



ANTIGUA AND BARBUDA

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AG BENJAMIN SCOLDS BARBUDAN MP FOR RESISTING DEVELOPMENT

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Antigua and Barbuda has given support to a resolution that will seek to manage, and eventually eliminate, plastics entering the world's oceans during the 2022 UN Environment Assembly meeting in Nairobi, Kenya this month. Each year, it is estimated that 52 percent of sea turtles consume plastic. Their risk of dying after consuming plastic just once is 22 percent.

Local News

AG Benjamin urges MP Walker to support Barbuda's development

Attorney General Steadroy "Cutie" Benjamin chided MP for Barbuda, Trevor Walker for failing to support the ABLP governments to improve the lives of Barbudans.

During his contribution to the 2022 Budget, Mr. Benjamin said it was a shame that Mr. Walker remained resistant to the efforts of a "loving, caring and understanding" ABLP administration to bring the same benefits available on Antigua to the residents of the sister island.

Benjamin noted that for the first time in its history, Barbudans now enjoy full and meaningful employment with the arrival of several upscale developments, including PLH.

This, he argued, is in stark contrast to the non-existent efforts of the



Attorney General Steadroy Benjamin previous PLM administration of the 1970s and UPP administration of the early 2000s which both did nothing to improve the lives of Barbudans.

"My friend Mr. Trevor Walker, a man with tertiary education, I can't understand, how a man like him, my friend Trevor, exposed to higher

learning, can't catch the vision so that Barbudans can live the dream," said AG Benjamin.

"Between 1971 and 1976, when the PLM government was in power, what did they do for Barbuda? Nothing!

"Between 2004 and 2014, what did the UPP government do for Barbuda? Nothing!" said Benjamin.

"What did we do," he continued, "since we assumed office. For the very first time, there is economic development in Barbuda. You have a landing airstrip that can manage, hold and cater for jets. For the first time you have real, meaningful employment in that country!"

"You, Mr. Walker, enjoy 100 per-
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CRAZY TUESDAY

1 Leg and Thigh,
Biscuit,
Medium Drink

\$12.00

WOW WEDNESDAY

1 Zinger or CCB,
1 Piece chicken,
Fries

\$18.99

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Consolidation of key educational institutions underway

The process has commenced for the amalgamation of all government post-secondary and tertiary institutions.

Minister of Education and Sports, Darryll Matthew told Parliament on Friday the aim is to create a school of technology, hospitality and training, school of business and school of engineering.

This will allow for officials to critically examine post-secondary education in a holistic manner and to plan accordingly. Minister Matthew explained the consolidation of the institutions will see students who are enrolled in a specific school, travelling to other campuses for classes.

He stressed the importance of scheduling in the process to ensure students are not inconvenienced.

"It's no different from any university anywhere in the world where they have several schools. The schools do not have to be located on the same physical compound," the education minister said.

The planned amalgamation of the post-secondary institutions is expected to prove beneficial in several ways, chief among them it stops institutions

from competing with each other for human talent and allows for standardized tuition.

Minister Matthew argued that no post-secondary institution should be higher than that of the University of the West Indies, stating "we have institutions here that cost more to go, than to go to the University of the West Indies. We cannot price our people out of education".

"I know there are some that will say well it takes money to run the college. Yes! But it is not your money, it's taxpayers money. And so whether or not you are able to collect the money that you believe you need to cover all of your expenses, all of that is underwritten by the government. We cannot continue to use money as an excuse for our people not to get education," the minister declared.

Matthew told the house he had reason to intervene in a situation where because of financial difficulties; a student of ABHTI was being deprived of writing examinations.

"We have an obligation as a government to ensure that the right to an education is not denied to any student



Minister of Education and Sports, Darryll Matthew

by virtue of money. I will be bringing to the Cabinet of Antigua and Barbuda a recommendation and a proposal to ensure that all of our citizens and residents of this country, including our immigrants...should have an opportunity to affordable education," he insisted.














The recommendation for the consolidation of government post-secondary and tertiary institutions was contained in a 2006 report. It suggested the creation of one institution, to be managed by a central authority that delivers training in the manner that is required. However, the UPP administration did not put it into effect.

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cent employment in Barbuda. You, Mr. Walker, ought properly, to tell your people to join the bandwagon. Let's catch the vision and live the dream.

"Mr. Walker, think outside the box, think in the future, be a part of history. Let history say that you as a Barbudan opened the vision for the people to follow you," he urged the Barbudan MP.

According to the Attorney General, only with the full support of Barbudans and their leaders can the achievable dream of creating a truly unified state, in which all benefits are shared equally be accomplished.

Tue 15 Day		Tue 15 Night	
82°		74°	
23%  E 16 mph		23%  E 15 mph	
Mostly sunny skies. High 82F. Winds E at 10 to 20 mph.		Mostly clear skies. Low 74F. Winds E at 10 to 20 mph.	
 Humidity 72%	 UV Index 10 of 10	 Humidity 80%	 UV Index 0 of 10
 Sunrise 6:33 am	 Sunset 6:09 pm	 Moonrise 5:25 pm	 Moonset 5:55 am
		 Full Moon	

A&B supports UNEA resolution to eliminate marine plastic pollution

Antigua and Barbuda is supporting a resolution that will be brought before a United Nations Environment Assembly later this month in Kenya that aims to reduce, and ultimately eliminate, marine plastic pollution.

The resolution, which is being tabled by Japan is also being supported by Cambodia, Palau and Sri Lanka. It will specifically focus on management of plastic waste.

It is one of three resolutions to be tabled at the 28th February to 2nd March meeting.

Two call for a legally binding framework on plastics, which would be the first of its kind.

The other resolution of significance is broader and more ambitious and further reaching in its scope. Tabled by Rwanda and Peru, and

co-sponsored by about 50 countries including Norway, Chile, Pakistan and the EU, it proposes an “open mandate” for a negotiating committee, meaning negotiators could work on a broad range of issues relevant to plastic pollution as discussions progress. It suggests a “full life cycle” approach to plastics, tackling plastic production as well as waste management. Essentially, it is worded to address plastic pollution in any environment, not just the ocean.

The third proposal was presented by India on 3rd January. Its proposed resolution on single-use plastics focuses on a voluntary framework, rather than a mandate, for the creation of a legally binding global agreement.

A number of the UN Environment Assembly's 154 members have proposed that



The Pacific Garbage Patch takes up 1.6 million sq km of ocean. That is three times the size of France.

the resolutions brought by Rwanda and Peru and Japan be merged for better impact ahead of the February meeting on the African continent. If an agreement is reached, it will eliminate the need for a vote.

“Japan has already started dialogue with Norway,” said Shahriar Hossain, secretary general of the Bangladesh-based non-profit Environment and Social Development Organization. “I believe that nobody is interested in going for a vote, so they will come up with some compromise plan.”

The aim, ultimately, will be to deliver a mandate for an intergovernmental negotiating committee to broker an agreement obliging all countries to eliminate plastic leakage – especially into the ocean – through national targets and plans for reduction, recycling and management.

It is estimated that an astounding 14 million tonnes of plastic end up in the ocean annually. This accounts for 80 percent of all marine de-

bris, from surface waters to deep-sea sediments.

Of great concern are microplastics; plastic particles 5mm or less. It is estimated that there are 5.25 trillion macro and microplastics in the ocean. 269,000 tonnes of this floats on the planet's surface waters and this represents only 1 percent of all plastic that ends up in the sea. These particles are a significant threat to marine life.

1 in 3 fish caught for human consumption contains plastic. Toxins in these plastics are in turn ingested by humans posing a serious health risk.

52 percent of sea turtles have consumed plastic and their risk of dying after consuming plastic just once is 22 percent.

The greatest threat of ocean pollution is faced by small island states and coastal communities. The about 80 percent of the plastic pollution that enters the world's oceans comes from just ten rivers; eight located in Asia and two in Africa.



A lot of plastics that are hazardous to marine life come from discarded fishing gear.

Ministry of Tourism strengthens capacity in the area of sustainability

With the recent completion of an internationally recognised certification programme offered by the George Washington University, Director of Policy and Planning within the Ministry of Tourism and Investment, Mr. St. Clair Soleyn now holds a Professional Certificate in Sustainable Tourism Destination Management.

As a result of his certification Mr. Soleyn is now better positioned to provide strategic overview of responsible destination management, policy and planning, investments, and marketing along with practical applications for the industry.

Soleyn posited that as a senior civil servant, he must ensure that he is equipped to ask the right questions and identify the best options which would assist the Minister of Tourism and In-

vestment in making evidence based and informed decisions.

He further noted that, “civil servants must remain nimble to both anticipate and react to the present changing environment and cautioned that certification by itself does not indicate one’s competency, but the application of the knowledge gained and applied to situations to achieve the best results is the true test of knowledge”.

Mr. Soleyn holds an MBA from the University of the West Indies, a Postgraduate Certificate in Research from the University of Leicester, and a Graduate Certificate in Negotiation Mastery and Contract Law from Harvard University.

In 2007, he completed a Postgraduate Certificate in Project Management and completed his Project Manage-



Director of Policy and Planning within the Ministry of Tourism and Investment, Mr. St. Clair Soleyn.

ment Professional Certificate (PMP). In 2018, he completed a Postgraduate Certificate in Policy Analysis from the Universidad Autonoma (Spain).

Burglars target two public schools

Two public schools were burglarised and several items stolen by the thieves who also vandalised parts of the buildings on the first day of the school week.

It is believed that the perpetrators gained entry to the Ottos Comprehensive School and Mary E. Pigott Primary School sometime before dawn on Monday.

At Mary E. Pigott Primary, classrooms were ransacked and those responsible for the break-in defecated in one classroom.

The discovery was made by faculty and students at the beginning of the school day.

The primary school informed parents and guard-



ians via its social media page that they should return for their children, adding that school is expected to return to normal today.

At the Ottos Comprehensive School, just a few feet away, the principal’s office was targeted.

The office door was removed and several items were stolen including mobile phones seized from students.

Both schools reportedly have security guards, and at least one is equipped with an alarm system that

was activated, however, no checks were carried out by those responsible for monitoring the system.

These incidents are just the latest in a series of break-ins and vandalisms of public schools across the country.

RCS and Halo Foundation encourage responsible solid waste disposal

The Royal Commonwealth Society (RCS) of Antigua and Barbuda, in partnership with the Halo Foundation, has procured 17 wheeled garbage bins to be made available for use by patrons of large events.

The bins were financed by the British High Commission in Antigua and Barbuda.

President of the RCS Antigua and Barbuda, Her Excellency Lady Sandra Williams, said, "We are extremely appreciative of this gesture.

The government of the United Kingdom, through its British Commission based here, is always willing to assist in addressing environmental challenges.

This donation will al-



(Left to Right) Joanne Newell, Board Director, RCS (Antigua-Barbuda) Lindsay Thompson, British Resident Commissioner, H.E. Lady Williams, President, RCS (Antigua-Barbuda) Patrice Skerritt, Board Director, RCS (Antigua-Barbuda) John Duffy, Board Director, RCS (Antigua-Barbuda)

low us to make extra bins available - at no cost - to any organisation staging an event that would require additional receptacles for garbage disposal."

Resident British Com-

missioner to Antigua and Barbuda, Lindsay Thompson, said, "We're delighted to support the RCS and Halo Foundation with this excellent initiative to help keep Antigua and Barbuda

beautiful.

This is one of a number of projects funded by the British High Commission supporting Antigua and Barbuda in our shared environment objectives."

Job fair expected to boost employment figures

A major job fair scheduled for next month is expected to boost employment as the economy rebounds from the effects of the COVID-19 pandemic.

An advertisement in yesterday's edition of Pointe Xpress Newspaper by Barbuda Ocean Club announced job opportunities including construction, utilities, hospitality services, turf maintenance and greenskeeping.

The job fair will be held on 8th March, 2022 at Police Recreation Grounds from 8:30 am to noon.

In a letter addressed to St. John's Rural North MP, Charles Fernandez dated 10th February, 2022, PLH Project President, Justin Wilshaw wrote the job opportunities are for positions

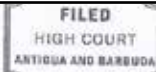
at their property at Coco Point and Palmetto Point in Barbuda.

"Barbuda Ocean Club is committed to the sustained growth that it has established, particularly by maintaining an environment where our current and prospective team members and their families develop and thrive," Wilshaw penned.

In his presentation of the budget earlier this month, Prime Minister Gaston Browne said the PLH Ocean Club project will continue to play a major role in Barbuda's development, with a further US \$ 10 million expected to be spent on the single largest private sector investment in the Caribbean, and construction work is expected to be completed in June, 2022.



BARBUDA
OCEAN CLUB



THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE

ANTIGUA AND BARBUDA

Claim No. ANUHCv2021/0380
BETWEEN:

Submitted Date: 05/10/2021

Filed Date: 06/10/2021 08:30

Fees Paid: 52.00

WILLIAM THIBOU
Administrator of the Estate of Mildred Thibou, Deceased

Claimant

And

DERRICK WARNER
Personal Representative of Clifton Warner, Deceased

Defendant

FIXED DATE CLAIM FORM

The Claimant WILLIAM THIBOU of Upper Gambles in the Parish of Saint John in the State of Antigua and Barbuda is seeking an Order for possession of a parcel of land in the possession of the Defendant as Personal Representative and sole beneficiary of the Estate of Clifton Warner, Deceased, such land having been let to Clifton Warner by the Claimant. The Claimant further seeks payment of rent arrears and such further or other relief as this Honourable Court deems fit.

Dated the 5th day of October, 2021

CORT & CORT
Solicitors for the Claimant

NOTICE TO THE DEFENDANT -

The First Hearing of this Claim will take place at High Court of Justice on the 16th day of March, 2022 at 9:00 am/pm.

If you do not attend at that hearing, judgement may be entered against you in accordance with the Claim.

If you attend, the judge may -
(a) deal with the claim; or
(b) give directions for the preparation of the case for a further hearing

A Statement of Claim of an affidavit giving full details of the Claimants' claim should be served on you with this Claim Form. If not and there is no order permitting the Claimant not to serve the Statement of Claim of Affidavit you should contact the court office immediately.

You should complete the form of acknowledgment of service served on you with this Claim Form and deliver or send it to the court office (address below) so that they receive it within FOURTEEN/TWENTY-EIGHT days of service of this Claim Form on you. The form of acknowledgment of service may be complete by you or a solicitor acting for you.

You should consider obtaining legal advice with regard to this claim. See the notes on the back of this form or on the next page.

This Claim Form has no validity if it is not served within six months of the date below unless it is accompanied by an order extending that time.

The Court office is at Parliament Drive, St. John's Antigua Telephone number 462-3744, Fax No. 462-0609. The office is open between 8:30 a.m. and 2:00 p.m. Monday to Friday except public holidays and court holidays.

Dated the 5th day of October 2021

The Claimant's address for service is: Cort & Cort
Attorneys-at-Law
44 Church Street
St John's
Antigua

NOTES FOR DEFENDANTS (FIXED DATE CLAIM)

The Claimant is seeking an order from the Court as set out in the Claim Form on the basis of the facts or evidence set out in the Statement of Claim or Affidavit served with it. The Claimant will not be entitled to enter judgment against you without a hearing.

You may:

A. Admit the Claim

If so, you should complete and return the form of acknowledgement of service to the court office within FOURTEEN/TWENTY-EIGHT days stating this. You may attend the first hearing if you wish to do so.

B. Dispute the Claim

If so, you should complete and return the form of acknowledgement of service as under A. You should also file at the court office and serve on the Claimant's solicitor (or the Claimant if he has no solicitor):

(a) A defence if the Claim Form has accompanied by the Claimant's Statement of Claim, OR
(b) An Affidavit in answer if the Claim Form is accompanied by an Affidavit sworn by or on behalf of the Claimant;
within TWENTY-EIGHT/FORTY-TWO days of the day on which the Claim Form was served on you. Your defence or affidavit must set out briefly ALL the facts on which you will rely to dispute the claim made against you.

You should also attend the first hearing. If you do not the judge may deal with the claim in your absence.

C. Make a Claim against the Claimant

If so, you should complete and return the form of acknowledgment of service as under A. You must file a statement of claim (a counterclaim) setting out full details of what you claim against the Claimant and the facts on which you will rely, this must be done within TWENTY-EIGHT/FORTY-TWO days of the date on which the Claim Form was served on you. The statement of claim should set out ALL the facts on which you rely in disputing any part of the Claimant's claim against you.

You should also attend the first hearing. If you do not the judge may deal with the claim in your absence.

STATEMENT OF CLAIM

1. The Claimant is and was at all material times the lawful Administrator of the Estate of Mildred Thibou, deceased, the registered proprietor of that parcel of land located at Swetes village, Antigua and more particularly described as Registration Section: South Central; Block No.: 15-2185E, Parcel No. 163 (hereinafter called "the Land").
2. The Defendant is the personal representative and sole beneficiary of the estate of Clifton Warner, deceased who died in or around December 2010.
3. In or around January, 2010 the Claimant entered into an oral agreement with Clifton Warner of Swetes Village, now deceased, to rent the Land to the said Clifton Warner at an annual rent of EC\$1,200.00. The said Clifton Warner made payment of the agreed rent for the period 1st January, 2010 to 31st December, 2010.
4. Prior to his death, the said Clifton Warner remained in possession of the Land, and in control of a chattel house on the Land which was let to a tenant. The chattel house remains on the Land to date with the Defendant being the sole beneficiary of the said chattel house.
5. The Claimant made demand for payment of outstanding rent of the Land via letters to the Defendant dated 27th May, 2011 and 5th December, 2011.
6. Despite demands of the Claimant for payment of the outstanding rent due in respect of the Land, the Defendant has failed, refused or neglected to make payment thereof and to remove the said chattel house from the Land and remains in occupation of the Land.
7. By letter dated 10th January, 2013 together with a Notice to Quit of the same date, the Claimant's Solicitors again wrote to the Defendant on the Claimant's instructions demanding payment of the aforementioned rent arrears and requiring vacant possession of the Land on or before 28th February, 2013.
8. The Defendant has failed to make payment as requested or at all, and the Defendant has also failed to give possession of the Land to the Claimant.
9. By virtue of the foregoing, the Claimant has suffered loss and damage.

PARTICULARS OF LOSS & DAMAGE

Rent for the years 2011 to present @ EC\$1,200 per annum
(\$1,200 x 10) EC\$12,000.00

AND THE PLAINTIFF CLAIMS:

- (i) An order that the Defendant give up possession of the said Land to the Claimant;
- (ii) The sum of EC\$12,000.00;
- (iii) All mesne profits accruing to the Claimant in respect of the Land until possession is restored to the Claimant;
- (iv) Further of other relief;
- (v) Costs.

Dated the 16 day of August, 2021

CERTIFICATE OF TRUTH

I, William Thibou, certify that I believe that the facts stated in this Statement of Claim are true.

Signed:

Dated: 16.8.2021

Sharon Cort-Thibou
Legal Practitioner for the Claimant

Cort & Cort
Fitzgerald House
44 Church Street
St John's
Antigua
Tel: (268)462-5232/3
Email: legal@corandcort.com

Parenting

The parental shame that haunts working parents

By Katie Bishop

Juggling work and family pressures is hard – and when parents are ashamed of how they're managing the “impossible balancing act”, research shows their careers suffer.

Shame is a familiar feeling for Gill, a careers expert from the UK, who works long hours.

She often finds herself battling guilt when she's rushing the bedtime routine to get back to her computer, or when a work commitment means she's late picking her children up from school. “I can't bear the look on my children's face when they are one of the last to be collected,” she says, adding that she has to actively suppress the negative feelings so they don't impact her work.

Working parents often feel inadequate. Working mothers in particular often lament the struggles of balancing career demands with their desire to be a present parent. Yet, new research suggests these negative feelings can directly impact careers; parents who report feelings of shame also tend to be less productive in the workplace. That's because when they feel bad about their parenting, they withdraw from the activity that they feel is the cause, potentially hampering career development, or even causing some to leave the workforce.

At a time when resignations – particularly among working women – are at record highs, understanding the



link between parental shame and performance at work is important. Taking time to evaluate how we normalise and support the balancing act so many caregivers contend with could not only improve the lives of parents, but also help keep women in the workforce in a time of unprecedented economic upheaval.

‘Parental identity threat’

Parents, particularly female caregivers, have long been encouraged to formulate identities that combine work with parenthood. The idea of ‘having it all’ rose to prominence in the 1980s, as women entered the workforce en masse.

But in recent years, experts have pushed back on the idea that individuals can effectively and happily manage a thriving work, home and family life simultaneously; they point out that this is an impossibly high standard for women to strive towards. Today, there's broader acceptance of the challenges of combining professional and

family roles – yet many parents still feel pressure to do better.

For Cynthia Wang, personal experience sparked an interest in studying parental shame. Wang, a clinical professor of management and organisations at Northwestern University, US, and her research team – all professionals based at universities in the UK and US – were also parents. Although they cherished their careers and children, they all felt under significant pressure to be both the perfect parent and the perfect employee.

Wang and her co-authors decided to examine what happened when working parents felt they were falling short of social expectations to juggle family and home well. They asked hundreds of working parents to complete an online survey assessing their emotional stability and ability to handle stressful situations before the workday began. Next, they were asked to rate how strongly they agreed with statements such as ‘my

role as a parent was looked at in a negative way’. Wang and her team were looking for something that they termed “parental identity threat”, which describes the way that parents feel when their role as caregiver is challenged by career demands, and balancing the two becomes untenable.

“Parental identity threat is something that happens at work that makes you question whether you're a good parent,” she explains. “For example, a co-worker might ask who is taking care of your kid when you are working late, or perhaps your child's school asks for more volunteers to chaperone a field trip but you can't attend because it is during working hours. These instances can make parents feel shame.”

After they finished the working day, the same parents were asked to report whether they had felt ashamed, embarrassed or humiliated in instances where their parental identity was threatened, as well as how productive they had been at work that day. The research showed that when parents experienced high levels of parental identity threat, they also reported higher levels of shame and lower levels of productivity.

“When parents criticise themselves in terms of their parenting, the result is a withdrawal from situations that prompt these feelings of shame – namely, pulling away from their work responsibilities,” says Wang. “By distancing themselves

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Parenting

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from work, employees attempt to manage shame by signalling that they will not allow work to adversely affect their parenting duties. That way, they can't be judged as being more devoted to work than to their children."

"The thing that she's going to remember is how much I worked"

For many working parents, the pandemic exacerbated existing challenges by blurring the boundaries between parenting time and the working day.

Take Angela, a US-based mother of one, who works as a consultant. During the pandemic, she struggled with stress when her work and home lives collided. "We had Zoom classes at the same time that my husband was doing meetings," she says. "I would get messages from the teacher saying, 'We can hear you on conference calls during class'. We have a small house, so there was truly no quiet space."

The conflict between educating her daughter at home and responding to her clients' needs exacerbated already existing feelings of guilt. Angela says she's trying to do better by her daughter, setting boundaries to devote more time to family tasks. But even as she misses work deadlines to prioritise her family, Angela still worries her daughter will look back on her childhood as a time when her parents were constantly focused on their jobs. "I worry that of all of the things that I do for [my daughter], and all of the ways that I'm present in her life, the thing that she's going to remember is how much I worked."

Christy Pruitt-Haynes, a US-based HR Consultant at the NeuroLeadership Institute, says many parents Angela's pandemic struggles.

"Many people used to use leaving the office as a signal that the work day was over, and it was time to transition to parent mode," she says. "When your workplace and your home are the same location, it is difficult to make those mental shifts between the employee and parent identities. Overall, we found that

during the pandemic parents worked longer hours and had increased parenting needs, and struggled to find a balance."

Another layer of shame

For some, feeling shame about parenting might only have a temporary impact on productivity. But if negative emotions become deeply embedded into the working day, parents might find themselves making more significant withdrawals from office life.

"Those who feel guilt are less likely to contribute in meetings or volunteer for new projects and initiatives," says Naomi Murphy, a professor of psychology at Nottingham Trent University, UK, whose research focuses on parental shame. "It can also impact on their relationships with colleagues, making them irritable and defensive."

At worst, the effect of parental shame on work performance could lead to much higher staff turnover as unhappy workers quit – something that impacts the shape of the workforce and the role of women. Data suggests that in mid-2020, labour market participation among women dropped to its lowest rate in 30 years, and that a third of women in the US workforce scaled back or left their jobs between March 2020 and August 2021. A global survey showed that the primary force pushing women to leave their jobs was increased responsibilities at work as a result of the pandemic, and the difficulties of carrying these out whilst also shouldering the majority of household responsibilities.

The start of the return to the office has also brought another layer of shame, says Melissa Huey, an assistant professor of psychology at the New York Institute of Technology.

"Realising the amount of time that is lost to careers, rather than being spent with children, can be disheartening. As a result, workplace productivity suffers, and everyday tasks suddenly feel meaningless or less important than they were before the pandemic. These feelings of guilt, coupled with the burnout

that many are experiencing, may be one reason that we are now seeing workers quitting their jobs in record numbers."

Normalising the struggle

Murphy believes making the workplace a better environment for those balancing careers with childcare should become a priority for employers.

"Acknowledging that shame and guilt are a normal part of parenthood can go a long way," she says. "Employers should be opening up conversations to acknowledge that their employee is managing more complex life circumstances at the moment, and putting this in the context of a range of life events that have to be juggled by different people at different points in time, like bereavement, health concerns or ageing parents. Most people become parents or experience one or more of those circumstances at some point, and will understand what an employee struggling with guilt is going through."

Northwestern University researcher Wang says finding strong support networks or emotionally stable mentors can be a helpful way for workers to reduce feelings of parental shame, but that there is also a lot of work to do around reframing the idea of shame.

"Society places a lot of pressure on working parents to be 'perfect'," she says. "I think that understanding that no parent or employee is perfect can be helpful. Research shows that when individuals who face a stressful task are told that their negative emotions aren't harmful, but are in fact beneficial, they exhibit less shame and even perform better on the task."

Pruitt-Haynes adds workplaces must give workers permission to talk about real-life problems, and the "seemingly impossible balancing act" between being a parent and employee. "We tend to feel shame when we think that we have done something wrong. If a company acknowledges that it is normal to feel pulled in two directions, then an employee won't feel so bad. They will simply feel normal."

How to live with your regrets

Regret is often seen as undesirable, but it's a crucial emotion in helping us develop. How do we harness its powerful lessons?

It sounds like a scene from a great romance.

In 1981, a young American man named Bruce was on a train journey through northern France when a pretty brunette called Sandra boarded at Paris and sat next to him. Conversation came easily, and they were soon laughing and holding hands.

When they reached her destination – a station in Belgium – they kissed, and on an impulse, Bruce considered jumping off the train with her to see where life may lead him. Instead, he quickly scribbled his name and parents' address on a scrap of paper.

Almost as soon as the doors had closed, Bruce regretted not having gone with his gut feeling. After his return to the US, he received a letter from Sandra. "Maybe it's crazy, but when I think about you, I'm smiling," it said, but – mysteriously – contained no return address. In the decades since that encounter, Bruce has never stopped wondering what might have happened if he'd stepped down onto that platform.

The anecdote is just one of 16,000 accounts the author Daniel Pink has collected in his World Regret Survey. Analysing this data and drawing on the latest scientific experiments, Pink has been able to identify four different types of regret and the kinds of events that are most likely to lead to each one.

This research, outlined in Pink's new book, *The Power of Regret*, helps us to understand the crucial role that regret plays in our lives, from nurturing friendships and taking responsible decisions to weighing up risk. It also highlights which kind of regret bites deepest – and suggests many ways for us to make peace with our own disappointments and mistakes.



Regret is "one mechanism for learning how to improve your decision-making – a signal that maybe you need to rethink your strategy" – Aidan Feeney [Photo Credit: Getty Images]

Je ne regrette rien?

Like many negative emotions, regret is often seen as a purely undesirable feeling – one that we should quash whenever possible. Just consider Edith Piaf's most famous song, or the many other artists – from Emmylou Harris to Robbie Williams – who have sung about the philosophy of living with "no regrets".

Psychologists, however, have shown that it can be an eminently useful emotion. "It would be a very, very bad idea, I think, to eliminate regrets in your life," says Aidan Feeney, a professor of psychology at Queen's University Belfast. "It's one mechanism for learning how to improve your decision-making – a signal that maybe you need to rethink your strategy."

Regret is a complex emotion, since it involves counter-factual thinking, he points out. It requires the capacity to imagine alternative courses for events that have already happened and the capacity to compare and contrast those different outcomes to determine which you would have preferred. Due to this complexity, young children are often unable to feel regret, and the emotion tends to emerge around age six or sev-

en.

Feeney's own research has tested how the emotion is essential for developing an understanding of delayed gratification – our ability to put off a small reward now for a greater reward later. Working with Teresa McCormack, he presented a group of six-to-seven year-olds with two boxes. The boxes were equipped with a timed lock, with one set to open after 30 seconds and the other after 10 minutes. (Sand timers placed beside each box showed the children how long they would have to wait for it to unlock.) The children were told they could choose to pick one box to gain their prize.

This task was a bit unfair, since the children didn't know what each box contained, meaning that most opted for the one that opened first, which contained two candies. Only after they had made their decision were they told that if they had waited for the other box to open, they could have had four candies instead – doubling their prize.

After the children had learnt this fact, the team tested whether they felt any regret for having made the wrong decision. The following day, the psy-

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chologists then presented the children with the same task again. They found that the children who had developed a sense of regret were much more likely to wait for the bigger reward, compared to the children who did not yet entertain the emotion.

Regret, it seems, helped them to become more patient so they could subdue the temptation to go with the immediate pleasure. Delayed gratification of this kind is an essential form self-control, and is thought to be very important for people's success in life. If you can put off the pleasure of playing a computer game to study for exams, for example, you are more likely to get a place at a good university, which will in turn lead to more stable finances for the future.

Around 20% of survey respondents claimed to feel the emotion of regret "all the time"

The psychological literature abounds with many other examples of regret's benefits. Regret over a poor business negotiation helps people to secure better deals in the future, for instance. And if we made one decision in haste, the feeling of regret ensures that we consider wider range of information in the future.

Such findings should help us to reframe the emotion more positively, says Pink. "We should see regret as a teacher, trying to tell us something important."

The four flavours of regret

Regret's fundamental role in our cognition may explain why so many people experience it so frequently. Pink points to one study, from 1984, that examined the conversations of undergraduate and married couples. Within these recordings, regret was the second most discussed emotion after love. The finding fits with one of Pink's own questionnaires, which asked how often people experience regret. Around 20% of the respondents claimed to feel the emotion "all the time".

Analysing the specific contents of his World Regret Survey, Pink found that most people's biggest regrets fall into one of four different camps:

Foundation regrets revolve around a failure to be responsible, which has betrayed our need for stability. This would include regrets about skipping school, overspending or neglecting your health – bad habits that had negative long-term consequences for life.

Boldness regrets come from being over cautious. As Bruce found on that train through France and Belgium, we are sometimes presented with potentially life-changing opportunities.

Moral regrets are centred on other people, who we have hurt through our own failings. Cheating on a partner is one of the most obvious and common examples.

Connection regrets concern lost relationships with family members, friends or colleagues, often through

simple neglect.

"These four [classes of] regret are expressed over and over again across the globe," says Pink.

How to avoid future regrets

Interestingly, connection regrets turned out to be the most common experience in Pink's survey. In his opinion, we should always reconnect when we sense a distance is building. "If you're wondering whether or not to reach out to someone – simply being at that juncture has answered the question," he says. "That, for me personally, has been the biggest lesson of this."

Similarly, the prevalence of boldness regrets shows us the danger of being too risk averse; sometimes it's right to be impulsive. That

doesn't mean that we should actively embrace danger on a whim – but in many cases "people see more peril than actually exists", Pink says. This may be particularly true for cases where shyness or timidity stop us from going for a once-in-a-lifetime job opportunity or approaching a potential love interest. We may hope to escape disappointment or embarrassment, but in return, we will be left forever wondering 'what if?'.

One general strategy to avoid future regret is use a "pre-mortem" – in which you deliberately imagine the worst potential outcomes before making a decision, suggests Pink. This technique could be particularly useful to avoid the moral and

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NOTICE

To: Your Worship
St. Johns Magistrate Court
Gray's Farm
St. Johns
Antigua.

To: The Commissioner of police
Police Headquarters
American Road
St. Johns
Antigua.

Dear Sir/Madame,

Re: Notice- Application for Tavern Licence

I, Marsha Tittle of Lower North Street, with registered business situated at Lower North Street St. Johns Antigua and Barbuda **DO HEREBY GIVE NOTICE** that it is my intention to apply at the next sitting of the liquor licensing Court to be held at the Magistrate's Court, Gray's Farm, St. John's, Antigua on Thursday 7th April, 2022 next ensuring for a Liquor Licensing pursuant to section (11) (5) of the Licensing (intoxication Liquor) Act Cap. 249. of the Laws of Antigua and Barbuda 1992 Revised Edition, in respect of premises known as "The Corner Snack Snackette" situated at Lower North Street in the parish of St. Johns, Antigua and Barbuda.

Dated the 14th day of February, 2022

What causes overthinking - and six ways to stop

It might feel like you're the only one lying awake at night, dwelling on a decision you made earlier that day or worrying about tomorrow's to-do list. But you're not alone—research suggests 73% of 25- to 35-year-olds chronically overthink, along with 52% of people ages 45 to 55.

In many cases, overthinking could show up as

rumination, which often involves perseverating on events of the past and even the present with a negative mindset. Whether your tendency of overthinking takes you into the past or focuses on the future, there are positive ways to reframe your thoughts and stress less.

Read on to understand why you might be overthinking—and how to stop.

What Causes Overthinking?

While overthinking itself is not a mental illness, it is associated with conditions including depression, anxiety, eating disorders and substance use disorders. Rumination can be common in people who have chronic pain and chronic illness as well, taking the form of negative thoughts about that

pain and healing from it.

Sometimes worry and rumination may trick the brain into associating itself with something beneficial or productive, explains Natalie Dattilo, Ph.D, a clinical health psychologist in Boston and professor of psychiatry at Harvard Medical School. "Take worry, for example, which is a hall-

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foundation regrets, when you fail to act in a way that respects your values and preserves your future health and happiness.

...and how to cope with the regrets we have

Pink's research also offers ways for us to cope with the regrets that we already have. Given its benefits, we certainly don't want to suppress the feeling entirely, but certain strategies can help us to regulate the emotion, so that we listen to its message without wallowing in the sadness of our past mistakes.

Pink says the first step is disclosure. When we keep painful feelings bottled up, they can fester, but talking through the situation helps us to view it more analytically. If you don't feel like sharing your regret with another human being, the research shows that writing a private essay can be just as productive. It's putting the emotion into words that seems to help us process our feelings more constructively.

Secondly, you can practice self-compassion, rather than descending into toxic self-criticism. To do so, you should stop beating yourself up

with statements like "I'm such a loser" that frame your mistake as a sign of an innate, unfixable flaw. Instead, you can try to identify the contextual factors that might have pushed you to make the wrong decision, and remember that you are not alone in your pain. "Sometimes we believe that our experience is more unique than it really is; you might think that you are the only person who's ever had that regret," says Pink. "But believe me, you're not that special."

Sometimes we believe that our experience is more unique than it really is... but believe me, you're not that special – Daniel Pink

Research by Kristin Neff, an associate professor at the University of Texas, Austin, shows people who cultivate self-compassion tend to recover from stress and sadness more quickly, and – crucially – they are also more likely to change their behaviour in the future than people who are self-critical, so they do not make the same mistakes twice. In other words, once you have recognised your mistake, it's more than OK to cut yourself some slack.

Finally, Pink advocates a psychological strategy known as self-distanc-

ing – in which you try to take some kind of outside perspective on your problems. You might imagine advising a friend with a similar problem, for example. Repeated studies have shown that, like the practice of self-compassion, this can help us to view our situation more philosophically without our thinking becoming overwhelmed by emotion.

It may never be too late to start healing. For his book, Pink interviewed some of the participants in the World Regret Survey. Through these conversations, he has heard that some are now trying to make up for their past betrayals, while others have suddenly decided to make contact with lost friends. It seems that the survey helped them to come to terms with their feelings and prompted them into action.

Bruce, for one, is trying to make peace with his biggest regret. More than 40 years since he and Sandra lost touch, he's recently posted a message in the "missed connections" section of Craigslist Paris in the hope that they may finally see each other again. He cannot change the past, but – having come to terms with his regret – he can try to make up for all that lost time.

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mark feature of generalized anxiety disorder,” says Dattilo. Some people may have the impression that worrying shows that they care about something or prepares them for the worst outcome, so it can easily become a habit—albeit one you can (and should) break.

How to Stop Overthinking

If you're prone to overthinking, try the following strategies the next time you find yourself slipping down the slope of rumination.

Accept or Deny Your Thoughts

The brain is constantly churning out all kinds of thoughts. “But thinking is a two-way street,” says Dattilo. “While the brain may offer numerous or near-constant ‘thought suggestions,’ it’s ultimately up to us to decide if we accept them.”

You don't have to take every alarming thought that pops into your head as truth. In fact, you can use those overthinking moments to question and fact check what's true, so the worried thought doesn't have as much power over you.

Retrain Your Brain

“When the brain is ‘at rest,’ the areas that light up are the problem solving areas and areas associated with self-referential thinking. So, when left to its own devices, the brain will overthink,” says Dattilo. That means you have to train your brain to do otherwise—particularly if you're overthinking at certain times, like before bed. It's possible to reprogram that habit with other mind-clearing activities instead, she adds.

Meditate

Attention training is a meditation technique that can benefit people with anxiety and depression. The easiest way to practice it is to focus on something completely mundane and routine, such as washing dishes or folding laundry. “You simply direct your attention to the task in a way that may



Photo credit: Getty Images

even feel hyper-focused and ‘zero in’ on observing yourself and any sensations that arise,” advises Dattilo. That laser focus can help quiet other intrusive thoughts in your head.

Get Out of Your Head and Into Your Body

You can also practice mindfulness in a more traditional sense, with grounding body scans. Dattilo recommends placing any thoughts you're having on the back burner and focusing on your body. “Close your eyes and try to feel your heartbeat from the inside, clasp your hands and squeeze them tight or put both feet on the floor and try to feel each point of contact,” she says. Other ways to connect with your body include moving to music or hitting the gym.

Do a Brain Dump

Journaling is a helpful way to get your thoughts out of your head so they're not overwhelming you as much. Or, you could always jot down a to-do list. “Making a list or plan is more action-oriented, and that can calm our ruminating brain a bit, too,” says Dattilo. You can do it anywhere, from a piece of paper to your notes app on your phone.

Immerse Yourself in Nature

No matter where you're located, fresh air can do your mind plenty of good. If you're able to get out in nature, even better. Studies show taking a 90-minute walk in a nature-filled environment can decrease one's inclination toward rumination[2]. This response mostly has to do with the lack of noise and distractions in natural settings, as well as the ability for some people to quell their negative thoughts and appreciate something larger than themselves in their surroundings.

Noom Mood

Manage your daily stress. Noom Mood will guide you, step by step, to mental wellness with the right tools and techniques.

When to See a Doctor

Overthinking can be more pervasive for some people than others. “If your thoughts are intrusive or highly distressing, or your tendency to ruminate is interfering with your ability to function, I recommend seeking the assistance of a mental health professional,” says Dattilo. Therapy can help distinguish which worries are productive or unproductive. Also, if you're struggling with thoughts of self-harm of any kind, contact your doctor or therapist immediately, she adds.

In exclusive interview, Haiti prime minister says he'd hand assassination suspects to U.S.

Miami Herald - In a statement likely to stir up a political storm, Haiti's interim prime minister told the Miami Herald he would support sending suspects in the assassination of Haiti's president to Miami to face murder conspiracy charges if U.S. authorities ask.

Prime Minister Ariel Henry said Friday he would be willing to turn over certain Haitian Americans, Colombians and others in custody who are suspected of collaborating with a Miami-area security firm in a conspiracy to kidnap and kill President Jovenel Moïse last July in his hillside residence outside Port-au-Prince.

"I support the U.S. effort," Henry told the Miami Herald in an exclusive, wide-ranging interview. "If they ask, they will have the full cooperation of the nation."

During the interview, Henry, 72, denied reports as "fake news" that he was involved in the assassination of the president and was protecting a key suspect, Joseph Félix Badio, who has been on the lam. Badio, who worked in intelligence for the Haitian government justice ministry and anti-corruption division, was believed to be tracking the president's



Haitian Prime Minister Ariel Henry

whereabouts the night he was killed. He is accused by Haiti police of bribing Moïse's guards to stand down during the attack.

Henry does have the authority to decide whether to hand over to U.S. investigators any of the roughly 40 suspects currently in custody in Haiti in connection with the president's assassination. Among them: a Haitian American who is suspected of seeking the assistance of the head of the Miami-area security firm, CTU, that hired Colombian commandos implicated in Moïse's murder.

But the issue for Henry, a neurosurgeon who was appointed prime minister

by Moïse one month before the president's death, is whether he is willing to spend the political capital to make it happen.

Last week, as part of a separate U.S. probe, two FBI agents flew to Port-au-Prince to interview some of the Haitian-American suspects being held at the National Penitentiary.

The U.S. case is being built around a man identified as co-conspirator #1 in two federal criminal complaints and a trip he allegedly took to South Florida in late June to seek assistance from CTU in the plot to remove Haiti's president.

U.S. officials have not publicly identified the sus-

pect, but the Herald has confirmed that he is James A. Solages, a former Broward County resident and one of three Haitian Americans jailed in Port-au-Prince in the crime. Solages left Haiti on June 28 and returned on July 1, according to the FBI complaints filed in Miami federal court.

The Herald has learned that Solages shared information with CTU, the security firm owned by Antonio Intriago, related to the plot to remove Moïse. Intriago's lawyer, Joseph Tesmond, did not return messages and calls seeking comment, but he has said in the past that his client

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Barbados to eliminate curfews, move towards reopening economy

CMC – Barbados' Health Minister, Ian Gooding-Edghill, has announced that effective Monday 14th, the country will no longer have a curfew.

Speaking at a press briefing on Saturday, Gooding-Edghill said that in addition, party cruises can once again sail from Valentine's Day.

In updating the country on the Omicron wave, the Health Minister said that based on the advice of the Chief Medical Officer, a slew of changes have been made to help get the country moving back to re-opening and more vibrant economic activities.

Based on this, the 12:00 am to 5:00 am curfew will be removed.

The Health Minister, in referring to Valentine's Day, noted that it is a day when many seek to dine out and said that patrons will not have to eat, sip and watch the clock anymore.

As it pertains to the return of the highly-anticipated party cruises, the Minister said the dream will be a reality.

"The long-awaited dream of returning to party cruises will be realised in a responsible way. Party cruises will be allowed to operate at 100 percent of their authorised passen-



Barbados' Health Minister Ian Gooding-Edghill [Photo credit: The Gleaner]

gers subject to proof of vaccination and rapid antigen tests, and the presence of an officer from the COVID Monitoring Unit on board all cruises," he said.

He added that pleasure crafts and private boats chartered for private cruises will move from 50 to 100 per cent of the authorised number of passengers.

However, proof of vaccination or testing will be required prior to boarding.

"Public health officials have in-

dicated that these outdoor, open-air events will not pose a significant threat to our public health, so long as the protocols are followed," the minister said.

Also, cricket capacity for the upcoming series at Kensington Oval moves to 80 percent from 60 percent with all patrons being fully vaccinated.

On public transportation, the new guideline moves from 75 per cent to 100 per cent capacity seated, with no standing passengers.

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was unaware of the assassination plot.

Henry's previously undisclosed willingness to turn over suspects held in Haiti is likely to provoke opposition from some Haitian officials, including the minister of justice. The justice minister has said he is not willing to turn over any of the individuals

jailed in Haiti to the United States because it was not an American president who was killed.

Henry said that while he still supports the Haiti justice ministry's investigation of the July 7 assassination, he believes the agency is "weak" and that any assistance from the U.S. government's probe would be "welcomed."

Henry also said he believes an international judge should be brought to assist in the case, and he plans to seek the assistance of the 15-member Caribbean Community, of which Haiti is a member, to bring an element of independence to the Haitian probe.

More than seven months after Moïse was

shot 12 times by assassins and his wife, Martine, was left for dead but survived, the investigation in Haiti has stalled and is now headed to its fourth investigative judge after one magistrate stepped down and another informed the head of the court system this past week that he will have to refuse the case out of concern for his safety.

BUT passes motion of no confidence in education minister, PS and commissioner

The Royal Gazette - Teachers have passed a motion of no confidence in the education minister, the ministry's permanent secretary and the Commissioner of Education.

It is understood the motion was passed over the weekend at an emergency meeting of the Bermuda Union of Teachers.

Details of why the motion was passed have not yet been revealed, but it is understood that teachers have felt ignored and that the BUT is not given enough respect.

The BUT is expected to later write an open letter to outline its grievances.

The Ministry of Education did not respond to requests for comment from The Royal Gazette as of press time Sunday.

But Diallo Rabain, the Minister of Education, told the Bermuda Broadcasting Company the Government was willing to come to the table and talk with the BUT. The union earlier said they did not feel that the ministry had listened to them.

But Mr Rabain said: "Just because something is said and it is not acted upon doesn't mean it wasn't listened to and taken into account when the final decision was made."

"All of us are not going to get exactly what we want at all times, but we are always going to aim to collaborate because that is what we are here for."

Ben Smith, the Shadow Minister of Education, said the action was shocking and highlighted a prolonged breakdown in communication between teachers and the Government.



Diallo Rabain, Minister of Education. [Photo credit: Loop]

Mr Smith added: "It takes teachers a lot to get to the point where they reach this level of frustration."

"We believe that in order to have a good education system you need to support the teachers, so I would be very interested to know why we reached this point."

He added that the Government should sit down with teachers to discuss their concerns as a matter of urgency and highlighted that the profession had raised concerns about the Government's efforts to return to classroom teaching last month.

Public schools were expected to open on January 5, but, the night before, the Government announced that a staggered approach would be taken because not enough teachers had been tested and cleared to return to the

classroom.

Nishanthi Bailey, the BUT president, said at the time teachers had been "bullied" by the education ministry as the Government "forged ahead with policies seemingly designed to fabricate a sense of anxiety and fear" in union members.

Mr. Smith said: "There seems to be a level of confusion that has occurred several times now with Covid-19 rules and I know there has been an expectation for teachers to do even more under COVID when they were feeling stretched and stressed before we got to this point."

"If those are the things the teachers are communicating and no one has been listening to them, at some point they are going to say enough is enough."

‘Not a dumping ground’: Pacific condemns Fukushima water plan

Al Jazeera - The Commonwealth of the Northern Mariana Islands says there is a viable alternative to Japan's plan to dump more than 1 million tonnes of treated water from the crippled Fukushima nuclear power station into the Pacific Ocean, and it requires urgent consideration.

The wastewater is a product of efforts to cool the nuclear reactors at Fukushima that were badly damaged in the March 2011 earthquake and tsunami.

The Northern Mariana Islands, a United States territory with a population of about 51,659 people, is located only 2,500km (1,553 miles) southeast of Japan. The islands' leaders have declared that Japan's plan, officially announced last year, is unacceptable.

“The expectation is that the discharge will not happen until 2023. There is time to overturn this decision,” Sheila J Babauta, a member of the Northern Mariana Islands's House of Representatives, told Al Jazeera in an interview last month. In December, its government adopted a joint resolution opposing any nation's decision to dispose of nuclear waste in the Pacific Ocean.

“The effort that went into the creation of the joint resolution exposed research and reports from Greenpeace East Asia highlighting alternatives for the storage



Workers in full protective suits and masks during decommissioning work at Fukushima. There is growing concern at Japan's plan to release the water into the ocean [Photo credit: EPA]

of Japan's nuclear waste, including the only acceptable option, long-term storage and processing using the best technology available,” Babauta said.

Currently, Japan intends to dispose of all the wastewater, which will be treated, over a period of about 30 years.

Anxiety is high among local Japanese fishers and coastal communities. And its plan has met with vocal opposition from neighbouring countries, including China, South Korea and Taiwan, as well as Pacific Island countries and the Pacific Islands Forum, the intergovernmental organisation for the region.

“This water adds to the already nuclear polluted ocean. This threatens the lives and livelihoods of islanders heavily reliant on marine resources. These include inshore fisheries as well as pelagic fishes such

as tuna. The former provides daily sustenance and food security, and the latter much needed foreign exchange via fishing licences for distant water fishing nation fleets,” Vijay Naidu, adjunct professor at the School of Law and Social Sciences at the University of the South Pacific in Fiji, told Al Jazeera.

It was the use of the Pacific Islands for nuclear weapons testing by the US, the United Kingdom and France from the 1940s to late last century which has driven heated opposition among islanders to any nuclear-related activities in the region.

Radioactive contamination from more than 300 atmospheric and underwater nuclear tests rendered many locations, especially in the Republic of the Marshall Islands and French Polynesia, uninhabitable and led to irreversible long-term health

disorders in affected communities.

Satyendra Prasad, the Chair of Pacific Islands Forum Ambassadors at the United Nations, reminded the world in September last year of the Pacific's “ongoing struggle with the legacy of nuclear testing from the transboundary contamination of homes and habitats to higher numbers of birth defects and cancers”.

In 1985, regional leaders established the South Pacific Nuclear Free Zone Treaty, prohibiting the testing and use of nuclear explosive devices and the dumping of radioactive wastes in the sea by member states, including Australia, New Zealand and Pacific Island nations.

“For us in the Pacific, the Pacific Ocean has become a proving ground, a theatre of war, a highway for nuclear submarines and waste. The Pacific is not a dumping ground for radioactive waste water,” Maureen Penjueli, Co-ordinator of the Pacific Network on Globalisation, added.

When the earthquake and tsunami struck the Fukushima power plant, three nuclear reactors went into meltdown.

The process of decommissioning the disaster-hit site, which could take up to four decades, includes pumping cooling water through the affect-

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Karzai: Biden order on frozen funds 'atrocious against Afghans'

Al Jazeera - Former Afghanistan President Hamid Karzai has called a White House order to unfreeze \$3.5bn in Afghan assets held in the United States for families of 9/11 victims an atrocity against the Afghan people.

Karzai, at a packed news conference, sought the help of Americans, particularly the families of the thousands killed in the September 11, 2001, attacks on the United States, to press President Joe Biden to rescind last week's order.

"The people of Afghanistan share the pain of the American people, share the pain of the families and loved ones of those who died, who lost their lives in the tragedy of September 11," said Karzai.

"We commiserate with them [but] Afghan people are as much victims as those families who lost their lives. Withholding money or seizing money from the people of Afghanistan in their name is unjust and unfair and an atrocity against Afghan people."

President Biden's order, signed last Friday, freed \$7.1bn in Afghan assets currently held in the US, to be divided between September 11 victims and humanitarian aid to Afghans.



Former Afghan leader Karzai called on President Joe Biden to rescind last week's order [Photo credit: AP Photo]

September 11 attack victims and the families of victims have filed legal claims against the Taliban and the \$7.1bn in the US banking system.

The \$3.5bn was set aside for a US court to decide whether it can be used to settle claims by families of 9/11 victims.

US courts would also have to sign off before the release of humanitarian assistance money.

We "ask the US courts to do the opposite, to return the Afghan money back to the Afghan people", said Karzai.

"This money does not belong to

any government ... this money belongs to the people of Afghanistan."

Meanwhile, on Sunday, a Taliban delegation arrived in Qatar in a new bid to convince governments to provide humanitarian aid.

The delegation, led by Taliban Foreign Minister Amir Khan Muttaqi, will meet with a European Union delegation in Doha, diplomatic missions and officials from Gulf countries.

The latest bid to unlock aid follows meetings in Oslo late last month between Taliban representatives and governments that heavily bankrolled Afghanistan's previous government, which imploded in the face of a Taliban military offensive in August last year.

The Taliban government has yet to gain formal recognition from any country and the United Nations says that half of Afghanistan's 38 million people face food shortages.

But while Muttaqi told the AFP news agency earlier this month that the Taliban is inching closer to international recognition, his delegation is again expected to face demands to improve human and women's rights in the Doha talks, set to begin on Monday.

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ed infrastructure to prevent overheating. About 170 cubic metres of treated wastewater is accumulating every day and now fills at least 1,000 tanks around the site.

The Japanese government says it needs to release the water because it is running out of space to store it all.

It says it consulted with other countries in the region

after announcing its plan in April last year, conducting briefings with Pacific Island Forum countries and the organisation's secretariat.

It adds that it will cooperate with the international community and adhere to relevant international standards.

"In November last year, experts from laboratories of the IAEA [International Atomic Energy Agency],

France, Germany, and the Republic of Korea visited Japan to collect samples such as fish. These samples will be divided and sent to these laboratories for analysis," a spokesperson for Japan's Ministry of Foreign Affairs told Al Jazeera.

"The sea area monitoring will be strengthened from one year before the discharge, which is expected to start in spring 2022

under the current plan. The concentration measurement of the nuclides regulated by law, including tritium and carbon-14, will be measured prior to the discharge into the sea, and reports of the results will be made public."

Last year, Rafael Mariano Grossi, the director-general of the IAEA, expressed support for Japan's decision.

The US has also given its backing to Japan.

Trudeau vows to freeze anti-mandate protesters' bank accounts

BBC - Canadian Prime Minister Justin Trudeau has taken the unprecedented step of invoking the Emergencies Act to crack down on anti-vaccine mandate protests.

Mr Trudeau said the scope of the measures would be "time-limited", "reasonable and proportionate" and would not see the military deployed.

Without a court order, banks will be able to freeze personal accounts of anyone linked with the protests.

Hundreds of demonstrators remain in Canada's capital city.

On Sunday, law enforcement cleared anti-mandate protesters at the Ambassador Bridge in Windsor - a critical pathway for Canada-US trade - after a week-long stalemate.

What began as a rally against a new rule that all truckers must be vaccinated to cross the US-Canada border, or quarantine upon return, has grown into a broader challenge to all Covid health restrictions.

"This is about keeping Canadians safe, protecting people's jobs," Mr Trudeau told a news conference on Monday.

He said the police would be given "more tools" to imprison or fine protesters and protect critical infrastructure.



Anti-vaccine mandate protests have entered their third week. (Photo credit: Getty Images)

Mr Trudeau told reporters the legislation would be applied temporarily and in a highly specific manner.

Critics have noted that the prime minister voiced support for farmers in India who blocked major highways to New Delhi for a year in 2021, saying at the time: "Canada will always be there to defend the right of peaceful protest."

Mr Trudeau's invoking of the Emergencies Act comes as demonstrations across Canada enter their third week.

Deputy Prime Minister Chrystia Freeland said at Monday's news conference that banks would be able to freeze personal accounts of anyone linked with the protests without any need for a court order.

Vehicle insurance of

anyone involved with the demonstrations can also be suspended, she added.

Ms Freeland said they were broadening Canada's "Terrorist Financing" rules to cover cryptocurrencies and crowdfunding platforms, as part of the effort. "It's all about following the money," she said.

She spoke after hackers released details of what they said were 93,000 donations for the truckers totalling \$8.4m (£6.2m) to the crowdfunding platform GiveSendGo.

The Emergencies Act, passed in 1988, demands a high legal bar to be invoked. It may only be used in an "urgent and critical situation" that "seriously endangers the lives, health or safety of Canadians". Lawful protests do not

qualify.

Speaking on Monday, Canada's Justice Minister David Lametti argued these conditions had been met.

Ottawa protest leader Tamara Lich dismissed the move, telling AP News: "There are no threats that will frighten us. We will hold the line."

Ontario Premier Doug Ford, a Conservative, said he supported the federal government.

But the premiers of Quebec, Manitoba, Alberta and Saskatchewan said the emergency powers were not needed in their regions.

Before Mr Trudeau's announcement, Quebec Premier Francois Legault said invoking the Emergencies Act could "throw oil on the fire".



STRIVING FOR EXCELLENCE CHARITY GOLF TOURNAMENT

The Format

3-persons scramble

The Package

One round of 18 holes green fees
One round of 18 holes cart fees
Morning Snack with juice, coffee or tea from **(8:30am)**
Newman-style Lunch Special
Two drinks tickets
Ice cold bottled water in coolers on the course

Prizes

1st & 2nd Net Winners — 1st & 2nd Gross Winners
1st & 2nd Junior Winners
Closest to the pin on holes number 2, 8, 11, 13 & 15
Closest to the line on the 18th

**THERE WILL BE LOTS OF OTHER WONDERFUL PRIZES & ITEMS TO BE AUCTIONED
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Fines, bans from FIFA: Brazil, Argentina told to play again

Fifa has banned four Argentina players - three from the Premier League - after September's World Cup qualifier against Brazil was abandoned for not following match protocols.

Aston Villa's Emiliano Buendia and Emiliano Martinez and Tottenham's Cristian Romero have been sanctioned and will miss the final two qualifiers. Giovanni Lo Celso has also been banned.

The match in Sao Paulo was halted after kick-off as health officials felt the players had broken quarantine rules. The dramatic intervention from Brazilian authorities striding onto the pitch came just five minutes into the qualifier at the Corinthians Arena on 5 September.

Fifa's disciplinary committee said the match will be replayed on a date and location to be decided by football's world governing body.

Brazil's rules at the time stated anyone who visited the UK within



14 days of entering the country must quarantine for 14 days immediately on arrival.

The Argentine Football Association said the team complied with all health protocols, but Fifa handed fines to both countries.

Both Brazil and Argentina Football Association have been fined €40,000

after the abandonment of the match.

The Brazilian FA are to pay a \$400,000 fine for infringements relating to order and security.

The Argentine FA are to pay a \$160,000 fine for failure to comply with obligations relating to order and security as well as its preparations for the match.

Eriksen returns to action after near death

Christian Eriksen played an hour in a closed-doors friendly against a Southend United XI on Monday, his first match since suffering cardiac arrest.

Ex-Spurs midfielder Eriksen created a goal in Brentford's 3-2 victory.

The Denmark international, who turned 30 Monday, joined Brentford last month after being released by Inter Milan. Last week Eriksen told BBC Sport it feels like a miracle to be able to resume his career after collapsing while playing



Christian Eriksen

at Euro 2020 last summer.

Eriksen is building up his match fitness and the

outing against the Southend side is seen by Brentford manager Thomas Frank as a

crucial part of that. He last played a competitive match on the 12 June 2021 at Euro 2020 for Denmark, when he collapsed on the pitch and received CPR before being taken to the hospital. The Dane was eventually fitted with an implanted cardioverter defibrillator ICD.

Eriksen's contract with Inter Milan was cancelled by mutual consent in December because players fitted with an ICD cannot compete in Serie A. However the Premier League does not have the same regulations.

Sir Richie commends young golfers

Former West Indies captain Sir Richie Richardson is commending the nation's young golfers for making the effort focus on their education while pursuing sporting interests.

Sir Richie is partnering with Striving for Success Antigua Golf Academy to establish a scholarship which will help young golfers in need of financial assistance attend college abroad.

Eight golfers who are part of Striving for Success have already been awarded four-year athletic scholarships by Geneva College in Beaver Falls, Pennsylvania, where they will be attending academic programmes in 2023.

During an interview on Pointe FM's Sports Overflow, Sir Richie said getting a chance to further their education is a remarkable opportunity for the golfers.

"We just want to continue to support our golfers. Golf is a very popular sport and it is becoming more and more popular in Antigua. The fact that our youngsters can get the opportunity to further their education is remarkable," said Sir Richie.

The scholarship recipients to Geneva College include four girls who all attend the Antigua Girls High School. The girls, all 16-years-old, are Andreina De La Cruz, Lenijah Thomas, Meleah George and Ashley Francis.



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)

The other four scholarship awardees currently attend the Antigua State College. They are Taj Barnes and Keiohn James, 17 and brothers Iman Henry, 17, and Ethan Henry, 18.

They will join fellow Antiguan Sabienaa Winston, who in 2021, completed her freshman year of a four-year scholarship at the same college located in Beaver Falls, Pennsylvania.

"I just want to commend the kids. I have listened to a few of them speak and they were all talking about their education, which is very, very important. Every single one of them now has a focus on becoming something else," said Sir Richie.

Sir Riche, now 60, who played 224 One-day Internationals and 86 Tests, including 24 in which he captained the West Indies, said an education provides one with an alternative in the event that a successful sporting career is not in one's future.

"As we all know, there is no guarantee that we will make it in sports. As much as you will want to make it, you have to have something to fall back on," Sir Richie said.

The former right-handed, attacking opening and middle-order batsman, believes, however, that there is promising talent among the new generation of local golfers.

"I am pretty sure that one or two of these guys will become professional golfers, but at the same time, they will have their education, they will have their qualification, their degrees and stuff like that," he remarked.

"So when they retire or if they decide not to continue in golf, they have something to fall back on.

"Also in today's world of sports, it is not just about going out there and playing the game. It's all about being smart and being well educated. The more educated you are, the more it helps you.

"The competition is tough and you will have to be able to think, to be able to understand what is going on around you, to get the better of your opponents and stuff like that.

"These kids all seem to be very, very smart. They are very ambitious and I am sure they are going to do very, very well in golf and whatever areas they aspire to become."

Sir Richie, in conjunction with Striving for Success Antigua, will launch the scholarship during the Chippin for Charity Golf Tournament at the Cedar Valley Golf Course on Saturday, February 19.

The charity event will take the form of a three-man scramble. Each team will pay EC\$600, or \$200 per individual player, to contest the event.



Benna Girls defeat USVI in warm up matches

The Antigua and Barbuda senior Benna Girls football team were successful in their two warm-up matches in the USVI as they prepare for Fifa World Cup Qualifiers.

Their first encounter was on the 10 February

when they hammered the St. Croix outfit 4-0 with Gabrielle De Suza netting twice while Monica Bird and Jahira James added a goal each.

The Benna Girls were also successful in their second outing with a 2 - 1

win over the USVI team with Kia Jacobs on target.

Their first World Cup Qualifier is against Puerto Rico on the 16th of February followed by a tough game against powerhouse Mexico in the Dominican Republic on the 21st of

February.

The Benna Girls have been participating in a camp in St Croix in preparation for their participation in Group A in the CONCACAF leg of the FIFA Women's World Cup Qualifiers this week.

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into an agreement with Mr. Barrow. It would require Mr. Barrow to identify another area so that the government can get an exchange of lands with him.

"It means if we get the property currently being occupied by Mr. Barrow, it would give us enough space to put in the two additional tennis courts so that we could go on and hosts bigger and better tournaments," Williams said.

"It's either that or there will be

another location somewhere so we can get to develop and put in eight courts. The maximum amount of courts that we will need to host any of these tournaments are eight courts."

Following a five-year suspension for non-payment of dues, the ABTA returned to Class B status with the International Tennis Federation in 2008.

This will afford the Antigua and Barbuda Tennis Association the opportunity to not only play Davis Cup

and Fed Cup tournaments, but will also give the twin-island state direct entry into major events including the Pan American Games.

This means Antiguan and Barbudan juniors, seniors and collegiate players will have the chance to play tennis on the global stage.

Playing Davis and Fed Cup tournaments are also qualifiers for the Olympics. The plan going forward is for the ABTA to eventually host the Davis Cup at the National Tennis Center .

Williams says NTC requires more courts to host major tournaments

President of the Antigua and Barbuda Tennis Association (ABTA) Cordell Williams said more courts are required at the National Tennis Center (NTC) at Camp Site to facilitate hosting of any major regional or international tournaments featuring players 16 years of age or older.

The National Tennis Center, comprising four lighted tennis courts, a pro shop, covered spectator seating and balcony, outfitted with a beverage bar and grill, administrative and conference room facilities and changing rooms for players, was officially opened on 30 October, 2015.

Since the NTC came on stream, the center at Campsite has been used to host domestic competitions, International Tennis Federations Under-14 tournaments, workshops, and training programmes for players.

But Williams, who is also a coach of Halcyon Tennis Club, said the NTC's current location was not his preferred choice since there is little or no more space on the property to facilitate further devel-

opment or expansion of the facility.

He said this has created a barrier for the ABTA to host any major International Tennis Federation's (ITF) competitions, such as Davis Cups and 16 and under tournaments, since it requires at least six courts to host those events.

"That wasn't where I wanted it to be built because there are no lands there for development. For us to hosts Davis Cup or an Under16 team event, you have to have at least six courts.

"You must have four match courts and two practice courts," said Williams while speaking on Sports Overflow on Pointe FM.

"So as you can see at Campsite, there is not any room for development so even though we have a home, our hands are still tied as to how far we can go with that property right there."

With the assistance of major sponsors, the Mill Reef Fund and the government of Antigua and Barbuda, the ABTA was able to build the nation's first public tennis venue, the National Tennis Center (NTC), on lands which



Coach Cordell Williams, centre, is flanked by Janae George Alexander, right, and Zoey James after a doubles win at the 7th Annual Caribbean Junior Invitational Tennis Tournament at the National Tennis Center in Antigua in on May 5th 2019. (Photo courtesy ABTA)

were once owned by the Victory Netball Club.

The members of the Victory Netball Club agreed to turn over the property to the Government of Antigua which, in 2008, entered into a lease agreement with the ABTA to build the NTC at its current location.

Williams said the cur-

rent Government of Antigua had since asked the ABTA to explore the possibilities of getting an adjacent property, owned by Wesley Barrow, in exchange for a different piece of land from the government.

"The government has spoken to us about getting

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