



ANTIGUA AND BARBUDA

# POINTE X PRESS

TRUSTED NEWS AND RESPECTED VIEWS

TUESDAY 22ND FEBRUARY 2022

VOLUME 3 ISSUE 37

WWW.POINTVILLE.AG

# AUTHORITIES WARN OF DANGEROUS BABY FOOD

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## Recalled baby formulas found in local supermarkets

The Prices and Consumer Affairs Division is warning consumers to be vigilant as three popular powdered baby formula brands, which have been recalled in the United States, are on supermarket shelves in Antigua and Barbuda.

In a statement, the division advised the public against purchasing and using Similac, Alimentum or Elecare which are manufactured by the Abbott Nutrition's Sturgis, Michigan

facility.

The Central Board of Health has dispatched officers to ensure that the products are removed from store shelves.

Last week, the Food and Drug Administration (FDA) in the US said it was investigating complaints made by consumers of *Cronobacter sakazakii* and *Salmonella Newport* infections. As such, an alert was issued to consumers to avoid purchasing formulas

made at the facility.

"The FDA has initiated an onsite inspection at the facility. Findings to date include several positive *Cronobacter sakazakii* results from environmental samples taken by the FDA and adverse inspectional observations by the FDA investigators. A review of the firm's internal records also indicates environmental contamination with *Cronobacter sakazakii* and the firm's destruction of

product due to the presence of *Cronobacter*."

Parents are being advised to discard formula if the first two digits of the code are 22 through 37, and the code on the container contains K8, SH or Z2, and the expiration date is 4-1-2022 (APR 2022) or after.

"*Cronobacter* bacteria can cause life-threatening infections such as sepsis or meningitis.

Symptoms of sepsis and meningitis may include poor feeding, irritability, temperature changes, jaundice (yellow skin and whites of the eyes), grunting breaths and abnormal movements.

*Cronobacter* infection may also cause bowel damage and may spread through the blood to other parts of the body," the FDA warned."

| Tue 22   Day  |                         | Tue 22   Night                                     |                         |
|---|-------------------------|--|-------------------------|
| <b>81°</b>  |                         | <b>73°</b>   |                         |
| 13%<br>NE 11 mph  |                         | 18%<br>NNE 11 mph                                  |                         |
| Mostly sunny skies. High 81F. Winds NE at 10 to 15 mph. |                         | Partly cloudy. Low 73F. Winds NNE at 10 to 15 mph. |                         |
| Humidity <b>69%</b>                                     | UV Index <b>Extreme</b> | Humidity <b>77%</b>                                | UV Index <b>0 of 10</b> |
| Sunrise <b>6:29 am</b>                                  | Sunset <b>6:11 pm</b>   | Moonrise <b>11:48 pm</b>                           | Moonset <b>10:34 am</b> |
|   |                         | Waning Gibbous                                     |                         |



## School athletics resume in March

Following a two year hiatus due to the COVID-19 pandemic, school sports are set to resume next month.

The declaration came from Minister of Education and Sports, Daryll Matthew, who cited the importance of sports to students' development.

When COVID-19 was declared a pandemic by the World Health Organization, strict regulations were implemented including a ban on sports. But two years on, with the country returning to normal, some mandates are being relaxed, and Minister Matthew said one such area is sports.

In the interest of student athletes, officials have decided that training and development will resume at the beginning of March.

"We've had some consultations with our Director of Sports, our coaches, our sporting coordinators, our principals, our Director of Education, and we have a very clear consensus from all of the stakeholders that school sports need to return," the minister told state television yesterday

morning.

Minister Matthew revealed while training in some sport disciplines has begun, others will be reintroduced in carefully considered phases.

The education and sports minister, who described the two year ban on sports as "one of the tragedies of COVID-19", believes students athletes will welcome this decision.

The resumption of school sports comes ahead of the inter-school track and field competition which also resumes this year.

"We have a newly refurbished track at Yasco that we intend to put to good use for our student athletes, and just get that proverbial ball rolling again to get our students up and going, and active and physical.

"When we look around society, we see sports being played everywhere else except in the schools, and so it stands to reason that if sports can be played in the communities, it can be played in the schools," Minister Matthew maintained.



*Minister of Education and Sports, Daryll Matthew*

## Nurse in vaccine card scam granted bail

The nurse who was charged for selling fake vaccination cards was granted bail during a court appearance yesterday.

Jamesha Millwood was charged by police last weekend with 21 counts of forgery.

An investigation in November, 2021 found the healthcare worker had allegedly forged and distributed

twenty-one of the documents at the Multi-Purpose Cultural Centre, a vaccination site, each costing more than EC \$ 1,000.

In St. John's Magistrates' Court, she was granted bail in the amount of \$ 5,000 with a cash component of \$ 2,500.

As part of her bail conditions, Millwood was required to surrender her

travel documents and provide two local sureties.

Additionally, she must report to the police station closest to her three days per week.

The suspended nurse returns to Court on 17th March, when committal proceedings will begin.

It is unknown whether the recipients of those cards have or will face charges.

# Police charge Clare Hall man for beating AUA student

Police have confirmed that Nicholas Paul Andrew, 67, is presently in their custody and assisting with investigations into the widely publicised beating of an American University of Antigua (AUA) student.

According to reports, Andrew, a resident of Clare Hall, was called to pick up Mahesh Indraganti from Cassanova restaurant in St. John's and transport him to Breeze Point Apartments in Langfords.

Indraganti, who resides in Hodges Bay, was visiting friends at Breeze Point.

On the way to Langfords, Indraganti informed Andrew that he had forgotten his bag, and other items, at the local eatery and wished to return to retrieve them. Andrew agreed, but



informed the student that the fare of EC\$25 would be doubled. Indraganti reportedly agreed to this new arrangement.

On arrival at Langfords, how-

ever, the student claimed Andrew informed him that he would have to pay three times the agreed fare, EC\$75.

*cont'd on pg 5*

## STUDENT SAFETY POLICY



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*cont'd from pg 4*

It was at this point the interaction began to deteriorate and the men exchanged heated words as the student questioned why the fare kept changing.

It is alleged that Indraganti called the driver a racial epithet and spat on him.

At some point during the exchange, Andrew armed himself with a stick that had been modified with nails. It is at this point the video starts and the driver is seen dealing several blows to the student.

Graphic photos of the injuries sustained by the student circulated social media following the incident.

He sustained scrapes and abrasions to his arms and torso and also appeared to have a number of small puncture wounds to his hand in the area he was struck with the stick.

At news time, Pointe Xpress learned that Andrew had been charged with battery. It was unclear if additional charges would also be laid.

Andrew will make his first appearance in court today.

We were also able to ascertain that Indraganti was unwilling to pursue charges and indicated that he did not want Andrew to lose income over the incident.

Rather, he says he wanted Andrew to understand that his actions were unacceptable.

Meanwhile, the United Taxi Association (UTA) is distancing itself from the Thursday night incident.

Andrew is not a member of UTA or any other recognised transportation body. He was using a personal vehicle bearing commercial plates to conduct his rideshare operation.

UTA president, Ian Joseph, has made it clear that contrary to reports being circulated, Andrew is not a

taxi driver.

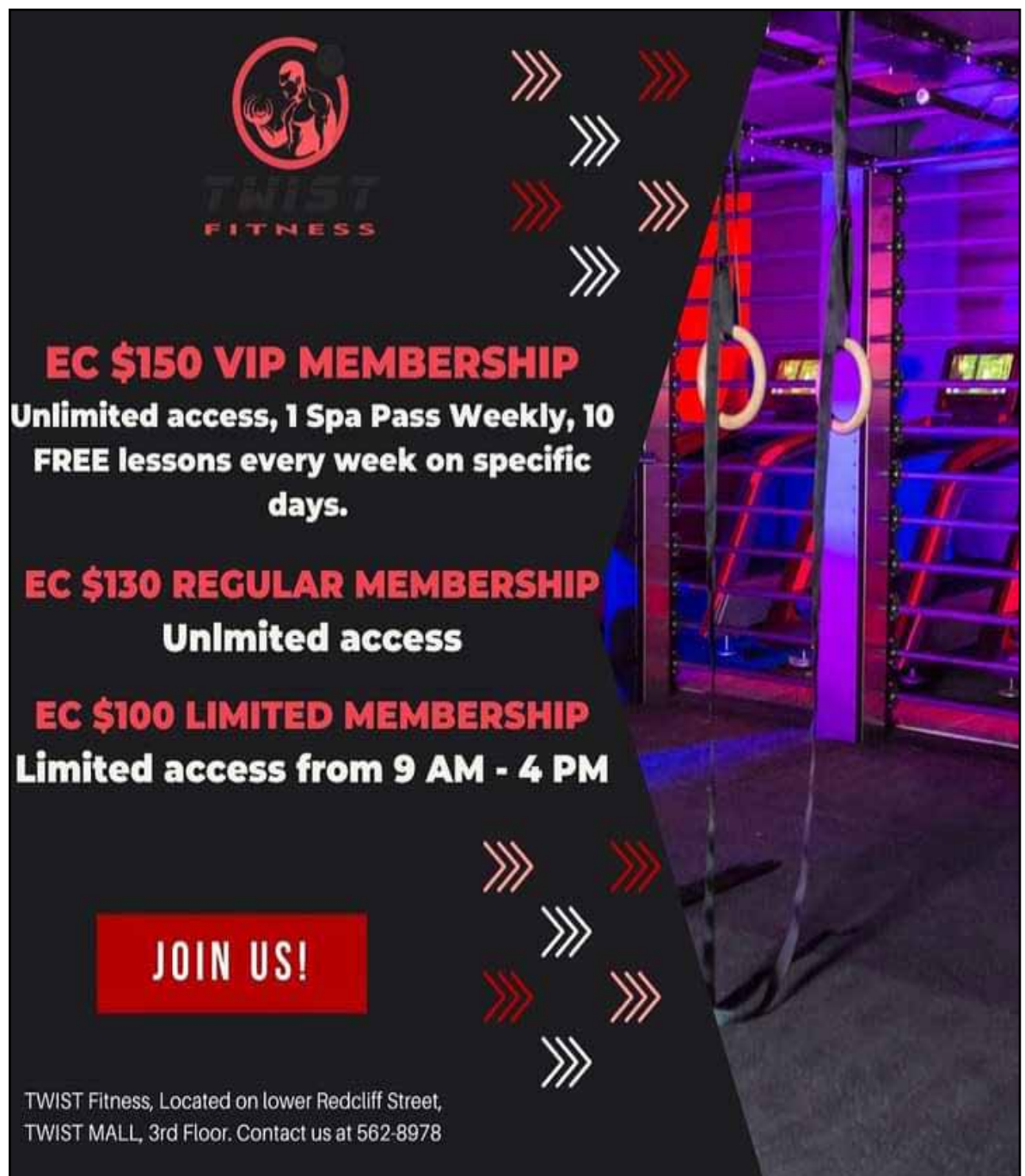
Moreover, he says that the incident has cast a long shadow over legitimate taxi drivers and transport operators who hold themselves to the highest standards of professionalism.

Pointe Xpress spoke with a number of registered taxi drivers who almost all said that at some time or another they encountered difficulties with passengers who refused to

pay their fare.

In these cases, it appears to be the accepted practice to simply drive to the nearest police station, if the passenger has not yet disembarked, and seek the assistance of the police.

All taxi drivers we spoke to said it is against their professional standards to engage in arguments or physical altercations with passengers over unpaid fares.



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# ABTA targets Middle East market

A high-level government and tourism delegation from Antigua and Barbuda visited the United Arab Emirates earlier this month as part of a week-long promotional and development mission to deepen connections between the two countries and showcase the allure of the destination.

Located at the heart of the Caribbean, the twin-island paradise is known for its 365 white and pink sandy beaches, cheerful weather, and world-class resorts. While it has long been a favourite with affluent US and British travellers, it is now emerging as a must-visit destination for Middle East travellers, with its award-winning V.C. Bird International Airport providing convenient travel connections from key international hubs already popular among Middle East travellers, including London, New York and Miami.

To highlight the exceptional range of expe-



*Tourism leaders from the Caribbean nation showcased the islands' extensive appeal and environmental best practices*

riences on offer, the Antigua and Barbuda Tourism Authority hosted a series of events across the UAE over the past week, including a culinary masterclass with the Antiguan and Barbudan chef Lejorn Hill who is Executive Chef at Dubai's Paramount Hotel,

providing a taste of Antigua and Barbuda cooking experience. Fashion-loving Emirati women were also treated to a virtual fashion show by Antigua and Barbuda's iconic female fashion designers and artists, while an exclusive dinner with CEOs from major travel corpora-

tions at the world's tallest restaurant, At.mosphere at the Burj Khalifa, provided a meaningful and memorable networking opportunity.

The team also hosted an insightful panel session at the Antigua and Barbuda Pavilion at Expo 2020 Dubai to discuss the destination and the positive social, economic and environmental impact of its wide-ranging approach to sustainable tourism.

Led by Colin C. James, Chief Executive Officer of Antigua and Barbuda Tourism Authority, and supported by Patrice Simon, Executive Director of Antigua Barbuda Hotels and Tourism Association, the conversation also featured valuable insights from Sheikh Abdul

*cont'd on pg 7*





*cont'd from pg 6*

Aziz bin Ali Al Nuaimi, known as the 'Green Sheikh' and the official environmental adviser to the Ajman Government.

As one of the Caribbean's premier destinations for leisure, cruises, and business travellers, Antigua and Barbuda welcomes over a million visitors annually to its shores and is well positioned to meet and exceed the needs of travellers from across the region.

"There is undoubtedly a strong synergy between what we offer as a destination, and what visitors from the region are looking for when it comes to travel experiences," explained Colin James.

The essence of Antigua and Barbuda undeniably lies in its culture and people. Steeped in history and wrapped in a culture of warmth and vibrancy, the country is excited to welcome guests from across the globe to experience the islands' traditions, taste



its delicacies and witness how a rapidly progressing nation is becoming a key business and tourism destination.

"We have a lot to offer the mid to the upper end of the market and know how to cater for a discerning clientele, which is important when welcoming affluent travellers from this region, as they are typically very well-travelled and expect exceptional service and experiences," continued James.

"The pandemic has really put a reset on where people go and what they do, with people looking to improve their wellbeing, seeking space and opportunities to reconnect with family. Antigua and Barbuda is the perfect fit for the kind of traveller that is seeking these experiences and we would like to be top of mind when they look for new adventures and destinations for their next vacation."



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# Ottos Comprehensive students join the fight against child abuse

Break the Silence! If you see something, say something!

These are the key messages coming from several recently produced videos aimed at highlighting and preventing child abuse in Antigua and Barbuda.

The videos feature students enrolled in the Ottos Comprehensive School's drama class and portray real-life incidents of child abuse in Antigua and Barbuda.

The students were involved in creating the scripts.

"The voice of the youth was an essential factor in the dramatisations. We wanted them to express their opinions in the fight against child abuse," said School Counsellor Karen Germain, Ottos Comprehensive.

Local non governmental organisations (NGOs), led by Integrated Health Outreach (IHO), in partnership with the Christian Union Church (CUC) and the Social and Environmental Alliance (SEA) were the driving forces behind the production of the videos.

It is the most recent, and one of the final initiatives, of the months-long 'Pathways to Addressing Child Rights and Child Abuse in Antigua and Barbuda' project.



**Stop Child Abuse!**

**Report Abuse! Seek help from these agencies**

**Family and Social Services**

- **24-hour hotline: 464-3531**
- **Counselling hotline: 774-0656**
- **562-1508/1509, 8:00 am to 5:00 pm**

**Youth Intervention**

- **562-8417, 8:00 am to 5:00 pm**

**REPORTING IS ANONYMOUS.**  
**YOU DO NOT NEED TO PROVIDE YOUR IDENTITY.**




The videos focus on several aspects of child abuse: child neglect, emotional abuse, physical abuse, and sexual abuse against girls and boys.

The 'Pathways to Addressing Child Rights and Child Abuse in Antigua and Barbuda' project began in February 2021. It was conceived by Decides Antigua and Barbuda (Decides AB) and implemented by Integrated Health Outreach and its partners.

The year-long project was funded by the Instrument for Democracy and Human Rights (EIDHR) of the European Union.

Other public awareness and educational activities implemented over the past year included community workshops and training regarding the nature and impact of child abuse,

prevention, reporting and available services; capacity-building to school-based counsellors; national surveys to ascertain the public's knowledge of child rights, child abuse and the impact of Adverse Childhood Experiences (ACEs); media appearances and a virtual press conference; social media events promoting child rights and highlighting child abuse.

Residents of Antigua and Barbuda are encouraged to report instances of child abuse to the Department of Family and Social Services, Ministry of Social Transformation.

Telephone numbers are 464-3531 (24-hour hotline), 562-1508/1509 (Between the hours of 8.00 am to 5.00 pm) 774-0656 (Counselling Hotline), and 562-8417 (Youth Intervention).

tion).

Reporting is anonymous. Those who witness child abuse and report incidents of child abuse do not need to reveal their identities.

However, they must provide information on where the child abuse has occurred or is occurring.

"It is important that everyone is involved in the fight against child abuse and that we all do our part to protect the most vulnerable in society," says Dr Nicola Bird, Executive Director, Integrated Health Outreach Inc.

Over the past year, the 'Pathways to Addressing Child Rights and Child Abuse in Antigua and Barbuda' project received support from the Ministries of Education and Social Transformation.





## PRESS RELEASE

### **“Additional temporary COVID-19 support to Social Protection Beneficiaries”**

The Social Protection Board within the Ministry of Social Transformation, Human Resource Development and the Blue Economy will be providing a COVID-19 Relief Grant to its social protection beneficiaries, that is, poor and vulnerable families who were re-registered last year with the Social Protection Board.

The COVID-19 Relief Grant aims to provide financial support to persons who were already vulnerable before COVID-19 and who have fallen further into economic hardships as a result of the pandemic.

This grant has been made possible through a joint programme of the United Nations Response and Recovery Fund by the governments of Netherlands, Denmark, Switzerland, Norway, Sweden, Republic of Korea, Finland, New Zealand, Croatia, Iceland, Thailand, Slovak Republic and Cambodia, together with additional financial and technical assistance from UNICEF. It complements other support already provided through the Board / Ministry to other people impacted by COVID-19.

The assistance will be distributed the last week of February 2022 (February 21-25) as a one-time payment to cover the essential needs of the beneficiaries for three months.

All eligible households will be contacted by the Social Protection Board during the week of February 14th, as to the specific dates and times for the distribution of grant payments, and the head of household or designated person (guardian, caretaker) is advised to collect the cheque on the assigned specific dates.

Beneficiaries are asked to wait for the call from the Board. For any other question or information, you can contact the Social Protection Board at 268-562-7515/562-7516 or email: [social.protectionboard@ab.gov.ag](mailto:social.protectionboard@ab.gov.ag).

Frequently Asked Questions

#### ***What is the COVID-19 Relief Grant?***

The COVID-19 Relief Grant aims to provide financial support for the most vulnerable who are more likely to fall further into poverty as a result of the COVID-19 pandemic.

#### ***How do individuals and households qualify for the programme?***

The target group are households who were re-registered for the Social Protection Board.

#### ***How long is the assistance for?***

The assistance covers a three-month period, to be paid in one payment; during the week of February 21st – 25th, 2022.

#### ***How is the assistance provided?***

The assistance is provided by cheque to the household. It would be collected by the person specified in the registration process, either the head of the household or the designated specified person (i.e. guardian, caretaker etc.).

#### ***How is this grant being funded?***

The COVID-19 Relief Grant is funded through a joint programme which is possible thanks to the contributions to the UN Response and Recovery Fund by the governments of Netherlands, Denmark, Switzerland, Norway, Sweden, Republic of Korea, Finland, New Zealand, Croatia, Iceland, Thailand, Slovak Republic and Cambodia, together with additional financial and technical assistance from UNICEF.

#### ***If there are any issues with the grant assistance, who/how can I report this?***

Please contact 562-7508 to register your comment, suggestion, or concern. There will also be a box at the Social Protection Board should you wish to record your comment anonymously.

For more information on the grant payments and collection dates, contact the Social Protection Board at 268-562-7515/562-7516 or email: [social.protectionboard@ab.gov.ag](mailto:social.protectionboard@ab.gov.ag).

## Why you should spay/neuter your pet

*Safeguard your pet's health, possibly improve certain behaviors and save money*

### Your pet's health and longevity

The average lifespan of spayed and neutered cats and dogs is demonstrably longer than the lifespan of those not. A University of Georgia study, based on the medical records of more than 70,000 animal patients, found that the life expectancy of neutered male dogs was 13.8% longer and that of spayed female dogs was 26.3% longer. The average age of death of intact dogs was 7.9 years versus a significantly older 9.4 years for altered dogs.

Another study, conducted by Banfield Pet Hospitals on a database of 2.2 million dogs and 460,000 cats reflected similar findings, concluding that neutered male dogs lived 18% longer and spayed female dogs lived 23% longer. Spayed female cats in the study lived 39% longer and neutered male cats lived 62% longer.

The reduced lifespan of unaltered pets can, in part, be attributed to an increased urge to roam. Such roaming can expose them to fights with other animals, resulting in injuries and infections, trauma from vehicle strikes and other accidental mishaps.

A contributor to the increased longevity of altered pets is their reduced risk of certain types of cancers. Intact female cats and dogs have a greater chance of developing pyometra (a potentially fatal uterine infection) and uterine, mammary gland and other cancers of the reproductive system. Neutering male pets eliminates their risk of testicular cancer and eliminates the possibility of developing benign prostatic hyperplasia which can affect the ability to defecate.

A handful of studies may appear to challenge the health benefits of widespread spaying/neutering of companion pets by raising concerns that these surgeries may predispose some altered dogs to certain orthopedic conditions and can-



*The choice to spay or neuter your pet may be one of the most important decisions you make impacting their long-term health—and your wallet!*

cers. As a result, they have caused some pet owners to question altering their pets at an early age or altering them at all. However, on closer examination, the results of these studies pertain specifically to male dogs of certain giant breeds (dogs typically weighing 90-100 pounds or more) and their conclusions should not be generalized to other breeds of dogs, or to other species, including cats.

Studies on this subject are mostly retrospective in nature, meaning they are looking at existing research data. Therefore, while they evaluate for associations between a cause and an outcome, they cannot definitely establish causality. It's also important to understand that while a study can find something to be statistically significant, it does not always mean there is a clinically significant difference. While all study designs have benefits and challenges, there is a need for repeatable prospective studies (new research) done by a variety of researchers in various geographic locations and with significant sample sizes to provide stronger data in all aspects of this subject.

Weight gain after spay/neuter can occur in both dogs and cats because of decreased metabolism and maturation.

It is important to monitor a pet's weight following surgery and adjust their diet appropriately with the help of a veterinarian to prevent weight gain.

These are the best general recommendations that can be drawn from a thorough analysis of research currently available:

Owned cats should be altered before they are 5 months old as they can become pregnant at 4 months of age and older.

Owned female dogs should be spayed before they are 5 months old.

Owned small, medium and large breed male dogs should be neutered before they are 5 months old.

Owned giant breed male dogs who are house pets should be neutered after growth stops, between 12 to 15 months of age due to orthopedic concerns.

Owned giant breed male dogs who roam freely should be neutered before they are 5 months old due to the population concerns of unintended breeding.

Shelter animals should be altered prior to adoption—ideally, as early as 6 weeks old; however, some states may require waiting until the animals are 8 weeks old.

Community cats should be altered via TNR (trap-neuter-return) at any age after 6 weeks old, although, again, some states may require waiting until the kittens are at least 8 weeks old.

### Curb unwanted behaviors

Intact dogs are more prone to urine-marking than neutered dogs. Although urine-marking is usually associated with male dogs, females may do it too. Spaying or neutering your dog should reduce urine-marking and may even stop it altogether.

For cats, the urge to spray is extremely strong in those not altered, so the simplest solution is to alter by 5 months old before the problem arises. Neutering solves 90% of all marking issues, even in cats who have been doing

*cont'd on pg 11*



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it for a while. It can also minimize howling, the urge to roam and fighting with other males. In both cats and dogs, the longer you wait, the greater the risk of the surgery not doing the trick because the animal has practiced the behavior for a longer period of time, thereby reinforcing the habit.

Other behavioral problems that may be alleviated by spay/neuter include:

Certain types of aggressive behavior.

Roaming, especially when females are in heat.

Excessive barking and mounting activity.

In-heat behaviors such as yowling/vocalizing, rolling and demanding behaviors.

It is important to under-

stand that, while spay/neuter may be helpful in resolving certain behavior problems, it is not a cure-all, and some behavioral challenges may require multiple solutions. Also, while having your pets spayed or neutered may help curb certain undesirable behaviors, it will not change their fundamental personalities.

### Cut costs

When you consider the potential long-term medical costs incurred for an unaltered pet, the savings afforded by spay/neuter are clear, especially given the plethora of low-cost spay/neuter clinics now available.

Caring for a pet with reproductive system cancer or pyometra can easily run thousands of dollars—five to

10 times as much as a routine spay or neuter surgery. In cases where intact dogs and cats may fight, treatment of their related injuries can also result in high veterinary costs.

### Spay or neuter pet rabbits

It's also important to spay or neuter pet rabbits. Rabbits reproduce faster than dogs and cats and, in some regions, are the second most frequent species surrendered to shelters. Neutering male rabbits can also reduce hormone-driven behaviors such as lunging, mounting, spraying and boxing.

And as with dogs and cats, spayed female rabbits are less likely to get ovarian, mammary and uterine cancers which can be prevalent in mature intact females.

Uterine cancer is the most common cancer in female rabbits, with 50-60% of intact females over the age of 4 years developing the disease.

### Spread the word

By spaying or neutering your pet, you can help protect them against certain illnesses, perhaps address certain unwanted behaviors and save money. Contact your veterinarian or your local low-cost spay/neuter clinic to discuss and/or schedule your pet's appointment and encourage your family and friends to do the same. If your community does not have affordable, accessible spay/neuter and wellness services available, advocate for this funding so that all pet owners have local access to quality medical care for their pets.



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# The ultimate skincare routine for men who care

Men's skincare is a thing, but a good men's skincare routine doesn't have to be complicated to be effective. Here's why.

Some people have great skin effortlessly. Despite subpar eating habits, they don't break out. Despite not catering to their complexion, they have minimal signs of aging. That must be nice, but having healthy, youthful-looking skin requires a bit more effort for most people.

For most of us, we have to rigorously wash, moisturize, and apply sunscreen to maintain healthy skin. That might mean having two routines—a morning routine and an evening routine—and a dozen different skincare products.

Have you ever wondered why the majority of people with strict skincare routines are women? Surely it's not just marketing. It's actually biology.

Men's skin is biologically different than women's skin. Therefore, a proper men's skincare routine looks different than women's skincare.

**Men's Skin Care vs. Women's Skin Care**

First, let's discuss why men's skin is different from women's skin. It comes down to three main factors:

1. Men's skin is thicker. Researchers say that men's skin is up to 25% thicker than women's skin. Since the Stratum Corneum (a.k.a. the skin barrier) is thicker, men's skin appears firmer and tighter than women's skin.

2. Men's skin has a higher collagen density. We all know the importance of collagen, which is why men are lucky to have so much of it. The higher collagen density in men's skin set them up for delayed intrinsic aging.

3. Men's skin is oilier. Some people



say that oilier skin ages better than dry skin. While this is debatable, the fact that men's skin is oilier than women's skin is not. Men have larger pores and more active sebaceous glands than women. This makes them more prone to breakouts yet less prone to dehydrated skin.

Knowing the biological differences between men's and women's skin makes it clear why their skincare routines should target different skin issues.

Men have the advantage of a thicker skin barrier and more collagen, but they struggle with overly oily skin. Men's skin care can balance their moisture levels and prepare for a clean shave, while women's skincare targets hydration, anti-aging, and protection.

**Why Men's Skincare is Important**

If men biologically have thicker skin, is a proper men's skincare routine even necessary? The answer is yes.

It's especially important for men to cleanse, exfoliate, moisturize, and use SPF protection.

Cleansing and exfoliating are important steps in a typical men's skincare routine because it regulates oil. This can prevent clogged pores and acne. Exfoliation is especially

important because shaving a regular part of men's grooming, and exfoliating removes dead skin cells to make for a cleaner shave.

Despite having a thicker skin, moisturization is an essential step in a proper skincare routine for men. After shaving, men's skin can feel dry and rough. Although they have more oil than women, they still need to replenish hydration levels with a water-based moisturizer.

Finally, one of the most important steps in a men's skincare routine is to apply sunscreen. Many people, women included, skip this vital step. Incorporating a daily face SPF product can protect skin from external factors like UV radiation, free radicals, and other environmental stressors that cause premature aging.

While women are more adamant about caring for their skin, the importance of skincare routines for men can't be ignored. Men's skincare products are becoming increasingly popular as men become aware of the importance of caring for their skin. While they do have a slight advantage, men still have to put in a bit of effort to maintain healthy skin.

**The Ultimate Skincare Routine for Men Who Care**

If you're reading this article, you're either:

A man who has never touched a moisturizer in his life

Someone who wants to get the men in their life to take better care of their skin

If you're in the first group, you may be thinking, "Does a men's skincare routine have to contain a million skin care products like women?"

Regardless of if you're a man or  
*cont'd on pg 13*



## *cont'd from pg 12*

woman, a healthy skincare routine doesn't have to be overly complicated with an endless list of products.

A simplified yet effective men's skincare routine should at least contain the following steps:

### 1. Cleanse

Since men have oilier skin and are more prone to acne, cleansing regularly is a must. Men are less prone to dryness and dehydration than women, so a basic oil-free cleanser should suffice. If it's winter, a more hydrating cleanser may be needed.

How often should men cleanse? A good rule of thumb for people with oily skin is to cleanse twice a day. So, a proper men's skincare routine should start with a good cleansing in the morning and evening.

### 2. Exfoliate

It's especially important for men to exfoliate their skin for two reasons:

Having a thicker skin barrier means more dead skin cells. These dead skin cells mix with sebum and can cause further breakouts. Exfoliating will take care of this build-up to improve acne and reveal a smoother surface.

A smooth surface is important for facial shaving. Since men have more facial hair than women, they shave their faces more frequently. Since dead skin cells can clog up your razor, it's best to exfoliate before shaving to get a closer shave.

### 3. Shave

Looking after facial

hair is an important part of men's skincare. If you shave your face, you may experience dryness post-shave. A moisturizing shave cream can help prevent the feeling of tightness and itchiness associated with shaving. A good shave cream can also prevent irritation.

Some men prefer to grow out their facial hair, so they shave significantly less or not at all. If you never or rarely shave, a facial hair oil (a.k.a. beard oil) can replace this step. Beard oil not only moisturizes facial hair but also the skin beneath it. It can be difficult for men's skin care products to penetrate past thick facial hair, but beard oil does the trick.

### 4. Moisturize

The root of all skincare routines is the moisturizer, and the same goes for men's skin care.

While there are skincare

products marketed to men, men don't have to stick to moisturizers that come in blue and gray packaging. What's important is the ingredients.

Men may not need as many intrinsic anti-aging ingredients as women because of their thicker skin barrier. However, men are still exposed to the harsh elements, which can cause environmental skin damage and external aging.

Here's what to look for in a men's face cream:

Safe, non-toxic ingredients

Contains antioxidants

Suitable for skin type (usually oily, acne-prone skin)

Optional: Contains SPF

Best face moisturizer for men

### 5. SPF

If your moisturizer doesn't contain SPF, then

this will be an additional step—and it's one of the most important.

Although men don't age intrinsically as quickly as women, they're still predisposed to external aging every day from radiation, free radicals, etc. Combat unnecessary sun damage with a safe SPF product.

### The Bottom Line

Do men need skincare as much as women do? If external factors weren't an issue, probably not. But because our skin is constantly exposed to harsh elements, a proper men's skincare routine is a must.

Men's skincare can be knocked out in 5 simple steps: cleansing, exfoliating, shaving, moisturizing, and using SPF. It doesn't take much effort to care for men's skin, so implementing a men's skincare routine isn't a huge commitment.



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**UPDATED SCHEDULE**

# World Encephalitis Day

## What is encephalitis?

Encephalitis is a brain inflammation that occurs due to an infection such as a virus or bacteria, medication or immune system malfunction. Encephalitis is a rare, often serious condition that requires timely care.

How does encephalitis affect my body?

Encephalitis causes physical symptoms like fever, headaches and neck pain. It can also affect brain (cognitive) functioning, leading to confusion and behavior changes. In some cases, cognitive encephalitis symptoms linger long after physical symptoms go away.

How is encephalitis different from meningitis?

Both conditions are uncommon but severe.

Some important differences are that:  
**Encephalitis** occurs in the brain.

**Meningitis** affects the meninges. This delicate layer of tissue protects the brain and spinal cord.

## SYMPTOMS AND CAUSES

What causes encephalitis?

The type of encephalitis you experience depends on the cause. And there are many causes, including:

**Viruses:** Infections from herpes, enteroviruses, human immunodeficiency virus (HIV), West Nile and tick-borne viruses lead to viral encephalitis. This is the most common cause.

**Problem with the immune system:** The immune system can mistakenly attack the brain, causing autoimmune encephalitis.

**Bacteria and parasites:** On rare occasions, these germs can cause bacterial encephalitis.

What are encephalitis symptoms?  
You'll likely experience physical

and neurologic symptoms.

**Physical symptoms may include:**

Fever.

Headache.

Joint pain.

Muscle weakness.

Nausea.

Stiff neck.

Neurologic encephalitis symptoms may include:

Behavior changes.

Confusion.

Difficulty speaking or moving.

Loss of consciousness.

Memory issues.

Seizures.

Sensitivity to light.

## DIAGNOSIS AND TESTS

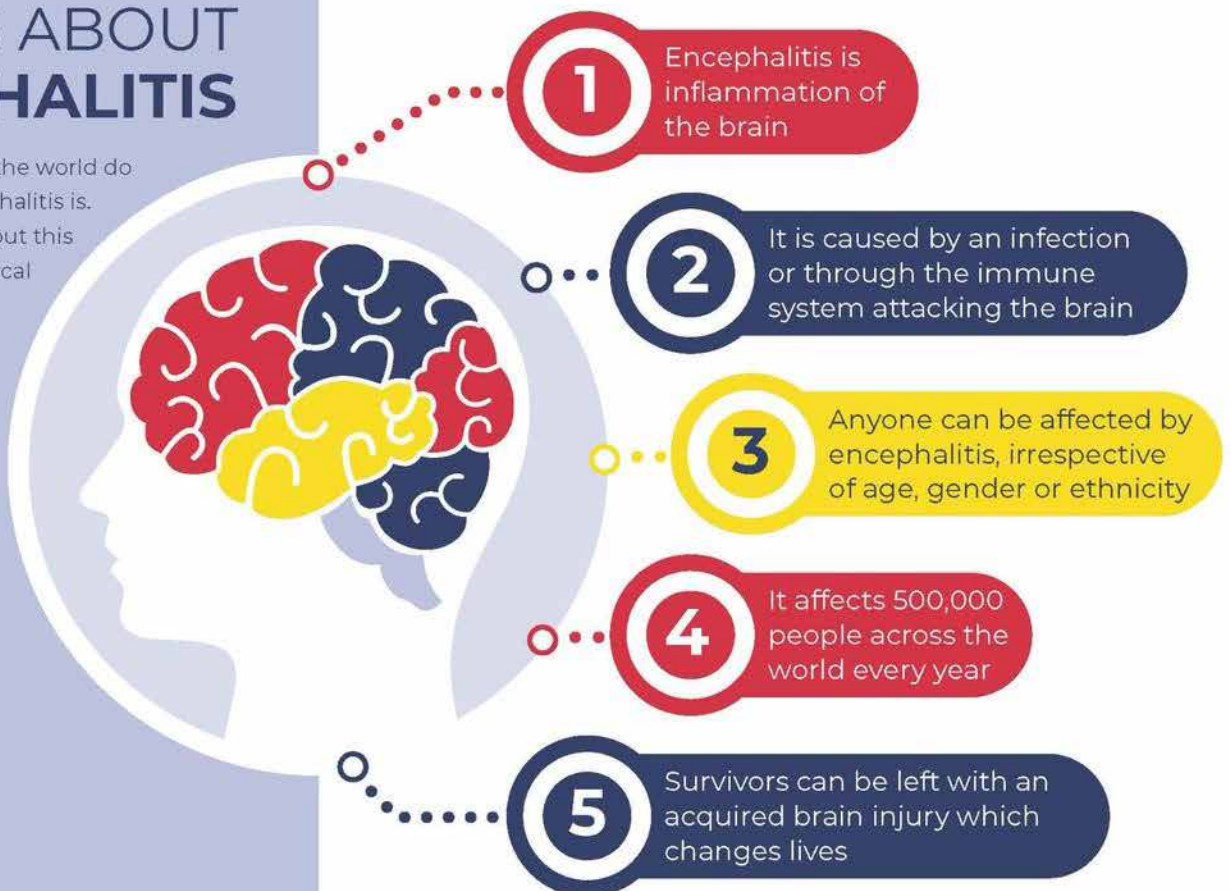
When should I see a healthcare provider?

The sooner you receive care, the

*cont'd on pg 15*

## 5 FACTS ABOUT ENCEPHALITIS

78% of people across the world do not know what encephalitis is. Here are five facts about this devastating neurological condition.





*cont'd from pg 14*

better your chances of recovery. For mild encephalitis symptoms, your first step may be going to an urgent care center. For severe issues, like seizures and loss of consciousness, the best place to go for care is an emergency room.

How is encephalitis diagnosed?

Healthcare providers take many steps to diagnose brain infections.

Your care may include:

**Physical exam** to learn more about your symptoms.

**Neurologic exam** to assess brain functioning.

**Lab tests and imaging studies**, which help confirm or rule out encephalitis.

What types of tests might I need?

Testing helps healthcare providers:

Assess encephalitis symptoms.

Determine how severe it is.

Identify the type of encephalitis (autoimmune, viral or bacterial).

Tests you may need include:

**Lumbar puncture (spinal tap)**, which involves taking a sample of spinal fluid and examining it in a lab.

**Blood tests**, which assess organ functioning and check for specific types of bacteria.

**Imaging studies**, such as a CT scan, MRI and MEG test. These tests show signs of tissue damage. They can also detect issues like tumors and brain bleeds.

## MANAGEMENT AND TREATMENT

How is encephalitis treated?

The brain infection treatments you need depend on the type of encephalitis and how severe it is.

You may need:

**Antibiotics** to treat bacterial infections.

Antiviral medications for viral infections.

**Anti-seizure medicines** if you are having seizures.

**Breathing assistance**, including supplemental oxygen or a breathing machine (mechanical ventilation).

**Immunomodulators**, which are medications that quiet immune system attacks.

**Intravenous (IV) fluids** to keep you hydrated.

**Steroids**, which reduce swelling and brain pressure.

**Tube feeding** to deliver nutrition if you are unconscious.

How soon will I feel better?

Treatments for autoimmune and viral encephalitis may start working in as little as a few days. But it can take a while for the brain to heal. Some people experience lasting cognitive effects that require rehabilitative therapies and lifestyle changes.

## PREVENTION

How can I prevent encephalitis?

You can stay current with vaccines for diseases that cause encephalitis, such as the measles, mumps and rubella (MMR) injection.

Are there other vaccines that can help me?

Traveling to certain countries can expose you to germs and diseases that are not common in the U.S. Some of these diseases can cause brain infections.

You may benefit from vaccines for:

Japanese encephalitis.

Rabies.

Tick-borne encephalitis.

## OUTLOOK / PROGNOSIS

What will my life be like after encephalitis?

The impact of autoimmune and viral encephalitis on brain functioning differs from person to person. Some people make a complete recovery.

Others experience long-lasting encephalitis symptoms that include:

Balance and coordination issues.

Difficulty concentrating.

Fatigue.

Hearing loss.

Mood swings and other behavior changes.

Memory issues.

Speech and language problems.

Changes in personality, such as being quick to anger.

Are these symptoms permanent?

For some people, they are. Rehabilitation can help you cope with changes in your abilities. It also enables you to regain as much functioning as possible.

How can rehabilitation help me?

Rehabilitation includes different types of therapies that help you learn how to:

Complete everyday tasks, like getting dressed.

Communicate, even if speaking becomes difficult.

Make lists and use other planning techniques.

Manage money and other resources.

Regain balance and coordination with special exercises and assistive devices.

## LIFE AFTER RECOVERY

What else can I do to make daily life a little easier?

You can maximize your well-being by paying careful attention to:

**Nutrition:** What you eat can affect how you feel. Make sure you are eating foods that have a lot of vitamins and nutrients. Meals should include fruits, grains, lean meats, vegetables and dairy products.

**Pacing:** You may only be able to tolerate short periods of activity. Consider scheduling tasks on a calendar with rest periods before and after. This approach can help you avoid trying to do too much at once.

**Sleep:** It's natural to feel tired while you are recovering. But lingering cognitive symptoms can also affect sleep quality. Following a consistent nighttime schedule and relaxing before bedtime can help.

## A note from Cleveland Clinic

Encephalitis is a brain infection that requires care in a hospital. After the infection goes away, you may experience lingering symptoms that affect brain functioning. Achieving your full recovery potential takes time. In some cases, months or years. Rehabilitation and good self-care can maximize your abilities and quality of life.

## Trinidadian all-female tent claims discrimination by Gypsy

Trinidad Express -Allegations of nepotism, cronyism, self-dealing and gender discrimination have been made against chairman of the National Carnival Commission (NCC) Winston "Gypsy" Peters after an all-woman calypso tent was excluded from participating in the "Taste of Carnival 2022" calypso events.

A pre-action protocol letter was issued to Peters on Friday by attorney Martin George, demanding that Divas Calypso Cabaret International, which was founded in 2004 by Dr Rudolph Ottley, be part of the line-up or face legal action.

Peters has been given until today to respond to the letter.

In addition, George said his client will also be filing a complaint with the Equal Opportunity Commission for it to investigate "whether the National Carnival Commission as an institution has an inherent bias and ingrained discrimination against females".

George said that earlier this month, Ottley became aware the NCC, through its agent, the Trinbago Unified Calypsonians' Association (TUCO), released a series of documents identifying selected calypso tents that will be part of the events.

"To our client's great surprise, he was told that his calypso tent did not make the said listings and thus they will not be performing at any of the Taste of Carnival 2022 events.

"Additionally, our client was also informed that in addition to TUCO's calypso tents, three privately owned calypso tents made the listings, which are the Calypso Revue, the Icons Tent and the Back to Basics Tent.

"Our client contends that the Back to Basics Tent is owned by your good self, Mr Winston "Gypsy" Peters, and



NCC chairman: Winston Peters [Photo credit: Trinidad Express]

the Back to Basics Tent does not have the history, pedigree, track record or antecedents of our client's Divas Tent, especially since Back to Basics Tent only began operating in 2019," the letter said.

It said the Divas Calypso Tent's status in the industry is identified by the number of competitors from a calypso tent who are selected each year to compete at the annual Calypso Fiesta competition as a prelude to the Calypso Monarch finals.

"During the period 2015-2020 (six carnivals) the average number of calypsonians selected from the Back to Basics Tent was one while five were chosen from our client's Divas Cabaret Calypso Tent.

"It therefore begs the question as to what criteria was used by the NCC, of which you are chairman, in selecting your own Back to Basics Calypso Tent to perform in the Taste of Carnival 2022 events while excluding our

client's Divas Cabaret Calypso Tent," it said.

Further, the letter said the current issue opens Peters up to the possibility of allegations of nepotism, cronyism and self-dealing, in that he selected his own calypso tent as a beneficiary of the largesse of State-funded support and financial incentives.

That selection was made ahead of Divas Cabaret Calypso Tent, which is better qualified, better prepared, better resourced in terms of its line-up of performers and has a much better track record, pedigree and history of performance than Back to Basics, it said.

"It also raises the spectre of discrimination on your part because our client's tent is an all-female calypso tent and thus it would seem that in the machoistic and misogynistic world of NCC's calypso gayelle, you are clearly making a statement that there is no place and no room for an all-female calypso tent," the letter said.



## Petrópolis: More than 120 still missing in Brazil flood-hit city

BBC - Search and clean-up efforts continue in the Brazilian city of Petrópolis, days after flash floods and mudslides that have killed at least 171 people.

The victims include at least 27 children and teenagers, while more than 120 are still missing, officials say.

Repeated downpours have hampered the work of emergency teams, with authorities saying it is unlikely any one will be found alive.

About 900 people are being housed in schools and shelters.

Workers are digging with spades and shovels through the rubble and muck, with teams of volunteers helping in the efforts.

The search is being carried out with hand tools and chainsaws in unstable areas, with teams being helped by 41 sniffer dogs.

"It's impossible to bring in heavy machinery up here," Roberto Amaral, co-ordinator of the local fire department's special rescue group, told AFP news agency. "So we basically have to work like ants, going little by little."



Workers dug with spades and shovels through the rubble and muck in a dense fog on Saturday [Photo credit: Getty Images]

In one of the worst-hit neighbourhoods, up to 80 houses on a hillside were hit by landslides.

On Sunday, a massive clean-up effort retrieved more than 300 vehicles that had been swept away by the floods as the city, a popular tourist getaway north of Rio de Janeiro, tries to reopen for business.

"We need our streets clear so we can

speed up the job of getting our city back on its feet," Mayor Rubens Bomtempo said.

Tuesday's rainfall exceeded the average for the whole of February, triggering landslides and floods. President Jair Bolsonaro, who flew over the disaster zone on Friday, said the city was suffering from "enormous destruction, like scenes of war".

## 188 dogs to find new homes in Canada

Barbados Today - The Ocean Acres Animal Sanctuary and other local sanctuaries are once again running their Barbados Refugee Project, which will see some 188 dogs being shipped to Canada to find new homes.

Speaking with members of the media on Sunday, as the dogs were being readied for their trip, Ocean Acres founder Karen Whittaker said though Barbadians generally love taking on new pets, the high number of dogs being abandoned



[Photo credit: Barbados Today]

over the last several years, in particular during the pandemic, is still a cause for concern.

"People still seem to [just] abandon their dogs and we would really like that to change ... we want

people to think much more carefully about whether they should be having a dog or not, and if you are going to have a dog, how are you going to look after it, and to not let it have puppies because you might want one dog, but not necessarily want eight.

"We need people to just think a little bit more about it. We can help, this is what we want to do," she explained.

Whittaker said even though they are sad to see  
*cont'd on pg 18*

# Jamaican business leaders propose 30% minimum wage hike

Amid the sharp increase in the cost of living and the depreciation of the Jamaican dollar, business and sector leaders have advocated for a 30 per cent rise in the minimum wage, offering a safety net for low-income workers whose personal budgets have been decimated by inflation.

The proposal comes in the wake of 9.7 per cent January inflation that has caused the prices of food, fuel, and other commodities to soar, attributed largely to global supply-chain woes and the looming prospect of a Russian invasion of Ukraine that has sent oil markets skidding.

Lieutenant Commander George Overton, president of the Jamaica Society for Industrial Security (JSIS), has floated the idea of at least a 30 per cent increase in the minimum wage, which has not been adjusted since 2018.

With an increase of that ratio, the standard minimum wage would be increased to \$9,100 weekly and \$12,610 for security guards.

Currently, the minimum wage stands at \$7,000 weekly, with security guards receiving \$9,700.

“We have to take into consideration what has taken place with inflation since then and project it for another two years at least. It needs to be somewhere in that region,” said Overton.

“A minimum wage increase is long overdue,” he added.

John Mahfood, president of the Jamaica Manufacturers and Exporters Association (JMEA), has asserted that the current minimum wage is not a livable salary. The JMEA president is of the view that the ideal weekly remuneration should be between \$9,000 and \$10,000 a week.

“What is probably more important is that instead of waiting so long between increases, that they should be more regular so that there is not a situation where the minimum wage falls so far behind, and I think it should be probably more important that every year or two, they top it up with the inflation



*Lt Commander George Overton, head of the Jamaica Society for Industrial Security.*

rate,” Mahfood told *The Gleaner*.

In a 2021 report, the Caribbean Policy Research Institute (CAPRI) found that the minimum wage was too low to ensure that families remained above the poverty rate.

The report found that a sole earner in a family of four should earn approximately \$34,200 monthly or \$8,550 weekly to be in line with the poverty rate. This is contrasted with the \$28,000 an individual would receive monthly based on the existing baseline.

But that analysis would not factor the inflationary pressure on family budgets, which has seen the household basket hit by double-digit price hikes on basics like chicken meat and petrol. Analysis of pump prices published by *The Gleaner* a week ago showed that fuel costs have jumped by an average of almost 11 per cent, with diesel jumping more than 13 per cent.

National Minimum Wage Advisory Commission member St Patrice Ennis revealed that a recommendation for an increase in the minimum wage was resubmitted to the Government in January 2022.

While declining to provide the specific figure proposed, Ennis sought to assuage the public that the Government has never gone below the recommendation made by the commission.

## *cont'd from pg 17*

the number of dogs leaving the island, the situation had become dire, with the pets needing to find loving homes with owners who will take good care of them.

“Out of necessity really, because of the unfortunate situation with so many dogs in Barbados ... for me it's kind of tinged with sadness that we have to do this, because I

would very much like it that we did not. I wish that there were not so many dogs and cats abandoned and in need of our help in Barbados, and I will be the happiest person when we don't have to do this.

“But we do, and it gives these dogs a chance at a new life and a great life with families who would love them and care for them,” she said.



## Putin recognises Ukraine rebel regions, sends troops on what Moscow calls peacekeeping mission

Reuters - Russian President Vladimir Putin recognised two breakaway regions in eastern Ukraine as independent on Monday and ordered the Russian army to launch what Moscow called a peacekeeping operation into the area, upping the ante in a crisis the West fears could unleash a major war.

Putin told Russia's defence ministry to deploy troops into the two regions to "keep the peace" in a decree issued shortly after he announced recognition for Russia-backed separatists there, drawing U.S. and European condemnation and vows of new sanctions.

It was not immediately clear whether the Russian military action was the start of an invasion of Ukraine that the United States and its allies have warned about for weeks. There was no word on the size of the force Putin was dispatching, when they would cross the border and exactly what their mission would be.

In a lengthy televised address, Putin, looking visibly angry, described Ukraine as an integral part of Russia's history and said eastern Ukraine was ancient Russian lands and that he was confident the Russian people would support his decision.

Russian state television showed Putin, joined

by Russia-backed separatist leaders, signing a decree recognising the independence of the two Ukrainian breakaway regions along with agreements on cooperation and friendship.

Defying Western warnings against such a move, Putin had announced his decision in phone calls to the leaders of Germany and France earlier, both of whom voiced disappointment, the Kremlin said.

Moscow's action may well torpedo a last-minute bid for a summit with U.S. President Joe Biden to prevent Russia from invading Ukraine. The rouble extended its losses as Putin spoke, at one point sliding beyond 80 per dollar.

Biden will issue an executive order soon prohibiting "new investment, trade, and financing by U.S. persons to, from, or in" the two breakaway regions, the White House said. It will "also provide authority to impose sanctions on any person determined to operate in those areas of Ukraine," White House spokesperson Jen Psaki said in a statement.

Psaki said measures being rolled out in response to Putin's decree were separate from sanctions the United States and its allies have been readying if Russia invades Ukraine.

U.S. Secretary of State



*Putin earlier on Monday recognised the independence of the eastern Ukraine regions of Donetsk and Luhansk [Photo credit: Reuters]*

Antony Blinken said the executive order "is designed to prevent Russia from profiting off of this blatant violation of international law."

Dutch Prime Minister Mark Rutte said European Union countries have agreed to impose a limited set of sanctions "targeting those who are responsible" for Russia's recognition of the rebel regions.

British foreign minister Liz Truss said in a Twitter post that on Tuesday the government will announce new sanctions on Russia in response to Putin's decision.

NATO Secretary-General Jens Stoltenberg accused Russia of continuing to fuel the conflict in eastern Ukraine and "trying to stage a pretext" for a further invasion. Russia annexed Crimea from Ukraine in 2014.

In his address, Putin

delved into history as far back as the Ottoman empire and as recent as the tensions over NATO's eastward expansion - a major irritant for Moscow in the present crisis.

With his decision, Putin brushed off Western warnings that such a step would be illegal, would kill off peace negotiations and would trigger sanctions against Moscow.

"I deem it necessary to make a decision that should have been made a long time ago - to immediately recognise the independence and sovereignty of the Donetsk People's Republic and the Luhansk People's Republic," Putin said.

He said earlier that "if Ukraine was to join NATO it would serve as a direct threat to the security of Russia."

## Mali's workers feel the squeeze as sanctions take hold

Reuters -Mohamed Cisse used to employ hundreds of workers in Mali's capital Bamako before economic sanctions last month shut borders and cut the lifeblood of his construction business.

Cement is scarce. Its key ingredient, clinker, comes from neighbouring Senegal, from which all but essential goods are blocked. Cisse has been forced to shut three of his four building sites.

The Economic Community of West African States (ECOWAS) meant to send a powerful message to Mali's military leaders when it imposed the sanctions after the junta delayed plans to hold elections in February following two coups.

But workers, many of whom have so far supported the junta for ousting unpopular President Ibrahim Boubacar Keita in 2020, are worried about the outsized impact on ordinary citizens in one of the world's poorest countries.

Hundreds are being laid off; goods for import are stuck in mammoth traffic jams at border crossings; cotton and gold, major economic drivers, cannot reach regional buyers.

How successful the sanctions are in forcing Mali's leaders to hold elections sooner, or if they reduce support for the junta, could influence how ECOWAS seeks to punish other coup leaders



*A view of a building under construction along the Niger river, in Bamako, Mali. [Photo credit:REUTERS/Paul Lorgetie]*

in Guinea and Burkina Faso who have also snatched power over the past year.

"We had a lot of hope when we saw these well-trained, well-structured soldiers. But the situation of this embargo, I would say that it is ... 70% the fault of the government, which presented an imprecise (election) timetable," Cisse said.

The interim government set up by the junta did not respond to requests for comment. It had previously said the sanctions were "disproportionate, inhumane, illegitimate and illegal" and will have severe consequences on the population.

ECOWAS says it is im-

posing the sanctions because Mali's leaders said they would delay elections until December 2025, nearly four years later than they originally agreed.

Malians are accustomed to hardship. A decade-old Islamist insurgency has taken over parts of the north and centre, killing thousands. The COVID-19 pandemic contributed to a rise in the cost of fuel and other goods.

But now the economy is under severe strain. Mali has defaulted on 54 billion CFA francs (\$93 million) in interest and principal payments since January, data from the West Africa monetary union's debt agency

Umoa-Titres shows.

The government says it is unable to meet its obligations because the sanctions have cut it off from regional financial markets.

"Closing landlocked Mali's borders, in a country that depends entirely on its coastal neighbours for trade, is nothing short of catastrophic," said Eric Humphery-Smith, an analyst at risk consultancy Verisk Maplecroft.

The authorities need tax income to pay about \$120 million in monthly government wages, said Modibo Mao Makalou, an economist and former adviser to the

*cont'd on pg 21*



## Covid: Australia's border reopens to international visitors

BBC-Australia has re-opened its international border for the first time in nearly two years, bringing joyful family reunions and a boost to tourism.

The country imposed some of the world's strictest travel bans after shutting itself off in March 2020 due to Covid.

Australians and some others were allowed to return from late last year, but most foreigners have had to wait.

There were tearful reunions at Sydney Airport on Monday as hundreds of people began arriving on flights.

One young girl, Charlotte, shared an emotional hug with her grandfather. She told the local Nine Network: "I've missed him so much and I've looked forward to this trip for so long."

Double-jabbed visitors do not need to quarantine, but unvaccinated travellers must do so in a hotel for up to 14 days at their own expense.



*Emotional picture as Australia's border opens. [Photo credit: Us Mail]*

More than 50 international flights were due to land on Monday. Travellers can enter all states except Western Australia, which remains closed until 3 March and will require three jabs.

"What wonderful, wonderful news for our tourism industry and the 660,000

people employed in it," said Minister for Trade, Tourism and Investment Dan Tehan.

Australia had about 9.5 million overseas visitors in 2019.

Mr Tehan said he hoped for a strong rebound in the tourism sector, which has been hit by domestic travel

bans too.

The country's strict measures drew criticism for separating families and stifling businesses, but they were also credited with preventing many deaths before vaccines were available. Australia has had about 4,900 Covid deaths.

### *cont'd from pg 20*

ousted president Keita. But revenues, including from customs duties and income taxes, are under threat, he said.

Remittances from the region, key to the economy, are also being blocked as wire transfers and bank transfers fail to go through.

"I think (the government) can last 2-3 months maximum, but the noose must be loosened," Makalou said, referring to the funds left to be able to

pay wages and meet other outgoings.

While the impact has yet to be shown in hard economic data, Malians are struggling.

Issiaka Mahmoud Bah, managing director of Bamako-based recruitment firm Golden Resources Management, used to receive resumes from about 25 job applicants per day. He now gets up to 100. Meanwhile, the number of employers seeking workers has plummeted, he said.

Revenues for Sonef, a transport company that buses people from Mali across West Africa, have dropped 80% in recent weeks, said company manager Mamadou Traore.

Its customers, including people who transport dyed fabrics to Ivory Coast or bring in fish from Senegal, cannot travel, he said.

"We have had to close several stopovers and put dozens of agents on technical unemployment," he said.

# Sports News

## NBA All-Star Game: Stephen Curry sets record as Team LeBron win 163-160

BBC Sports - Stephen Curry scored 50 points and set an All-Star Game record as Team LeBron claimed a 163-160 win over Team Durant.

Curry, 33, finished with 16 three-pointers, setting a record for the most in an All-Star quarter (six), half (eight) and game (16) in the process.

The previous record in an All-Star game was nine, set by Paul George in 2016.

Curry, who was two points short of the scoring record set by Anthony Davis in 2017, won the Kobe Bryant Trophy as the All-Star Game's most valuable player.

The All-Star MVP Award was permanently renamed in honour of LA Lakers legend Bryant, an 18-time All-Star, after he and his daughter Gianna were among nine people killed in a helicopter crash in 2020.

LeBron James also played in his 18th All-Star Game to sit one short of Kareem Abdul-Jabbar's record.

The Los Angeles Lakers star made the game-winning shot on Sunday af-



Stephen Curry made five three-pointers in 128 seconds [Photo credit: BBC]

ter his team had been set a target winning score of 163 in Cleveland.

That target was determined after Team Durant held a 139-138 lead heading into the final quarter and, for a third consecutive year, 24 points were added to the leading total to reflect Kobe Bryant's jersey number.

Curry surpassed Ray Allen at the top of the the all-time list for threes made and was honoured as a member

of the NBA 75th Anniversary Team at half-time.

James made 24 points for his side and Giannis Antetokounmpo, of the Milwaukee Bucks, added 30 points and 12 rebounds.

Team Durant was led by the Philadelphia 76ers' Joel Embiid, who recorded 36 points and 10 rebounds, while Devin Booker of the Phoenix Suns contributed 20 points.

## CWI announces 15-member squad for ICC Women's World Cup



Stefanie Taylor

The Cricket West Indies (CWI) Women's Selection Panel on Saturday named a 15-member squad who will participate in the ICC Women's World Cup, to be played in New Zealand from March 4 to April 3.

Stafanie Taylor, one of the leading all-rounders in the history of the game, will lead the squad with off-spinner Anisa Mohammed as vice-captain for her fifth Cricket World Cup.

The eight team tournament will start with a group stage round, where all teams play each other once before the top four sides compete in the semi-finals and finals.

The West Indies Women will open their title chase against host New Zealand on March 4 at Bay Oval in Tauranga. Their seventh and final match of the group stage is against South Africa on March 24 at Basin Re-

*cont'd on pg 23*



## Weathered wins ABCA Time Trial race

Sean Weathered has opened the Antigua and Barbuda Cycling Association's (ABCA) 2022 season in victorious mode. The team Terminix cyclist put on a dominant display to capture the overall title in the Individual Time Trial Road Race on Sunday morning.

Weathered clocked 21 minutes and 34.85 seconds over the two-lap circuit to win the Elite Male category ahead of team mate Conroy Thomas and Omari King of Team Independent in third place.

Thomas covered the course in 23 minutes and 44.22 seconds while King completed the ride in 23 minutes and 44.27 seconds.

Experienced cyclist Neil Lloyd on N&R Wheelers claimed the Masters Class in a time of 24 minutes and 37.33 seconds. Ken Jackson secured second place by clocking 26 minutes and 06.32 seconds and Patrick Peters of Team Independent finished third in 26 minutes and 12.85 seconds.

Lindsay Duffy of Road Runners Cycling Club won the Female Class. She completed the two laps in a time of 29 minutes and 37.61 seconds to finish ahead of team mate Zhanna Prikhodko, who completed a lap in 15 minutes and 38.67 seconds.

The Sports Class was captured by Newell Mack of Team Independent with a

time of 24 minutes and 05.40 seconds. Tiziano Rosignoli of Road Runners Cycling Club took the runners-up spot in a time of 26 minutes and 12.63 seconds.

Tahje Browne of Wadadli Cycling Academy claimed the 13-16 Cadet Class by clocking a time of 24 minutes and 38.05 seconds. Dejaun Francis finished second in a time of 26 minutes and 36.84 seconds while Curtis Soanes

took third place with a time of 27 minutes and 21.80 seconds.

Vanessa Rosignoli of Road Runners Cycling Club won the 12 and Under category. She completed the one-lap circuit in a time of 14 minutes and 14.71 seconds.

Arusa Murray-Watkins of Wadadli Cycling Academy took second place in a time of 17 minutes and 10.81 seconds.



Sean Weathered, centre, won the Elite Male Class ahead of Team Terminix team mate Conroy Thomas, left, and Omari King to capture the Individual Time Trial staged by the Antigua and Barbuda Cycling Association on Sunday. (Photo courtesy ABCA)

**cont'd from pg 22**

serve in Wellington.

The squad includes Stafanie Taylor captain, Anisa Mohammed vice-captain, Aaliyah Alleyne, Shermaine Campbelle, Shamilia Connell, Deandra Dottin, Afy Fletcher, CHerry Ann Fraser, Chinelle Henry, Kycia Knight and Haylee Matthews. Chedean Nation, Karishma Ramharack, Shakera Selman, Rashada Williams complete the line-up. Reserves are Kaysia Schultz, Mandi Mangru and Jannillea Glasgow.



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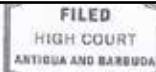
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THE EASTERN CARIBBEAN SUPREME COURT  
IN THE HIGH COURT OF JUSTICE

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 5<sup>th</sup> 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 16<sup>th</sup> 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 5<sup>th</sup> 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 1<sup>st</sup> January, 2010 to 31<sup>st</sup> 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 27<sup>th</sup> May, 2011 and 5<sup>th</sup> 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 10<sup>th</sup> 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 28<sup>th</sup> 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



## Father and son duo team-up with Antigua's top player to win charity golf tournament

The team of Siyolo Joseph, Sylvester "Bouncing" Joseph and Omary James captured the overall title at the Chippin for Charity Golf Tournament at the Cedar Valley Golf Course on Saturday.

They won the title in the competition, which was conducted as a three-man scramble, by prevailing in a chip-off against a team comprising Newman Wynter, Dion Messiah and Marcus Franker.

Eleven-year-old Siyolo, son of former West Indies, Leeward Islands and Antiguan middle-order batsman Sylvester Joseph, rose to the occasion during the chip-off.

Siyolo produced a brilliant chip shot, which landed just two feet from the hole, to lead his team comprising his father and Antigua and Barbuda's current top golfer, Omary James, to victory.

The team of Wynter, Messiah and Franker finished in the runners-up position.

Antigua and Barbuda's Minister of Education and Sports, Daryll Matthew, combined with Gairy Pigott and Brian Lomas to win the best net score category.

The trio of Sunil Sinanan, Keith Wood-

house and Kareem Doherty claimed the runner-up position by recording the second best net score.

The juniors' division best gross score category was won by the team of Amari George, Jaya Isaac and Tianja Payne.

Lenijah Thomas, Anya Tavernier and Ethan Henry claimed second place in the junior gross category.

A total of 108 golfers participated in the inaugural competition, which was hosted by former West Indies cricket team captain, Sir Richie Richardson, in conjunction with Striving for Success Antigua golf academy.

The tournament doubled as a fund-raiser and the official launch of a scholarship fund initiated by Sir Richie in partnership with Striving for Success Antigua.

The scholarship fund is being established to help young Antiguan and Barbudan golfers who need financial assistance to attend college overseas.

Eight golfers, who are part of Striving for Success, have already been awarded four-year athletic scholarships to attend Geneva College in Beaver Falls, Pennsylvania, where they will begin to pursue academic studies from next year.



*The team of Siyolo Joseph, right, Sylvester 'Bouncing' Joseph, centre, and Omary James, left, captured the overall title at the Chippin for Charity Golf Tournament at the Cedar Valley Golf Course on Saturday. (Photo courtesy striving for Success Antigua)*

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

The other four scholarship awardees are students

of the Antigua State College. They are Taj Barnes and Keiohn James, both 17, and brothers, Iman Henry, 17, and Ethan Henry, 18.

They will join Sabinea Winston, who in 2021, completed her freshman year of a four-year scholarship at the same American college.

# Sports News

*cont'd from pg 27*  
ed about.”

Brumant was born in New Jersey before his family moved to Houston, Texas, where he currently resides.

“My father and all his side of the family originally hails from Antigua. I got a lot of families in Antigua and Barbuda, all on my dad’s side. Lucaso Brumant, who does a lot of sports with Wings Sports Club, is my uncle.

“My dad moved to America, specifically to New Jersey, to come to high school. and my mom’s side are all from Trinidad, the San Fernando area.

“[My mom’s parents] moved a little bit earlier when she was in middle school. They moved to Dayton, Texas,” he explained.

“I was born in New Jersey and then moved to Houston, Texas, where I currently live.

“My mom always takes me to my practices, my games and all that kind of stuff. My dad used to play soccer and my mom used to run track so they have been around sports all their lives too.

“They are a big influence on me. They help me keep going, pushing through when I really didn’t want to do it. I really appreciate them for that because I reached this level in the game I love, so it is only up from here and I know they are going to continue to be there for me.”

Brumant is a co-captain and team leader in rebounds and blocks at Howard Uni-



*The shoe which Randall Brumant designed and played in for Howard University against Morgan State in the inaugural NBA HBCU Classic during the NBA All Star weekend celebration in Cleveland, Ohio, on Saturday, February 19, 2022.*

versity, located in Washington D.C.

It is the alma mater of the current and first black female vice president, Kamala Harris.

Brumant is pursuing a Master of Economics degree. He graduated in 2021 with a Bachelor’s degree from Columbia University in New York.

Columbia University is also the alma mater of Barack Obama, the first black president of the United States.

It was at Columbia that Brumant met Kenneth (Kenny) Blakeney, who was an assistant basketball coach. Blakeney played at Duke University for coach Mike

Krzyzewski when they won two national championships.

Blakeney left Columbia to become head coach of Howard University. Due to the pandemic, Brumant’s final basketball season at Columbia was cancelled and Kenny offered him a graduate scholarship to play for Howard University.

“I am a grad student here at Howard University. I played my first four years, undergrad at Columbia University in New York and when COVID-19 happened, I got another year to play so I used my extra year to come to Howard University to do my master’s in economics. It has been great so far. It is the most fun I’ve ever had,

playing basketball here at Howard,” Brumant said.

Brumant also shared some of his experiences in Cleveland ahead of his appearance in the NBA HBCU Classic.

“It has been crazy. First of all, it has been crazy getting here (Cleveland, Ohio) because it has been snowing and the weather was getting really bad.

“We originally had a flight that got cancelled so we had to find our way here. Eventually, we got on a bus, which is like a seven-hour drive from Washington DC.

“So we got to Cleveland at about 4am, went to bed and woke up to find ourselves in a really nice hotel. There is NBA stuff everywhere and so many people like greet you and we went to practice and there were like paparazzi; people standing there waiting in line for us to practice,” he said.

“It was crazy. I have never seen so many cameras at one place. When we got back from the practice to the hotel, it was the same thing with people lined up.

“Then we get to meet up with a lot of different people working with the NBA. All got titles, but I can’t remember what they were saying. They were giving us a lot of information about the health and safety protocols and that kind of stuff.

“Yes it has been wild. It is a nice little glimpse into what the NBA professional players are used to with all the kind of stuff they go through.”



## Brumant promotes Antigua/Barbuda during NBA All Star Weekend

Centre Randall “Randy” Brumant of Howard University proudly paid homage to his Antiguan and Barbudan ancestry during the American National Basketball Association’s (NBA) All Star weekend celebration in Cleveland, Ohio, last weekend.

Brumant, who is a six foot, seven inch tall, 220 pound centre and power forward for Howard University, took the opportunity to highlight Antigua and Barbuda during the first-ever NBA HBCU (Historically Black Colleges and Universities) Classic.

Brumant scored 17 points as Howard University men’s basketball team erased a double-digit deficit to defeat their long-time Mid-Eastern Athletic Conference (MEAC) rival Morgan State, 68-66, at the Wolstein Center in a televised live US simulcast on TNT and ESPN2 on Saturday, February 19, as part of NBA All-Star 2022.

The game between Howard University and Morgan State University is

part of the NBA and AT&T’s ongoing commitment to HBCUs as they will donate US\$100,000 to each participating institution in support of the student experience.

For this event, Under Armour, Howard University’s apparel supplier, allowed the players to design their own shoe.

In honour of his parents’ - who are from Antigua and Barbuda and Trinidad and Tobago - endless support and sacrifices, Randy played the game in a pair of sneakers designed with the flags of Antigua & Barbuda - to represent his father - Rolston Brumant, and Trinidad & Tobago for his mother, Carlene Brumant.

“I wanted to incorporate my roots into the shoe. On the right shoe I have the Trinidad [and Tobago] flag and on the left shoe I had the Antigua and Barbuda flag and on the front there is a Black Lives Matter fist and some words,” said Brumant, in an exclusive interview with Sports Overflow on Pointe FM on Friday night ahead of his game last Sat-



Randall Brumant holds a commemorative plaque in honour of the inaugural NBA HBCU Classic between Howard University and Morgan State during the NBA All Star weekend celebration. (Photos courtesy Randall Brumant)

urday.

“This is huge because I feel like now, the Black Lives Matter Movement and everything it started, is getting more spotlight in terms of just being able to be at things like this, like the NBA HBCU Classic.

“It’s like the HBCU has never been on a stage this

big before and I feel like the nation is starting to look at these different places and seeing the talent from all these different places, because it is there, but it just hasn’t been showcased before. It’s huge and I think it’s only going to get bigger from here, which I am excited

*cont’d on pg 26*