consequences and severe economic costs on Russia for such actions as well as to reinforce security on NATO’s eastern flank.”

A day earlier, the State Department had ordered the families of all American personnel at the U.S. Embassy in Kyiv to leave the country, and it said that non-essential embassy staff could leave at U.S. government expense.

Ukraine’s Foreign Ministry spokesman, Oleg Nikolenko, said that U.S. decision was “a premature step” and a sign of “excessive caution.” He said Russia was sowing panic among Ukrainians and foreigners in order to destabilize Ukraine.

Britain said it, too, was withdrawing some diplomats and dependents from its Kyiv Embassy. Prime Minister Boris Johnson said an invasion was not inevitable but “the intelligence is pretty gloomy.”

Ordering even a modest number of American troops to be ready for potential deployment to Europe is meant to demonstrate U.S. resolve to support its NATO allies, particularly those in Eastern Europe who feel threatened by Russia and worry that Putin could put them

in his crosshairs.

“What this is about is reassurance to our NATO allies,” Kirby told a Pentagon news conference, adding that no troops are intended for deployment to Ukraine, which is not a member of the alliance but has been assured by Washington of continued U.S. political support and arms supplies.

The Pentagon’s move, which was done at Biden’s direction and on Defense Secretary Lloyd Austin’s recommendation, is being made in tandem with actions by other NATO member governments to bolster a defensive presence in Eastern European nations. Denmark, for example, is sending a frigate and F-16 warplanes to Lithuania; Spain is sending four fighter jets to Bulgaria and three ships to the Black Sea to join NATO naval forces, and France stands ready to send troops to Romania.

In a statement prior to Kirby’s announcement, NATO said the Netherlands plans to send two F-35 fighter aircraft to Bulgaria in April and is putting a ship and land-based units on standby for NATO’s Response Force.

NATO has not made a decision to activate the Response Force, which consists of about 40,000 troops from multiple nations. That force was enhanced in 2014 — the year Russia seized Ukraine’s Crimea Peninsula and intervened in support of pro-Russian separatists in eastern Ukraine — by creating a “spearhead force” of about 20,000 troops on extra-high alert within the larger Response Force.

If NATO does decide to activate the Response Force, the United States will contribute a range of military units, Kirby said. He said some units will be ordered to be ready to deploy on as little as five days’ notice. Among the 8,500 troops, an unspecified number could be sent to Europe for purposes other than

*cont’d on pg 20*

## London police investigating Downing Street lockdown parties

AP — London police said Tuesday they were investigating Downing Street lockdown parties in 2020 to determine if U.K. government officials violated coronavirus restrictions, putting further pressure on Prime Minister Boris Johnson.

The Metropolitan Police Service has launched an inquiry into “a number of events” at Downing Street because they met the force’s criteria for investigating the “most serious and flagrant” breaches of COVID-19 rules, Commissioner Cressida Dick told the London Assembly, the capital’s local government council.

Johnson is facing calls to resign amid revelations that he and his staff attended a series of parties during the spring and winter of 2020 when most social gatherings were banned throughout England, forcing average citizens to miss weddings, funerals and birthdays as friends and relatives died alone in hospitals. The gatherings are already being investigated by a senior civil servant Sue Gray whose report, expected this week, will be crucial in determining whether Johnson can remain in power.

The Cabinet Office said Gray’s investigation would continue. But it wasn’t immediately clear whether Gray would have to delay the announcement

of her findings because of the police investigation.

In the latest revelation, ITV News reported late Monday that Johnson attended a birthday party in his Downing Street office and later hosted friends at his official residence upstairs in June 2020. His office denied that the gathering violated lockdown regulations, saying that the prime minister hosted a small number of family members outdoors, which was in line with rules at the time.

London Mayor Sadiq Khan welcomed the police investigation.

“The public rightly expect the police to uphold the law without fear or favor, no matter who that involves, and I have been clear that members of the public must be able to expect the highest standards from everyone, including the Prime Minister and those around him,” Khan said in a statement. “No one is above the law. There cannot be one rule for the government and another for everyone else.”

Police have previously faced criticism for suggesting that they wouldn’t investigate the “partygate” scandal because they don’t routinely investigate historical breaches of coronavirus regulations.



A police officer walks past 10 Downing Street in London, Tuesday, Jan. 25, 2022 [photo credit: AP News]

But Dick told the assembly that an investigation was warranted in this case because there is evidence that those involved knew or should have known that what they were doing was illegal, not investigating would “significantly undermine the legitimacy of the law,” and there seems to be no reasonable defense for the conduct.

“So in those cases, where those criteria were met, the guidelines suggested that we should potentially investigate further and end up giving people tickets,” she said.

Fixed penalty notices at the time carried a maximum fine of 10,000 pounds (nearly \$13,500.)

*cont’d from pg 19*

supporting the NATO Response Force, he said. Without providing details, he said they might be deployed “if other situations develop.”

Prior to the U.S. announcement, NATO issued a statement summing up moves already described by member countries. Restating them under the NATO banner appeared aimed at showing resolve. The West is ramping up its rhetoric in the informa-

tion war that has accompanied the Ukraine standoff.

Russia has massed an estimated 100,000 troops near Ukraine’s border, demanding that NATO promise it will never allow Ukraine to join and that other actions, such as stationing alliance troops in former Soviet bloc countries, be curtailed.

NATO said Monday it is bolstering its deterrence in the Baltic Sea region.

The alliance will “take all

necessary measures to protect and defend all allies,” Secretary-General Jens Stoltenberg said. “We will always respond to any deterioration of our security environment, including through strengthening our collective defense.”

In Moscow, Kremlin spokesman Dmitry Peskov said it was NATO and the U.S. who were behind the escalating tensions, not Russia.

The NATO announcement came as European

Union foreign ministers sought to put on their own fresh display of unity in support of Ukraine, and paper over concerns about divisions on the best way to confront any Russian aggression.

In a statement, the ministers said the EU has stepped up sanction preparations, and they warned that “any further military aggression by Russia against Ukraine will have massive consequences and severe costs.”

# Australian Open reverse its ban on "Where is Peng Shuai" T-Shirts

The Australian Open has reversed its ban on "Where is Peng Shuai" T-Shirts following widespread backlash to the tournament's claim they constitute "commercial or political" material, but banners will still be prohibited.

Late last week spectators at Melbourne Park were asked to remove their shirts referencing the Chinese player, whose wellbeing has been the subject of international concern since she accused a senior Chinese official of sexual assault in early November.

Tournament security confiscated a banner and asked fans to take off their shirts before Victoria Police were called over and an officer explained "I'm not saying you can't have those views,



*Peng Shuai*

but Tennis Australia sets the rules here."

In the two days since the situation was made public by Brisbane activist Drew Pavlou, high profile figures have pushed back on Tennis Australia's insistence that Peng's safety is its "primary concern" despite its decision to classify the banner and T-shirts as "commercial or

political" material.

Australia Defence Minister Peter Dutton joined the chorus on Tuesday, saying Peng's safety is not a "political issue".

"It's a human rights issue," Dutton told Sky News.

But Tennis Australia chief executive and tournament director Craig Tiley, on Tuesday announced the ban

for the shirts would be reverse as long as those wearing them were well behaved, Banners would still be barred due to safety concerns.

As long as fans are not coming as a mob to be disruptive but peaceful, "he told AFP. Peng has appeared only rarely on Chinese social media since early November when her post on Weibo, in which she accused the former vice-premier Zhang Gaoli of sexual assault, was quickly deleted from China's heavily censored internet.

In late December, Peng retracted her allegations in an interview with Singapore media outlet Lianhe Zaobao, a Chinese-language publication under the state-controlled Singapore Press Holdings Limited.

# Hero CPL launches sports marketing course with UWI

The Hero Caribbean Premier League (CPL) and the University of the West Indies (UWI) have partnered to launch a sports marketing course which will give students from across the Caribbean an accredited qualification while also benefiting from the knowledge of key Hero CPL staff.

The course has been created by the UWI's Faculty of Sport and the Hero CPL marketing team and it will give students insights into the running of a hugely successful sporting event. At the end of the course the students will be given the opportunity to work with the Hero CPL team as interns during the tournament.

Hero CPL offers internships every year which allows young people from

across the region to gain experience in a number of departments including operations, marketing and sponsorship. The interns are fully integrated with the Hero CPL team and have become an important part in delivering a successful tournament, especially during a global pandemic.

The course will be run as a pilot in 2022 with the plan to roll this out further in future years. The course will include brand management, developing marketing plans, public relations strategy, social media and digital content planning and many other aspects involved in a successful sporting event.

Pete Russell, Hero CPL's CEO, said: "We have always found involving talented young people in the Hero CPL



*Hero CPL CEO, Pete Russell*

*cont'd on pg 22*

## Fraser and Connell star with the ball as West Indies Women start South Africa tour with win

West Indies Women opened their tour to South Africa on a winning note when they defeated a South Africa Women's XI by 53 runs in a warm-up match at the Imperial Wanderers Stadium in Johannesburg.

Batting first West Indies Women posted 202 all out from 46.5 overs. Shemaine Campbelle top-scored with 42 off 48 deliveries, which included 5-fours, followed by Rashada Williams with 30 off 73, inclusive of 3-fours. Nadine de Klerk returned the best bowling figures for the South Africa Women's XI with 7-0-27-3, followed by Tumi Sekhukhune with 5-1-20-2.

Tazmin Brits and Delmari Tucker top-scored for the South Africa Women's XI, with 32 and 24 respectively. Bowling for West Indies Women, Cherry Ann Fraser caused a middle order collapse in her spell, finishing with 4-0-11-3.

While Shamilia Connell wrapped up the innings with 2-0-13-2 and a direct-hit run out.

West Indies Women's Head Coach Courtney Walsh was pleased with the performance but says the preparations are not completed with a win. Walsh said, "I thought the girls did well, it was good to get out in the middle and play today. We haven't played a lot of cricket of late so even though it was a practice match, the atmosphere and the execution was pretty well.

"Most of the girls had decent knocks and a decent bowl as well. What I was



most impressed was the two Super-Over practice scenarios we had as well, with how precise and good the execution was. This win will give us confidence going into the series (yes) but also for the World Cup."

West Indies will return to the Imperial Wanderers Stadium on Friday January 28 for the first of four One Day Internationals against South Africa Women.

next generation is an important part of what Hero CPL does each year and this course takes that to another level. We are very much looking forward to getting started with this year's pilot course and seeing this scheme grow from there."

It is a day/night fixture with first ball at 2pm (8am Eastern Caribbean/7am Jamaica).

### Match Summary:

West Indies Women 202 all out ( 46.5 overs)

Shemaine Campbelle 42

Rashada Williams 30

Nadine de Klerk 7-0-27-3

Tumi Sekhukhune 5-1-20-2

South Africa Women XI 149 all out (37 overs)

Tazmin Brits 32

Delmari Tucker 24

Cherry Ann Fraser 4-0-11-3

Shamilia Connell 2-0-13-2

### *cont'd from pg 21*

as interns a positive and rewarding experience and we are very pleased that we are able to further cement our relationship with UWI by formalising the internship programme with this accredited qualification. Upskilling the

## Afcon Quarter-final at Olembe Stadium to be moved after fatal crush

The Africa Cup of Nations quarter-final due to be held at the Olembe Stadium on Sunday will be moved after a fatal crush outside the ground on Monday.

At least eight people were killed and 38 injured as fans struggled to get access to a match between host Cameroon and Comoros in Yaounde. All Nations Cup matches will remember victims with a minute's silence. The Confederations of African Football and world governing body

Fifa have sent condolences to the affected families.

Two children, aged eight and 14, were among the dead, and seven people were seriously injured in the crush. Caf president Patrice Motsepe visited injured supporters in the hospital and the scene outside the Olembe Stadium on Tuesday, and later said he was "sad



At least eight people, including two children, were killed outside Yaounde Stadium

and hurt" by the incident. Motsepe added that Caf must take responsibility for the crush along with the local organising committee and the Cameroonian government.

"There were deficiencies, weaknesses, failure, things that should have

been foreseen," he added.

The Olembe Stadium, newly constructed to host the tournament, has a capacity of 60,000 but was not meant to be more than 80% full because of Covid-19 restrictions. However, match officials were quoted as saying that as many as 50,000 were trying to attend Monday's match. Sunday's quarter-final is now set to be played at the Ahmadou Ahidjo Stadium in Yaounde instead. Cameroonian president Paul Biya ordered an investigation into the tragic incident while Caf is in constant communication with the Cameroonian government and the local organising committee and also launched its own investigation.



Olembe Stadium

## Mane concussed in head clash, then scores



Sadio Mane scored as Senegal beat nine-man Cape-Verde 2-0 in the last 16 at the Africa Cup of Nations, but was immediately forced off with concussion.

Mane curled in off the underside of the crossbar soon after keeper Vozinha had been dismissed over a nasty clash of heads with the Liverpool striker.

Mane continued despite appearing to be briefly knocked out in the incident.

After celebrating his goal he lay down on half-way, and before the game restarted he was led off the field. In the other game played Morocco defeated Malawi 2-1 to join Senegal in the final eight.

# Sports

WEDNESDAY 26TH JANUARY 2022

## Windies to play Papua New Guinea



The West Indies Under-19 team.

West Indies Under-19 Under-19's today in Trinidad will play Papua New Guinea and Tobago in a quarter-final of the ICC Men's Under-19 Cricket World Cup Plate

tournament.

The Plate tournament is contested between the eight teams that fail to advance to the Super league quarter-final stage of the competition and is an important phase of the competition for the development of the young cricketers.

The young Windies finished third in Group D behind Sri Lanka Under-19s and Australia Under-19s after only picking up one win in their three group games, a seven wicket win over Scotland.

The overall winner of the Plate tournament will be crowned overall ninth-place finishers in the ICC Men's Under-19 Cricket World Cup.

**MINISTRY OF HEALTH, WELLNESS & THE ENVIRONMENT**

### Booster Schedule Update

EFFECTIVE MONDAY, 24TH JANUARY 2022

VACCINE TYPE	DATE FINAL VACCINE DOSE RECEIVED	DATE VACCINE BOOSTER DUE	INTERVALS	RECOMMENDED VACCINE BOOSTER TYPE	ALTERNATE VACCINE BOOSTER
AstraZeneca	May - October 2021	January 2022	3 Months	AstraZeneca	Pfizer
Pfizer (over 18 years of age)	August - October 2021	January 2022	5 Months	Pfizer	AstraZeneca
Pfizer (over 12 -17 years of age)	August - October 2021	January 2022	5 Months	Pfizer	Pfizer
Johnson & Johnson	May - November 2021	January 2022	2 Months	Pfizer	Johnson & Johnson
Sinopharm	July 2021	January 2022	6 Months	Sinopharm	Sinopharm

Once you have recovered from COVID-19 go ahead and get your booster shot.

Booster Vaccines available at: Multipurpose Cultural and Exhibition Centre and Villa Polyclinic.

Vaccination sites open: Mon-Thu, 9:00am-5:00pm Fri, 9:00am-3:00pm

Original COVID-19 vaccine card (paper) & ID are required