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PM BROWNE EXTOLS ANTI-CORRUPTION LEGISLATION

Story on Page 2

Celebrating Black History Month

A&B has most robust anti-corruption legislation, Gaston Browne

Prime Minister Gaston Browne says he is confident in the integrity of his government, particularly in light of the fact that Antigua and Barbuda has "the most robust anti-corruption legislation" in the region.

Over the weekend, Mr. Browne said he is proud of the fact that his administration moved to strengthen pre-existing legislation to ensure that opportunities for government officials to engage in corrupt activities are limited and that those who do make attempts and are discovered are made to face the consequences of their actions.

Building on the Prevention of Corruption Act, the Integrity in Public Life Act and Freedom of Information Act, all introduced by the former Baldwin Spencer administration, Prime Minister Browne said over the weekend that his government moved quickly to strengthen some of the gaps in the existing laws.

"Antigua and Barbuda has some of the strongest anti-corruption suite of legislation on the books.

"Those three pieces of legislation would have put certain systems in place in order to reduce incidences of corruption.

"It is ironic now that they (the UPP) are speaking about legislation that is inadequate when they are the ones who passed those legislation in the first instance.

"We would have strengthened the legislative



Prime Minister Gaston Browne

framework, so we added a law to the books of Antigua and Barbuda to say that people can be taken to court for unexplained wealth. Secondly, anything that is owned in this country in terms of real estate, the beneficial owner must be disclosed.

"So with those types of legislative systems in place, they add toward the legal framework in order to curb corruption," said Browne.

He went on to point out that in the past, politicians and other government officials who engaged in corrupt activities would most often grossly overestimate the cost of projects or purchases and pocket the difference.

This loophole, he went on, has been further tightened by his administration particularly with respect to public infrastructure projects, including road construction, which he says was rife with corruption under the former UPP administration.

"One of the things that we have in place too, is that all projects over \$100,000 must go to Public Works for

an assessment to make sure we get value for money. And the reason why we put these systems in place is to ensure that the theft that took place under the UPP doesn't happen under our administration. And one of the things that the Cabinet did too, was it precluded the prime minister, and anyone in his household, to get involved in any form of government contracting or procurement. Keep the Office of the Prime Minister pristine" said Mr. Browne.

The prime minister continued that despite many accusations of corruption leveled against him and his administration, his detractors are unable to furnish "a scintilla" of evidence to confirm their claims because it "doesn't exist".

Prime Minister Browne tackled the issue of frivolous rumors of corruption in response to allegations leveled against Caribbean leaders by former St. Kitts and Nevis parliamentarian, Dwyer Asaphan.

Asaphan, in a recent appearance on local media

claimed that the St. Kitts and Nevis government was stealing as much as 30 percent of its reported budget.

According to Prime Minister Browne, this is erroneous and impossible as in the case of Antigua and Barbuda, assuming a budget of \$1 billion, capital expenditure accounts for only \$150 million with the remainder going toward debt repayment, salaries, pensions and other fixed obligations. He said it becomes very clear that it would be impossible for any government in the region to make \$300 million vanish into thin air without rousing serious suspicion.

As a result, he insisted that it is absolutely imperative that these allegations be debunked as soon as they appear as the ramifications go far beyond that of local politics and impact countries at the international level and their power to effectively navigate the global community once a country and government's reputation has been tarnished.

The prime minister asserted that he has been able to take decisions to protect the reputation and integrity of his administration, including the firing of former Minister of Tourism Asot Michael who was named in a British scandal, because he has the "moral authority" to do so as he is certain that his government has operated within the parameters of the laws of Antigua and Barbuda.

India recommitments to maintaining strong bond with Antigua & Barbuda

High Commissioner of India to Antigua and Barbuda, His Excellency Dr. K. J. Srinivasa has reaffirmed his country's commitment to ensuring that the long standing, amicable diplomatic relationship between his country and Antigua and Barbuda remains intact.

Appearing yesterday morning on Pointe On De Streetz, Ambassador Srinivasa said Antigua and Barbuda and India share many similarities with a significant overlap in both their histories with respect to their experiences as former British colonies.

Additionally, he pointed out that many of their concerns and goals as members of the global community are shared, therefore the Caribbean as a whole has always been significant to India.

"India and Antigua and Barbuda have had excellent relations from since Antigua and Barbuda got its independence.

"For us, the Caribbean nations, all the OECS nations, they hold special significance [to India]. In fact, Prime Minister Modi has been very vocal in his support of the Small Island Developing States [in] the Caribbean especially. We have built these alliances with these countries.

"The commonality that binds us all is actually multifaceted. One is combating poverty. Number two is combating climate change and number three, being colonised nations we face the same challenges. And as part of that endeavour, Antigua and Barbuda and India have been working very closely together in various fields. We share a deep bond," said Ambassador Srinivasa.

The strength of this bond was proven when India allocated a significant quantity of vaccines and other essential medical supplies and equipment to Antigua and Barbuda in the aftermath of the pandemic. This donation was even more significant as India has been one of the nations worst affected by the pandemic due to the sheer size of its population.

India's cooperation and willingness to come to the aid of its smaller ally has also



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

extended beyond its medical prowess.

"Just last year the government of India chose to send vaccines to Antigua and Barbuda and the Caribbean - more than a million vaccines - out of which 40,000 came to Antigua and Barbuda.

"India also provided close to \$1 million in assistance for the upgrade of the COVID hospital in Antigua and Barbuda last 2020.

"The previous assistance was during Hurricane Irma. The government of India donated close to \$1.2 million to upgrade the [Sir Lester Bird Medical Centre] which is already inaugurated and well in operation.

"The post office is also built with the assistance of the Indian government.

"Right now we are working toward a \$10 million line of credit, at very concessional rates, to the government of Antigua and Barbuda [which will be used] to build solar energy projects. We believe that they will help us to combat climate change and at the same time it is part of a commitment by the Prime Minister of India Mr. Narendra Modi when he met with Prime Minister Gaston Browne in 2019 during the first India Caricom Summit to help upgrade the health infrastructure and also the solar energy projects across Caricom," explained Dr. Srinivasa.

India also facilitated Antigua and Barbuda's membership to the International Solar Alliance (ISA).

ISA is an action-oriented, member-driven, collaborative platform for increased deployment of solar energy technologies as a means for bringing en-



Prime Minister Gaston Brown speaks with Indian Prime Minister Narendra Modi.

ergy access, ensuring energy security, and driving energy transition in its member countries. The ISA strives to develop and deploy cost-effective and transformational energy solutions powered by the sun to help member countries develop low-carbon growth trajectories, with particular focus on delivering impact in countries categorized as Least Developed Countries (LDCs) and the Small Island Developing States (SIDS).

The ISA is guided by its 'Towards 1000' strategy which aims to mobilise USD 1,000 billion of investments in solar energy solutions by 2030, while delivering energy access to 1,000 million people using clean energy solutions and resulting in installation of 1,000 GW of solar energy capacity.

Education is another area being prioritised, as India has committed to providing ten annual scholarships which will give Antiguan and Barbudans the opportunity to pursue various technical and academic disciplines in India.

Additionally, similar to the relationship Antigua and Barbuda shares with Cuba in the exchange of medical practitioners, India too has agreed to offer assistance in this area. Plans are presently being finalised which will see Indian doctors and nurses offering their skills to the people of the twin island nation.



Ambassador Kimberly Percival received Letters of Appointment on Monday from H. E. Sir Rodney Williams



Kimberly Percival (centre) with Spain's Lina Bejarano (left) and Michelle Seaforth (right)

Kimberly Percival appointed A&B Ambassador-at-Large

Kimberly Percival who shot to international stardom last year after becoming the first Antiguan and Barbudan to win the prestigious Arnold Classics Europe bodybuilding event has been made an Ambassador-at-Large.

In a brief ceremony at Government House on Monday, Mrs. Percival received her instruments of appointment from Governor General, His Excellency, Sir Rodney Williams.

Following her achievement in Spain last September, Minister of Sport, Daryll Matthew said Ambassador Percival's new fame would see her become popular in global health and fitness circles.

Similar sentiments were expressed by Tourism Minister Charles Fernandez who described Percival as an asset to An-

tigua and Barbuda.

Both cabinet members were correct in their predictions. Ambassador Percival has since been featured in international media.

The new ambassador said word of the appointment came as a complete surprise to her. Percival was formally informed of the coming appointment when she, along with husband, Bernard Percival Jr., were invited to cabinet last Wednesday.

Spain's Lina Bejarano took the top prize in the Bikini Fitness category, with fellow Antiguan, Michelle Seaforth finishing third.

"It literally was a complete surprise for me. I got a call Wednesday morning that the PM and the Cabinet would like to meet. I made myself available and you

know, it was a little impromptu.

"We had a good talk about my achievements and what my plans were and what is it I would basically be looking for and I think that at the end of the meeting here's where we are," Percival said.

Ambassador Percival noted that she is excited to begin serving in her new role and looks forward to partnering with the Ministries of Sport and Tourism, as well as other national stakeholders, to promote her sport and Antigua and Barbuda.

Bikini Fitness World Champion Kimberly Percival snagged the 2021 title after she bested Spain's Lina Bejarano. She was joined in the winners circle by fellow Antiguan, Michelle Seaforth who placed third.

Social Security transitioning to paperless system

The Antigua and Barbuda Social Security Board (ABSSB) will be transitioning to a paperless payment system for pensioners come March.

According to the ABSSB, the February pay cycle will be the last in which cheques will be issued.

Moving forward, pension payments will be made via direct deposit.

This was a promise that



had been made some time ago to eliminate the need for pensioners to stand in line each month. The urgency for this to be implemented increased with the coming of the COVID-19

pandemic and the accompanying need for physical distancing.

As a result of the coming change, the ABSSB is urging all beneficiaries who have not

yet submitted their banking details to do so before 18th February, 2022 to ensure that they receive their remittances on time.

The required information may be submitted online by visiting the Social Security website at <https://www.socialsecurity.gov.ag/> or by visiting the board's London House or English Harbour locations.

ABHTA reports “measured success” in 2021

Antigua Barbuda Hotels and Tourist Association has reported what it describes as “measured success” among its members in 2021.

In a statement, ABHTA outlined strong arrivals were recorded during the months of July and August last year, sparking optimism in the industry, even with the COVID-19 pandemic causing disruption globally and negatively impacted economies.

ABHTA also attributed the measured success to several decisions that were taken by the government that made it easier for visitors.

“This was supported by the Ministry of Health, Wellness and the Environment with its authorisation of on resort Antigen testing. This was a huge boost for the industry as resorts were able to present a selling point of convenience for visitors.”

Government’s vaccination programme also positively impacted visitor arrivals during the year in review, along with its requirement to only allow fully vaccinated people into the country, ABHTA detailed.

“The destination protocol change of



Vernon A. Jeffers, Snr. Executive Chairman of the ABHTA

accepting only vaccinated guests also supported the presentation of the destination as Sun, Sea and Safe.”

But COVID-19 continues to present challenges including cancellations and re-bookings as new variants emerge, Vernon A. Jeffers Snr, Executive Chairman of the ABHTA said.

“Several Hotels, like Jolly Beach, Halcyon, Sugar Ridge and Anchorage Inn have closed doors over the last few years, significantly reducing the room count and

the country’s profile abroad. Airlift has also been affected as we have seen several airlines announcing cancellations such as Air Canada and Jet Blue. Charters like Blue Panorama have not restarted since Covid. Blue Panorama and the Italian/European traveler have not yet returned to Antigua. The fall-out from the lucrative Italian market is notable. We are also missing the Caribbean business/leisure traveler. Business personnel have moved to virtual platforms which are proving more financially beneficial to their businesses.”

Nevertheless, ABHTA is looking ahead with optimism, with Jeffers Snr adding “there is so much to consider as our destination continues to face these challenges however, we are hopeful that by the 3rd to 4th quarter of the year, we will be well on our way to some stability”.

He said ABHTA will continue to assess the recovery of the industry by monitoring the performance of its members.

The occupancy performance results in 2021 were compared to that of 2019, the best performing year for Antigua and Barbuda with over 300,000 stay-over arrivals.

Former SASS student is 2020 Island Scholar

The Ministry of Education and Sports yesterday named Chloe Zi Hua Yang as Island Scholar for the year 2020.

Making the announcement, Director of Education, Clare Browne in congratulating the Antiguan born student, her parents and teachers said this is the first time Saint Anthony’s Secondary School has produced an Island Scholar.

“Traditionally, the Antigua State College is the place from where the Island Scholars come. Most of our secondary institutions do not have sixth form attached to them. The sixth form is really attached to the Antigua State College, the advanced-level department. However, St. Anthony’s Sec-

ondary has an advanced level department attached to that institution and so in 2020, St. Anthony’s would have captured the Island Scholar position,” Director Browne said.

Mr. Browne explained the 2020 announcement was delayed due to queries of grades made by students. As such, that process had to have been completed by Caribbean Examinations Council (CXC), before a decision was made on the top academic achiever.

The Island Scholar award is determined based on students’ performances at CAPE in two units of a two-year programme.

“We’re not considering island scholars from just one

set of exams, but two years of exams, unit one and unit two,” according to the director.

Results from advanced level subjects are also considered from external examination bodies.

Through the Board of Education, the Island Scholar will receive US \$20,000 (EC \$54,000) per annum towards tertiary education at any university she wishes to attend.

Education officials are reportedly finalizing the selection of the 2021 Island Scholar. Once this is done, the parents of the students are notified, followed by the schools, before a public announcement is made.

“The 2021 results, whatever queries that would have



Chloe Zi Hua Yang

been done as well, and so in short order, we will make the announcement of the Island Scholar, 2021,” Clare Browne revealed.

Opinion

Black History Month doesn't really reflect Caribbean History

In the midst of the celebrations commemorating Black History Month at a Miami public school, a student asked a teacher, "Why is it Black History focused only on the history of Black Americans and not black people from other places like the Caribbean, for example?"

Why Indeed? This isn't an unusual question asked in an American school, or elsewhere in America. In fact, over the years, suggestions have been made to rename Black History month, "Black American History Month" because of the focus on Black American history.

American black history was original concept

To be fair, it was the intent of American historian Carter G. Woodson to highlight Black American History when he founded Negro History Week in 1926. The week later evolved into Black History Month, but the focus remained on Black American history.

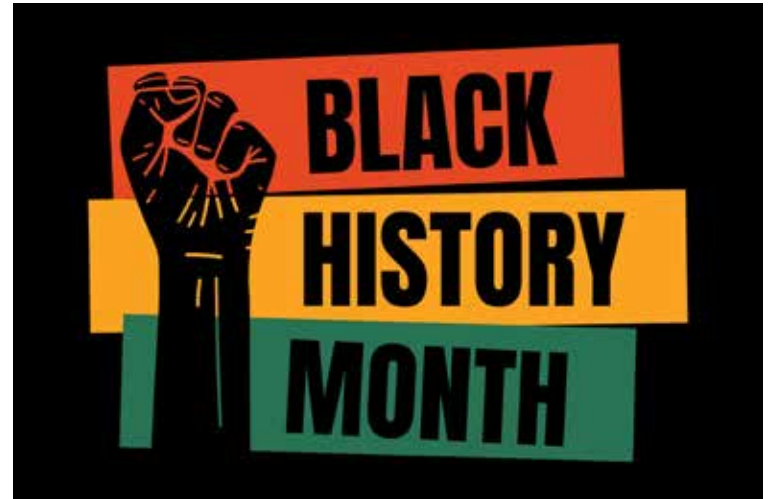
However, in many in-

stances the history of black people in the Caribbean and the USA is intricately woven.

Black history originated in the Caribbean

While African American history is usually traced back to the arrival of the first African slaves in 1619, slaves were brought from Africa to Spanish occupied West Indian Islands before then. As the British seized ownership of the islands and focused on the development of sugar plantations the Africa-to-West Indies slave trade intensified. Some of these slaves, notably in Barbados, obtained freedom quickly and migrated to regions in Virginia and Massachusetts in the US to create the initial nucleus of free blacks in America.

While black slaves in America, particularly the southern states struggled with the atrocities of slavery, spawning a civil war between the northern and southern states, blacks in Caribbean were seizing their



freedom.

After a thirteen-year rebellion, slaves led by Toussaint L'Ouverture and Jean-Jacques Dessalines completed the Haitian Revolution against the French to create the first western black independent nation in 1804. And, in Jamaica Blacks like Sam Sharp, Paul Bogle and Nanny of the Maroons strived to ensure the British emancipated slavery in Jamaica, and the rest of the Caribbean, by the 1860s.

Influence on American slaves

News of successful slave revolutions and emancipated slaves in the Caribbean

served to influence similar revolutions and, ultimately, emancipation in the US.

While blacks suffered humiliation from racial segregation and suppression in the post-slavery era, Blacks in the Caribbean were establishing themselves in their respective countries, and gradually seizing power from the British.

Black self-governance

In the early 1940's several charismatic and intellectual leaders like Alexander Bustamante and Norman Manley in Jamaica, Eric Williams in Trinidad and Tobago and V. C. Bird in Antigua and Barbuda formed political parties, which represented the rights of the people against British rule. This led to local self-government in the 1950s, the establishment of a West Indies Federation in 1959, and after the break up of that federation, the birth of political independent nations in the 1960s onwards.

The solidification of
cont'd on pg 7

Tue 01 Day		Tue 01 Night	
82°	☀️ 21% ESE 9 mph	73°	☁️ 23% E 5 mph
Sun and a few passing clouds. High 82F. Winds ESE at 5 to 10 mph.		Clear skies with a few passing clouds. Low 73F. Winds light and variable.	
Humidity 72%	UV Index 9 of 10	Humidity 80%	UV Index 0 of 10
Sunrise 6:38 am	Sunset 6:03 pm	Moonrise 7:06 am	Moonset 6:40 pm
		● New Moon	

cont'd from pg 6

Blacks in the Caribbean as their own political and economic leaders did not deter Caribbean nationals from migrating to the US. While these migrants shunned the segregated south, they were attracted by opportunities presented in places like New York, where they perpetuated the Caribbean influence.

Caribbean influence in New York

From the mid-1930s Caribbean nationals like Marcus Garvey played a pivotal role in sowing the seeds of the Negro Advancement, later Black Power movement in America; and cultural icons like Jamaican author Claude McKay was instrumental in the Black cultural revolution taking place in New York and other cities. Today the Caribbean through music and other cultural forms continue to have a strong influence on aspects of American culture, generally.

America's fear of Caribbean bred ideology

It's a fascinating aspect of Caribbean History that as regional nations asserted their independence new ideologies were spawned which sparked fear among the American establishment. Today, the US still hasn't found means to stem the communist ideology that Fidel Castro introduced in Cuba in 1960.

The success of Castro's brand of communism in Cuba, made the US destabilize the Michael Manley administration in Jamaica in the 1970s when Manley, influenced by Tanzania's Julius Nyerere, boldly introduced Democratic Socialism.

America also quickly snuffed out attempts at socialist regimes in places like Grenada in the 1980s.

There are many other historical instances of the close relations between Black Caribbean and Black Ameri-

ca, and the influence each had on the other. Moreover, the influence of the Caribbean on the general history of America continues. Today, Caribbean Americans form the largest foreign black population in the US. It's commendable this population was successful in gaining national recognition with Caribbean-American Heritage Month commemorated in June, annually,

Organise celebrations of Caribbean history

But, notwithstanding, Black History Month, at least as it's commemorated in America, doesn't sufficiently highlight the rich, eclectic history of the Caribbean and its people. Since it's unrealistic to expect the Americanization of Black History Month to change, it's therefore incumbent on the Caribbean community to collaborate on finding a unique format to periodically commemorate this unique history. (CNW)

CRAZY TUESDAY
 1 Leg and Thigh, Biscuit, Medium Drink
\$12.00

WOW WEDNESDAY
 1 Zinger or CCB, 1 Piece chicken, Fries
\$18.99

KFC

Order Pickup + Delivery on **AllMart**
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FOR DELIVERY **GO2SERVE**
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 or DOWNLOAD THE APP...
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Roaming goats thwart Signal Hill reforestation efforts

Just a few weeks after the re-forestation efforts of Signal Hill were highlighted, the executive director of Wallings Nature Reserve has revealed their hard work is being destroyed by roaming animals.

Refica Attwood said the destruction of saplings and other plants by goats is a major blow to the work they have undertaken and they are requiring assistance in saving the project.

She explained their tracking system revealed as of Sunday, 1,207 plants, but in reality, it was way less after the others were eaten by the animals belonging to men from John Hughes and All Saints.

"Yesterday morning [Sunday] when Wallings Nature Reserve along with the 35 volunteers got to Signal Hill, all the plants were eaten. When we did a quick assessment to see how many plants remained on the hill before we would have updated the tracker, we did not have over



Signal Hill before vandals set fire to the area last year.

200 plants," Attwood revealed on a Facebook live.

The frequent destruction of the plants has resulted in re-planting exercises being repeated, because the animals are allowed to roam free. The executive director is now appealing to the authorities for their intervention in bringing an end to what is happening.

"I am appealing to the prime minister of Antigua and Barbuda. Prime Minister Gaston Browne please let us at Wallings Nature Reserve know, myself and other members of the team, the volunteers etcetera, since when planting food in Antigua and Barbuda is a problem! PM Browne please we need

a response to this. We want to know who we're hurting, who we're interfering with. Since when planting food in Antigua and Barbuda is a problem? because it seems to be one."

The re-forestation project is now under threat as funding can be withdrawn due to the lack of progress being made at Signal Hill, Atwood explained. She questioned how they would explain that the resources provided have

failed to make a difference because of the destruction caused by animals. Further, she is concerned that prospective donors may turn their backs on the work being undertaken by Wallings Nature Reserve.

A great deal of work has been undertaken at Signal Hill, including the removal of the invasive lemon grass and planting of fruit trees. In order for the saplings to get to their destination, they have to be hiked up Attwood said, reiterating the tough work associated with what they are doing. She reminded that the work there is contributing positively to biodiversity conservation and mitigating climate change, but it is being undone by some who pay little or no mind to its importance.

COVID-19: 9 hospitalised, 2 in serious condition

The most recent report received by the Ministry of Health, Wellness and the Environment revealed sixty-nine (69) new laboratory confirmed COVID-19 cases in Antigua and Barbuda as of Thursday 27th January, 2022 at 6pm.

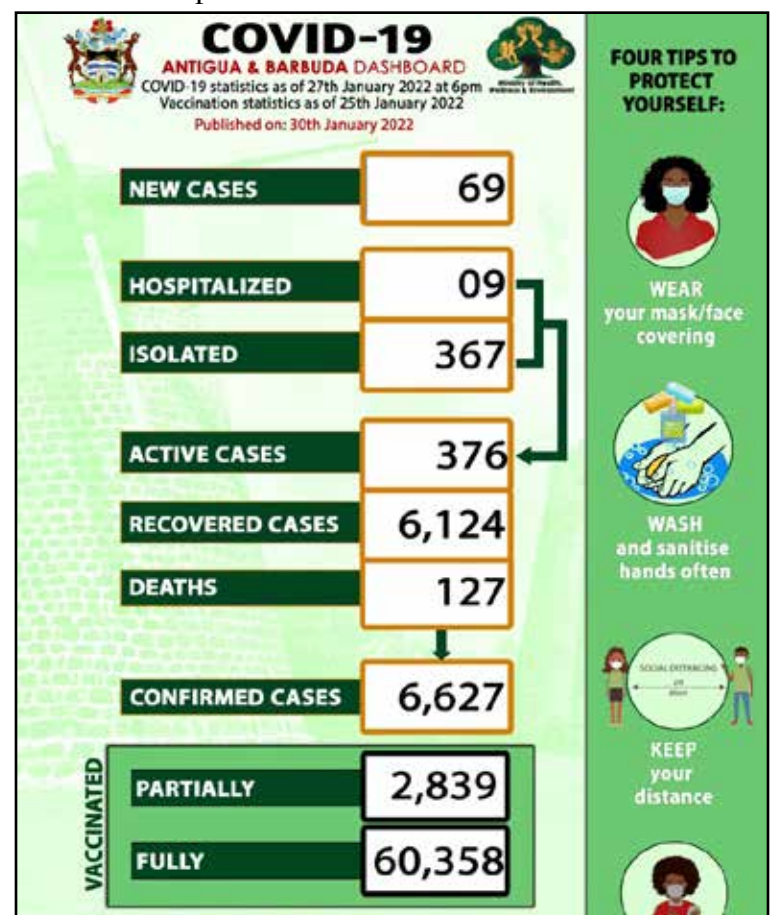
One hundred and ninety-eight (198) samples were processed.

Two hundred and twenty-five (225) recovered cases

were recorded.

Consequently, the total number of persons with laboratory confirmed COVID-19 cases in Antigua and Barbuda is six thousand six hundred and twenty seven (6,627); which is inclusive of three hundred and seventy-six (376) active cases.

There are nine (9) hospitalised cases; two (2) severe, one (1) moderate and six (6) mild.



Let's examine the promises made thus far by Harold Lovell

I note that the United Progressive Party has recently launched its campaign and I have been listening to some of the promises made by the Political Leader, Mr. Harold Lovell. Sadly, it appears that Mr. Lovell will promise any and everything to try to entice populace to vote for his party, without regard to the potential impact on government finances. So let us examine some elements of what he has proposed thus far.

Firstly, he has promised to pay each public servant who stayed home during the government's vaccine mandate TWO months salary.

Secondly, he has 'solemnly' promised to pay severance to LIAT employees.

Finally, he has promised to remove Customs Duties from ALL food imports, and from MOST other imports.

Now, any rational person who understands how government's finances work will easily see the peril of these promises. Antigua and Barbuda's economy is primarily driven by the consumption of imported products. By removing Customs Duties on ALL food items and MOST other items, you immediately decrease government revenues.

At the same, time Mr. Lovell is promising to increase government expenditure through payments to public

servants and former LIAT employees.

Essentially, what Mr. Lovell is promising to do is to create a greater fiscal deficit by reducing how much money the government collects and paying out more than it is currently doing.

This is the very definition of reckless promises and poor financial management skills. Moreover, anyone who supports this kind of cavalier approach to government spending is equally reckless and gullible.

To simplify it, what Mr. Lovell is proposing to do is similar to this: A person is working for \$100.00 and currently has expenses that total \$100.00. That worker is agreeing to take a pay cut to \$70.00 and then increase their spending to \$130.00.

It is an irresponsible way to manage money, and not even secondary school children manage money in this reckless manner. Why then should the Antiguan and Barbudan public accept these kinds of reckless promises from a person who aspires to be Prime Minister?

Further, by promising to pay the LIAT workers their severance, Mr. Lovell is signalling to the Antiguan and Barbudan people his party's intention to use government money to pay a debt for which the government is NOT responsible. In other words,

Mr. Lovell is planning to give away the government's money. The very same can be said of his plan to pay TWO months' salary to persons who chose to unproductive and remain home.

Mr. Lovell is essentially planning to reward people who preferred to remain at home, while those who went out to work get absolutely nothing for their efforts in keeping the public service running and doing the very work that those who remained at home should have been doing. Where is the equity and fairness in this proposed plan?

Do remember that this is the same Harold Lovell who accuses the present administration of mismanaging public finances.

His promises are irresponsible and reckless and have the potential to plunge the country into further debt. It would therefore be sensible to take these promises not with a pinch of salt, but with the whole box!

I remain,
Vince Henry

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APUA **ELECTRICITY** MAINTENANCE SCHEDULE

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

Monday, 31st January 2022	Tuesday, 1st February 2022	Wednesday, 2nd February 2022	Thursday, 3rd February 2022	Friday, 4th February 2022
Section of Golden Grove near the Mill Tower 8:30 AM - 9:30 AM	Fort James and Dry Hill 8:30 AM - 12:00 PM	Section of Gray Hill near Tanny Rose 8:30 AM - 11:00 AM	Section of Crabbs near the Cement Factory, Bottling Plant and ABDF 8:30 AM - 11:30 AM	Sections of McKinnons south of Antigua Seaview 8:30 AM - 11:00 AM
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Kindly note that this schedule is subject to slight variation. Changes will be communicated on the APUA Facebook page. Any service disruptions outside of this schedule were not anticipated. For further information and updates please call 311.

The top 8 reasons why you have clutter

By Elizabeth Larkin

Despite your best intentions, do you still have clutter? Just about every home has some clutter—even if it's contained behind closed closet doors or tucked away in a garage, basement, or attic. You know where your clutter lurks, and even if it's not visible, it could be causing you stress. It's time to eliminate the burden clutter brings by getting to the root of why you still have it.

Here are eight reasons why your home might be cluttered.

You're Unsure What's Clutter and What's Not

Sometimes there's a fine line between what makes clutter and what is not clutter. Something may be valuable but not very useful. Or, you're worried you might need the item you're about to toss or donate. Determine and abide by your own definition of clutter. Here are pointers to help you define what clutter is to you:

Do you find the item useful right now?

Do you find the item beautiful to look at?

Are you willing to repair it right now if it's broken?

Will I feel guilty tossing or donating an item and why?

Is this an item that simply needs to be properly stored?

You're Unsure How Long to Keep Things

It's common to feel confused about how long to keep items, whether it's clothing, sentimental items, gifts, or financial documents. Clothing that's out of style, worn,



[Photo Credit: Getty Images]

faded, or ill-fitting are likely clutter candidates to toss. But sentimental items and gifts don't have a predetermined shelf-life. Try handing down sentimental items and gifts while displaying a handful of other meaningful items. When it comes to paper, it pays to learn how long to save documents that may be clogging up your files for no reason.

You Need Storage Strategies

Storing items can be overwhelming. You might not have enough room or the right storage containers to properly contain various items. When left alone, those items can turn into clutter by default and create tripping hazards at the same time. Learning the tips and tricks on how to store things properly helps the decluttering process along.

Keep Storage Strategies Simple

The abundance of storage containers can be overwhelming. Keep it simple and stress-free by committing to buying clear bins of all sizes. That way you can reuse bins anywhere in the house

regardless of decor and you'll know what's in each box.

You Need a Home Organisation Routine

Establishing a quick routine for housekeeping and organizing is easier than you may think. Once you've got your routine down, you'll be on auto-pilot when it comes to staying clutter-free. Here are a few ideas to get you started:

Do a daily clutter sweep (about 15 minutes) throughout your house.

Have a weekly routine, including meal planning and cleaning your house room by room throughout the week.

Your monthly routine involves deeper cleaning and a more intense decluttering process.

You're Unsure What Tweaks Control Clutter

Clutter busters are the small tools you use to control the stuff around your house. Trays, bins, baskets, jars, and hooks are all excellent tweaks to corral everyday clutter. Use these containers to group like items together so they're easy to find. For example, gather strewn mail in one tray, easily displaced remotes in another

basket, and messy toiletries in a tray.

You Compare Your Clutter With Other People's Clutter

You may see other people's clutter and compare it to yours. Your clutter may not be so bad after all. But just because your best friend's house is filled with stuff doesn't mean your home has to be that way, too.

Everyone has individual reasons for clutter, but it's up to you to figure out what motivates you to stay disorganised.

You Buy Things You Don't Need

If you love to score items with bargain-basement prices, or you have plans to take up hobbies that require purchasing tools and equipment, you may be unintentionally cluttering up your home. Your free item may be tossed aside unused. Or, you may abandon that hobby after the first class or lesson. Two thought patterns can help you curb this problem:

If you don't have an immediate idea of how to use a sale item or who to give it to as a gift then don't take it home. If you want to learn a skill or hobby, buy the bare minimum or rent the items while sticking with the activity for a few months before purchasing more tools and equipment.

You're Unsure How to Let Things Go

Letting go—especially of sentimental items—is a big part of decluttering. It's possible to clear your home of this type of clutter while keeping

cont'd on pg 11

10 simple ways to cope with stress

By Malaika Stoll, M.D.

Learn how tension affects your health and how to reduce everyday stress.

When your car dies or a deadline looms, how do you respond? Long-term, low-grade or acute stress takes a serious toll on your body and mind, so don't ignore feelings of constant tension. Understand what's happening inside your body and learn simple coping skills to combat the negative impacts of everyday stressors.

Fight or Flight

Sudden or ongoing stress activates your nervous system and floods your bloodstream with adrenaline and cortisol, two hormones that raise blood pressure, increase heart rate and spike blood sugar. These changes pitch your body into a fight or flight response. That enabled our ancestors to outrun saber-toothed tigers, and it's helpful today for situations like dodging a car accident. But most modern chronic stressors, such as finances or a challenging relationship, keep your body in that heightened state, which hurts your health.

Effects of Too Much Stress

"If constantly under stress, most of us will eventually start to function less well," says Malaika Stoll, M.D., chief medical officer of SutterSelect.

"Multiple studies link chronic stress to a higher risk of heart disease, stroke, depression, weight gain, memory loss and even premature death, so "it's important to recognize the warning signals," she says.

Talk to your doctor about ways to manage stress if you're experiencing any of these symptoms: prolonged periods of poor sleep; tegular, severe headaches; unexplained weight loss or

gain; feelings of isolation, withdrawal or worthlessness; constant anger and irritability; loss of interest in activities; constant worrying or obsessive thinking; excessive alcohol or drug use; inability to concentrate.

10 Ways to Cope with Chronic Stress

"It's key to recognize stressful situations as they occur because it allows you to focus on managing how you react," Dr. Stoll says. "We all need to know when to close our eyes and take a deep breath when we feel tension rising."

Use these tips to prevent or reduce chronic stress.

1. Re-balance Work and Home

All work and no play? If you're spending too much time at the office, intentionally put more dates in your calendar to enjoy time for fun, either alone or with others.

2. Build in Regular Exercise

Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Even a daily 20-minute walk makes a difference.

3. Eat Well and Limit Alcohol and Stimulants

Alcohol, nicotine and caffeine may temporarily relieve stress but have negative health impacts and can make stress worse in the long run. Well-nourished bodies cope better, so start with a good breakfast, add more organic fruits and vegetables, avoid processed foods and sugar, and drink more water.

4. Connect with Supportive People

Talking face to face with another person releases hormones that reduce stress. Lean on those good listeners in your life.

5. Carve out Hobby Time

a box of sentimental items. Take it slow when sorting so you don't feel rushed or overwhelmed. Pass items down to family and friends. Donate items to a charity that's meaningful to you. Choose a limited amount of items for display.



Do you enjoy gardening, reading, listening to music or some other creative pursuit? Engage in activities that bring you pleasure and joy; research shows that reduces stress by almost half and lowers your heart rate, too.

6. Practice Meditation, Stress Reduction or Yoga

Relaxation techniques activate a state of restfulness that counterbalances your body's fight-or-flight hormones. Consider taking a mindfulness-based stress reduction course to learn effective, lasting tools.

7. Sleep Enough

If you get less than seven to eight hours of sleep, your body won't tolerate stress as well as it could. If stress keeps you up at night, address the cause and add extra meditation into your day to make up for the lost z's.

8. Bond with Your Pet

Clinical studies show that spending even a short time with a companion animal can cut anxiety levels almost in half.

9. Take a Vacation

Getting away from it all can reset your stress tolerance by increasing your mental and emotional outlook, which makes you a happier, more productive person upon return. Leave your cell-phone and laptop at home!

10. See a Counselor, Coach or Therapist

If negative thoughts overwhelm your ability to make positive changes, it's time to seek professional help. Make an appointment today—your health and life are worth it.

cont'd from pg 10

cherished memories. Accept that you'll feel many emotions going through the items and parting with them, but these tips can help ease the process:

Set a goal (time and date) to tackle

Police statistics show 132 murders in 29 days in Jamaica

Jamaica Gleaner - The Jamaica Constabulary Force (JCF) is reporting that 132 people have been murdered in the first 29 days of January.

This compares with 129 for the similar period in 2021.

Of the 19 police divisions, Portland is the only one without a murder.

However, St James tops the list with 29 murders followed by Westmoreland with a 600 per cent increase at 14, St Catherine North 12 and St Catherine



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However, St James tops the list with 29 followed by Westmoreland with a 600 percent increase at 14, St Catherine North 12 and St Catherine South 11.

All other serious crimes – robbery, shooting, rape and break-in – have been trending down.

Following a meeting with the Cabinet last week, the Police High Command has said it will embark on several activities to respond to the murder surge.

Chileans protest against Venezuelan migrants

BBC - Thousands of people in northern Chile have staged a protest against migration from Venezuela.

Demonstrators marched through the city of Iquique waving Chilean flags and demanding the expulsion of what they called foreign criminals.

Some tore down tents that had housed migrants, while at least one person was beaten by the crowd.

There has been an increase in people arriving in Chile after fleeing Venezuela's economic collapse.

The protest, which attracted 4,000 people, was triggered by a video that showed two Chilean policemen being attacked at a checkpoint by suspected Venezuelan drug dealers.

Chile, one of the wealthiest countries in South America, has been a destination of choice for many Venezuelans, despite pandemic restrictions in recent years.

But there have been growing tensions over border control in the country, with migration and crime among



Some protesters tore down a makeshift migrant camp [Photo Credit: Getty Images]

voters' biggest concerns in last year's presidential elections.

Leftist candidate Gabriel Boric won the election and became the country's youngest ever leader last month, defeating his far-right opponent José Antonio Kast.

"This can't go on," read one banner from Sunday's protest, which was marred by incidents of violence.

Videos on social networks showed a man lying on the ground surrounded by police officers while protesters shouted at him.

Some protesters also destroyed belongings taken from migrant camps in the streets.

However, police said they had made no arrests because there had been "no serious disorder".

St Kitts-Nevis records five COVID-related deaths in a week

Loop - Health Officials in St. Kitts and Nevis have confirmed that the five recorded deaths over the past week have been unvaccinated elderly individuals with pre-existing conditions.

These deaths reported within days of each other raised alarm as it has been confirmed that Omicron has been the dominant strain of covid19 present in the federation.

Medical Chief of Staff at the Joseph N. France General Hospital Dr. Cameron Wilkinson has called on persons to remain vigilant as Omicron could infect persons knowingly and unknowingly and has the capacity to overwhelm the health system.

In the fourth wave the federation climbed from 23 active cases on December 22nd, 2021 to a high of 1,360 cases by January 14th, 2022.

The rise in cases led to The Centres for Disease Control and Prevention's (CDC) to issue a Level 4 (Do Not Travel) Health Notice.

Posted to the US Department of State's COVID-19 page and the CDC's website, the Level 4 Health Notice indicates a very high level of COVID-19 in the country. It said "Your risk of contracting COVID-19 and developing severe symptoms may be lower if you are fully vaccinated with an FDA authorized vaccine. Before planning any international travel, please review the CDC's specific recommendations for vaccinated



St. Kitts & Nevis' Medical Chief of Staff, Dr. Cameron Wilkinson and unvaccinated travelers."

In response to the CDC's Level 4 warning, Dr Wilkinson said there was no need for concern as the CDC's advisories are a guided estimation made based on the number of positive cases in the federation per hundred thousand.

"As we were at the peak of our fourth wave, our numbers per hundred thousand climbed and that caused us to have the level 4 advisory."

He said it is expected that the CDC advisory would change as the number of positive covid19 cases decrease as the federation makes its way out of the fourth wave.

In late December health officials shared optimism that with the high immunity threshold of the vaccinated adults in St. Kitts and Nevis, it was highly unlikely that there would be hospitalizations and deaths seen in previous waves.

The cost per day per for COVID-19 patients has been estimated at EC \$5,521.83 cents. This cost includes staff salary, I.V drugs that cost approximately \$800.00

per day; hospital room at \$350.00; personal protective wear, \$275.00 per day; and COVID testing which is approximately \$270.00.

These patients usually remain in the hospital between 5 to 16 days.

Dr. Wilkinson said, "Per day, if someone stays 10 days in the hospital, 10 multiplied by \$5,000.00 is \$50,000.00... but the vaccine is free and it significantly reduces your risk of hospitalisation."

He continues to call on citizens to take the jab to protect against severe illness, hospitalizations and death due to the virus.

"We continue to encourage all to get vaccinated to protect themselves and those around them, however, if you choose not to get vaccinated and get infected, you remain at a significant risk of having severe disease and dying from COVID-19 and if you do survive, you remain at a higher risk of getting reinfected and still at risk of having severe disease and dying from COVID-19," the Medical Chief of Staff said.

"The vaccinated may continue to get breakthrough infections and will most likely recover, which we have been seeing happening here with little or no problems but will have an extra level of immunity." "The unvaccinated continue to be at greater risk of severe disease, hospitalization and death and those at the extremes of age with pre-existing conditions will remain most vulnerable," he explained.

Deep into the fourth wave, recoveries are outpacing new infections and there is a drop in active cases. Hospitalisations from covid19 are down and those hospitalized are stable.

Two months after Omicron began to spread, the healthcare system has not been overwhelmed and numbers related to the fourth wave of the pandemic have decreased significantly.

The St Kitts and Nevis COVID-19 Situation Report dated Sunday 29th January, 2022 indicates that active cases stand at 455. There were 3 confirmed cases in the last 24 hours and an overall total of 5,422 cases to date. In the federation 26,048 individuals are fully vaccinated.

The Federation has recorded 33 COVID related deaths.

Health officials in St. Kitts and Nevis remain "cautiously optimistic" as the federation approaches the 2nd anniversary of the pandemic in March of this year.

AU suspends Burkina Faso after coup as envoys head for talks

AlJazeera - Continental body says suspension from participation in all activities to stay in place until restoration of constitutional order.

The African Union (AU) has suspended Burkina Faso a week after a faction of the army announced the removal of President Roch Kabore, as envoys from West Africa and the United Nations head for talks with the coup leaders.

The AU's 15-member Peace and Security Council on Monday said it had voted to suspend Burkina Faso's participation "in all AU activities until the effective restoration of constitutional order in the country".

Moussa Faki Mahamat, who chairs the AU's Commission, had already condemned the coup shortly after it happened on January 23.

The AU's move came three days after the Economic Community of West African States (ECOWAS) regional bloc suspended Burkina Faso from its ranks and warned of possible sanctions pending the outcome of meetings with the coup makers, who have dissolved the government and parliament and suspended the constitution, pledging to re-establish "constitutional order"



People take to the streets of Ouagadougou to express support for the coup makers [Photo credit: AP Photo]

within a "reasonable time".

An ECOWAS mission headed by Ghanaian Foreign Minister Shirley Ayorkor Botchwey was expected to arrive in Ouagadougou on Monday, together with the UN special representative for West Africa and the Sahel (UNOWAS), Mahamat Saleh Annadif.

"The joint delegation will have meetings with the military leaders as well as with the various Burkinabe actors," UNOWAS said in a statement.

On Saturday, ECOWAS sent military chiefs to confer with coup leader Lieutenant-Colonel Paul-Henri Sandaogo Damiba.

ECOWAS leaders will hold a summit in Ghana's capital, Accra, on Thursday to assess the two missions to see whether they should impose sanctions.

They have previously suspended and enforced sanctions against Mali and Guinea, where coups have taken place in the past 18 months.

The removal of Kabore is the latest bout of turmoil to strike Burkina Faso, a landlocked state that has suffered chronic instability since gaining independence from France in 1960.

Kabore was elected in 2015 following a popular revolt that forced out long-time ruler Blaise Com-

paore. Compaore himself had seized power in 1987 during a coup in which the country's revolutionary leader, Thomas Sankara, was shot dead.

He was re-elected in 2020, but the following year faced a wave of anger over his handling of a worsening security crisis that has swept in from neighbouring Mali.

Since 2015, attacks by armed groups linked to ISIL (ISIS) and al-Qaeda have killed more than 2,000 people, while the country's emergency agency says a million and a half people, in a population of 21 million, have fled their homes.

Suspect arrested after two German police shot dead near Kusel

BBC - A suspect has been arrested after two police officers were shot dead during a routine traffic stop in Germany.

At 04:20 local time (03:20 GMT) the officers stopped a vehicle in the Kusel district in Rhineland-Palatinate, a state near the French border.

A 29-year-old male officer and a 24-year-old female officer were shot dead at the scene.

Announcing the arrest of a 38-year-old man, police said they were also holding a second man, 32, provisionally.

A search for possible accomplices continued, they added.

The suspect was arrested in Sulzbach, Saarland, shortly after 17:00 and will be brought before an investigating judge in Kaiserslautern on Tuesday.

Roads in the area were closed on Monday and authorities urged people not to pick up hitchhikers.

Some details of the incident are unclear. As yet there is little description of what happened in the attack and police have not suggested a possible motive.



Officers shut roads in the area while launching a major manhunt on Monday. [Photo credit: EPA]

German newspaper Bild reports that the officers sent two radio messages from the road.

In the first, the officers reportedly said that they had stopped a suspicious vehicle and discovered dead game in the boot.

A second message followed soon after, the paper added. "They're shooting at us!" the officers reportedly said, before radio contact broke off.

By the time reinforcements arrived the female officer was already dead, local media report. Her colleague died soon after.

Sabrina Kunz, state chairwoman of the police union, said their thoughts were with the relatives and colleagues of the dead.

"We are living through the true nightmare of all police officers," she said, adding she was "stunned" by what had happened.



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Boris Johnson says sorry after report slams lockdown parties

AP — Prime Minister Boris Johnson apologised Monday after an inquiry found that Downing Street parties while Britain was in lockdown represented a “serious failure” to observe the standards expected of government or to heed the sacrifices made by millions of people during the pandemic.

But Johnson brushed off calls to quit over the “partygate” scandal, promising to reform the way his office is run and insisting that he and his government can be trusted.

“I get it, and I will fix it,” he said in Parliament after senior civil servant Sue Gray published interim findings on several gatherings in 2020 and 2021 while the U.K. was under government-imposed restrictions to curb the spread of the coronavirus.

Gray found that “failures of leadership and judgment” allowed events to occur that “should not have been allowed to take place.”

“The hardship under which citizens across the country worked, lived and sadly even died while observing the government’s regulations and guidance rigorously are known only too well,” Gray wrote.

“Against the backdrop of the pandemic, when the government was asking citizens to accept far-reaching restrictions on their lives, some of the behavior surrounding these gatherings is difficult to justify,” she added.

Gray’s glimpse inside a 10 Downing St. marked by excessive alcohol consumption and staff afraid to speak out about workplace problems are a blow to Johnson, despite the fact that Gray’s conclusions relate to just four of the 16 events she investigated.

Her findings on 12 others have been withheld at the request of the police, who last week launched a criminal investigation into the most serious alleged breaches of coronavirus rules.



Britain's Prime Minister Boris Johnson leaves 10 Downing Street as he makes his way to the House of Commons, in London, Monday, Jan. 31, 2022. [Photo Credit: Associated Press]

The Metropolitan Police force said it had asked for cuts to Gray’s report “to avoid any prejudice to our investigation.”

The force said Monday that it would be interviewing party attendees and looking at more than 300 photos and over 500 pages of documents it had received from Gray’s team. Anyone found guilty, including the prime minister, could face a fine.

Among the events under police investigation are a June 2020 birthday party for Johnson in Downing Street and two gatherings held on the eve of Prince Philip’s funeral in April 2021 — a funeral at which the widowed Queen Elizabeth II had to sit alone.

The allegations that the prime minister and his staff flouted restrictions imposed on the country to curb the spread of the coronavirus — holding “bring your own booze” office parties, birthday celebrations and “wine time Fridays” — have caused public anger, led some Conservative lawmakers to call for Johnson’s resignation and triggered intense infighting inside the governing party.

Opposition Labour Party leader Keir Starmer said the British public had

made “heart-wrenching sacrifices” and endured “a collective trauma” during the pandemic.

“The prime minister took us all for fools,” he said. “He held people’s sacrifice in contempt. He showed himself unfit for office.”

Johnson can ignore opposition criticism, because the Conservatives have a large majority in Parliament. His fate rests on how Conservative lawmakers respond to his apology. Some previously said they would push for a no-confidence vote if Gray found Johnson was at serious fault or had misled Parliament with his previous insistence that no rules had been broken.

Johnson urged his critics to wait for the conclusions of the police investigation.

But one Conservative legislator, Andrew Mitchell, said in the House of Commons that Johnson “no longer has my support.”

Another, Aaron Bell, recalled attending his grandmother’s small, socially distanced funeral in May 2020 and asked: “Does the prime minister think I’m a fool?”

Former Conservative Prime Minister Theresa May said that either Johnson and those around him “had not read the rules, or didn’t understand what they meant. ... Or they didn’t think the rules applied to them. Which was it?”

Gray did not criticise the prime minister directly, but said “there is significant learning to be drawn from these events which must be addressed immediately across government.”

That is unlikely to satisfy many of Johnson’s critics, some of whom accused the government of an attempted cover-up.

“This whole thing is a whitewash, there is no intent for anyone to tell the truth or be held accountable,” said Da-

cont’d on pg 17

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vid Garfinkel, a member of the group COVID-19 Bereaved Families for Justice. “We have a prime minister who lies, who lies about lies and he is utterly insincere and incapable of leading.”

The government initially refused to promise that it would publish Gray’s full findings once the police investigation is finished. But after pressure from Conservative lawmakers, Johnson’s office committed to publishing her updated report.

Johnson, meanwhile, sought to change the subject from his personal woes, marking the second anniversary of Brexit on Monday by touting eco-

nomie opportunities outside the European Union.

The U.K. officially left the now 27-nation bloc on Jan. 31, 2020, though it remained part of the EU’s economic structures for another 11 months.

Johnson announced a “Brexit Freedoms” Bill that the government says will slash red tape for British businesses by amending laws that were carried over from the U.K.’s years as an EU member.

Johnson also plans a diplomatic push to try to ease tensions between Russia and Ukraine. He is expected to speak to Russian President Vladimir Putin by phone later Monday or Tues-

day and to visit Ukraine on Tuesday as part of efforts to deter Russia from invading its neighbor.

Some political observers said Gray’s circumscribed and partial report may give Johnson at least a temporary reprieve from calls for his ouster.

“It’s too soon to tell,” said Alex Thomas, program director at the Institute for Government think-tank.

“It avoided some of the most damaging outcomes that we might have expected. ... But in a way the more you read it, the more you look at the descriptions of the culture and the failings of leadership, the more damaging it was.”



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UPDATED SCHEDULE

Reggae Boyz frustrated

Jamaica's Reggae Boyz journey to the 2022 Fifa World Cup in Qatar is over after they continued their recent poor form, surrendering an early 2-3 lead to host Panama inside Estadio Rommel Fernandez on Sunday.

Michail Antonio gave the visitors the lead from the penalty spot after four minutes, but a Javain Brown own goal levelled the game in the 43 minute. Eric Davis made it 2-1 for Panama six minutes into the second half, and substitute Azmahar Ariano extended the lead on the 68 minutes.

Substitute Andre Gray reduce the deficit with two minutes remaining.

Jamaica now sit 10



Jamaica's football team

points behind fourth place team Panama with four games remaining. Earlier Sunday Canada defeated the United States 2-nil, while

Mexico and Costa Rica played to a 0-0 draw.

The top three teams at the end of the 14-game series advance directly to Qa-

tar, while the fourth-placed team will participate in a intercontinental play-off for another chance to book a spot in Qatar.

Police question Manchester United striker

Police have been granted more time to question Manchester United footballer Mason Greenwood who was arrested on suspicion of rape and assault.

The England international who made his debut for Manchester United in March 2019, was arrested on Sunday following allegations on social media. Greater Manchester Police (GMP) said he remained in custody for questioning. Manchester United earlier said the forward would not return to training or matches



Mason Greenwood [Photo credit: Getty Images]

until further notice. Greenwood has not responded to the social media allegations. GMP said: "Detecti-

tives have been granted additional time to speak to a man in his 20s who is being held on suspicion of rape and assault of a woman.

Inquiries are ongoing and the victim is being offered specialist support."

Harriet Robson's father gave an exclusive interview to the Daily Mail, just hours after photographic and audio evidence went public alleging that his daughter had been physically and verbally abused by Manchester United star Mason Greenwood. *cont'd on pg 19*

USA assist Jamaica's Bobsleigh federation

The United States Bobsled and Skeleton Federation has offered to assist the Jamaican Bobsleigh and Skeleton Federation (JBSF) with physiotherapy services at the Winter Olympics to be held in Beijing, China, starting next week.

The Jamaican who were set to be without a physiotherapist after Dr. Jo Brown, who has been with the Jamaican teams through the qualifying period was left off the list of officials to be accredited.

Jamaica has qualified a record three teams for the Olympics, in the monobob as well as the two- and four man events, while Benjamin Alexander will be the first Jamaican to participate in Alpine Skiing.

President of the JBSF, announced that the Americans, realizing their



Jamaica's 2022 Bobsled team

plight, extended a helping hand. Assistance has also come from Canada who gave them a four-man sled they used for qualifying and will use during the games.

The United Kingdom Federation

had allowed the team to use its training facilities based in Bath, Somerset.

The Jamaican team started arriving in Beijing on Friday, flying from the UK, via France.

Frank Lampard appointed new Everton Manager

Everton have confirmed the appointment of former Chelsea midfielder and manager Frank Lampard as their new head coach.

The 43 year-old has signed a two-and-half-year

deal at Goodison Park, where he replaces Rafa Benitez in the dugout following the Spaniard's sacking earlier in January in the midst of a torrid run of form.

Lampard said it's a huge honour to manage a club the size and tradition of Everton Football Club.

The former England international noted he is hungry to get started.

"My first message to the players will be that we have to do this together."



Frank Lampard

cont'd from pg 18
wood.

"As a father you don't want to know things like that happening to your daughter. The police have been round and she has made a statement to them Robson added."

Robson continued, "She has told us her phone has been hacked. We told her to

take it down, which she has done but it's out there now so it is too late. Their relationship has not been good for the last few months. She is completely devastated by it all.

"They were very much in love and have been together for a while. The police are dealing with it now."

Some in the West Indies want Kieron Pollard, Phil Simmons gone, says Ricky Skerritt

Cricket West Indies (CWI) chief Ricky Skerritt has said that some people in the Caribbean want captain Kieron Pollard and coach Phil Simmons to be sacked for non-cricket reasons. Skerritt further denied the reports of the rift in the Caribbean team and said that there is no discord amongst them.

West Indies handed a 3-2 defeat to England in the five-match T20I series. However, the team has been surrounded by controversy as a few voice notes circulated on social media suggesting that there is a rift between the captain of the West Indies Kieron Pollard and some of the other players. Also, several reports mentioned that Pollard was involved in the victimization of Odean Smith.

Reflecting on the controversy, Cricket West Indies (CWI) chief Ricky Skerritt has said that a section of people in the West Indies want Pollard and coach Phil Simmons gone for reasons not relevant to the sport.

“Phil and Pollard have a few, but loud, critics who want them gone for non-cricket reasons,” the CWI president told Cricbuzz.

“I have no reason to believe there will be any change in coach and captain any time soon. But remember the captaincy is evaluated as is the coach. If the system says these guys are not right people, we will deal with it. At the moment I don’t see anything coming at me that says these guys must go.



Kieron Pollard will lead the West Indies team in the India series. [Photo credit: Sports Café]

Caribbean people like to take people down,” he added.

Also commenting on the voice notes being circulated on social media, Skerritt said that they are a malicious attack on the credibility of the West Indies captain.

“CWI is aware that voice notes were circulated on social media, and in sections of the regional broadcast media, suggesting that there is a rift within the West Indies Senior Men’s team. Contrary to the unsubstantiated statements, containing unfounded and mischievous allegations, CWI is satisfied that there is no discord between

the Team Captain and any member of the West Indies team,” Skerritt said.

“I view this as a malicious attack on the credibility of the West Indies Captain, designed to sow division within our team that has just recorded three very impressive T20I performances against very strong opponents (England).

“This clear attempt by well-known mischief makers to discredit the captain should not be tolerated or encouraged (sic),” he added.

West Indies will now tour India for three ODIs and three T20Is, starting from February 6.