

COVID-19 OUTBREAK FORCES SCHOOL LOCKDOWNS



A group of young Barbudan students in happier times showing off their artwork. Over the past two years, the lives of children across the world have changed from one filled with joyous laughter and playtime with friends to that of hands off learning and isolation. One is left to wonder: these simple joys of childhood we all from time to time wish to return to, how long before they return? Will the magic of childhood be forever lost to the Children of the Pandemic?

Photo credit: UNICEF

Sweeping school lockdowns amid COVID-19 campus outbreaks

Several schools on Antigua have taken the decision to abandon face to face learning and return to online schooling as a result of COVID-19 outbreaks on their campuses.

On Tuesday, the administration of the Seventh Day Adventist schools, which include the secondary school, primary schools and a preschool, informed guardians that in person teaching would be suspended until at least 7th January.

According to Principal Robert Nicholas, a teacher who had been present at a professional development session on Tuesday tested positive for COVID-19. Principal Nicholas said that the break for the remainder of this week would be used to sanitise the premises and 'further monitor' the situation to ensure the safety of both the institution's faculty and student body.

Similarly, the principal of Sunny Side Tutorial also informed parents of its Grade 5 Scotland students on Tuesday that a child in that class had tested positive for the virus.

They have decided that the class' teacher and all students will remain in quarantine from 5th January to 18th January 2022.

During this time, they will use Google Classroom to continue classes for the quarantined children.



While the specifics of the situation at the Antigua Baptist Academy are less clear, they too have reportedly taken steps to thwart the spread of the virus on their campus after an individual on that campus had been exposed.

Reports, which have now been confirmed by the Director of Education, Clare Browne, indicate that the Villa Primary School campus has also been shut down for at least the rest of this week as a result of COVID-19 exposure.

The St. Joseph's Academy has also fallen victim to the virus.

A student at the St. Joseph's Academy is believed to have triggered the shutdown of that institution while the Villa Primary school exposure was the result of five students who reportedly tested positive for the virus.

Director Browne confirmed that during the shutdown the well defined protocols established through cooperation between the Ministry of Health and the Ministry of Education intended to manage exposure and cases of infection or outbreaks in the nation's schools will be implemented. These measures include quarantine and through sanitisation of all areas on campuses which may have been open to exposure to infected persons.

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Director of Education calls for vigilance in wake of latest COVID-19 wave



Director of Education, Clare Browne

Director of Education, Clare Browne, is appealing to everyone with an interest in education to maintain a high level of protection against COVID-19.

He said it is necessary if schools are to remain open.

The second term of the academic year commenced on Monday, with

schools functioning under strict COVID-19 protocols, taking into consideration student population and classroom space.

With a recent spike in cases recorded over the Christmas season, Mr. Browne stressed the importance of personal responsibility in ensuring the school system does not encounter major setbacks.

“When the COVID numbers go up, definitely the first place to shut down is our schools. We really want to do everything, continue to practise all the protocols because it is not just about getting vaccinated or boosted. If we get vaccinated and boosted but we do not practise the protocols, the numbers will go up.

“We do not want the healthcare system to be overwhelmed, because once that happens, schools will shut down and we really want to keep our students in schools, we want to keep schools open for as long as we can,” the director stated.

Clare Browne expressed optimism

about the new term, but is concerned the ministry’s plans for advancing education could be derailed if the virus continues to spread and more people are infected and hospitalised.

“I want to appeal to all of us to do whatever it takes to ensure that we not only protect ourselves, but we protect our children and we ensure that the education system continues to operate.”

The director of education issued a reminder that where children are concerned, schools are not just places where they receive an education. He declared institutions of learning are also places of security and stability.

“It is important for us to keep them stable, to keep them mentally in a good place and one way of ensuring that is to ensure that they continue to go to school, where they can interact with their peers in a face-to-face way, physically distant of course, but that they are able to stay socially connected.”

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Sir Richie appreciates UWI campus in Five Islands

Former West Indies cricket team captain, Sir Richie Richardson, says he feels proud to have the University of the West Indies' fourth landed campus now located in his native village of Five Islands in Antigua and Barbuda.

Sir Richie says Five Islands was previously considered a place of obscurity in Antigua even though the quiet village is known to have produced several top national athletes, especially on the cricket and football fields.

The former West Indies opening and attacking right-handed batsman says while he is cognizant of the fact that Five Islands is nestled within very close proximity to some of the nation's major hotels, the presence of the UWI will certainly bring much more recognition to the area as well as Antigua and Barbuda.

"I feel really, really, proud. Five Islands is one of the smallest villages in Antigua and I can remember as a small boy, people from town (St. John's) and other places in Antigua



*Former West Indies Captain,
Sir Richie Richardson*

would say that we are behind God's back. And things like that used to motivate me because I know it is not how small you are, but how big your heart is and how you can contribute in a big way," Sir Richie said.

"In sports Five Islands has produced a number of top athletes. The Five Islands football team dominated football in Antigua and Barbuda for a number of years. We have produced

quality cricketers and we have some of the nicest hotels in Antigua and Barbuda.

"So to see that it is that area that has been chosen for a very important institution that is going to greatly contribute to the development of our country, I feel very, very proud," he added.

On May 27, 2019, the University Finance and General Purposes Committee approved the establishment of Five Islands Campus as The UWI's 5th Campus and its 4th landed Campus, located in Antigua and Barbuda.

The first group of 147 admitted students were matriculated on 27 September 2019.

Well over 200 students are currently pursuing studies at UWI Five Islands in the Schools of Humanities and Education; School of Business and Management, Sciences Computing and Artificial Intelligence; and School of Health and Behavioural Sciences.

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Tourism officials plan to develop cruise sector in Barbuda

Minister of Tourism, Charles 'Max' Fernandez, has said plans are afoot to develop a cruise tourism sector on Barbuda.

Fernandez said tourism officials have already started discussions to develop the land-based aspect of the cruise sector, including the construction of a shopping centre on the sister isle to bring its infrastructure in line with the level of development on mainland Antigua.

"I would say Barbuda is clearly on a trajectory very soon to be the new St. Barts of the Caribbean. We had discussions recently to look towards bringing cruise visitors to Barbuda sometime in the future," Fernandez said.

"So there are ongoing discussions, in other words, to develop something similar to what we are doing in Antigua in terms of development of the landside where we can have Barbudans and Antiguanians being able to have some kiosks and shops at the area where those come in.

"So that is something that is on the drawing board and we are hoping that we are able to manage the industry, manage the (Coronavirus) pandemic and be able to move forward with these very exciting ideas," the tourism minister added.

Unlike mainland Antigua, cruise ship visits to Barbuda have been sparse with smaller vessels only making an



**Minister of Tourism,
Charles 'Max' Fernandez**

occasional trip across to the sister isle in the past.

After being decimated by the novel coronavirus pandemic for almost two years, the cruise industry started to slowly rebound late last year by adhering to strict Covid-19 protocols to facilitate cruise ship passenger tours.

While speaking to Pointe on De Streetz on Pointe FM Radio yesterday, Minister Fernandez says the cruise industry has continued to adjust and implement Covid-19 protocols to limit the spread of the coronavirus.

"The airlines, we know, are still considered to be safer. The reason for that is that you spend less time on an aircraft than on a cruise line.

What I can tell you has happened though is that the cruise lines are very conscious of their importance to the industry. As a result, they are under the guidance of the CDC (United States Centre for Disease Control), they have been working steadily to improve their protocols," Fernandez said.

"I can tell you, since reopening or restarting the cruises, they have gone to a stage where apart from the fact that everyone is vaccinated, they (cruise passengers) are also tested before they come on board, and in addition to that, you have a situation where they now have to wear their masks onboard the ship, in places where, before, they would not have had to have done that.

"So it continues to evolve and continue to work towards getting the industry a lot safer," he added.

Cruise ships started to return to the twin-island state during the final quarter of last year and the January cruise arrival calendar, released by the Antigua & Barbuda Port Authority, revealed a packed itinerary.

On several days throughout the month, Antigua and Barbuda will host as many as six vessels across its several ports in St. John's, Falmouth and Barbuda.

Only three vessels have cancelled their January calls to the Island.

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Two granted bail for making threats against woman involved in Michael Browne case



Two people now face charges under the Electronic Crimes Act- Section 4 B- for allegedly making threats against the complainant in the recently decided Michael Browne criminal case.

Charges were brought against the minister after the complainant made a report to the police and following investigations.

Browne was tried and acquitted of the serious charge in December

2021.

Reportedly, the man and woman used their social media platforms to make threats against the woman last year. However, charges were only recently brought against them.

The duo was granted station bail, however, that was revoked by Chief Magistrate Joanne Walsh, who instituted new bail conditions.

They have been released on \$10,000 bail with a cash deposit of \$2,500. Two sureties had to sign on their behalf.

The man and woman will both have to report to the nearest police station three days each week and they were also ordered to surrender their travel documents.

Chief Magistrate Walsh warned the accused that if they committed a similar offence, their bail will be revoked and they will be remanded to Her Majesty's Prison.

A conviction for this offence at the Magistrates' Court level carries a fine of \$250,000 or three years in prison or both. If the matter is tried in the High Court the accused faces a \$500,000 fine or a term of imprisonment of six years or both.

The Electronic Crimes Act- Section 4 B covers a wide range of offences, including maligning people, spreading false information and threatening others.

Damian Benjamin and Lawrence Daniel appeared for the accused.

The St. John's Lodge donates to Family & Social Services Division

The first day of 2022 was marked by a meaningful donation made to the Family and Social Services Division/ Welfare Division within the Ministry of Social Transformation & Human Resource Development and the Blue Economy by the St. John's Lodge 492 ER.

A donation of school supplies, protective equipment and uniform grants was provided to representatives within the Welfare Division for further distribution to several families currently aided by the Welfare Division with a special focus on those who may have been significantly impacted by the ongoing pandemic.

The official handover was conducted at the Lodge building on St. John's Street, St. John's Antigua, with Mrs Feona Charles-Richards (Director) Ms Rhea Jeffrey (Supervising Officer) and several officers from the Division. The Lodge was represent-

ed by the Worshipful Master, Ato Kentish, Immediate Past Master, E. Griffith Joseph and Former Charity



Two Photos: Members of the St. John's Lodge handing over useful school supplies and protective equipment to the Family and Social Services Division/ Welfare Division

Steward, Joel Darroux.

The Lodge contingent officially handed over the items which were valued at approximately EC \$15,000 to the representatives of the Division with the aim of ensuring that the children

currently under the protection of the welfare department would not be further disenfranchised by the econom-



ic declines caused by the COVID-19 pandemic.

This donation forms a part of the Lodge's ongoing COVID-19 charity response aiming to offer some relief to the citizenry of the island.

Mrs. Enid Maudina Warner-Beazer: Barbudan Centenarian



Happy birthday! Antigua and Barbuda celebrates its newest centenarian, Mrs. Enid Maudina Warner-Beazer

Who can find a virtuous woman? for her price is far above rubies. The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life. She seeketh wool, and flax, and worketh willingly with her hands. She is like the merchants' ships; she bringeth her food from afar. Proverbs 31:10-14 (KJV)

Life is worth celebrating! It is nothing short of amazing to witness the matriarch of our family celebrate a century milestone. To see Mrs. Beazer, wrap her arms around her great great grandson, is nothing short of phenomenal.

Mrs. Enid Beazer was born on January 6, 1922, to Vivian Warner and Florence Warner. She got married to Tyril Beazer and had 5 beautiful children

with him - Daphne Beazer, Keith Beazer, Avirl Beazer, Myrna Beazer and Valerie Beazer- Thomas. Her union was blessed with 19 Grandchildren, 40 Great grandchildren and 2 Great Great grandchildren.

The number 100 is just that – a number! Mrs. Beazer is sharp as a tack! She tells the most amazing stories. With 5 children, 19 grandchildren, 40 great grandchildren and 2 great great grandchildren, it is an honour to document her life.

Mrs. Beazer carries many names but the most treasured of them all is mother. Mrs. Beazer is a firm believer in the family institution. She adores her family and would do anything to see her family prosper. She always made the tough decisions to make sure her offspring had a good life.

She was a tray lady. In Barbuda ambitious women would have a tray on their head or at their side selling bits and pieces to supplement their family's income. Mrs. Beazer was a savvy businesswoman in her younger days. She sold candies, snacks and sucka bubby on the government wall outside the Holy Trinity School compound. She targeted the most loyal customers any business could wish for – school children. She marks your face to make sure you remain loyal to her.

She believed like most Barbudans in cultivating their own food. She practiced farming by going to 'grung' (farm plot) with her mother and her husband. They grew their provision, peas and reared their goats. At home they kept the yard fowl to supply them with fresh eggs and meat. She always insists on a good diet. Stale food or leftovers were never a thing in her house, especially having her grandkids stop by.

Being married to her husband was the joy of her life. She took her responsibility of being a housewife very seriously. She loved and cherished her husband. Her husband could never leave her yard unkempt – his clothes were always well washed and pressed to perfection.

She is a devoted Christian woman. She lives by the mantra - there is nothing too good for God. She attends the Barbuda Holy Trinity Anglican Church. Harvest Sunday is one of her favourite church celebrations. She gets to give something and wear her Sunday best. You see, Mrs. Beazer can dress well. Each outfit she wears must have a hat and some jewellery. She's one of the community's best dressed women.

At 100 years, Mrs. Beazer is still going strong. Her life and her story tell us that life should be lived while we are alive.

How To Save More Money In 2022

By: Rachit Chawla & Armaan Joshi

Saving money seems like a very simple task. However, this is not the case for everyone. Considering that we have varying incomes, necessities, expenses, responsibilities, and likes, it's evident that we also have different saving capabilities.

The good thing is this doesn't mean that it's impossible for us to save. With a little change in our spending behaviors and mindset, it's safe to say that we can reach your goals in 2022. In no time, you'll find yourself not worrying about being financially stable and having enough for both expenses and savings.

Keep Track Of Expenses

The first step to saving money is awareness. Knowing how much you spend on a periodic basis will let you know things like:

Things that you can stop buying

How much of your earnings are spent on expenses

The possible savings that you can have in a month/year

Thus, let's start with a simple task that will help you get an overview or idea about who much your daily, monthly, and annual expenses are. This will consume only a little bit of your time for the whole day.

To do this, you can either:

- List down your expenses in a journal. At the end of each day, you can get a journal and list down everything that you bought and paid for. This will be helpful if you want something to reflect on daily. Continuing this even when you're able to spend enough will also enable you to keep track of your progress.
- Keep a digital record on your phone. If you don't like writing that much, then you can simply type in your expenses on your phone's notes. Just like a journal, you can write on it at the end of each day. Alternatively, you can readily type in on your phone immediately after buying something.

Just choose whichever of the two you are most comfortable with.

Either way, make sure that you record even the slightest amount of money you spent. May it be for a single candy that you always buy or the daily necessities that you can't miss.

After a month, you should add up all of your expenses for the period. Multiply the amount you got by 12 to get your average annual spending. Doing this will help you get your annual spending and the most efficient amount of money that you can save in a year.

Set A Budget



Once you have an overview of your expenses, you can now set a fixed budget for the whole month. This will prevent you from overspending. Similarly, you will also be able to save a certain amount of money every beginning of the month while still being able to shoulder all your necessities and occasional wants.

In setting a budget, there are four things that you need to consider:

Monthly Income

The most important thing to consider points to your monthly income, or weekly if that's how you get paid. For a more managed finance, however, it's best to turn to the former.

Nevertheless, this is where your future expenses and savings will depend on. The question as to how much you can spend and save will vary depending on how much money you make.

Monthly Expenses

Next up, you should also consider your average monthly expenses. This is the amount that should be included in your budget. For instance, if you spend at least \$500 a month, then your budget should not be less than this.

Allowance For Wants

Of course, saving money doesn't necessarily mean depriving yourself of your occasional wants. You may want to eat out once or twice a month or just buy new clothes.

If this happens, you can't make it a habit to take out a little portion of your savings. Instead, allot a small amount reserved for this specific purpose. Just remember not to go overboard and stick to only how much you can let out **without ruining your goals**.

Allowance For Emergency Funds

Apart from your wants, you should also set aside finances for emergencies. Although your savings can also be used for this, it will be hard for you to go back to zero, especially if you're far off in your savings journey.

Of course, you can also add other factors that you want to include in your budget. It will all depend on your preference. The only important thing is there will be enough for you to add to your savings.

Know Your Priorities

To efficiently stick to your budget and ensure that your savings will be kept untouched, you should analyze your priorities. The things that come first should be the ones that you spend your budget on. If it's on the last of your priority list or it isn't there at all, then it means that you should delay that expense for when you have extra money to pay for it.

This is where the concept of necessities and luxury wants will come in. Here is a more in-depth explanation:

Necessities

Necessities refer to those that you need for daily living. These include food, water, utilities, transportation costs, and likes. These should be at the top of your priority list. Meaning, your budget should be mainly allotted between them.

Luxury Wants

Luxury wants are those that you can live

cont. on page 9

cont. from page 9

without. From the name, these mainly point to shopping sprees and likes. You should only spend money on these if you have already settled all your expenses and you have extra from the budget you set.

Understanding which of the things in your life belong to which will improve your spending habits. Eventually, it will also be the key to being disciplined about financial control.

Look For Fun In Simple Things
Enjoying life doesn't always need to involve spending large sums of money. Finding fun in simple things will definitely save you from all the luxurious yet unaffordable wants. It may also get you over your FOMO or fear of missing out since you will also be basically experiencing the same things as other people, just in a different method.

To help you see this in a clear light, let us give you an example.

Staycations Instead of Vacations
Suppose that everyone is going on their own vacations, but you don't have the budget to go out of the country. In this case, you can do your own "staycation." Here, instead of having to go to other cities, you can enjoy the sunlight in your backyard, go to local parks, and still have memorable times alone or with other people. You will still have fun without having to spend a lot.

Meal Planning Instead Of Eating Out Daily

This is the same with meals. Since food takes up a large part of expenses, you can look into more affordable ways compared to eating out.

For instance, you can look into meal planning. This will take a lot more time and effort since you have to prepare ingredients, but it will be much more cost-efficient compared to eating at restaurants. Even fast-food diners can get expensive (not to mention unhealthy) if taken daily. Meal planning, on the other hand, will let you cook dishes that can last for one week straight.

Have A Target Savings Amount
Practically speaking, it's not motivating to save money if you don't know where you can use it. Although it being an emergency fund is the safest option, it's a much better choice to set goals.

More specifically, we're referring to setting goals in terms of the amount and

the specific purpose. Doing this will help you be more determined to save money since you have something to look forward to.

There isn't really an ideal target savings amount. This is because it will depend on what you want to do with your money and how much you can save considering your earnings and expenses. Nevertheless, the task will be a good addition to your savings routine.

Use A Piggy Bank

If you're an adult, using toy-like piggy banks will initially sound ridiculous. However, this is actually a handy tool to have with you, especially if you often work with coins and spare changes. It may not look like it, but collected coins can actually amount to large savings in the long run.

This being stated, it's just right that you consider having a piggy bank by your side. This simple task will help you make the most out of your budget.

Consider Having A Savings Account

Apart from a piggy bank, you should also consider availing a savings account from reliable and legitimate financial institutions.

There are banks that offer high interest rates, which are definitely helpful if you want to grow your savings. Although you can't really expect hundreds of dollars as a raise, monthly additions can actually make up a lot if you consider the whole year.

Overall, a savings account will require effort in the application stage, but it will be worth it. Not to mention, this will also allow you to keep your money safe. You won't also be able to get money from it in an instant, so there's a better chance that you can avoid impulsive buys.

Avoid Debts

Another one of the many essential tips is to avoid debts. If something isn't necessary or worth buying, then save your credit card from the additional bills. You should also avoid bank loans if you're not planning to use them for businesses and other things that can generate profits.

If you're looking into improving your credit score and maintaining a good status for it, then consider only putting small expenses like a cup of coffee or a small meal on credit. In this way, you won't have to worry about financial issues at the end of the month.

Don't Splurge In Unnecessary Things

Suppose that you don't really get loans or go under debts and choose to pay cash instead; it won't be of any help if you still pay for unnecessary things.

Avoid spending more than what you can, and stick to your budget. Remember the previous tips, especially those about priorities and certain expenses. Otherwise, you may go into unhealthy spending habits and leave your savings at zero balance and unstable progress.

Allocate Your Savings

It can be overwhelming to just deposit money into your savings without knowing what it's for. Even if you have already set a purpose for it, a more efficient practice would be allocating your savings to certain goals.

For example, you can set 25% for your future vehicle, 25% for getting your own house, 25% for business, and so on. This is optional, and you can choose not to do this, but you can expect better results if so.

Have The Right Mindset

Even if you follow all the tips above, you won't get to see growth and satisfaction from your progress if you don't have the right mindset. You have to be fully determined and set on reaching your goals to be immersed in your task.

Another kind of mindset that you should have revolves around financial control. It may look like a broken record, but spend only what you can afford to lose. Don't exchange short-term happiness from shopping with your long-term goals. Keeping this in mind will better help you improve your habits.

Bottom Line

Saving money is an essential thing that you have to learn early in your life. It's necessary for you to enjoy living without going through financial difficulties in the long run. This applies, no matter if you're well-off or not.

All in all, we will boil down to the importance of discipline. This is the main key to being able to practice all the money-saving tips we discussed above. It's also important to have full control over your money and not the other way around.

On a side note, if you're a big spender who is just starting out in thrift practices, don't expect to see immediate changes in your finances. This will especially take time since you have to get rid of your unhealthy habits before being efficient with money.

Six reasons why your New Year resolutions don't work



A weekly or fortnightly review allows you to keep track of your progress and turn excuses into opportunities

The majority give up on their resolutions within one to six weeks of starting, and many of these resolutions are repeated year after year.

Despite our best intentions, why is it so difficult to stick to resolutions? It doesn't matter if the resolution is to start a new habit or to give up an addiction; it all comes down to consistency and dedication. Most people blame their failure to fulfill resolutions on a lack of time, resources, or motivation, or a loss of zeal after starting. Only about 16 percent of people are able to follow their resolutions, according to research. The majority give up within one to six weeks of starting, and many of these resolutions are repeated year after year.

Let's take a closer look at the 6 main reasons:

Setting unrealistic resolutions

A resolution is about what you would like to do rather than what you 'should' do. People either establish excessively difficult objectives that quickly become unreachable, or they set relatively easy goals that they quickly become bored with. It's critical to review your resolutions to see if they're achievable. Are they quantifiable? Are they constrained by time? Are they specific in nature? Are they in line with your goals? Is it possible to break them down into smaller chunks? Is it possible to achieve them within the time frame you've set? Remember that in order to keep a resolve, you must change your behaviour, so

make sure your goals are reasonable.

Lack of accountability

Working with a coach, mentor, or accountability partner guarantees that the proper energy and drive are present to help you be more, accomplish more, and have more. Because success is a science, we can be sure that if we follow the steps, we will achieve our goals.

Avoid people who sap your energy when choosing an accountability partner, and instead work with people that elevate and encourage you, especially when you're feeling down.

No tracking/review

A weekly or fortnightly review allows you to keep track of your progress and turn excuses into opportunities. What gets measured gets done, and what gets done can be improved and made a habit with the help of a good tracking system. Many of the apparent barriers are based on assumptions, inferences, judgments, overthinking, and previous points of reference. A track record of accomplishments aids in the development of resolution consistency.

Lack of Planning

Great planning is always required for a good implementation. It is more realistic if you plan the action steps around the resolution, break them down into smaller pieces, and schedule them on the calendar. Weekly objectives and plans that

are bite-sized create a sense of accomplishment rather than "Oh, I have an entire year to myself, I can always re-start next month when I have more time."

Planning also ensures that all necessary adjustments are sketched out ahead of time, along with an understanding of potential challenges. This boosts your chances of success, especially when it comes to long-term goals.

Self-doubt

Don't allow your past failures to dictate your future. After you've learned from your failures, it's time to get to work. Every tiny victory should be celebrated because it motivates you to work harder for the larger ones. Being self-critical or doubtful doesn't help since it focuses all of your attention and energy on "why I can't do this?" As you improve, practice thankfulness, compassion, and love for yourself, and don't let a minor setback or disappointment turn into a permanent failure. Remember that progress is preferable to perfection, and that if you believe in yourself, you can achieve a lot with proper planning, execution, learning, seeking help, and appropriate coaching. Continue on; you are not alone!

Unclear

"Why" A majority of people fail to achieve their objectives because their 'why' is unclear. The 'why' is what motivates people to take action and achieve goals. You may know what you want, but you won't be able to figure out how to get it unless you know why you want it. So, why are you making these resolutions? What motivates you to achieve these objectives? What motivates you to do what you do? What emotional connection does your 'why' have? All excuses go away when the purpose is strong, and one naturally switches from a fixed attitude to a growing mindset.

It is important to be mindful, take responsibility, stay committed and direct all focus on the alignment of energy, mindset and action in order to stick to one's new year resolutions. Start with a picture of your future self in your mind;

make the image big and bright, feel it deeply and hold onto it as a daily reminder. Don't be too hard or too easy on self and most importantly, enjoy the process of change and transformation. Remember, winners and losers have the same goals; it is what one does to fill the 'gap' in between that makes all the difference.

Anti-vaccination protesters attack Guadeloupe hospital staff



Guadeloupe’s prefect, Alexandre Rochatte, condemned the attacks and said the government will prosecute those responsible.

“These deliberate abuses are unacceptable and intolerable,” he said in a statement.

The island of some 400,000 people has one of the lowest vaccination rates in France, and many oppose France’s COVID-19 health pass, which is required to enter food establishments, cultural venues and sport arenas, and for long-distance travel.

France sent security forces to Guadeloupe in late 2021 amid violent riots over COVID-19 vaccine mandates (AlJazeera)

AP - Dozens of anti-vaccination protesters in the French Caribbean island of Guadeloupe attacked a hospital director and other medical staff following recent violent demonstrations against vaccines and COVID-19 restrictions, officials said Wednesday.

The attack occurred Tuesday outside the University Hospital Center as police tried to escort the director and other staff elsewhere for safety. The hospital said the director briefly lost consciousness and that the crowd ripped the clothes of the deputy general director and threw urine at both. The car of an executive assistant also was seriously damaged, officials said.

A health workers’ union that organized Tuesday’s demonstration and previous ones that turned violent to protest vaccine requirements and other measures told local media that members are seeking to recover lost wages after being suspended for refusing to become vaccinated as required by law.

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NOTICE OF APPLICATION FOR A TAVERN LICENCE FOR BUSINESS REGISTERED AS

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I, Sherie-Anne Caton, DO HEREBY GIVE NOTICE, that it is my intention to apply at the next sitting of the Liquor Licence Court to be held at the Magistrate’s Court, Gray’s Farm, St. John’s Antigua on Thursday 6th day of January, 2022 next ensuing for a Tavern license in respect of premises known as “Zay’s Bar and Restaurant” situated English Harbour, in the Parish of St. Paul’s Antigua pursuant to Section (11) (5) of the Licensing (intoxicating Liquor) Act Cap 249 of the Laws of Antigua and Barbuda, Revised Edition

Dated the 22nd November 2021

MOÏSE DEATH PLOT BARED: Palacios revealed extraction mission changed to assassination, FBI claims



Former Haitian president, Jovenel Moïse was assassinated in October 2021

Jamaica Gleaner - While he was in Jamaica, Colombian fugitive Mario Antonio Palacios voluntarily gave statements to United States (US) law-enforcement authorities about his involvement in the plot to assassinate former Haitian President Jovenel Moïse, a senior American investigator has revealed.

According to Michael Ferlazzo, a special agent with the Federal Bureau of Investigation (FBI), Palacios initiated the talks in October last year.

It is unclear whether the talks occurred before Palacios, a former Colombian military officer, was captured in central Jamaica on October 8 last year. But according to a criminal complaint filed in federal court in Florida, Ferlazzo said Palacios admitted that he was hired to travel to Haiti to “provide security” and then “participate in the arrest warrant operation”.

Witness interviews, a review of records, and seized electronic evidence revealed that from as early as June last year, Palacios was among a group of 20 Colombians with military training who were recruited to execute a purported arrest warrant for Moïse, the FBI agent claimed.

“The initial plan was to ‘extract’ President Moïse from Haiti on or about June 18, 2021. That plan was abandoned when the co-conspirators failed to secure a private plane to spirit the president away from Haiti,” he explained.

But by June 28, according to Ferlazzo, “certain co-conspirators had knowledge or at least believed” that the plan was to assassinate rather than to kidnap Haiti’s 58th president.

He said Palacios, during the talks from Jamaica, spoke about the initial plan to capture Moïse at the airport where his co-conspirators would “don black hoodies and take away the president by plane”.

The former Colombian military officer was convicted on October 15 for illegally entering Jamaica and opted to serve the five-day prison sentence because he could not pay the \$8,000 fine.

He spent two months in custody before the Jamaican Supreme Court ruled last Friday that authorities here enforce an order, signed by National Security Minister Dr Horace Chang on November 24, for his deportation.

Palacios was en route to his homeland on Monday when he was intercepted by US law-enforcement personnel in Panama and transported to the state of Florida.

The US Department of Justice confirmed on Tuesday that Palacios, 43, was charged with conspiracy to commit murder or kidnapping outside the US, a charge that is related to Moïse’s assassination.

He is also facing a charge of providing material support resulting in death, knowing or intending that such material support would be used to prepare for, or carry out the conspiracy to kill or kidnap. The charges are based on a criminal complaint filed in the Southern District of Florida.

The Sunday Gleaner, citing three alleged co-conspirators who spoke to investigators in Haiti, reported last week that Palacios and a band of mostly heavily armed ex-Colombian soldiers were inside Moïse’s private quarters at the time the Haitian president was assassinated.

The accounts of the alleged co-conspirators are contained in a leaked report authored by Haitian investigative authorities, which detailed how the accused Colombian assassins were contracted for US\$2,700 a month and began arriving in the Caribbean country up to one month before executing their deadly mission. But there is no indication, based on the accounts of the alleged accomplices, whether Palacios was directly involved in the July 7, 2021, killing.

Moïse was reportedly shot 12 times and had bullet wounds to his forehead and several to his torso. His left eye had been gouged out and bones in his arm and in his ankle had reportedly been broken.

His wife, Martine Moïse, was also shot in the incident, but survived.

Gov't to decide on reopening of school amid covid 5th wave



Parliamentary Secretary in the Ministry of Education, Dr Pauline Antoine-Prospere (Loop)

CASTRIES, St. Lucia (Loop) - As the year opens amid rising cases of COVID-19, the impending reopening of schools on the island comes into question.

Schools across the island are scheduled for a January 10 reopening. However, as health officials attempt to contain a fifth wave of the pandemic, already wreaking havoc on the island, a determination as to whether students will return to the physical classroom or revert to a virtual setting has not yet been determined.

Parliamentary Secretary in the Ministry of Education, Dr Pauline Antoine-Prospere, says that a decision will be made after the necessary consultations are held.

Dr Antoine-Prospere says a discussion with the Chief Medical Officer is scheduled to take place sometime in the coming week to discuss the plans and the way forward regarding the reopening of schools next week.

“I’m all for the reopening of school next Monday. The students and

teachers prefer to have face to face interactions, but we need to monitor the situation, and the decision will be based on that.”

As Saint Lucia battles a fifth wave of the COVID-19 virus, more details on the scheduled school reopening on January 10, 2022, are still to come.

The staff of the various schools returned to their respective learning institutions on January 4 to prepare for the uncertain January 10 reopening.

In 2021, the education sector was constantly disturbed when cases continued to increase on the island and in the classrooms.

Schools were closed, leaving teachers and students to adopt an online and distributed learning approach.

Forecast for the next 48 hours

	Thursday				Friday		
	Night	Morning	Afternoon	Evening	Night	Morning	Afternoon
Forecast							
Temperature	24 °C	24 °C	28 °C	25 °C	25 °C	27 °C	28 °C
	Mostly clear.	Mostly sunny.	A few showers. Mostly sunny.	Clear.	Broken clouds.	More sun than clouds.	Partly cloudy.
Feels Like	25 °C	25 °C	30 °C	26 °C	26 °C	28 °C	30 °C
Wind Speed	15 km/h	16 km/h	18 km/h	17 km/h	19 km/h	21 km/h	22 km/h
Wind Direction	ENE 	E 	ESE 	E 	E 	E 	E
Humidity	77%	80%	63%	75%	74%	68%	65%
Dew Point	20 °C	21 °C	20 °C	21 °C	20 °C	20 °C	21 °C
Visibility	15 km	16 km	18 km	18 km	17 km	17 km	17 km
Probability of Precipitation	12%	11%	21%	10%	11%	11%	15%

* Updated Wednesday, 5 January 2022 20:27:17 Saint John's time - Weather by CustomWeather, © 2022

England to scrap pre-departure travel covid tests

BBC - Doubly vaccinated passengers will no longer have to take pre-departure Covid tests in England from 04:00 GMT on Friday, the government has said.

They will also not be required to self-isolate while awaiting test results after arriving in England.

If they arrive after 04:00 GMT on Sunday, people need to take a lateral flow test by day two and if positive, a further PCR test.

The test changes come after travel firms called for them to be removed.

After the emergence of the Omicron variant, the government said all travellers over the age of 12 must show proof of a negative test lateral flow or PCR test taken within two days of setting off for the UK. Fully vaccinated people are also currently required to pay for a PCR test within 48 hours of arrival, while those who aren't must take pre-booked PCR tests on both day two and day eight after arriving, and self-isolate for 10 days.

Travellers currently must pay for private



tests rather than using free NHS tests. Prime Minister Boris Johnson said the pre-departure test "discourages many from travelling for fear of being trapped overseas and incurring significant extra expense".

The announcement comes after airlines said passenger testing was making no real impact, with data last week suggesting one in 25 people in England had the

virus.

They also said compulsory testing had held back the sector's recovery.

Mr Johnson met his cabinet earlier and alongside changes to travel tests, the government has said it will ease Covid testing rules for people without symptoms, who will no longer need to confirm a positive lateral flow test with a PCR.

French uproar as Macron vows to 'piss off' unvaccinated



Mr Macron says he wants to limit "as much as possible" access to activities for the unvaccinated

BBC - French President Emmanuel Macron has been accused of using divisive, vulgar language after he used a slang term to say he wanted to make life difficult for unvaccinated people.

"I really want to piss them off, and we'll carry on doing this - to the end," he told Le Parisien newspaper.

Three months ahead of a presidential election, opponents of Mr Macron said his words were unworthy of a president.

MPs halted debate on a law barring the unvaccinated from much of public life.

The session in the National Assembly was brought to a standstill for a second night running on Tuesday

as opposition delegates complained about the president's language, with one leading figure describing it as "unworthy, irresponsible and pre-meditated".

The legislation is expected to be approved in a vote this week, but it has angered vaccine opponents and several French MPs have said they have received death threats over the issue.

Mandatory vaccinations are being introduced in several European countries, with Austria leading the way for over-14s from next month and Germany planning a similar move for adults. Italy's government was on Wednesday considering a compulsory vaccine pass for at least anyone over 60.

In his interview with Le Parisien on Tuesday, Mr Macron said he would not "vaccinate by force" the remaining five million who had not had a dose, but hoped to encourage people to get the vaccines by "limiting as much as possible their access to activities in social life".

North Korea fires suspected ballistic missile into the sea



The launch would be the first by leader Kim Jong-un in 2022

BBC - North Korea has fired a suspected ballistic missile into the sea off its east coast, in its first such launch since October. The missile landed in water between the Korean peninsula and Japan, bringing condemnation from Seoul and Tokyo.

The UN prohibits North Korea from ballistic and nuclear weapons tests.

Leader Kim Jong-un has vowed to bolster the North's defences. It tested a variety of missiles last year amid stalled talks with the South and US.

The latest launch - the first since a New Year speech in which Mr Kim set out policy priorities for 2022 - was first reported by the Japanese coast guard early on Wednesday,

before being confirmed by defence authorities in Seoul.

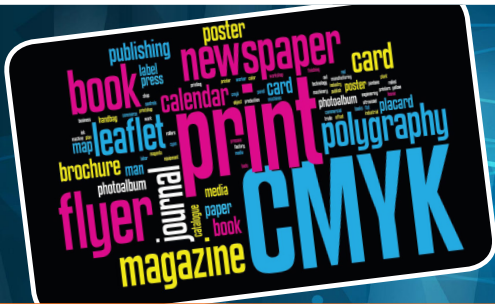
Japan's Defence Minister Nobuo Kishi said the suspected ballistic missile had flown about 500 km (310 miles), Reuters reported.

According to Ankit Panda of the Nuclear Policy Programme at the Carnegie Endowment for International Peace however, there was no way to confirm the full striking range of the missile.

In 2017, North Korea tested the Hwasong-15, a missile that peaked at an estimated altitude of 4,500km, putting US military bases on the Pacific island of Guam well within striking distance.

The launch comes days after Mr Kim said that Pyongyang would continue to strengthen its defence capabilities due to an increasingly unstable military environment on the Korean peninsula - a stance Mr Panda warned could see 2022 "littered with similar North Korean missiles".

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Ebadot leads Bangladesh to historic win in New Zealand



Ebadot Hossain, centre, celebrate with teammates after taking career best figures to lead Bangladesh to their first ever Test win in New Zealand. (Getty Images)

MOUNT MAUNGANUI, New Zealand (AP) - Fast bowler Ebadot Hossain took a career-best six for 46 to inspire Bangladesh to an historic eight-wicket victory over World Test Champion New Zealand on the final day of the first Test yesterday.

Ebadot had bowled Bangladesh to the brink of their first Test victory in New Zealand by the end of the fourth day when he had figures of four for 39.

He broke down the last of New Zealand's resistance with two quick wickets on the final day to dismiss the home side for 169 in their second innings, which is also their lowest score against Bangladesh.

New Zealand trailed by 130 runs on the first innings, leaving Bangladesh to score only 40 for victory which they achieved for the loss of two wickets.

Current skipper Mominul Haque, top-scorer in the first innings, and former captain Mushfiqur Rahim were at the crease when Bangladesh achieved victory at 42 for two.

It was only Bangladesh's sixth Test win away from home and their first Test win over a team ranked in the world top 5.

The result also brought to an end to New Zealand's unbeaten streak in their last 17 tests at home.

Ebadot, a former volleyball player who became a test cricketer after winning a fast bowling competition, had only 11 test wickets at an average of 81 when he came into this match as Bangladesh's third seamer.

He took one for 75 in New Zealand's first innings of 328, but came into his own in the second innings, running through the middle order on Tuesday with the wickets of Devon Conway (13), Henry Nicholls (0), Tom Blundell (0) and Will Young (69).

That left New Zealand 147 for five at the start of play yesterday, only 17 ahead of Bangladesh.

The possibility of any stern resistance by New Zealand, marshaled around veteran batsman Ross Taylor who was 37 not out when play began, quickly dissolved, thanks to Ebadot.

The tall right-artermer, who snaps to attention and salutes when he takes a wicket, saluted twice when he bowled Taylor for 40. Then he dismissed Kyle Jamieson to leave New Zealand 160-7.

Taskin Ahmed then stepped in to help wrap up the New Zealand innings. He removed the other overnight batsman, allrounder Rachin Ravindra, for 16.

Taskin bowled Tim Southee (0) and Mehidy Hasan Miraz finished it off with the wicket of Trent Boult, who was brilliantly caught at deep mid-wicket by the substitute Taijul Islam.

"It's a long story, volleyball player to test cricketer," Ebadot said. "But I'm a soldier of the Bangladesh Air Force and I know how to salute.

"On New Zealand soil over the last 11 years our brothers and our teams didn't get any wins. But when we came to New Zealand we set a goal. We raised our hands and said 'Yes, we have to do it and we can do it on New Zealand soil.'

"New Zealand are test champions so if we raise our hands and beat New Zealand on New Zealand soil our next generation will be able to beat them too."

Ebadot credits Bangladesh's West Indies-born bowling coach Ottis Gibson for his transformation as a fast bowler, for urging him to pitch the ball up on off stump.

That was the key to Bangladesh's bowling success on the a docile pitch at Bay Oval, where New Zealand's shorter lengths were unsuccessful.

"We were short in all three facets," New Zealand captain Tom Latham said.

"Bangladesh showed us how to go about things on that wicket. They were able to build partnerships, to bowl well from both ends and build pressure and unfortunately we weren't able to do it for long enough."

The second Test begins at Christchurch on Sunday.

Djokovic fighting to compete at Australian Open after visa is cancelled



Serbian tennis player Novak Djokovic. (Getty Images)

MELBOURNE (AP) Novak Djokovic was left fighting for the right to compete at the Australian Open yesterday after authorities cancelled his visa.

The world number one announced on Tuesday that he had received a medical exemption to play in the tournament he has won a record nine times.

That medical exemption was expected to allow Djokovic to enter the country, regardless of his vaccination status, which he has yet to formally disclose. However, the Victorian government reportedly rejected an application as

a member of Djokovic's support team made an error in requesting a sub-class of visa.

Further doubt was cast over Djokovic's chances of being allowed to contest the first grand slam of the year when Jaala Pulford, the acting sports minister of the state of Victoria, later declared on social media that the Serbian's application will not be supported.

It was later announced by the Australian Border Force (ABF) he had been ordered to fly out of the country today, although his legal team was said to be

challenging the decision.

"The ABF can confirm that Mr Djokovic failed to provide appropriate evidence to meet the entry requirements to Australia, and his visa has been subsequently cancelled," the force said.

"Non-citizens who do not hold a valid visa on entry or who have had their visa cancelled will be detained and removed from Australia.

"The ABF can confirm Mr Djokovic had access to his phone." Djokovic's father had earlier accused authorities of holding the 20-time major winner "captive for five hours." He told Russian news agency Sputnik:

"This is a fight for the libertarian world, not just a fight for Novak, but a fight for the whole world.

"If they don't let him go in half an hour, we will gather on the street. This is a fight for everyone."

Later, Australia's Prime Minister Scott Morrison tweeted: "Mr Djokovic's visa has been cancelled. Rules are rules, especially when it comes to our borders.

"No one is above these rules. Our strong border policies have been critical to Australia having one of the lowest death rates in the world from COVID, we are continuing to be vigilant."

From page 20

"I started playing golf at Cedar Valley over 14 years ago and in the last two years I have seen a great change in terms of the amount of young kids who are playing golf. When Marlon George came on board and put his Striving for Success programme in place, I was most impressed," Sir Richie said.

"He is there the whole day with the kids, making sure they are not only being coached, but he makes sure they get to the golf course and get back home safely.

"He arranged for them to have bonding time. He takes them to dinner and various activities. So it's not about just teaching them golf, but

also teaching them life skills.

"So when Marlon asked me to be a part of his programme, I was more than happy to support him. So we met, we formed a committee and we are going to put on this golf tournament called Chippin for Charity on the 19th of February," Sir Richie added.

The Chippin for Charity golf event will be conducted as a three-man scramble. Each team will pay EC\$600 or EC\$200 per individual player.

Sir Richie is appealing to all golfers in Antigua and Barbuda to support the event.

"We have already put things in place and we are looking forward to get-

ting tremendous support. So we are appealing to all the golfers in Antigua to come out and play in this tournament, which will be a three-man scramble," Sir Richie said.

"There will be lots of prizes and opportunities to win wonderful prizes and to support a most worthy venture.

"I am also appealing to sponsors, anybody who can, maybe sponsor some of the kids. The tournament is for the benefit of the kids so they will play but they will not be required to pay to participate.

"So if anyone wants to sponsor a kid or two of the youngsters, we welcome that," he added.

Liverpool semi-final match off after COVID-19 cases



Players of the Liverpool team celebrate after a game in the English Premier League. (LiverpoolFC)

LONDON (AP) - A coronavirus outbreak among Liverpool's players and staff led to the team's match against Arsenal in the English League Cup semi-finals being postponed yesterday, adding to the backlog in English soccer caused by the fast-spreading omicron variant.

The English Football League, which runs the cup competition, approved a request from Liverpool for the game to be called off because of a slew of positive tests at the club that has led to the closure of its training ground.

Player availability had already been impacted because of injuries and absences for the African Cup of Nations, which is depriving Liverpool of Sadio Mane, Mohamed Salah and Naby Keita.

The first leg that was scheduled to take place at Arsenal today will now be staged at Anfield on Jan. 13. The second leg will take place at Emirates Stadium on January 20.

"The league has accepted Liverpool's request after determining, albeit reluctantly, that a postponement was the only option," the EFL said,

"as the club looks to mitigate against the further risk of infection amongst its squad and staff alongside ensuring public health was protected by not travelling from Liverpool to London."

Liverpool thanked Arsenal and the EFL for their understanding "as we continue to navigate through this challenging period."

Pepijn Lijnders, the assistant coach who has been filling in for Jurgen Klopp while the Liverpool manager is in isolation, was one of "multiple players and staff" who tested positive for COVID-19 in the latest round of checks on Tuesday, the club said.

The latest wave of positive tests prompted the club to shut its first-team training facilities yesterday after consulting with public-health authorities. Liverpool's practice was cancelled on Tuesday.

Some clubs have previously had to forfeit games in the competition because of a virus outbreak in their squad.

Competition rules state that games

called off because of COVID-19 can be rearranged to be played no later than the start of the following round, which meant Liverpool had until February 27 - the date of the final at Wembley Stadium - to fit in the two legs of the semifinals.

The English game has been majorly disrupted by the coronavirus, with 18 Premier League games postponed in recent weeks because of outbreaks in squads.

Other major European leagues have been on planned winter breaks, with their teams starting to return to training and encountering problems of their own.

Burnley, who are in the Premier League's relegation zone, are four games behind in the league this season - three of them because of COVID-19 outbreaks in opponents' squads that led to matches being cancelled, twice on the day of the game.

Friday's Bundesliga game between Bayern Munich and Borussia Mönchengladbach is in danger of being called off because of the number of coronavirus-infected players.

The Bavarian club yesterday reported that Canada winger Alphonso Davies is the latest player to test positive for COVID-19, bringing the club's current number of confirmed cases among players and staff to 10.

Under new rules agreed to by the clubs at the start of the pandemic, the German soccer league can approve a request to call off a Bundesliga game if one of the teams has fewer than 15 available players, including at least one goalkeeper.

Gladbach also has players in quarantine with the virus.



Sir Richie to host charity tournament



Andreina De La Cruz, 2nd from left, Lenijah Thomas, 3rd from left, Meleah George, 2nd from right and Ashley Francis, right, are some of the young Antiguan golfers who will be taking up athletic scholarship offers at Geneva College in Beaver Falls, Pennsylvania, next year. (Photo Courtesy Striving for Success Antigua)

By Elwin Francis

Former West Indies captain Sir Richie Richardson is partnering with Striving for Success Antigua to host a charity tournament next month to help a group of young Antiguan and Barbudan golfers to fulfil athletic scholarship offers to an American college next year.

The Chippin for Charity Golf Tournament will be staged at the Cedar Valley Golf Course on Saturday February 19 to raise funds to assist eight young golfers who will be attending Geneva College in Beaver Falls, Pennsylvania.

Striving for Success Antigua is a junior

golf programme for young boys and girls, working toward playing university or professional golf.

Marlon "Boozie" Charles, who is the creator of the academy at Cedar Valley, said the Chippin for Charity event will be used to launch a scholarship fund to assist young golfers to attend college and universities.

"Chippin for Charity is spearheaded by Sir Richie and his wife. They have basically come on board. We have a lot of juniors who will be leaving for college in 2023. Due to the success of Sabienea (Winston) Geneva (College) has

reached out to us and basically swipe up all of our juniors that are eligible for college," George said.

"But sometimes you don't get a full ride even though you get a scholarship, you still have to pay for something. They will have to pay either for food or room and board.

"Some of our boys and girls are coming from families that are not going to be able to afford the cost for four years at college so Sir Richie has come onboard and we are going to start a scholarship fund. So that is what our tournament is about. On the 19th of February we are going to launch our scholarship fund."

All eight golfers, four boys and four girls, have already been accepted by Geneva College where they will join fellow Antiguan, Sabienea Winston, who in 2021 completed her freshman year on a four-year scholarship.

The four girls, all 16 years in age, are Andreina De La Cruz, Lenijah Thomas, Meleah George and Ashley Francis. They will be accompanied by 17 year-old Taj Barnes and Keiohn James along with Iman Henry, 17, and his 18-year-old brother Ethan Henry.

Sir Richie, who has been playing golf for 14 years at the Cedar Valley course, said he is partnering with Striving for Success Antigua because the academy has been making a positive impact on the lives of the young golfers.

The former West Indies skipper said he is also very impressed with the Striving for Success Antigua operations that is being undertaken by George and his team of coaches.

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