

# PERSONAL TRAINER STABBED TO DEATH



Chris Smithers is the country's second homicide victim this year. Smithers, a popular personal trainer, died after sustaining stab wounds following an altercation on Tuesday night with a man who is now in police custody. **Story on Page 2**

# Local News



## Personal trainer stabbed to death on Popeshead Street

Chris "Smithy" Smithers is Antigua and Barbuda's second homicide victim.

According to information obtained by Pointe Xpress, Smithers was stabbed following an altercation with a man who is alleged to be either a vagrant or mentally ill.

It is believed that the men got into an argument after Smithers' attacker approached him on Popeshead street sometime around 8pm on Tuesday.



What happened next remains unclear, however, the popular Xtreme Fitness Gym trainer was stabbed mul-

multiple times on the sidewalk in front Pita Pocket.

Emergency medical services were called to rush Smithers to the Sir Lester Bird Medical Centre, however, he succumbed to his injuries not long after arriving.

Smithers' assailant is believed to be in late twenties to mid thirties. He was apprehended following the incident and is now assisting police with the investigation.

## PM Browne hands over CARICOM chairmanship to Belize

Antigua and Barbuda's Prime Minister Gaston Browne has handed over Chairmanship of CARICOM to Belize's Prime Minister John Briceño.

At the start of the 33rd inter-session meeting of CARICOM Heads of Government on Tuesday in Belize, recovery from the pandemic took priority.

Over two days, Caribbean leaders will deliberate on the region's COVID-19 economic recovery strategies.

Additionally, the region's leaders will discuss the advancement of the CARICOM Single Market and Economy, Haiti's ongoing political and socio-economic instability, regional food and nutrition security, the outcomes of the most recently held Climate Change Conference, COP26, and the region's goals for COP27.

Although the CARICOM summit will conclude today, regional leaders will move straight into the CAR-

ICOM-SICA Summit which commences on Friday, also in Belize.

Like St. Lucia's Prime Minister, Phillip Pierre, Antigua and Barbuda's Prime Minister Gaston Browne opted not to attend the meeting in person in order to give priority to national matters.

However, his presence was still very much felt as he delivered the feature address to the grouping virtually.

In his address as the outgoing Chairman of CAR-

ICOM Heads, PM Browne first gave his full support to his successor, Prime Minister John Briceño, who will hold the post for the next six months.

This support, he said, was not given lightly, as unity among the CARICOM grouping is more vital than ever, particularly as the world sits on the brink of war in light of the conflict between Russia and Ukraine.

"The guns of war are once again roaring in Europe in a military confrontation that could bring two nuclear armed world powers into open conflict.

"The implications of this for world peace and security are almost too frightening to contemplate.

"The trend toward danger and volatility in many spheres in international affairs has characterised the

*cont'd on pg 3*

Wed 02   Day		Wed 02   Night	
82°	☀️	74°	☁️
24%	☔	24%	☔
E 11 mph		ESE 10 mph	
Mostly sunny skies. High 82F. Winds E at 10 to 15 mph.		Clear skies with a few passing clouds. Low 74F. Winds ESE at 10 to 15 mph.	
Humidity 74%	UV Index Extreme	Humidity 84%	UV Index 0 of 10
Sunrise 6:24 am	Sunset 6:14 pm	Moonrise 6:29 am	Moonset 6:22 pm
		● New Moon	

*cont'd from pg 2*

last six months of my chairmanship, and I fully expect it to continue,” said PM Browne.

He continued that the assassination of Haiti’s President Jovenel Moise at the beginning of his term - a very rare occurrence in the context of Caribbean politics - was a stark reminder of the perilous times the region is encountering from threats both foreign and domestic.

As such, he stressed the importance of the grouping remaining united and supportive of each other in order to ensure that the challenges that confront CARICOM’s members, individually and collectively, can be overcome.

Prime Minister Browne also addressed the issues related to the pandemic, specifically the shortage of vaccines and vaccine hesitancy, as the region works toward post-COVID normalcy.

“With resolute and joint action,



*Prime Minister Gaston Browne addressing the CARICOM 33rd Inter-sessional Heads of Government Meeting in Belize from his office in St. John’s, Antigua.*

I firmly believe that the worst of the COVID-19 pandemic is now behind us and our communities emerging from the devastating effects of COVID on lives and livelihoods,” he asserted.

Browne also addressed climate change which he described as the “greatest existential threat to all of humanity”.

He chastised the “obstinate and selfish attitudes” of developed nations who he posited have not shown sufficient care for the impact of climate change on developing nations during COP26 which was held in Glasgow in November 2021.

“It is not a secret that the results of COP26 fell far short of our expectations, and we continue our advocacy to push the major polluters of the world to reduce emissions, take mitigating actions and contain rising temperatures to within 1.5% of pre-industrial levels.

“Greater attention will also be focused on climate emergency accountability, as we aggressively examine the legal resources available to us under the appropriate international tribunal for the loss and damage, to end the injustices suffered as a result of the reckless actions of major polluters,” said Prime Minister Browne.

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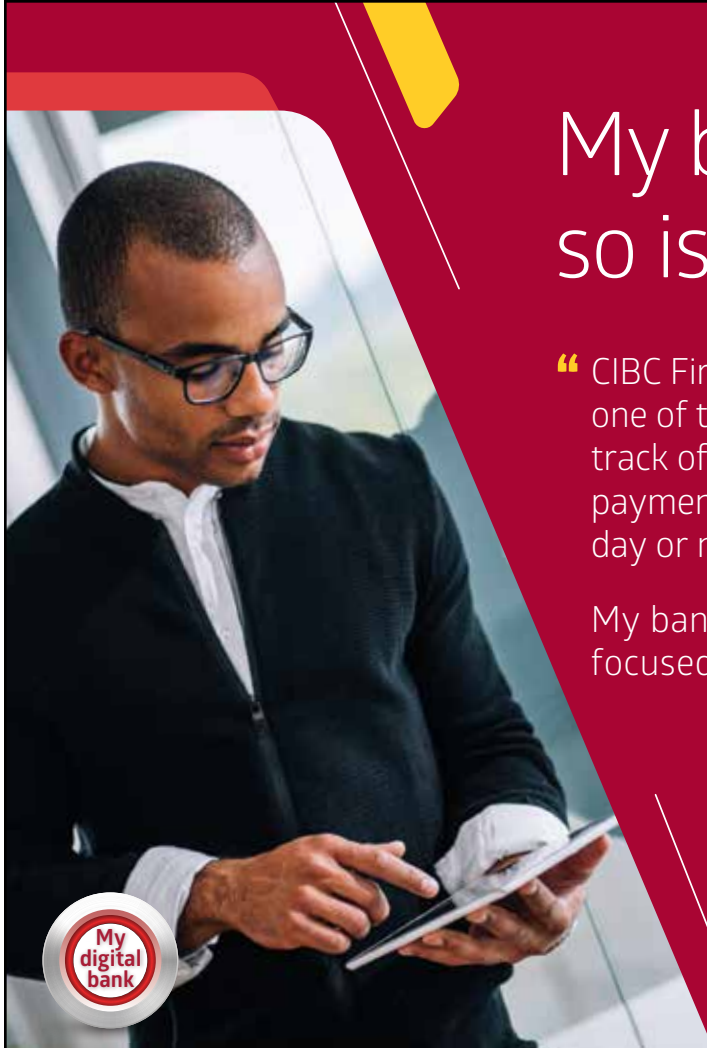
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# Local News



## Master of Fiennes condemns Quinn's "wicked & devious distortion"

Walton Edwards, Master of the Fiennes Institute, has condemned those responsible for what he has described as a sensationalised social media post that implied there was an operational crisis at the elderly care home.

Last Saturday on Facebook, former parliamentarian and veteran journalist, Dr. Jacqui Quinn, re-posted the claim of an anonymous resident that the Fiennes Institute had been without water since Wednesday. The post went on that Fiennes was short on eating utensils and cutlery.

As a result, Quinn issued an appeal for the public to come to the aid of the elderly care home.

However, Master Edwards has now responded calling the post a "wicked and devious distortion" of the facts that led to an unwarranted commotion.

"I take this opportunity to put into perspective what I consider to be a very wicked and devious distortion of information that is designed to bring the Ministry of Health, Fiennes Institute, and specifically, the management of this institution into disrepute," said Master Edwards.

Edwards said the home was inundated with donations of water by the truck load and eating utensils. Among the donors was Senator Gail Christian.

While he expressed appreciation for the donations, Edwards said they have gone into storage because just as recently as February this year, the institute received a significant donation of supplies from Senator Mary-Claire Hurst.

"It must be herald, that just over three weeks ago, the Fiennes Institute received from Senator Mary-Claire Hurst a large supply of spoons and bowls as was requested by management. Thus, according to our inventory records, we are well in excess in these items," said Edwards.

He also dismissed claims that the



Master of the Fiennes Institute, Walton Edwards.

institution had been out of water for several days.

According to Mr. Edwards, even when the institution is without running water, it has at its disposal two 650 gallon water tanks and a 12,000 gallon cistern for water storage.

"The three days that it was mischievously conceived that Fiennes Institute was out of water is blatantly false. Water was delivered everyday to Fiennes from Crabbes via the Public Works Department.

"Even when we may not have running water, the staff contingent would have filled the department's water catchments to facilitate every activity that requires the use of water." Mr. Edwards explained.

Edwards, who said Quinn's "irresponsible" social media post was spurred by "a personal political agenda", noted the Fiennes Institute welcomes donations, but encourages persons to contact the home first to discuss its needs so that the timely interventions can be made.

He also cautioned the institution's

*cont'd on pg 5*

## Joanne Walsh begins duties as Acting DPP

Chief Magistrate Joanne Walsh returned to the Office of the Director of Public Prosecution as its acting head on Monday, prepared for whatever challenges the job will present.

Mrs. Walsh becomes the first woman to serve as Director of Public Prosecution, though in an acting capacity.

She was recommended for the position and was subsequently approved by the Saint Lucia based Judicial and Legal Services Commission, after DPP Anthony Armstrong proceeded on special leave to file an

appeal against a professional misconduct judgement that was made against him by Jamaica's General Legal Council (GLC).

Prior to Monday, Walsh held several meetings with employees of the office of the DPP, to chart the way forward with her in charge.

Joanne Walsh returns to a familiar place. Before her appointment as chief magistrate, she served for 14 years as Crown Counsel 1.

At the magisterial level, Dexter Wason who presides over the Traffic Court will act as Chief Magistrate.

## Temple Academy principal found dead in office

Educators and former students of late Principal Dinson Parker are remembering him for his dedication and contributions to molding thousands of young minds.

The Temple Academy principal was found slumped in his chair yesterday morning in his office at the small, private primary school, located on Gray's Crescent Street, Grays Farm, off Kentish Road.

The circumstances surrounding his passing is unknown, but reports are that Parker complained of being unwell on Monday and was seen at Sir Lester Bird Medical Centre, where he had allegedly gone to seek medical attention. An autopsy will likely confirm the cause of death.

According to reports, due to recent break-ins at the school, the principal would keep watch there, arriving around 11pm nightly and leaving just before sunrise to prepare for the school day. Monday evening's routine was no different. It is sometime during the course of the evening he is believed to have died.

Investigators are probing the matter.

Dinson Parker served as a public-school teacher and acting principal for several years, at Greenbay Primary, Villa Primary and Clare Hall Secondary Schools. When he left the government system, he worked as a private school teacher, before assuming duties as prin-

cipal of Temple Academy.

Yesterday, Director of Education, Clare Browne, recalled Parker's dedication and life-long service in education, describing him as a veteran in the specialized field of work.

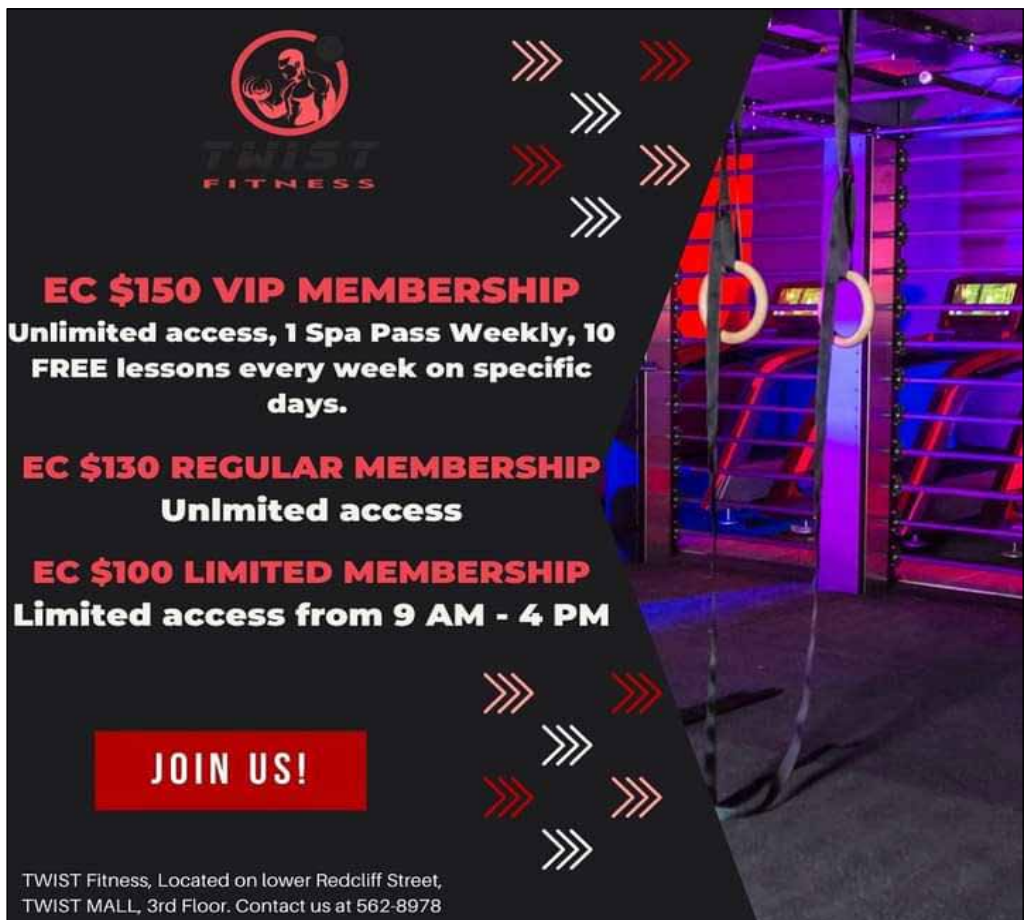
"Mr. Parker dedicated his entire life to education. We believe that his example as an educator, should inspire teachers today and for generations to come," Mr. Browne said.

"We certainly offer condolences to

his family, relatives, friends, school and all who were touched by the gift of his life."

The late educator also served as a judge during the preliminary rounds leading up to the Calypso Monarch Competition.

One person recalled Dinson Parker was on a panel with several others in 2019 that selected competitors who would advance to the finals of the competition.



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*cont'd from pg 4*

management and staff against using the home's vulnerable residents as "pawns" in any personal or politically motivated agenda.

Meanwhile, in a de-

parture from journalistic detachment, Dr. Quinn responded directly to Master Edwards on Monday in an emotional follow-up Facebook post.

Calling Edwards a "political appointee" and de-

scribing him as the "puppet" of Minister of Health, Sir Molwyn Joseph, Quinn accused him of being ingracious and going on the attack over the "embarrassing" situation at Fiennes.

Claiming that she

"double checked and triple checked" her information, Quinn remained adamant that her information was "uncontroverted fact" and contended that she would not be "muzzled" by the powers that be.

# Local News



## DCA sets the record straight over claims of political victimisation

The Development Control Authority is rejecting claims by the United Progressive Party's St. George's candidate that he is being barred from erecting a structure for a fund-raising activity.

The DCA stated Watts failed to meet their requirements, and as such, was not granted permission to move ahead with the temporary structure.

In a letter dated

22nd February, 2022, the UPP political aspirant requested permission to erect temporary tents measuring 30" x 40" with wooden stabilising bases, in the vicinity of Potter's Playing Field. In a 22nd February response, signed by the chief town and country planner, it was made known that Watts' request could not have been approved "without the requisite supporting documents".

The correspondence further outlined the steps that had to be taken, before approval is granted, informing Algernon Watts "you will be required to seek permission from the registered leaseholder, the St. George's Community Alliance, and submit to the authority such permissions accompanied by structural drawings of the proposal".

Mr. Watts was advised to restore the area where he

had begun erecting the tents until the requirements were met, with a caution that if he persists, a removal activity of the tents will be carried out at his expense.

The DCA's response is the topic of conservation on social media, with some finding their requirements unnecessary, while others are labelling the UPP St. George's candidate as untruthful after he claimed political victimisation.

## Virgin Atlantic returns as sponsor of ASW 2022

Antigua Sailing Week (ASW) has announced the return of Virgin Atlantic as the Transatlantic Airline sponsor of the 2022 event.

The return to travel after the lengthy hiatus has presented a renewed interest in Caribbean destinations for sport tourism and leisure. For Virgin Atlantic, the move to support ASW, endorses its desire to support safe, hassle-free movement between its destinations for participation in these activities.

Virgin Atlantic's weekly schedule features flights from Heathrow into and out of V. C. Bird International Airport on Tuesday, Thursday and Saturday. This means there are perfectly timed flights for participants who want to race in the optional Peters & May Round Antigua Race on Saturday 30th April, and for all sailors who plan to race in Antigua Sailing Week which starts on Sunday 1st May.

Spectators planning to travel to Antigua for the week-long celebration will find that the schedule convenient as it arrives on Saturday in time for the opening festivities and leaves a week



later, also on Saturday, after the prize giving ceremony on 6th May.

Virgin Atlantic Country Manager - Caribbean, Hannah Swift, said of the partnership with ASW: "I'm thrilled to be partnering with such a prestigious event and to be able to support the participants and their families with accessible fares. Antigua Sailing Week is a world renowned event which highlights the beauty of Antigua on land and on water."

Any of the ASW participants, family or friends wishing to travel to the

event, must email [caribcorporates@fly.virgin.com](mailto:caribcorporates@fly.virgin.com) with their needs to take advantage of the event specific offers which include:

Discounted flights to/from Antigua via London Heathrow

Group rates for bookings of 10 adults or more

Flexible tickets should things change

Dedicated support from our team in the Caribbean

Event Manager Rana-Jamila Lewis, noted: "We welcome the support  
*cont'd on pg 7*



## COVID-19 continues to decline, 36 active cases

The most recent report received by the Ministry of Health, Wellness and the Environment revealed ten (10) new laboratory confirmed COVID-19 cases in Antigua and Barbuda as of Saturday 26th February, 2022 at 6pm.

Four (4) of the cases were recorded on February 25th and six (6) on February 26th.

Four hundred and one (401) samples were processed.

Twenty-three (23) recovered cases were recorded.

Consequently, the total number of persons with laboratory confirmed COVID-19 cases in Antigua and Barbuda is seven thousand four hundred and forty-seven (7,447); which is inclusive of thirty-six (36) active cases.

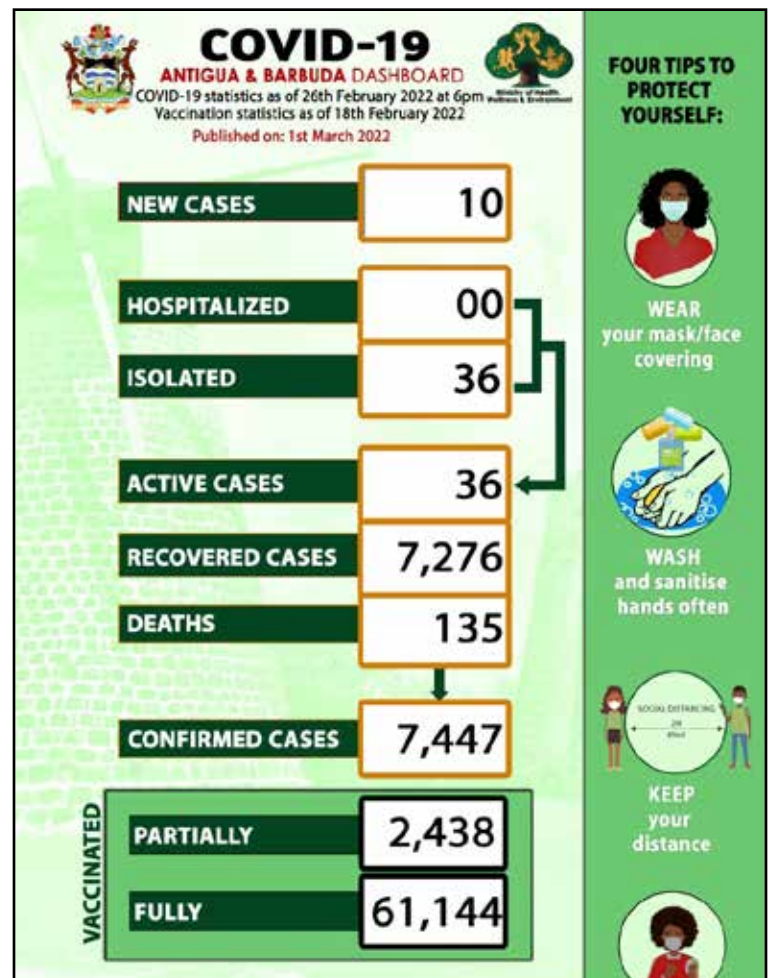
There are no hospitalised cases.

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Virgin Atlantic has extended to our 2022 participants. Plus, the bonus of Virgin Atlantic's support is that it also facilitates coordination of our international team and strengthens our summer marketing strategy for the

2023 event."

There are 84 boats currently registered for the 2022 event which kicks off on April 30th with the Peters & May Round Antigua Race, followed by Antigua Sailing Week May 1st – May 6th.




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# Opinion

## Covering Ukraine: A mean streak of racist exceptionalism

By Patrick Gathara

The conflict raging in Ukraine between Russian and Ukrainian Slavs, the latter with the support of a tribal coalition of nations across sub-Scandinavian Europe, has exposed much more than the fragility of peace on the disease-ravaged subcontinent. It has also revealed a mean streak of racist exceptionalism with which many Europeans, and people of European heritage, tend to regard themselves.

It has been impossible to miss the shock among Caucasian journalists covering the war, sparked by Russia's invasion under the pretext of supporting ethnic allies in the eastern tribal enclaves of Donetsk and Luhansk, which it has recognised as independent states, at the idea that this could happen in Europe.

"They seem so like us. That is what makes it so shocking ... War is no longer something visited upon impoverished and remote populations. It can happen to anyone," wrote Daniel Hannan in the UK's *The Telegraph*. "We are in the 21st century, we are in a European city, and we have cruise missile fired as if we were in Iraq or Afghanistan, can you imagine," a commentator wailed on French TV.

Reporting from the Ukrainian capital, Kyiv, Charlie D'Agata, a correspondent with CBS News in the US, declared Ukraine "isn't a place, with all due respect, like Iraq or Afghanistan, that has seen conflict raging for decades ... This is a relatively civilised, relatively European – I have to choose those words carefully, too – city, where you wouldn't expect that or hope that it's going to happen." He later apologised.

The pearl-clutching is of course nothing new. When covering events



Photo Credit: Patrick Gathara

in the US during the Donald Trump administration, especially the 2020 elections, reporters would regularly exclaim that such chaos was expected of the "Third World", not the US. "America is a Third World country now" was a headline of *Fortune* magazine following the unhinged first presidential debate between Trump and his eventual successor, Joe Biden.

It all harkens back to Chinua Achebe who, in his 1977 review of British writer Joseph Conrad's novel *Heart of Darkness*, noted that "for reasons which can certainly use close psychological inquiry, the West seems to suffer deep anxieties about the precariousness of its civilization" and needs constant reassurance by comparison with Africa. To Africa, we can add Iraq, Afghanistan and much of the Global South.

In essence, the journalists are seeking to affirm white European exceptionalism and virtue by outsourcing its ills to the "developing" world. What Achebe wrote, regarding Africa

is true of much of the non-white world which "is to Europe as the picture is to Dorian Gray – a carrier onto whom the master unloads his physical and moral deformities so that he may go forward, erect and immaculate".

Ironically, European moral deformities have been on open display since the Russian invasion, which is itself grossly immoral and unjust. The reported treatment by Ukrainian guards of Africans, Indians and other people of colour trying to flee the country remains an indelible stain on its otherwise heroic stand against aggression.

The warm welcome accorded to white Ukrainian refugees by Ukraine's neighbours in the European Union is in sharp contrast to the hostile reception experienced by people of other races, from other places, on arrival at Europe's doorstep. And the Europeans have not been shy about the reasons for the discrepancy.

Bulgarian Prime Minister Kiril Petkov declared: "These are not the  
*cont'd on pg 9*



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refugees we are used to. These are people who are Europeans, so we and all other EU countries are ready to welcome them. These are ... intelligent people, educated people ... So none of the European countries is afraid from the immigrant wave that is about to come."

Polish Prime Minister Mateusz Morawiecki also said: "We will accept anyone who needs it. The Ukrainian society gets more afraid and stressed. We are ready to accept tens, hundreds of thousands of Ukrainian refugees." This is while his country continues to deny entry to mostly Iraqi, Afghan and Syrian migrants and asylum seekers on its border with Belarus.

In the UK, which has contemplated pushing back non-white refugees into the English Channel, Prime Minister Boris Johnson has reportedly said Ukrainians can go in visa-free if they already have family there.

It is worth noting that when the journalists shocked by the pristine continent's descent into the muck which they believe is solely reserved for the rest of humanity, deign to mention the contradictory stances towards asylum seekers, they do so in passing. The word "racism" appears to be studiously avoided.

The irony of European powers taking in refugees created by Russia's aggression while shutting out those generated by their own invasions and occupations is apparently also lost on them.

As is the fact that while Russia is condemned as it should be for invading someone else's country, the same countries shouting the loudest about international law and the UN Charter and resolutions are happy to ignore Apartheid Israel doing exactly the same thing to Palestinians. No calls for sanctions or isolation there. No celebration of the bravery of people in

Gaza and the occupied West Bank in standing up for their freedom against a brutal occupier.

But then again, Israel did not invade a white European country, and we know they think certain behaviour is acceptable, and to be expected, when directed against people on other continents.

In fact, one feels towards the North in much the same way comedian John Oliver responded upon hearing that former US President George W Bush, who ordered the disastrous and murderous invasion of Iraq in 2003, was condemning Putin. "Hold on, George. Not from you," he retorted on his show, Last Week Tonight. "You are not the guy for this one, because that statement only would have made sense if it ended with 'Oh s\*\*\*, now I hear it. Sorry. I'll shut the f\*\*\* up now.'"

Rather than shut up, perhaps it would be better if they showed a little awareness and a little consistency.



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## Stop wasting and start saving on groceries with these simple tips

By Hilary Meyer

Americans throw out more than 25% of the food we prepare, according to the Environmental Protection Agency. And wasted food means wasted money. Here are some easy steps you can take to stop wasting and start saving:

### Tip 1: Make a game plan.

The most important step you can take to cut down on waste is to come up with a solid plan. Investing time up front planning your meals assures that you use everything you buy and will result in less time spent planning and shopping later in the week. Think about your week ahead and plan accordingly. Find a few easy recipes you want to make, or rely on trusty favourites you know you'll love. Leave one day open for leftovers and another for using up pantry staples. And to make sure things don't go bad in the fridge, plan on eating seafood or fresh meat toward the beginning of the week, and save meals with ingredients that have a longer shelf life (like pasta) for the end of the week. Give one of our easy dinner meal plans a try, so the planning is already done.

### Tip 2: Write a shopping list.

Once you've got a plan, it's time to make a list. And once you have that list, stick to it. That's the best insurance that you won't spend extra money on ingredients you don't really need. You can get a head start by creating a list on your computer in a spreadsheet program that includes all the items you buy on a weekly basis, such as eggs, milk and bread. Then just print it out and add to it what you need. Not feeling techy? A simple handwritten list divided into store aisles will keep you



*Creamy White Chili with Cream Cheese*  
organised and efficient.

### Tip 3: Don't shop hungry.

We know you've heard this before, but we can't stress it enough—don't shop hungry! An empty stomach makes everything look appetising, and if you want to save money and avoid waste you need to stick to your shopping list. So shop after a meal, or have a light snack before you head to the store.

### Tip 4: Double up dinners.

It sure is handy when we can buy the exact amount of food we need to make the meal we've planned, but often that's not the case. We're often left with leftover ingredients that languish

in the fridge or pantry and end up with a one-way ticket to the trash can. To help cut down on wasted food (and money!) consider doubling your recipe. You will likely have to buy more, but you will waste less. Leftovers make great lunches, and if what you're making can be frozen, you'll have a meal at the ready when you need it.

### Tip 5: Look for deals.

One approach to saving money and wasting less is to plan your meals based on what's on sale. Proteins like meat and fish tend to be the most expensive grocery items, so check the flyer from your grocery store to see what's on sale this week and plan

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## *cont'd from pg 10*

from there. And while everyone loves a good sale, don't be swayed by great prices on items you don't need. If it's not on your list, you probably don't need it.

But if you do go for anything, make it a shelf-stable item that won't go bad if you don't get to it this week. Oftentimes large chain grocery stores have optional rewards programs you can sign up for at the register that require a card or your phone number each time you shop. Yes, it's a pain to sign up for those things when you just want to pay for your groceries and go, but the savings are often targeted to items you shop for specifically and may be worth the effort.

### **Tip 6: Keep a well-stocked pantry.**

A well-stocked pantry is essential to cost savings. Basics like olive oil, canned or dry beans, pasta and canned tuna can last for a while in good storage (usually a cool, dry pantry). Paired these with fresh or frozen ingredients and you've got yourself a healthy meal in no time. Always check to see what staples need replenishing and write them down on your shopping list as soon as you use something up.

### **Tip 7: Make the most of leftovers.**

Making sure your leftovers get used up is a great way to save money and cut down on food costs. It can be as simple as reheating what you had the night before, or you can get creative and make an entirely new meal out of the one you had last night. Got leftover chicken?

Make curried chicken salad. Leftover cooked steak and ground beef make a nice addition to salads, and even leftover pasta can be added to soup instead of to your trash can. If your leftovers are freezable, great! Freeze them. Just make sure they've cooled and are tightly wrapped when you put them into the freezer to pre-

vent ice crystals from forming. Also, label and date them so you'll know what they are in case you forget.

### **Tip 8: Shop around.**

Many of us are lucky enough to have more than one grocery store option within a reasonable distance of where we live. If this applies to you, then consider shopping at more than one store. If the produce section at your favourite grocer hasn't been stocked since the weekend, the fruits and veggies might look a little worse for wear. Instead of buying less-than-perfect produce (which has a shorter shelf life), consider taking a trip down the road to see if another grocer has better offerings. If one store is your only option, that's fine too. Keep in mind you may have to be flexible in your planning and substitute an ingredient with something else if what you're looking for is less than perfect.

### **Tip 9: Create some meal-prep magic.**

Yes, we've already covered planning your meals, but you can take it to a whole new level by jumping onto the meal-prep bandwagon. Think of it as the convenience of takeout with the benefits of a healthy homemade meal. Yes, it's a little work up front, but you'll have grab-and-go meals at the ready for the entire week.

And since you'll be cooking in batches, you'll save money by reducing waste, prepping your own food at home and avoiding spending for food at a restaurant or cafeteria. All you need to get started are some good meal-prep recipes that can hold up in storage, and some different sizes of containers (which you can find easily in the food-storage section of most supermarkets).

### **Tip 10: Shop your local market**

A well-stocked supermarket is a good place to shop for fresh produce,

but if you have the option of shopping at the local farmers' market, that is even better. Farmers' Markets cut out the middleman by supplying fresh produce directly to you straight from the farm. That means your produce hasn't travelled far or sat on a shelf, so it will stay fresh much longer. Most farmers can give you a good idea of what their offerings will be ahead of time so you can plan accordingly.

### **Tip 11: Buy in bulk (but check the unit prices).**

The bulk section can be a great place to shop if you want to avoid wasting food and money. If you need a cup of oats, you can buy a cup of oats and not worry about what to do with the rest of a larger package. But if you want to be extra savvy, compare unit prices.

Unit prices are not the actual price of the item, but how much the item costs per unit (usually ounces or pounds). Price per unit is almost always listed on the shelf next to the item price. Sometimes bulk items can be more expensive per pound than packaged, so in our oats example, since oats are easy to store, you may be better off buying the package if its unit price is cheaper than what you see in the bulk section.

### **Tip 12: Avoid prepped meals.**

Buying prepackaged meals at the grocery store may seem like a good way to avoid wasting food, but they come with their own problems. Sure the actual food may not go to waste with these neatly organised portions, but the packaging itself goes straight to the trash. Not to mention, some packaged foods serve more than one person which means you have to figure out what to do with leftovers or eat more than one serving if you're buying just for yourself. Your best bet is to prep your own convenience meals at home.



# Environment



## Climate change brings extreme, early impact to South America

By Diane Jeantet, Mauricio Savarese  
And Debora Rey

RIO DE JANEIRO (AP) — Scientists have long been warning that extreme weather would cause calamity in the future. But in South America — which in just the last month has had deadly landslides in Brazil, wildfire in Argentine wetlands and flooding in the Amazon so severe it ruined harvests — that future is already here.

In just three hours on Feb. 15, the city of Petropolis, nestled in the forested mountains above Rio de Janeiro, received over 10 inches of rainfall — more than ever registered in a single day since authorities began keeping records in 1932. The ensuing landslides swallowed the lives of more than 200 people, and left nearly 1,000 homeless.

A report published Monday by the Intergovernmental Panel on Climate Change (IPCC) corroborates what many on the ground are witnessing with their own eyes. Global warming is altering the intensity and frequency of extreme weather events, such as El Nino and La Nina, the natural heating and cooling of parts of the Pacific that alters weather patterns around the globe. These events have also become more difficult to predict, causing additional damage, the report said.

“Climate change is projected to convert existing risks in the region into severe key risks,” the report said.

Until 2020, there was plenty of water, swamps, stagnant lakes and lagoons in Argentina’s Ibera Wetlands, one of the largest such ecosystems in the world. But an historic drought of the Parana River dried much of it out; its waters are in the lowest level since 1944. Since January it has been the stage of raging fires.

And this week, 70% of the remote



*A man carries a dog rescued from a residential area destroyed by landslides in Petropolis, Brazil, Feb. 16, 2022. Scientists have long been warning that extreme weather would cause calamity in the future. But in Latin America — which in just the last month has had deadly landslides in Brazil, wildfires in the Argentine wetlands and flooding in the Amazon so severe that it ruined harvests — that future is here already. [Photo Credit: (AP Photo/Silvia Izquierdo)]*

city of Jordao in Brazil’s Amazon rainforest was submerged by the overflow of two rivers. It has shattered the lives of thousands of people in the region, including in 32 Indigenous communities.

Central and South America is the second most urbanised region in the world after North America with 81% percent of its population residing within cities. In this context, forests are playing a vital role to stabilise local climates and to help the world meet the ambitious temperature goals set by the 2015 Paris Agreement, experts say.

The entire Amazon rainforest stores between 150 and 200 billion tonnes of carbon in the vegetation and soil, according to Carlos Nobre, a prominent Brazilian climate scientist who has studied the biome for several decades.

“It’s a huge reservoir,” Nobre told The Associated Press in a phone interview. “If you lose the forest, this carbon dioxide, a major greenhouse gas, goes

into the atmosphere. It is very important to maintain the forest.”

But most governments across the region have failed to heed the IPCC’s warnings and stop the destruction. Many South American leaders have remained silent about illegal logging and mining activities in sensitive regions. Brazil’s President Jair Bolsonaro has gone further, outright encouraging it both with his words and by weakening environmental agencies and regulation.

Even in Colombia, where President Iván Duque has attempted to rein in illegal logging, a recent increase in forest fires led more than 150 international academics and activists last week to send a letter urging the government to take a more aggressive stance.

Indeed, local prosecutors and police have said the region is more and more dependent on activists for preservation, either to prevent deforestation that leads

*cont’d on pg 13*

*cont'd from pg 12*

to drastic changes in climate or to deal with the consequences of environmental degradation.

Alejandra Boloqui, 54, manages a private natural reserve in Argentina's Ibera Wetlands, and has been helping firefighters wage their desperate fight against the flames. Last week, she recorded a scene on her phone that overwhelmed her with sadness: a dozen alligators fleeing the flames and walking down a dirt track in search of water.

"When I started filming them, I cried. I felt they were saying to me: 'I've been left without a home, I'm leaving,'" Boloqui told the AP. "It got my attention seeing so many alligators moving together during the day. ... They are very slow reptiles who move at night to avoid heat."

They, along with many other animals, found temporary refuge in a nearby lagoon that had dried up due to lack of rain and has since been artificially refilled with solar water pumps.

Local authorities attributed the fires to the burning of pastures for cattle ranching, which has been prohibited since December. IPCC experts stress in the report that droughts lay the groundwork for blazes that spread rapidly.

Brazil's south and south-east regions last year faced their worst droughts in nine decades, raising the spectre of possible power rationing given the grid's dependence on hydroelectric plants. Simultaneously, in Manaus, the larg-

est city in the Amazon, rivers swelled to levels unseen in over a century of record-keeping, flooding streets and houses and affecting some 450,000 people in the region.

This week, with most of the Amazonian city Jordao plunged underwater, Indigenous leader and forest guard Josias Kaxinawá is working to bring any support he can to dozens of communities. He spent all day Wednesday rescuing people and their belongings using his small boat equipped with an outboard motor.

The Jordao and Tarauaca rivers join during the rainy season, which Kaxinawá and his neighbours didn't expect for several more weeks. But this time, unlike last year, showers arrived not just too early, but also brutally, he told the AP.

"We are living our worst

moment. Flood, rains, winds. Climate change is creating more problems for us. We are losing a lot of stuff, boats, household appliances, every crop we grew last year," Kaxinawá said by phone from Jordao, adding he had never seen so much rain in his area. "We worry about the future," he said.

He added that the small city's agricultural production is "virtually all destroyed."

This jibes with the IPCC report, which says changes in the timing and magnitude of precipitation along with extreme temperatures are impacting agricultural production across Central and South America.

"Impacts on rural livelihoods and food security, particularly for small and medium-sized farmers and Indigenous Peoples in the mountains, are projected to

worsen," the report read.

Acre state's government said at least 76 families have lost their homes in Jordao and around, most of them Indigenous and now living in a local shelter. But Mayor Naudo Ribeiro admitted the count was underestimated.

"This was too fast, there's no way to prepare when it happens like this," Ribeiro told local media.

More than 3,400 kilometers (2,100 miles) away in Petropolis, the Brazilian city ravaged by landslides last week, Mayor Rubens Bomtempo provided journalists with a similar comment just days before.

"This was totally unpredictable," Bomtempo said. "No one could predict rain as hard as this."

The IPCC report suggests events like these will continue to shake the region.



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# Regional News



## Guyana denies social media reports of Venezuelan incursion

CMC -The Guyana Defence Force (GDF) has denied social media reports that members of the Venezuelan army had conducted operations on Guyanese soil and destroyed equipment.

"The Guyana Defence Force wishes to condemn and debunk a social media post which alleges that the Venezuelan military conducted operations in Guyana's territory that destroyed two excavators in Region 7.

"Such reckless and irresponsible posts only serve to unnecessarily increase public tension and anxiety about Guyana's national defence and security," the GDF said in a statement.

In December 2020, the International Court of Jus-



tice (ICJ) said it would hear Guyana's request for a ratification of the current border with Venezuela.

Caracas maintains the ICJ has no jurisdiction in the matter and wants Guyana to engage in bilateral talks instead.

The dispute has sparked past skirmishes. In 2013, Venezuela's navy brief-

ly seized a research vessel working in the Roraima block under contract from US firm Anadarko. And in December 2018, Exxon-Mobil suspended seismic surveys on a part of its acreage license after a research vessel it contracted was approached by a Venezuelan navy ship.

The 120-year-old dis-

pute is "properly before the International Court of Justice (ICJ) and will remain there for peaceful resolution," Guyana said.

In its statement, the GDF said that along with "its Joint Service partners" they will remain "alert and vigilant on our borders.

"We therefore wish to advise that all reports of any unusual activity be first verified before releasing such reports to the public as facts."

The GDF said it was taking the opportunity to urge social media commentators and outlets "to be ever cognisant of the environment and be mindful of the impact of the information they disseminate."

## FNM apologises for hurt caused to Bahamians during Minnis Admin

CMC - The main opposition Free National Movement (FNM) ended its three-day convention last weekend, acknowledging that it "did not get everything right" during the Dr Hubert Minnis administration that was voted out of office in September last year.

"Some folks are feeling some type of way about us so as we celebrate all that we accomplished, and it has been much, under Prime Minister Ingraham it has been much, under Prime Minister Minnis it has been much, but let's also acknowledge that we made some decisions that resonate in entirely the wrong

way with many, many Bahamians," said new FNM leader, Michael Pintard, adding "some of you sitting in here were left vulnerable in the public service, had no idea that the PLP (Progressive Liberal Party) would behave in the manner they said they had abandoned.

"I want to say I regret that we made some of those decisions and you were hurt and we apologise to every Bahamian who has been hurt by any decision that we had made. I believe that the decisions came out of a place in our heart where often we thought the right decision was

*cont'd on pg 15*



FNM Leader Michael Pintard



## USVI lifts most COVID-19 restrictions

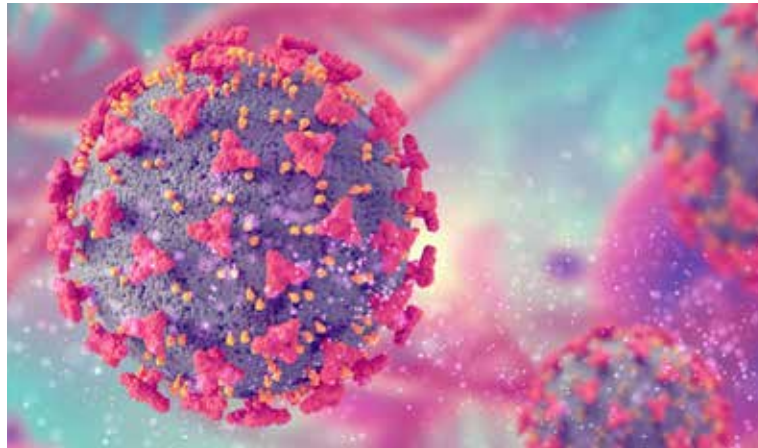
Loop - Residents of the US Virgin Islands will begin the process of living with coronavirus (COVID-19) as Governor Albert Bryan announced the removal of several restrictions that were aimed at reducing its spread.

At today's weekly COVID-19 Update, Bryan said the government is taking a "big step" in its move to live in the "new normal" where COVID-19 remains an ever-present threat.

The regulations which come into effect are as follows:

From Thursday, all government employees with COVID telework agreements must report to their respective offices during normal business hours. The governor noted: "Whether they work remotely or they may have some issue with the building that they're working in, those are fine but everybody else back to work."

Events hosting less



[Photo credit: istock]

than 1,000 people no longer need the Virgin Islands Department of Health's (DOH) COVID approval. However, event organisers will still need to secure non-COVID permits from police, fire etc.

No masks are required for vaccinated events authorised by the DOH.

Restaurants, bars, food trucks, houses of worship, indoor recreational facilities, gaming centres and retail and wholesale stores may operate according to their business license and permits. Indoor masking and social distancing rules

apply.

Masks and social distancing are required for club-goers who are standing or on the dance floor.

Customers are not required to wear a mask when seated in a restaurant or bar or in the outdoor section.

Fully vaccinated restaurant staff will not be required to wear masks in the kitchen.

Wellness centres, fitness centres, gyms, tennis courts, athletic fields, and golf courses can operate in accordance with their business licenses and permits.

Barbershops, hair sa-

lons, nail salons and massage therapists may operate according to their business licenses and permits. Masks are required to enter these establishments.

Visits to nursing homes can resume but a negative COVID-19 test taken within 72 hours must be provided.

The moratorium on evictions has been lifted, with an exception for persons on Emergency Home Repair Program.

Landlords are now free to raise rents.

The governor thanked Virgin Islanders for doing their part in the fight against COVID-19.

He was pleased that active COVID-19 cases have fallen below 100 for the first time in several months.

Dr Esther Ellis, Territorial Epidemiologist, reported that there were 95 infections spread across the islands of St Croix, St Thomas and St John.

*cont'd from pg 14*

being made. But nevertheless the consequences are real for you.

"And so we don't hold you responsible for us being in opposition. No, you made a decision that you felt was in your interest, whether it was to vote against us or to stay home from voting.

"Our job is to hear and feel the response of the Bahamian people and make a determination that we will make adjustments where adjustments are required. We did not get everything right and we should be

honest and say it."

Pintard has been critical of workers whom he said had been dismissed under the new PLP administration of Prime Minister Phillip Davis.

"Here is a government that has the notion that anyone who was hired in the last four and a half years must be FNM so it's perfectly okay to fire them.

"We have some ministers (who) will come on television, they sound exceptionally smooth and eloquent, but at the end of the day the story they tell does not resemble the truth. In

Urban Renewal it is a naked attempt to replace one group of Bahamians with another group of Bahamians," the FNM leader told supporters.

Pintard told supporters that he will be willing to serve the party only for as long as members want him to do so.

"I will serve at your pleasure for as long as you would have me and rest assured, the day you make the determination you don't want me I wouldn't be fighting tooth and nail, left right and centre, east, west, north and south to hold on," he said.

# Here's what happens in a nuclear apocalypse

By Walt Bonner

Since the creation of the atom bomb, the threat of nuclear war has loomed.

Endless films and books have dealt with the nuclear apocalypse and its aftermath, but what would a nuclear apocalypse really look like? Rutgers University Professor Alan Robock spoke with Fox News about the Armageddon and his team's new study regarding a nuclear war's effects on ocean life.

## Cities would burn

If you live in a major city when a nuke hits, needless to say, you're in big trouble.

"A nuclear bomb is like bringing a piece of the sun to the surface of the earth for a fraction of a second, and everything within a certain distance would just flash into fire," Robock said. "In Hiroshima, there was a bomb that was 15 kilotons of explosive power, and everything within several square miles just burned and produced smoke."

**Doomsday clock moves to 100 seconds to midnight — closest point to nuclear annihilation since cold war**

The bomb that was used then was actually pretty tiny by today's standards. Current American bombs can range from 50 to 1,200



Hiroshima after the dropping of the atom bomb in August 1945. [Photo Credit: Getty Images]

kilotons, so the explosion would be that much bigger. And with the amount of fuel in cities, the fires produced would burn for a very long time.

According to Robock, "We've recently been studying forest fires, like the one in Australia that's still ongoing. They're observed to pump smoke into the stratosphere and then get heated from the sun and lasting for a long time, but [with] the smoke from fires in cities and industrial areas, there would be a lot more smoke [because] there are a lot more things to burn."

**Then it would get really cold**

A nuclear war would

start fires in cities and industrial areas and pump a lot of smoke into the stratosphere above where we live. In the upper atmosphere, there's no weather or rain to wash it out, and the smoke enveloping the earth would last for years, sending temperatures plummeting.

**Nuclear winter would trigger a global famine, but one expert says his doomsday diet could save humanity**

"If the United States and Russia had a nuclear war today, there could be so much smoke that it would produce a nuclear winter," Robock explained. "Temperatures would get below freezing in the summertime over land where

we try to grow our food—we discovered that many years ago but our modern climate models still tell us that's the answer, even after the nuclear arsenals in the U.S. and Russia had been reduced substantially in the 80s."

There are more countries with nuclear weapons these days—nine total. The computer models used in Robock's study calculated that a nuclear war between India and Pakistan, whose nukes are believed to be 40 kilotons and way less powerful than those of America or Russia, would cover the earth's entire atmosphere with smoke that would last for years.

*cont'd on pg 17*



*cont'd from pg 16*

"The temperatures would be colder, there'd be less sunlight, less rain and there'd be excess UV radiation because the ozone would be destroyed," Robock said.

**Nuclear war between india and pakistan would unleash 'global climate catastrophe', scientists warn**

Such a war between America and Russia would cause a nuclear winter lasting much, much longer.

**Food would run out quick**

As every good survivalist knows, it's a good idea to stock up on lots of canned goods in case of the nuclear apocalypse.

"Humans have to eat, and so the food supply in the world right now is about 60 days-worth," Robock said. "You probably don't have 60 days worth of food at your house, you probably go to the grocery store every week [unless] you're a farmer. Once the stores ran out of food and the food that was stored disappeared, it'd be very hard to get food."

**'Nuclear winter' coming? Nuclear war between us and russia would cause catastrophic event, study confirms**

A nuclear winter would kill off a lot of crops, but how long would it take for agriculture to bounce back? According to Robock, it would depend on how much smoke went into the air and what time of year the nu-

clear strikes took place.

"It does get cold in the winter in the mid-latitudes, and plants have time to prepare for that and then grow again the spring," he said. "If it were the spring that this happened where the plants were not prepared for the winter it might kill a bunch of plants, but seeds would be around, the roots would be around—I don't think it's possible to kill all life on earth."

In other words, some crops may survive, but not enough to keep everyone fed, and many would starve in the years it would take to bounce back to normal.

**Oceans would cool and become more acidic**

Robock and his team have been doing research with climate model computer programs to calculate how the climate would respond to different amounts of smoke.

"Until now, nobody's ever looked at what would happen to the oceans," he said. "So if we can't grow food, can we go fishing?"

**Doomsday warning: it would only take 100 nuclear weapons to wreak global devastation**

The team's most recent calculations have been done with a climate model at the National Center for Atmospheric Research that includes detailed calculations about the ocean, including ocean chemistry. They discovered that the ocean would get colder at a slower rate than the land. The colder temperatures

would lead to lower levels of carbonate for about a decade, which could break down the shells of certain fish.

"It takes a while for the ocean to warm up and cool off," Robock said. "So after a couple of years, it would get colder and it would absorb more carbon dioxide from the atmosphere, just like if you have coke—it has more fizz when it's colder than when it's warmer. And this carbon dioxide would make the oceans more acidic and it would start to dissolve the shells of different shellfish and corals."

This cooling and chemistry shift of the oceans would take a couple of

years, and then last for a decade or so. It remains unknown if sea life could adapt.

**Doomsday AI machines could lead to nuclear war, think tank paper warns**

"The smoke would last for more than five years," Robock said. "And after 7 or 8 years it would start to clear out and then it would take a while for the ocean to warm up again."

So with all of the food gone and the plants dead, we can all go fishing—at least for a while. See you at the fish fry.

The study can be found in the journal *Geophysical Research Letters*.

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## Russian forces escalate attacks on Ukraine's civilian areas

AP — Russian forces escalated their attacks on crowded urban areas Tuesday, bombarding the central square in Ukraine's second-biggest city and Kyiv's main TV tower in what the country's president called a blatant campaign of terror.

"Nobody will forgive. Nobody will forget," President Volodymyr Zelenskyy vowed after the bloodshed on the square in Kharkiv.

Ukrainian authorities said five people were killed in the attack on the TV tower, which is a couple of miles from central Kyiv and a short walk from numerous apartment buildings. A TV control room and power substation were hit, and at least some Ukrainian channels briefly stopped broadcasting, officials said.

Zelenskyy's office also reported a powerful missile attack on the site of the Babyn Yar Holocaust memorial, near the tower. A spokesman for the memorial said a Jewish cemetery at the site, where Nazi occupiers killed more than 33,000 Jews over two days in 1941, was damaged, but the extent would not be clear until daylight.

At the same time, a 40-mile (64-kilometer) convoy of hundreds of Russian tanks and other vehicles advanced slowly on Kyiv in what the West feared was a bid by Russian President Vladimir Putin to topple Ukraine's government and install a Kremlin-friendly regime.

Russian forces pressed their assault on other towns and cities across the country, including the strategic ports of Odesa and Mariupol in the south.

Day 6 of the biggest ground war in Europe since World War II found Russia increasingly isolated, beset by tough sanctions that have thrown its economy into turmoil and left the country practically friendless, apart from a few nations like China, Belarus and North



*A woman takes photos of a destroyed accommodation building near a checkpoint in Brovary, outside Kyiv, Ukraine, Tuesday, March 1, 2022. [Photo credit: AP Photo]*

Korea.

Many military experts worry that Russia may be shifting tactics. Moscow's strategy in Chechnya and Syria was to use artillery and air bombardments to pulverize cities and crush fighters' resolve.

The bombing of the TV tower came after Russia announced it would target transmission facilities in the capital used by Ukraine's intelligence agency. It urged people living near such places to leave their homes.

Overall death tolls from the fighting remained unclear, but a senior Western intelligence official estimated that more than 5,000 Russian soldiers have been captured or killed. Ukraine has given no overall estimate of troop losses.

Britain's Defense Ministry said it had seen an increase in Russian air and artillery strikes on populated urban areas over the past two days. It also said three cities — Kharkiv, Kherson and Mariupol — were encircled by Russian forces.

In Kharkiv, with a population of

about 1.5 million, at least six people were killed when the region's Soviet-era administrative building on Freedom Square was hit with what was believed to be a missile.

The attack on Freedom Square — Ukraine's largest plaza, and the nucleus of public life in the city — was seen by many Ukrainians as brazen evidence that the Russian invasion wasn't just about hitting military targets but also about breaking their spirit.

The bombardment blew out windows and walls of buildings that ring the massive square, which was piled high with debris and dust. Inside one building, chunks of plaster were scattered, and doors, ripped from their hinges, lay across hallways.

"People are under the ruins. We have pulled out bodies," said Yevhen Vasylenko, an emergency official.

Zelenskyy pronounced the attack on the square "frank, undisguised terror" and a war crime. "This is state terrorism of the Russian Federation," he

*cont'd on pg 19*

## Thousands evacuate in worst Australian floods in a decade

AP — Tens of thousands of people were ordered to evacuate their homes by Tuesday and hundreds of thousands more were told to prepare to flee as parts of Australia's southeast coast were inundated by the worst flooding in more than a decade. At least 10 people have died.

New South Wales Premier Dominic Perrottet said there had been 1,000 rescues in the state by Tuesday and more than 6,000 calls for authorities to help.

Scores of residents, some with pets, spent hours trapped on their roofs by a fast-rising river in the town of Lismore in the state's north.

The body of a woman in her 80s was found by a neighbor in her Lismore home on Tuesday, a police statement said. There were no details of how she died.

Dozens of cars were trapped on a bridge in the nearby town of Woodburn over Monday night with both the bridge's approaches submerged. Up to 50 people were rescued from



People wade through flood water as they relocate in Chinderah, Australia, Tuesday, March 1, 2022. [Photo credit: AP]

the bridge early Tuesday, officials said.

"We had no capabilities to get them off in the dark so we just had to make sure that they bunkered down and we went in this morning and got them all out," Woodburn State Emergency Services Commander Ashley Slapp said.

The floodwaters were moving south into New South Wales from Queensland state in the worst disaster in the region since what was described as a once-in-a-century event in 2011.

Perrottet said 40,000

people had been ordered to evacuate, while 300,000 others had been placed under evacuation warnings.

Government meteorologist Jonathan Howe described the recent rainfall in northern New South Wales and southern Queensland as "astronomical."

Nine of the 10 deaths reported so far were in Queensland. A 76-year-old man who disappeared with his vehicle in floodwaters northwest of Brisbane on Sunday has since been confirmed dead.

Queensland Police Commissioner Katarina Carroll said another man

in his 70s remained missing after falling from his moored yacht in the state capital Brisbane into a swollen river on Saturday.

The cleanup was underway in Brisbane, Australia's third most populous city, despite more storms forecast for later in the week. Brisbane Lord Mayor Adrian Schrinner urged people to register for the "Mud Army," as the thousands of volunteers who mobilized to help out after the 2011 floods were dubbed.

Thousands of homes in Brisbane were inundated Sunday, many by swollen creeks in suburbs such as Ashgrove, where Kelvin Barfoot had to evacuate with members of his family, including his 99-year-old mother-in-law, Mina Baker, in a State Emergency Service rescue boat.

The family moved back into the top floor of their two-story home and started removing damaged furniture and electrical appliances that had been covered by almost 1.5 meters (5 feet) of water.

*cont'd from pg 18*  
said.

In an emotional appeal to the European Parliament later, Zelenskyy said: "We are fighting also to be equal members of Europe. I believe that today we are showing everybody that is what we are."

He said 16 children had been killed

around Ukraine on Monday, and he mocked Russia's claim that it is going after only military targets.

"Where are the children? What kind of military factories do they work at? What tanks are they going at?" Zelenskyy said.

Human Rights Watch said it documented a cluster bomb attack outside

a hospital in Ukraine's east in recent days. Local residents also reported the use of the weapons in Kharkiv and the village of Kiyanka. The Kremlin denied using cluster bombs.

If the allegations are confirmed, that would represent a new level of brutality in the war and could lead to even further isolation of Russia.



## Syria shopping centre blaze kills 11

BBC - At least 11 people have been killed in a fire at a shopping centre in the Syrian capital, Damascus, the interior ministry has said.

It happened at the La Mirada Mall on al-Hamra Street overnight on Tuesday, state news agency Sana reported.

Two people had been rescued, AFP news agency quoted the interior ministry as saying. AFP said dozens of businesses had been destroyed by the blaze.

An investigation into the cause is under way.

Twenty fire engines were sent to tackle the fire, which took four hours to bring under control. Sana said the “entire



Most of those killed were security guards or staff. [Photo Credit: GETTY IMAGES]

building” had been alight before the flames were put out.

Pictures showed the blackened six-storey façade,

with smoke drifting out of shattered window frames, and debris and water covering the street.

The director of civil defence said most of those who died were security guards or staff, AFP reported.



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## West Indies no match for India

India beat West Indies in their second warm-up fixture ahead of the Women's World Cup, and now enter the main tournament on the back of successive warm-up wins after also beating South Africa on Sunday.

While half-centuries from Smriti Mandhana and Deepti Sharma set them up for a total of 258 with Fraser bagging 2/24, a solid all-round effort with the ball ensured West Indies stopped at 177 for 9.

Vastrakar 3/21 and Meghna 2/30 led the Indians to a 81 run victory.

During the Caribbean women's chase, the batters did not show up for the party. Losing their top four with just 53 on the board, Campbelle 63 and Matthews 44 were not enough.



West Indies women enter the main tournament in their first match against host New Zealand on 3rd March knowing they need to improve in the batting department if they are to mount a successful challenge for the World Cup.

## Brazilian players evacuate to Romania from Ukraine

Shakhtar Donetsk have evacuated their Brazilian players to Romania following the invasion of Ukraine.

The Ukrainian Premier League club worked with Uefa to move 12 players away from the conflict, which continues to escalate across the country.

Shakhtar said Dynamo Kyiv and SK Dnipro-1 have

also managed to move foreign players from Ukraine.

"We want to thank the assistance of everyone who took part in this process," Shakhtar said in a statement.

The evacuation of the players was made possible thanks to personal assistance of Uefa president Aleksander Ceferin, the Ukrainian Football Association

President Andrii Pavelko and the Moldovan Football Federation President Leonid Oleinichenko.

Shakhtar lead the Ukrainian Premier League,

but have not played a fixture since 11th December as a result of a winter break and the subsequent suspension of football because of the Russian invasion.



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23 MARCH		BASIN RESERVE ♀



## Ukraine conflict: Vasiliy Lomachenko & Sergiy Stakhovsky sign up to fight Russia

BBC- Ukrainian tennis player Sergiy Stakhovsky says he hopes he will not have to use the gun he has been given after signing up to help his nation's defence against the Russian invasion.

Boxer Vasiliy Lomachenko, a three-weight champion, is another sports star to join Ukraine's reserve forces and has been photographed with a rifle.

Heavyweight boxing champion Oleksandr Usyk is also thought to have signed up.

Stakhovsky said: "I know how to use the gun. If I'll have to, I'll have to."

The 36-year-old retired from tennis after the Australian Open in January and has returned to Kyiv to help his nation's defence.

Reigning heavyweight champion Usyk, who beat Britain's Anthony Joshua in September, has left his London base to go back to Ukraine.

Photographs on Instagram - from an unverified Ukraine Boxing Federation account - claim to show the 35-year-old holding a weapon.

When asked to confirm whether Usyk had gone to Ukraine to fight, his promoter Alexander Krassyyuk told BBC Sport that "every Ukrainian joined the defence".

Lomachenko, 34, was shown wearing military uniform with a rifle across his shoulder in a post on his Facebook page.

Men between the ages of 18 and 60 have been told by the Ukrainian government to stay in the country and fight as it looks to slow Russia's attacks.

"I pretty much hope that I won't have to use the gun," Stakhovsky, a former world number 31 known for beating Roger Federer at Wimbledon



*Sergiy Stakhovsky beat defending champion Roger Federer at Wimbledon in 2013. [Photo credit: BBC]*

in 2013, told BBC Radio 4's Today programme.

Stakhovsky has left his wife Anfisa and children at their home in Hungary, saying it was a "horrible" decision to make.

He thinks Anfisa has told their children he has gone to another tennis tournament.

"I'm still not sure how I've done it. I know that it's extremely hard on my wife. My kids don't know that I'm here," he said.

"They don't understand war. They're too little to understand what's going on."

**Will sporting sanctions make a difference?**

Sporting organisations are continuing to impose sanctions on Russian teams and athletes after the country, supported by Belarus, launched a military invasion of Ukraine last Thursday.

On Monday, Russian football clubs and national teams were suspended from all competitions by Fifa and Uefa "until further notice".

It means the Russian men's team will not play their World Cup play-

off matches next month and the women's team have been banned from this summer's Euro 2022 competition.

Spartak Moscow have been kicked out of the Europa League, while Uefa has ended its sponsorship with Russian energy giant Gazprom.

The International Olympic Committee has urged sport governing bodies to ban Russian and Belarusian athletes.

The Ukrainian Tennis Federation has called on the sport's governing body, the International Tennis Federation (ITF), to expel Russia and Belarus from the organisation and ban Russia from individual and team tournaments.

Ukrainian world number 15 Elina Svitolina has said she will refuse to play Russian or Belarusian players until they are classed as 'neutral athletes'.

Stakhovsky says he believes these moves will make "a lot of difference in terms of perspective" for Russian President Vladimir Putin.

"He really loves sport and loves  
*cont'd on pg 23*



## Australia Cricket players feel comfortable in Pakistan

Batter Steve Smith says Australia's players feel "incredibly safe" on their first tour of Pakistan in nearly 25 years despite spinner Ashton Agar receiving a death threat.

The first Test in Rawalpindi begins on Friday,

and Cricket Australia said the threat against Agar, received on social media, was "not considered a risk".

"We've got a lot of people working here with us, we trust our security and we're feeling incredibly safe in Pakistan," said Smith.

Australia, England and New Zealand have not toured since an attack on the Sri Lanka team bus in Lahore in 2009 that killed six policemen and two civilians.

International sides have recently started touring Pakistan again, but in September New Zealand abandoned a tour minutes before the opening game in Rawalpindi following a

government security alert. Three days later England withdrew their men's and women's teams from tours in October, citing the "mental and physical wellbeing" of players.

Smith said: "It's great to be back here playing cricket. "It's the first time a lot of us have been here and we're excited. We know how passionate Pakiatanis are about cricket."



Steve Smith

*cont'd from pg 22*

that Russia is successful in sport. He loves that he can demonstrate that success out in the world during the Olympics and all the other sport events," said Stakhovsky.

**I would be on the front line - Fury**

With fellow heavyweight world champion Usyk also thought to have signed up, Britain's Tyson Fury was quick to praise the Ukrainian during his pre-fight news conference

against Dillian Whyte on Tuesday.

"I would be on the front line if England or the USA got involved [in the war]," said Fury.

"So would my dad and all the boys [the Fury brothers]. Love your woman and defend your country."

Fury first became world champion in 2015 after beating Ukraine's Wladimir Klitschko, who is also understood to have signed up.



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## Wings Sports Club installs interim executive

The Concerned Parent Teachers Sports Association (CPTSA) Wings Sports Club has installed an Interim Executive Board to run its affairs until later this year.

The interim board - comprising president Lucaso Brumant, vice-president Barbara Coates, treasurer Linita Mack, secretary Lynette Charles and member Dennise Bascom - will function until the club holds elections between September and October this year.

Brumant and Charles served as president and secretary respectively in the last Wings Sports Club executive which was elected in 2013.

According to Brumant, there were several reasons which contributed to Wings Sports Club not electing a new executive body to administer its affairs for the past nine years.

However, he said the main reason for not electing a new executive of the club, which is comprised of football, basketball, track and field and volleyball divisions, is that it was agreed eight years ago that each sector of the club would be autonomous.

Brumant said with each section given autonomy, two members from each division were invited to meetings where executive decisions were made concerning the administration of the club's affairs.



*Member of the CPTSA Wings Sports Club's basketball division participate in a training session at the YMCA Sports Complex in January 2022. (Photo courtesy CPTSA Wings Sports Club)*

"I think it was from there that we kind of strayed away from the general elections," Brumant said.

Brumant said the club decided to take that course because several members elected in 2013 became inactive or passed away.

This was the case with regard to Pauline "Mama Gen" Francis who died after being elected Vice President in 2013.

Also elected were Wings Sports Club treasurer Louise Henry, members Robin Roberts and Wayne Emard and Public Relations Officer Randy Allen, who is currently head of the club's track and field division.

Brumant said some executive members became

inactive after their children graduated high school or no longer attended Christ the King High School, St. Joseph's Academy or St. John's Catholic School, the institutions from which the Wings Sports Club was formed.

"Some persons in each of the sector of the club never stood around for too long after their children graduated from any of the schools. I also felt that some just lost interest in the sports so they just decided to vacate," Brumant said.

"Over the years, the club has also been hampered by the non-payment of dues. Members are required to pay \$50 a year in dues and sometimes it ap-

pears as if some people are hard pressed to come up with \$50. Some members feel because I am giving my time, I don't need to pay \$50, but finance is important to show how committed you are.

"Basketball has a strong committee, the football is struggling and the track and field and volleyball are struggling to get members attracted to their units.

"So we are hoping to have our elections just around September and October when Wings will be celebrating our 33rd anniversary. The actual date has not been finalised yet, but we will be having an election of officers somewhere around that time this year."



## School Football returns this month

School football is slated to return later this month according to coordinator of football in the Ministry of Sports, Rowan “Porridge” Benjamin.

Primary school football is slated to start on 18th March following discussions with stakeholders in the Ministries of Sports and Education. Sixteen schools have received invitations to participate and twelve have already registered to participate.

The teams will be zoned in groups of four with the top two in each group advancing.

Each school is allowed to register twelve players in the Seven -A-Side league with two girls required to be on the pitch at all times throughout the game.

Unlimited substitutions

will be allowed.

Meanwhile, Benjamin noted that the boys’ and girls’ senior school football programme will kick-off in early September, with the coaches organising training sessions during the summer break.

Benjamin said the children are excited to hit the fields after being sidelined for the past two years because of the COVID-19 pandemic.

The Liberta Black-Hawks coach added that the return of school sports programmes is timely as children have already returned to playing sports across the country.

“If you pass by any field during the weekend, you will notice large numbers of children engaged in sporting activities,” Benjamin



Rowan “Porridge” Benjamin

said.

Porridge, as Benjamin is affectionately known, artic-

ulated that the coaches returned to engaging students in their schools in late 2021.

### cont'd from pg 26

“It started in 2014 in St. Anthony’s Secondary School and Princess Margaret School, and from there, we have been growing the programme. We have expanded to the Clare Hall Secondary School and the Antigua Grammar School,” he said.

“We took on a project in some primary schools, so we are at the Liberta Primary School, TN Kirnon School, Potters Primary School and Greenbay Primary as well.

“In the primary schools we start with students who are seven years old and what we do in the primary schools is more about allowing the children to have fun while introducing the game to them.

“We don’t really get into all the

technical things of fencing at that age. We just want them to have fun and play with the swords.

“Even though we do try to teach them some technique, it is not a very rigid programme at the primary school level.

“But obviously, at the secondary school level that is where the programme starts to get more formal and we teach fencing to all age groups in the secondary schools,” he explained.

Fencing is a group of three related combat sport. There are three fencing blades (swords) used in Olympic fencing - the foil, épée and sabre - each of which have different compositions, techniques and scoring target areas.

Points are won through the weapon’s contact with an opponent.

Mascall said the safety of the athletes engaged in fencing is paramount for the ABFF.

“Safety is something that we preach day in and day out, especially whenever we have new student athletes coming into the programme.

“Safety is just something that we cannot compromise because it is very easy for you to get damaged playing around or doing the wrong thing,” he said.

“Thankfully, we haven’t had any instances of anybody getting hurt. At the end of the day, it is still an aggressive sport; you can get a little touch, which can leave a little patch under the jacket, but it is just a battle scar, nothing that is going to do any permanent damage.”

## Fencing still attracting interest



*The Antigua and Barbuda Fencing Federation's introduction to fencing during a session with students at All Saints Secondary School on April 4, 2017. (Photo: ABFF)*

Approximately eight years after the sport was officially introduced in Antigua and Barbuda, fencing is still attracting new interest.

Following the 2012 Olympic Games in London, England, President of the Antigua and Barbuda National Olympic Committee, Paul Chet Greene, initiated a national fencing programme.

Fencing was officially

launched at St. Anthony's Secondary School (SASS) on February 20, 2014, and later, the Princess Margaret Secondary School.

The programme quickly expanded after former fencer and coach, David Hart, accepted an invitation from Greene to assist in coaching new athletes.

Speaking to Sports Overflow recently, Vice President of the ABFF, Ra-

meez Mascall, said the national fencing programme has continued to attract new people.

"Every time we go to a new school the interest from the students is more than we can accommodate at any given time. But let me just say, it is not just students who are showing interest; we also have adults who are coming around and they are showing interest as well,"

Mascall said.

"That is one of the challenges that we have, because we are a small federation, we don't have the resources that we would like to have to offer the programme to everybody who comes and is interested.

Mascall said the heightened interest has resulted in the expansion of the sport within several schools.

*cont'd on pg 25*