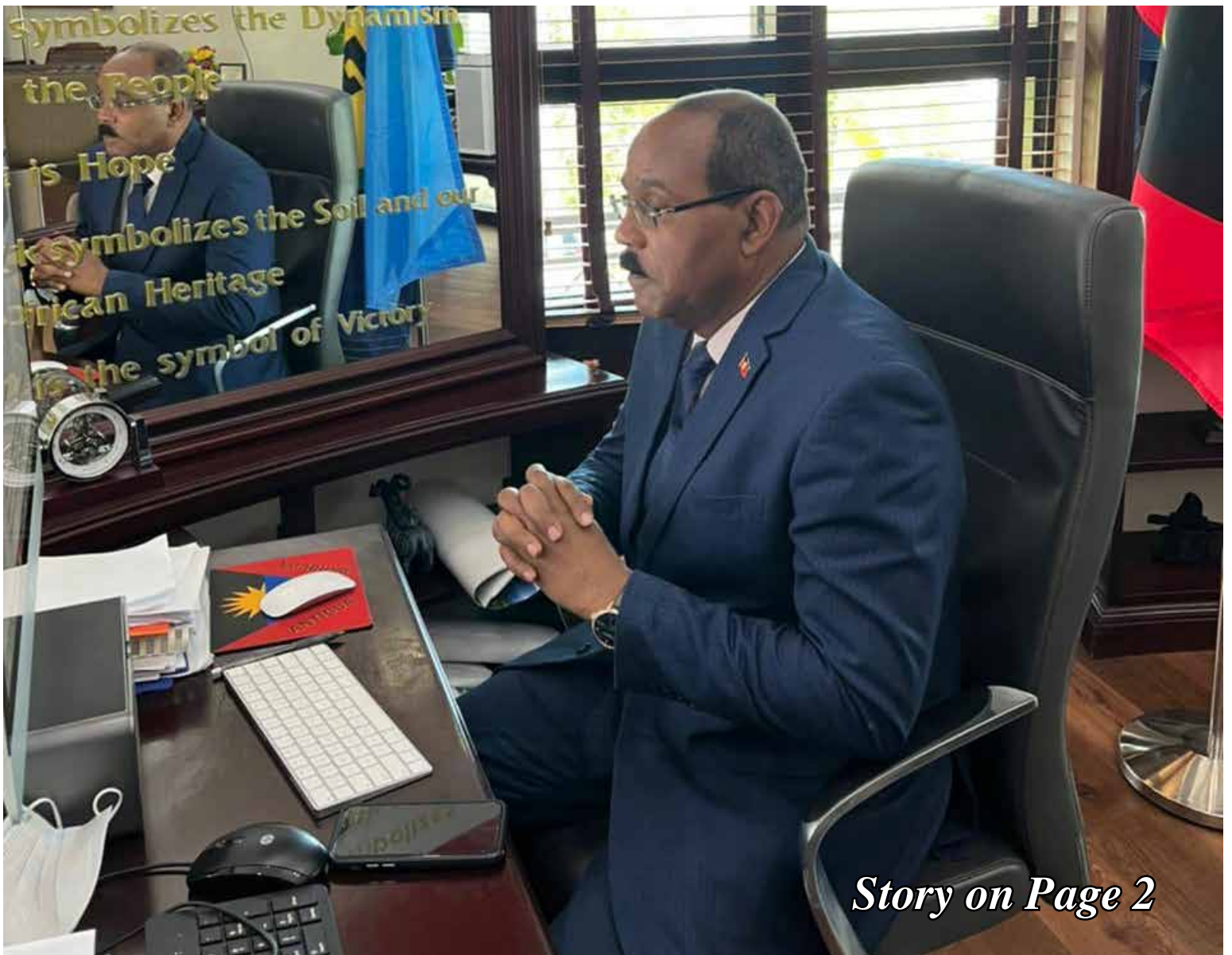


PM BROWNE: CARICOM MUST PRIORITISE FOOD SECURITY



Story on Page 2

PM Browne advocates greater regional food, nutrition security

During his address to CARICOM Heads of Government at the start of the 33rd Inter-sessional meeting in Belize, Antigua and Barbuda's Prime Minister Gaston Browne underscored the critical importance of food security in the region.

The importance of the region being able to feed itself was driven home at the start of the COVID-19 pandemic when global ocean transportation was crippled. This resulted in delays in the delivery of imported food products, and although this has subsided, it has not disappeared.

Just this week in St. Lucia, residents celebrated the availability of brown sugar which was unavailable for several weeks because of difficulties with ocean freight arriving in the country.

Governments across the region have urged residents to return to backyard gardening as a means of supplementing the food and nu-

trition requirements of their families.

In Antigua and Barbuda, Prime Minister Browne led by example, first starting a backyard garden, and then expanding to a commercial farming operation which now supports schools and feeding programmes in his constituency.

In his address to CARICOM on Tuesday as the body's outgoing chairman, Browne noted the important relationship between food and nutrition security.

"We have taken decisions as a Community, to give priority to agriculture and tourism in our Covid-19 recovery strategy, given the impact of the Covid-19 pandemic on these sectors.

"It is a truism that no community of nations could be considered great if it cannot feed itself.

"Food and Nutrition Security is an achievable goal and I look forward to the recommendations on the urgent implementation



Prime Minister Gaston Browne

of the plan from the Ministerial Task Force, which is chaired by the distinguished President of Guyana.

"The nutrition element is vital, as we battle against Non-Communicable Diseases which are rampant in our Region and continue to deplete our human resources, as a result of the effects of debilitating illnesses and

premature deaths," said PM Browne.

He also pointed to the importance of cooperation among the CARICOM member states in ensuring that food resources can be shared for the benefit of the regions' people.

"As we produce and consume more regional products, we must commit to joint action, to develop reliable transportation logistics to move goods and people within the region.

"This necessitates increased commitment and joint action among member states, to facilitate a fully functional integration movement," said the Antigua and Barbuda prime minister.

Thu 03 | Day

82°

24%
E 16 mph

Partly cloudy. High 82F. Winds E at 10 to 20 mph.

Humidity
74%

UV Index
Extreme

Sunrise
6:23 am

Sunset
6:14 pm

Thu 03 | Night

74°

21%
E 13 mph

Clear to partly cloudy. Low 74F. Winds E at 10 to 20 mph.

Humidity
80%

UV Index
0 of 10

Moonrise
7:10 am

Moonset
7:18 pm

Waxing Crescent

Antigua and Barbuda denounces Russian invasion in UN resolution

Antigua and Barbuda was among 141 countries that voted yesterday to adopt a resolution demanding that the Russian Federation immediately cease its use of force against Ukraine and withdraw its troops.

The resolution was passed during a “Uniting for Peace Session” at the United Nations General Assembly in New York.

The text of the resolution deplores Russia’s “aggression against Ukraine.”

The last time the Security Council convened an emergency session of the General Assembly was 1982.

While 141 members voted in favour of the resolution, 5 member states voted against, namely Russia, Belarus, Eritrea, North Korea, and Syria, while 35 countries abstained, including China and India.

The resolution is largely symbolic, meaning Russia cannot be compelled by the

outcome of the resolution to stop its invasion of Ukraine.

U.S. Ambassador to the United Nations Linda Thomas-Greenfield told the assembly that Russia was poised to intensify the brutality of its offensive and urged members to hold Moscow accountable for its violations of international law.

She cited videos of Russian troops moving heavy weapons into Ukraine, including cluster munitions

and vacuum bombs, banned under international law.

“This is an extraordinary moment,” she said. “Now, at more than any other point in recent history, the United Nations is being challenged.”

Last weekend, Prime Minister Gaston Browne said a swift resolution to the conflict is in the best interest of the Caribbean region, which he noted will inevitably be affected by the fall out.

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Local News



More details emerge on Tuesday night's homicide

While police are still tight lipped on the identity of the person in their custody assisting with the investigation into the Tuesday night stabbing homicide of Christopher Smithers, some details have leaked into the public sphere.

According to well placed sources, a 38-year-old Villa man is helping them piece together the sequence of events that led to the murder of the 36-year-old fitness trainer.

On 1st March shortly after 6pm, the alleged murderer and Smithers got

into an altercation outside Pita Pocket on Popeshead Street.

Witnesses indicate the argument may have started because Smithers' attacker was attempting to leave the popular fast-food restaurant without paying for a meal he had ordered.

The interaction between the men escalated, eventually becoming physical. It is then that the alleged killer drew for a weapon and stabbed the Friars Hill Development resident several times about the body.

Emergency Medical



Services were called, and Smithers was transported to the Sir Lester Bird Medical Centre where he was pronounced dead at 6:45pm.

In addition to the suspected killer, police are also speaking with several people who witnessed the incident.



ACP Cruise Ship

Calendar

Updated on February 25, 2022

March

Date	ETA	ETD	Cruise Ship	Cruise Line	Capacity*	Type	Assigned Berth*
17-Mar-22	7:30AM	5:00PM	Viking Sea	Viking Ocean Cruises	930	T	Heritage Quay
17-Mar-22	8:00AM	11:00PM	Seabourn Odyssey	Seabourn Cruise Line	450	T	Nevis Pier
18-Mar-22	8:00AM	5:00PM	Star Legend	Windstar Cruises	343	T	Falmouth
21-Mar-22	7:30AM	7:00PM	Mein Schiff 2	TUI	2,900	T	Heritage Quay
21-Mar-22	8:00AM	7:00PM	Seven Seas Explorer	Regent Seven Seas	738	T	Nevis Pier
22-Mar-22	7:00AM	5:00PM	Britannia	P&O Cruises	3,611	T	Heritage Quay
22-Mar-22	8:00AM	5:00PM	AIDAdiva	AIDA	2,500	T	Heritage Quay
22-Mar-22	7:00AM	5:00PM	Celebrity Equinox	Celebrity Cruises	2,850	T	Nevis Pier
22-Mar-22	9:00AM	6:30PM	Royal Clipper	Star Clippers	227	T	Falmouth
23-Mar-22	8:00AM	5:00PM	Grandeur of the seas	RCI	1,950	T	Heritage Quay
23-Mar-22	9:00AM	9:00PM	Wind Star	Windstar Cruises	148	T	Nevis Pier
23-Mar-22	9:00AM	5:00PM	Star Flyer	Star Clippers	170	T	Barbuda
24-Mar-22	8:00AM	6:00PM	Vision Of The Seas	RCI	2,443	T	Nevis Pier
24-Mar-22	10:00AM	7:00PM	Celebrity Silhouette	Celebrity Cruises	2,866	T	Heritage Quay
24-Mar-22	7:00AM	6:30PM	Star Flyer	Star Clippers	170	T	Falmouth



Notice To Shareholders

As part of **ACB CARIBBEAN's** continued commitment to transparency and engagement with our Shareholders on key business developments, we take this opportunity to advise of the **DELAYED HOSTING** of our **66th ANNUAL GENERAL MEETING (AGM)**.

This delay is due to a number of factors which are beyond the control of the Board of Directors and our Management Team. The External Audit of our Financial Statements for the year ended September 30, 2021 remains in progress and the time for its completion has been extended due mainly to post Royal Bank of Canada (RBC) Acquisition related considerations.

These matters continue to be addressed among the Consortium of Banks that had acquired the assets and liabilities of the former RBC throughout the Eastern Caribbean in April, 2021. ACB Caribbean is a member of this Consortium.

We assure our Shareholders that delays of this nature are not unusual and are in fact characteristic of significant acquisition transactions.

We remain in close dialogue with our External Auditors and our Regulators, the Eastern Caribbean Central Bank (ECCB) and have secured the necessary extension to publish our audited financial statements under the Banking Act, 2015 (as amended).

Shareholders will be notified as soon as reasonably practical of the date of our 66th AGM in accordance with our Bylaws. Should you have any follow - up queries and / or concerns, please contact our Legal / Secretariat Department personnel at 1.268.481.4200 ext. 4330 or email us at acbsecretariat@acbonline.com.

ACB CARIBBEAN expresses its appreciation to our Shareholders for your understanding under the circumstances and regret any inconvenience this delay may have caused. We look forward to engaging with you at our next scheduled AGM.

By Order of the Board

Rhodette Paige
Legal Counsel/Corporate Secretary

Local News



ASP Ellis wants road test for drivers on suspended licenses

Stiffer penalties may be introduced for drivers whose licenses are suspended if the head of the Traffic Department gets his way.

Assistant Superintendent of Police, Rodney Ellis, believes drivers who are responsible for causing accidents, and have had their licenses suspended, should undergo a driving test for it to be reinstated.

He was speaking following an accident on Sunday morning in which the driver of a white sports car traveling on Market Street crashed into the Newgate Street traffic light, destroying it, before the vehicle burst into flames.

Despite the fact that the Courts routinely withdraw

drivers' licenses, ASP Ellis believes this is not a sufficient deterrent for many drivers as they continue to use the roads without care.

"Last year, it is over a hundred and seventy something persons licenses were suspended and it continues this year, but we have to go a bit further now, because persons seem as though they are not learning, so we might have to go a bit further. For you to get back that license, you might have to go back on a driving test for you to be qualified to regain your license," the senior police official stated.

He said despite their efforts to educate vehicle owners and operators on how to navigate roadways safely, the number of acci-



ASP Rodney Ellis

dents remains high. This, Ellis continued, is frustrating for the Traffic De-

partment of the Royal Police Force of Antigua and Barbuda. He made clear, however, that they have a duty to continue with their public education campaign, adding that drivers have a responsibility also.

"Looking at St. John's, there might not be vehicular traffic. It can be a lot of pedestrians. Yes, it happens in the mornings, but a lot of persons do their exercising, persons going to work doing their early morning shifts, persons finishing work from overnight. So, you expect persons to be on the road at that time, so you have a responsibility as a driver to drive with due care and attention," ASP Ellis stressed.

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UPDATED SCHEDULE

Sightings of missing boy flood social media

Police are on the lookout for a 14-year-old Green-bay boy who has been seen several times since the appeal for his safe return was issued on Tuesday.

Jakim Jenkins, according to police, was last seen on 27th February on Tindale Road.

The first form student of the All Saints Secondary School is described as being 5 feet 7 inches tall, having a brown complexion and of slim build with low cut hair.

The public has been asked to contact the nearest police station, or the Youth

Intervention Unit at 562-4817, if Jakim is seen.

This is the third time Jenkins has been reported missing in as many years. He was last reported missing a year ago in February.

After the missing person flyer was circulated late Tuesday night, social media sleuths got to work, and sightings of the teen began to pour in.

One person reported seeing him on Monday in Villa.

Jenkins is said to come from a "seriously" troubled home.

One woman who reported seeing him before the missing person notice was published said, "He's on his own vibes. He just don't ready to go home as yet. He told me he don't want no one looking for him because he's not missing or lost."

In another social media post, another person who claimed to have seen the teen said, "He's [at] a family member's [home] and I know he's ok. He's not missing."

Despite the reports that he is well, his immediate family say they are unaware



Jakim Jenkins

of his whereabouts and are appealing for sightings to be reported to authorities so that he can be reunited with them.



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Local News



Inquest to follow autopsy on Shanell Thomas

An autopsy conducted on Wednesday on the body of Shanell Thomas, the 34-year-old escaped prisoner who was shot to death by police in February, has determined that he died as a result of multiple gunshot wounds.

The report prepared by pathologist, Dr. Petra Miller-Nanton, indicated that Shanell Thomas was shot multiple times in the chest and abdomen.

Now the autopsy has been completed, an inquest is expected to follow that will investigate the circumstances surrounding Thomas' death.

It is unclear, however, when the inquest will begin.

Thomas, who was serving time on charges of kidnapping and assault, escaped the Prison Farm at Diamond's Estate on 8th February.

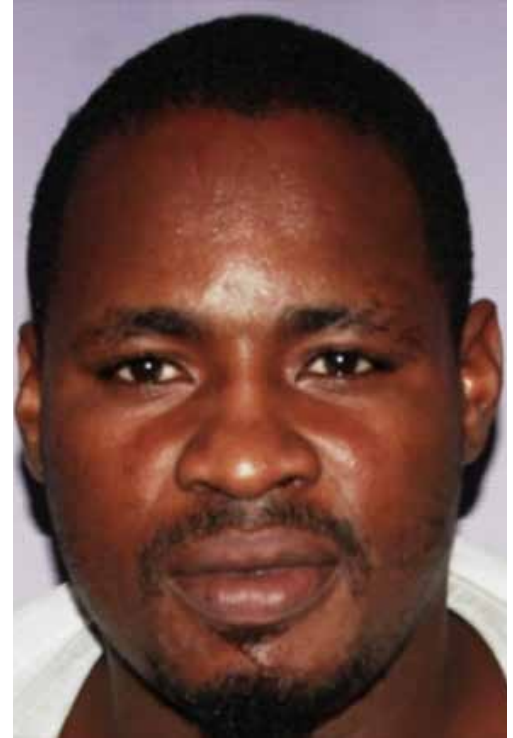
In his short-lived stint on the run,

Thomas engaged in a shootout with Police Special Services patrol officers in New Winthropes just hours after his escape. He was able to evade police by running into nearby bushes on this occasion.

He was not so lucky in his second encounter with police who cornered him at Stables Night Club in Cassada Gardens on 9th February. Police said in their attempt to apprehend Thomas, he reached for an object which resulted in their decision to open fire, fearing that he may have been armed.

Thomas was transported to the Sir Lester Bird Medical Centre where he succumbed to his injuries late that night.

Police have never disclosed what the object Thomas reached for was before the fatal shooting.



Shanell Thomas

Carlisle Bay named a top 2022 Caribbean beach getaway

Carlisle Bay has been named among the thirteen best beaches for a seaside getaway in the Caribbean in 2022.

According to Thrillist, a New York based online lifestyle publication, an important consideration when compiling the list was the ease of access in visiting the country the featured beach is located in.

Describing Carlisle Bay as "the beachiest of beach destinations", Thrillist continued, "it's hard to beat the combination of seclusion, scenery, snorkeling, and pristine water you'll find in Carlisle Bay."



Carlisle Bay

Thrillist's Matt Meltzer said: "This little cove tucked along Antigua's southwestern shore is surrounded by lush rainforest, creating a perfect emerald wall around your little

semicircle of paradise.

"The soft golden sands give way to pristine turquoise waters, and if you're up for a swim, you can head out to a small beach around the bend

that's even more secluded.

"There, you'll find a coral reef only a few feet offshore, where you can lose a couple of hours with your undersea friends before retreating to a slice of sand that feels a world away. The beach is bordered by the Carlisle Bay Resort, and if you want the seclusion to last, it's an ideal place to post up for the week."

The other destinations featured on the list were Dominican Republic, St. Lucia, Mexico, St. John, USVI, Cuba, the Bahamas, the Florida Keys, Jamaica, the Turks and Caicos, the British Virgin Islands, Jamaica, and Belize.

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Parenting



What is the best age to learn to read?

By Melissa Hogenboom

In some countries, kids as young as four learn to read and write. In others, they don't start until seven. What's the best formula for lasting success? Melissa Hogenboom investigates.

I was seven years old when I started to learn to read, as is typical of the alternative Steiner school I attended. My own daughter attends a standard English school, and started at four, as is typical in most British schools.

Watching her memorise letters and sound out words, at an age when my idea of education was climbing trees and jumping through puddles, has made me wonder how our different experiences shape us. Is she getting a crucial head-start that will give her lifelong benefits? Or is she exposed to undue amounts of potential stress and pressure, at a time when she should be enjoying her freedom? Or am I simply worrying too much, and it doesn't matter at what age we start reading and writing?

There's no doubt that language in all its richness – written, spoken, sung or read aloud – plays a crucial role in our early development. Babies already respond better to the language they were exposed to in the womb. Parents are encouraged to read to their children before they are even born, and when they are babies. Evidence shows that how much or how little we are talked to



There are many ways to enjoy reading. In this Namibian school, blind and visually impaired children learn the Braille script [Photo Credit: Oleksandr Rupeta/NurPhoto/Getty Images]

as children can have lasting effects on future educational achievement. Books are a particularly important aspect of that rich linguistic exposure, since written language often includes a wider and more nuanced and detailed vocabulary than everyday spoken language. This can in turn help children increase their range and depth of expression.

Since a child's early experience of language is considered so fundamental to their later success, it has become increasingly common for preschools to begin teaching children basic literacy skills even before formal education starts. When children begin school, literacy is invariably a major focus. This goal of ensuring that all children learn to read and write has become even more pressing as researchers warn that the pandemic has caused a widening achievement

gap between wealthier and poorer families, increasing academic inequality.

In many countries, formal education starts at four. The thinking often goes that starting early gives children more time to learn and excel. The result, however, can be an "education arms race", with parents trying to give their child early advantages at school through private coaching and teaching, and some parents even paying for children as young as four to have additional private tutoring.

Compare that to the more play-based early education of several decades ago, and you can see a huge change in policy, based on very different ideas of what our children need in order to get ahead. In the US, this urgency sped up with policy changes such as the 2001 "no child left behind" act, which promoted standardised test-

ing as a way to measure educational performance and progress. In the UK, children are tested in their second year of school (age 5-6) to check they are reaching the expected reading standard. Critics warn that early testing like this can put children off reading, while proponents say it helps to identify those who need additional support.

However, many studies show little benefit from an early overly-academic environment. One 2015 US report says that society's expectations of what children should achieve in kindergarten has changed, which is leading to "inappropriate classroom practices", such as reducing play-based learning.

The risk of "schoolification"

How children learn and the quality of the environment is hugely important.

cont'd on pg 11

Parenting

cont'd from pg 10

“Young children learning to read is one of the most important things primary education does. It’s fundamental to children making progress in life,” says Dominic Wyse, a professor of primary education at University College London, in the UK. He, alongside sociology professor Alice Bradbury, also at UCL, has published research proposing that the way we teach literacy really matters.

In a 2022 report, they state that English school system’s intense focus on phonics – a method that involves matching the sound of a spoken word or letter, with individual written letters, through a process called “sounding out” – could be failing some children.

A reason for this, says Bradbury, is that the “schoolification of early years” has resulted in more formal learning earlier on. But the tests used to assess that early learning may have little to do

with the skills actually needed to read and enjoy books or other meaningful texts.

For example, the tests may ask pupils to “sound out” and spell nonsense words, to prevent them from simply guessing, or recognising familiar words. Since nonsense words are not meaningful language, children may find the task difficult and puzzling. Bradbury found that the pressure to gain these decoding skills – and pass reading tests – also means that some three-year-olds are already being exposed to phonics.

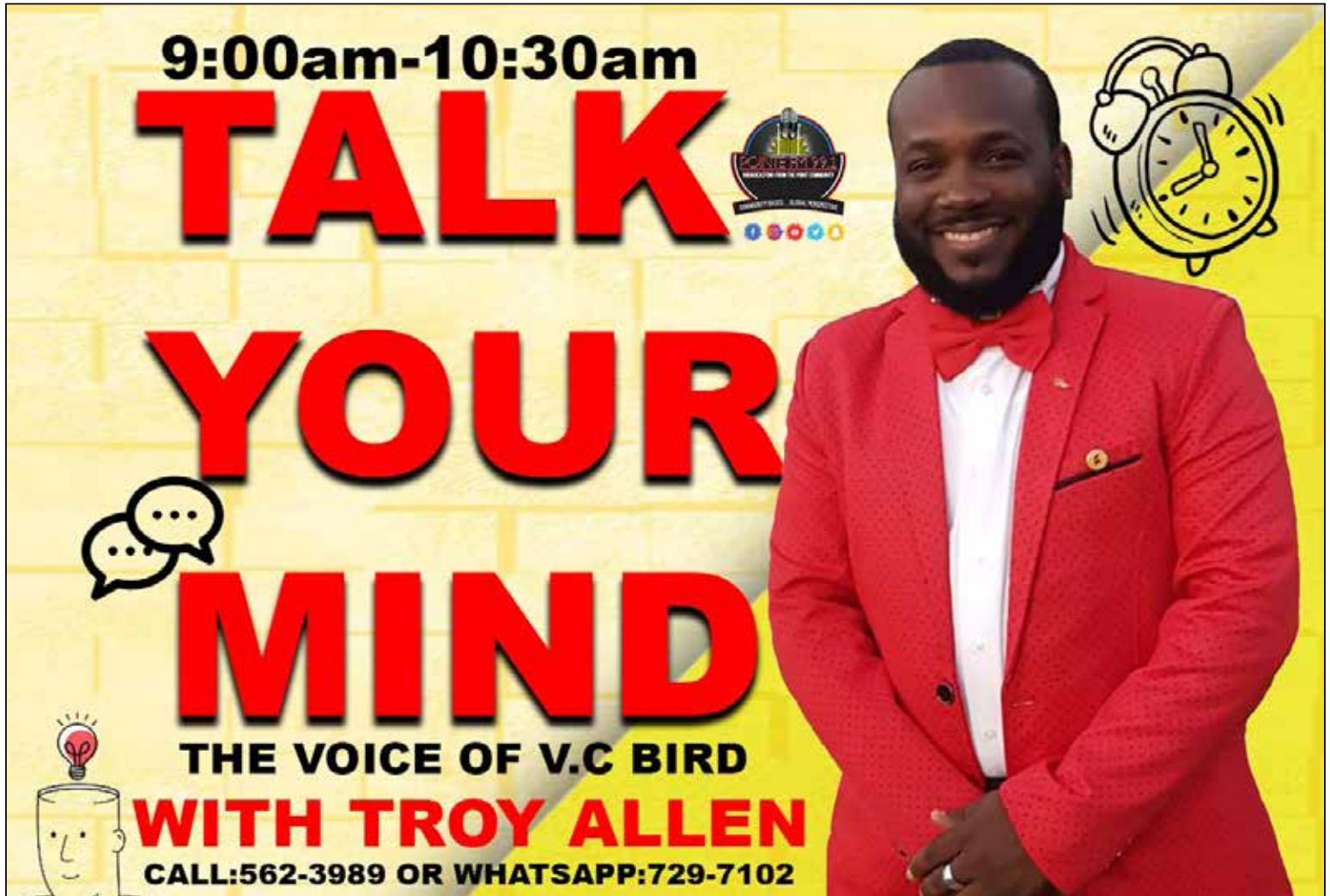
“It doesn’t end up being meaningful, it ends up being memorising rather than understanding context,” says Bradbury. She also worries that the books used are not particularly engaging.

Neither Wyse nor Bradbury make the case for later learning per se, but rather highlight that we should rethink the way children are taught literacy. The

priority, they say, should be to encourage an interest in and familiarity with words, using storybooks, songs and poems, all of which help the child pick up the sounds of words, as well as expanding their vocabulary.

This idea is backed up by studies that show that the academic benefits of preschool fade away later on. Children who attend intensive preschools do not have higher academic abilities in later grades than those who did not attend such preschools, several studies now show. Early education can however have a positive impact on social development – which in turn feeds into the likelihood of graduation from school and university as well as being associated with lower crime rates. In short, attending preschool can have positive effects on later achievement in life, but not necessary on academic skills.

cont'd on pg 12



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Parenting



cont'd from pg 11

Too much academic pressure may even cause problems in the long run. A study published in January 2022 suggested that those who attended a state-funded preschool with a strong academic emphasis, showed lower academic achievements a few years later, compared to those who had not gained a place.

This chimes with research on the importance of play-based learning in the early years. Child-led play-based preschools have better outcomes than more academically focussed preschools, for example.

One 2002 study found that “children’s later school

success appears to have been enhanced by more active, child-initiated early learning experiences”, and that overly formalised learning could have slowed progress. The study concluded that “pushing children too soon may actually backfire when children move into the later elementary school grade”.

Similarly, another small study found that disadvantaged children in the US who were randomly assigned to a more play-based setting had lower behavioural issues and emotional impairments at age 23, compared to children who had been randomly assigned to a more “direct instruction” setting.

Preschool studies like these don’t shed light on the impact of early literacy per se, and small studies in single locations must always be treated with care, but they suggest that how it is taught, matters. One reason why early education can result in positive social outcomes later in life may have nothing to do with the teaching at all, but with the fact that it provides childcare. This means parents can work uninterrupted and provide more income to the family home.

Anna Cunningham, a senior lecturer in psychology at Nottingham Trent University who studies early literacy, argues that if a setting is too academically focused early on, it can cause the teachers to become stressed over tests and results, which can in turn affect the kids. “Of course, it’s not good to judge a five-year-old on their results,” she says. Parental anxiety about how well their child is doing at school can also feed into this: according to a survey commissioned by an educational charity in the UK, school performance is one of parents’ top concerns.

Later start, better outcomes?

Not everyone favours an early start. In many countries, including Germany, Iran and Japan, formal schooling starts at around six. In Finland, often hailed as the country with one of the best education systems in the world, children begin school at seven.

Despite that apparent lag, Finnish students score higher in reading

comprehension than students from the UK and the US at age 15. In line with that child-centred approach, the Finnish kindergarten years are filled with more play and no formal academic instruction.

Following this model, a 2009 University of Cambridge review proposed that the formal school age should be pushed back to six, giving children in the UK more time “to begin to develop the language and study skills essential to their later progress”, as starting too early could “risk denting five-year-olds’ confidence and causing long-term damage to their learning”.

Research does back up this idea of starting later. One 2006 kindergarten study in the US showed there was improvement in test scores for children who delayed entry by one year.

Other research comparing early versus late readers, found that later readers catch up to comparable levels later on – even slightly surpassing the early readers in comprehension abilities. The study, explains lead author Sebastian Suggate of the University of Regensburg in Germany, shows that learning later allows children to more efficiently match their knowledge of the world – their comprehension – to the words they learn. “It makes sense,” he says. “Reading comprehension is language, they’ve got to unlock the ideas behind it.”

“Of course, if you spend
cont'd on pg 13

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Parenting

cont'd from pg 12

more time focusing on language earlier on, you are building a strong foundation of skills that takes years to develop. Reading can be picked up quickly but for language (vocabulary and comprehension) there's no cheap tricks. It's hard work," says Suggate. In other work looking at differing school entry ages, he found that learning to read early had no discernible benefits at age 15.

The question remains that if reading ability is not improved by learning early, then why start early? Individual variation in reading appetite and ability are one important aspect.

"Children are hugely different in terms of their foundational skills when they start school or start learning to read," explains Cunningham. In her study of Steiner-educated children, who only start formal education at about seven, she had to exclude 40% of the sample as the children could already read. "I think that's because they were ready for it," she says. She also found the older children were more ready "to learn the process to read in terms of their underlying language skills" because they had had three extra years of language exposure.

Studies also show that reading ability is more closely linked to a child's vocabulary than to their age, and that spoken language skills are a high predictor of later literary skills. However, we know that many children

who enter school are behind on their language skills, especially those from disadvantaged backgrounds. Some argue that formal teaching allows these children to access the support and skills that others may pick up informally at home.

This line of thinking is espoused by UK educational authorities, who say that teaching reading early to those behind on their spoken language is "the only effective route to closing this [language ability] gap".

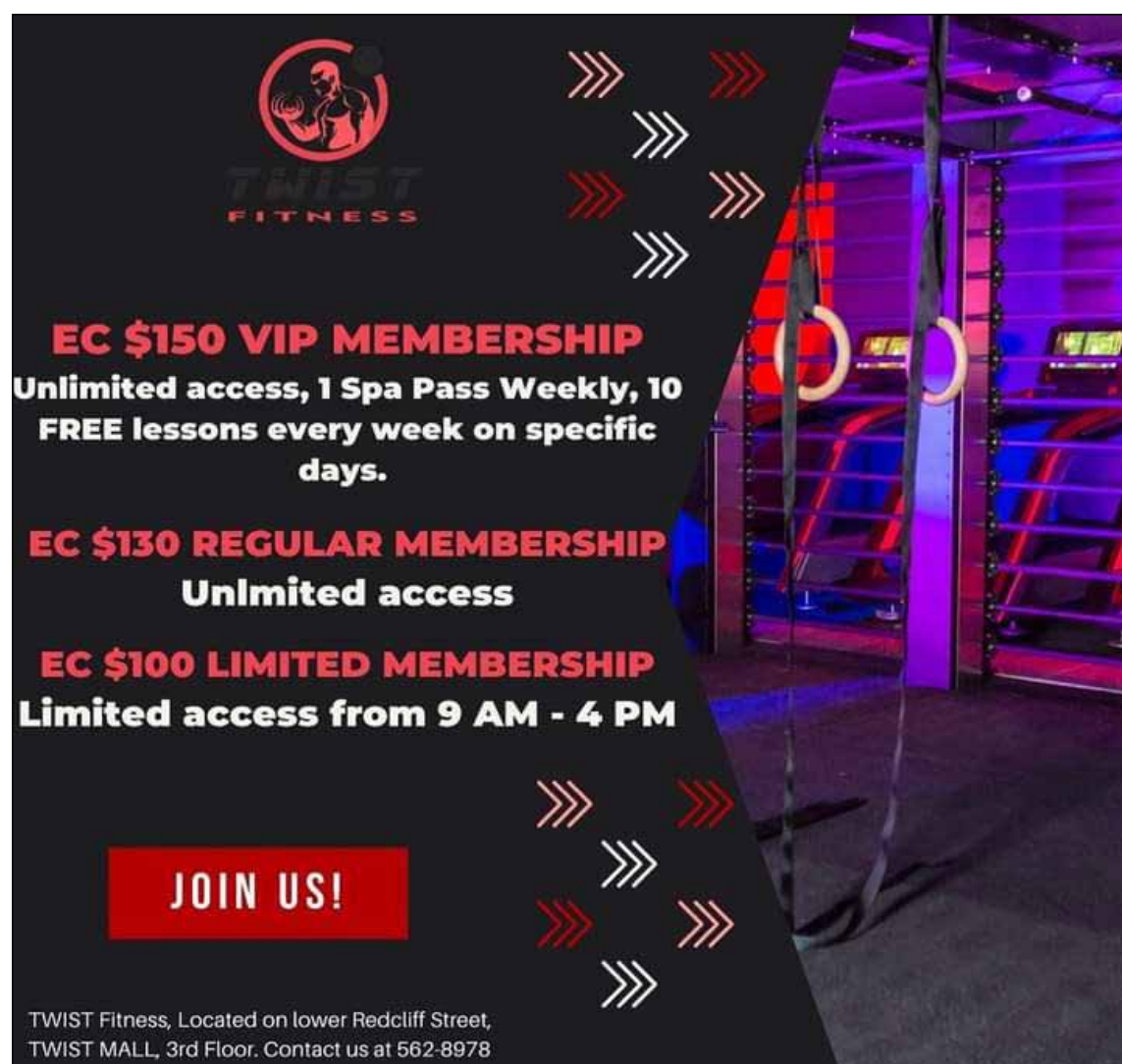
Others favour the opposite approach, of immersing children in an environment where they can enjoy and develop their language com-

prehension, which is after all central to reading success. This is exactly what a playful learning setting helps encourage. "The job of teaching is to assess where your children are and give them the most appropriate teaching related to their level of development," says Wyse. The 2009 Cambridge review echoed this and stated: "There is no evidence that a child who spends more time learning through lessons – as opposed to learning through play – will 'do better' in the long run."

Cunningham, whose daughter has also recently started learning to read, has a reassuringly generous view

of the ideal reading age: "It doesn't matter whether you start to read at four or five or six as long as the method they are taught is a good, evidenced method. Children are so resilient they will find opportunities to play in any context."

Our obsession with early literacy appears to be somewhat unfounded, then – there's no need, nor clear benefit of rushing it. On the other hand, if your child is starting early, or shows an independent interest in reading before their school offers it, that's fine too, as long as there is plenty of opportunity to down tools and have fun along the way.



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Understanding and finding help for eating disorders

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Understanding eating disorders

“Disordered eating,” sometimes called chaotic eating, is common in our culture. It can range in severity from mild to extreme. At the milder end are irregular eating patterns, such as skipped meals, or yo-yo dieting. But at the extreme end are medically defined eating disorders that can become life-threatening.

Eating disorders are hard on both physical and mental health. They can disrupt family life, friendships, and everyday life. Eating disorders almost never disappear without professional help. The earlier help is obtained, the easier recovery will be.

If thoughts about food, eating and body image start making you feel bad, it's time to get some help. The sooner, the better.

Risk factors

Eating disorders are complex conditions that can start at a young age. There are four medically defined types of eating disorders: anorexia nervosa, bulimia nervosa, binge eating and eating disorder-not otherwise-specified (EDNOS).

- Between 1% and 2% of adolescents and young adults have an eating disorder.
- Most of those affected are female.
- Anorexia usually starts in puberty, while bulimia tends to develop a few years later.
- Eating disorders often develop gradually and may grow out of cycles of dieting.
- Once an eating disorder gets rolling, it can be hard to stop. So pay at-

tention to warning signs. It's important to get help as early as possible. Over time, a person's life can become so focused on food-related activities there is little time left for anything else.

There's no single cause of eating disorders, but some people are more likely than others to experience them. Personal risk factors include:

- feelings of low self-esteem or self-worth
- feeling a general lack of control, feeling powerless
- a need for perfection
- difficult family relationships
- a history of abuse or trauma.

Eating disorders are more about issues of control and self-worth than about food. The ability to control food intake and the body itself become tightly connected to feelings of self-worth.

Eating disorders usually mask other problems. They may start as a way of coping with personal issues, but in time they create more problems than they solve. It's common for persons with eating disorders to have other mental health problems such as depression, anxiety or substance abuse issues.

People with eating disorders sel-

dom see that they have a problem, which is a barrier to getting the help they need. At the same time, persons with eating disorders can experience shame and guilt and may try to hide their food-related activities. This can make it difficult for friends or loved ones to know there's a problem.

So, if you, or someone you know, are experiencing trouble with food and eating, it's important to pay attention to the warning signs and get help early. Eating disorders are dangerous and do not go away by themselves.

Types of eating disorders

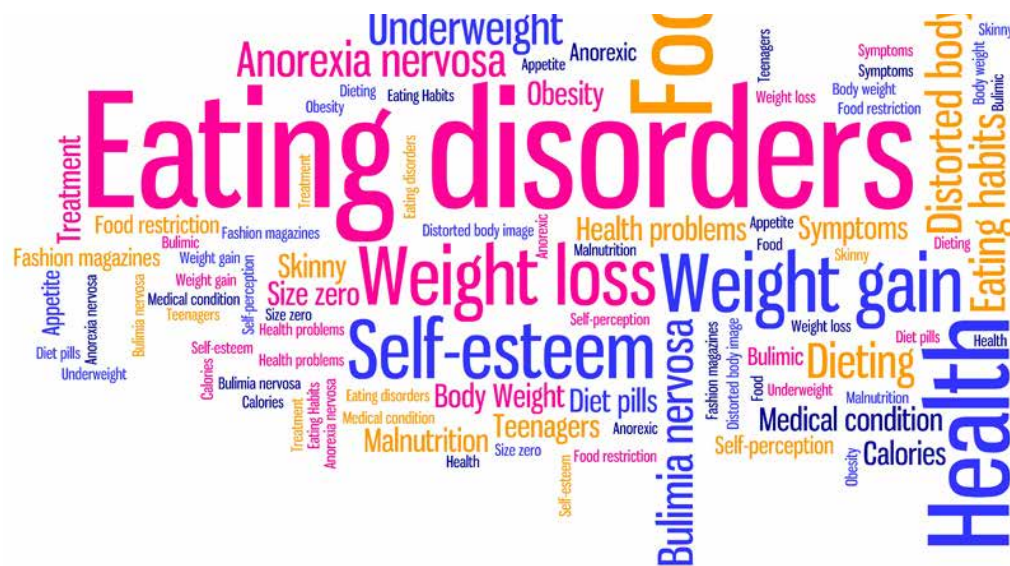
Anorexia Nervosa

Anorexia nervosa usually starts at puberty and 90% to 95% of those with anorexia are female. Within 10 years of its onset, 10% of people with anorexia will die from the illness and its complications, including suicide.

Anorexia amounts to self-starvation and includes:

- the need to be very thin along with a fear of being fat
- a preoccupation with weight and body image
- a distorted body image; feeling

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overweight no matter how thin

- obsession with food
- low self-esteem and feelings of self-worth that are closely tied to body image.

Outward signs can include:

- eating very little, sometimes to the point of starvation
- limiting the types of foods consumed, becoming more restrictive over time
- over-exercising, spending more and more time working out
- using diet pills and laxatives
- denial of hunger
- obvious ongoing weight loss that cannot be reasonably explained
- making frequent comments about feeling fat or overweight
- avoiding situations that involve food, so avoiding mealtimes or social occasions.

As the disorder progresses, health impacts can include:

- slowed heart rate and low blood pressure
- lethargy, muscle weakness, risk of fainting
- signs of starvation such as hair loss, lack of menstrual periods, pasty skin, yellowing of the palms or soles of the feet
- growth of downy hair all over the body to keep the body warm
- reduced bone density
- irritability, depression, difficulty concentrating

- increased risk of heart failure.

If you see signs of anorexia it is important to seek professional help. With treatment, recovery is possible.

Bulimia Nervosa

For someone with anorexia, weight is controlled by severely limiting the amount eaten. A person with bulimia nervosa eats, but follows it with purging. More common than anorexia, bulimia can involve:

- an ongoing cycle of uncontrollable binge-eating followed by purging – that is, getting the food out of the body – in an effort to erase the effects of the food binge
- forced vomiting and overuse of laxatives, diuretics and diet pills
- over-exercising, fasting and dieting
- extreme concern about weight, though body weight may remain normal, or “yo-yo” up and down
- self-esteem tied to body image.

Signs of bulimia can include:

- obsessive exercising
- physical effects from frequent vomiting such as swollen cheeks or jaw, discoloured teeth, or hardened, thickened skin on the back of hands
- evidence of purging, such as frequent trips to the washroom after meals, packaging from laxatives or diuretics in the trash, or signs (smell, traces) of vomit or diarrhea
- lack of energy
- rapidly disappear-

ing food supplies or empty packaging from a lot of snack products

- frequent weight checks
- reduction of normal activities, including withdrawal from social activities, as the bulimic activities become an intense, consuming interest.

Health impacts of bulimia can include:

- bowel disturbances, constipation
- inflamed esophagus, possible ruptures
- tooth decay and staining
- heart trouble.

The fact that a person with bulimia may be a “normal” weight can help to hide the disorder from others. But, like anorexia, bulimia is a very serious medical condition that requires professional help.

Binge Eating Disorder

Binge eating involves:

- frequent episodes of overeating, often in secret, often of junk food
- feeling a loss of control during the binge
- feelings of guilt, shame or disgust about bingeing.

This disorder does not include the purging seen in bulimia, but it can involve cycles of dieting or fasting. Outward signs may include:

- weight gain
- eating alone.

Health impacts of bingeing can include:

- diabetes
- high blood pressure
- joint pain and distress (from carrying extra weight)

- depression
- heart disease.

Eating Disorder Not Otherwise Specified (ED-NOS)

Some eating behaviours that cause a great deal of distress do not fit neatly into one of the three main types of eating disorder. EDNOS is the diagnosis used in these cases.

Treatment and support

Eating disorders are complicated. Treatment will include help from a combination of medical, psychological and nutrition experts, along with help from the family. The basic goals of treatment are to restore health, reach and maintain a healthier weight, normalize eating habits, and feel better psychologically and physically.

Treatment may include:

- individual counselling
- family-based therapy (FBT)
- medications, sometimes
- hospitalization, if necessary.

Also, there are support groups in many areas for those experiencing eating disorders. Support groups may also be available for family members.

How you can help

It often takes time for a person to admit they need help. If you know someone who may have an eating disorder:

- Get the facts.
- Be patient.
- Offer support.
- Don't judge.

Men's Issues



Help for men who are being abused

Domestic abuse against men can take the form of physical violence, emotional, verbal, or sexual abuse. Whatever your circumstances, though, you can find help and break free from an abusive relationship.

Domestic violence against men: You're not alone

If you're a man in an abusive relationship, it's important to know that you're not alone. Abuse of men happens far more often than you might expect—in both heterosexual and same sex relationships. It happens to men from all cultures and all walks of life, regardless of age or occupation. Figures suggest that as many as one in three victims of domestic violence are male. However, men are often reluctant to report abuse because they feel embarrassed, fear they won't be believed, or are scared that their partner will take revenge.

An abusive partner may hit, kick, bite, punch, spit, throw things, or destroy your possessions. To make up for any difference in strength, they may attack you while you're asleep or otherwise catch you by surprise. They may also use a weapon, such as a gun or knife, or strike you with an object, abuse or threaten your children, or harm your pets.

Of course, domestic abuse is not limited to vio-



lence. Emotional and verbal abuse can be just as damaging. As a male, your spouse or partner may:

- Verbally abuse you, belittle you, or humiliate you in front of friends, colleagues, or family, or on social media.

- Be possessive, act jealous, or harass you with accusations of being unfaithful.

- Take away your car keys or medications, try to control where you go and who you see.

- Try to control how you spend money or deliberately default on joint financial obligations.

- Make false allegations about you to your friends, employer, or the police, or find other ways to manipulate and isolate you.

- Threaten to leave you and prevent you from seeing your kids if you report the abuse.

As an abused man, you may face a shortage of resources, a lack of understanding from friends and family, and legal obstacles, especially if trying to gain custody of your children from an abusive mother. Whatever your circumstances, though, you can overcome these challenges and escape the violence and abuse.

- You may be in an abusive relationship if your partner:

- Threatens to inform friends, family, colleagues, or community members about your sexual orientation or gender identity.

- Insists that the police won't help someone who's gay, bisexual, or transgender.

- Ridicules your attempts to escape the relationship by labelling you as someone who deep-down believes that gay, bisexual,

or transgender relationships are aberrant or unnatural.

- Accuses you of not really being gay, bisexual, or transgender.

- Justifies their abuse with the excuse that all men are naturally aggressive and violent.

Why men don't leave abusive relationships

Regardless of gender, ending a relationship, even an abusive one, is rarely easy. It becomes even harder if you've been isolated from friends and family, threatened, manipulated, and controlled, or physically and emotionally beaten down.

You may feel that you have to stay in the relationship because:

You feel ashamed. Many men feel great shame that they've been abused, been unable to stand up for themselves, or somehow

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failed in their role as a male, husband, or father.

Your religious beliefs dictate that you stay or your self-worth is so low that you feel this abusive relationship is all you deserve.

There's a lack of resources. Many men worry they'll have difficulty being believed by the authorities, or that their abuse will be minimised because they're male, or find there are few resources to specifically help abused men.

You're in a same sex relationship but haven't come out to family or friends, and are afraid your partner will out you.

You're in denial. Just as with female domestic violence victims, denying that there is a problem in your relationship will only prolong the abuse. You may still love your partner when they're not being abusive and believe they will change or that you can help them. But change can only happen once your abuser takes full responsibility for their behaviour and seeks professional treatment.

You want to protect your children. You worry that if you leave, your spouse will harm your children or prevent you from having access to them. Obtaining custody of children is always challenging for fathers, but even if you are confident that you can do so, you may still feel overwhelmed at the prospect of raising them alone.

Protecting yourself as

an abused male

Domestic violence and abuse can have a serious physical and psychological impact. The first step to protecting yourself and stopping the abuse is to reach out. Talk to a friend, family member, or someone else you trust, or call a domestic violence helpline.

Admitting the problem and seeking help doesn't mean you have failed as a man or as a husband. You are not to blame, and you are not weak. As well as offering a sense of relief and providing some much-needed support, sharing details of your abuse can also be the first step in building a case against your abuser.

When dealing with your abusive partner:

Leave if possible. Be aware of any signs that may trigger a violent response from your partner and be ready to leave quickly. If you need to stay to protect your children, call emergency services. The police have an obligation to protect you, just as they do for a female victim.

Never retaliate. An abusive partner may try to provoke you into retaliating or using force to escape the situation. If you do retaliate, you're putting yourself at risk of being arrested or removed from your home.

Get evidence of the abuse. Report all incidents to the police and get a copy of each police report. Keep a journal of all abuse with a clear record of dates, times, and any witnesses. Include

a photographic record of your injuries and make sure your doctor or hospital also documents your injuries. Remember, medical personnel aren't likely to ask if a man is a victim of domestic violence, so it's up to you to ensure that the cause of your injuries are documented.

Keep a mobile phone, evidence of the abuse, and other important documents close at hand. If you have to leave instantly in order to escape the abuse, you'll need to take with you evidence of the abuse and important documents, such as a passport and driver's license. It may be safer to keep these items outside of the home.

Obtain advice from a domestic violence program or legal aid resource about getting a restraining order or order of protection against your partner and, if necessary, seeking

temporary custody of your children.

Moving on from an abusive relationship

Support from family and friends as well as counselling, therapy, and support groups for domestic abuse survivors can help you move on from an abusive relationship.

You may struggle with upsetting emotions or feel numb, disconnected, and unable to trust other people. After the trauma of an abusive relationship, it can take a while to get over the pain and bad memories but you can heal and move on.

Even if you're eager to jump into a new relationship and finally get the intimacy and support you've been missing, it's wise to take things slowly. Make sure you're aware of any red flag behaviours in a potential new partner and what it takes to build healthy, new relationships.



ICC WOMEN'S CWC 2022

WEST INDIES SCHEDULE

Date	Opponent	Venue
3 MARCH	West Indies v New Zealand	BAY OVAL
8 MARCH	West Indies v England	UNIVERSITY OVAL
11 MARCH	West Indies v Australia	SEDDON PARK
14 MARCH	West Indies v South Africa	BASIN RESERVE
17 MARCH	West Indies v India	BAY OVAL
20 MARCH	West Indies v Sri Lanka	SEDDON PARK
23 MARCH	West Indies v Bangladesh	BASIN RESERVE

IT'S OUR GAME

Regional News



CARICOM leaders urged to act on policies to increase regional trade

Loop News - The Caribbean Community's (CARICOM) secretary general has called on regional leaders to act on policies that have been developed over the last few years with the aim of boosting economic activity and resilience among member states.

Speaking at the 33rd Inter-sessional meeting of the Conference of CARICOM Heads in Belize yesterday, Dr Carla Barnett highlighted that the last two years have been difficult for CARICOM states due to the devastation caused by COVID-19.

But moving forward, the Belize-born SG urged leaders to trust the expertise of regional institutions and programs such as the Caribbean Public Health Agency (CARPHA) and



CARICOM Secretary-General Dr Carla Barnett [Photo credit: Loop]

Caribbean Community (CARICOM) Implementation Agency for Crime and Security "to build back better from the social and economic damages of the pandemic".

"We must now move with the trust and confidence we have in those institutions, into those measures that make the

CARICOM single market and economy work for us. Let us set a target to lift intra-regional trade out of the doldrums of 16 to 18 per cent of our total trade into 25 per cent by 2025."

Agriculture is one sector that Barnett noted has great potential to boost regional trade and she said leaders should give "con-

siderable consideration" to the Special Ministerial Taskforce on Agriculture's proposals.

Meanwhile, as virtual platforms continue to be an essential part for many Caribbean people to study and work in the pandemic, Barnett said CARICOM can no longer delay the implementation of Regional Digital Development Strategy which includes a roadmap for a common ICT space.

CARICOM will celebrate its 50th Anniversary next year and Barnett said the body has a lot to celebrate. She said regional governments can use CARICOM's achievements to build a resilient community where every citizen has options to achieve their full potential.

Anguilla: Man charged with the murder of Kimberly Fleming

Loop News - A 26-year-old man has been charged with the murder of 37-year-old Kimberly Fleming of The Cove, West End.

The accused, Donald Price, appeared before the Magistrate's Court on Monday and was remanded to Her Majesty's Prison. He is due to reappear at the Magistrate's Court on September 6, 2022.

Fleming, who was last seen leaving her home on February 20, was found dead on February 25.

The Royal Anguilla Police Force

reminded the public that:

The defendant is entitled to a fair trial;

There is a presumption of innocence until proven guilty;

Nothing would be stated or published which would prejudice a fair trial taking place; and

Section 115(g) of the Criminal Code applies and which provides for an offense in respect of any person who, while a judicial proceeding is pending, makes use of any speech or writing misrepresenting such proceeding or



Kimberly Fleming

capable of prejudicing any person in favour of or against any parties to such proceeding, or calculated to lower the authority of any person before whom the proceeding is to be held.

T&T: Fourth diver yet to be recovered

The bodies of underwater welders Fyzal Kurban, Yusuf Henry and Kazim Ali Jr were positively identified by relatives a short while ago in Trinidad, however, the body of Rishi Nagassar is yet to be recovered.

Yesterday morning the families went to the Forensic Science Centre in St James to identify three of the four men after they were recovered last night.

Local government councillor Allan Seepersad, a relative of Nagassar said his family went to the Centre hoping to identify his body,

but it was not there. He said Nagassar's wife remains distraught and uncertain of their next move.

Yusuf's father Joseph told members of the media earlier that his son's face was unrecognisable and he was identified by tattoos on his chest.

The men were part of a team of five divers to enter the Gulf of Paria to conduct maintenance work on a 30-inch undersea pipeline last Friday. At around 2.30 pm the men were sucked into the pipeline. One person, Christopher Boodram, was res-



Yet to be found- Rishi Nagassar. [Photo credit: Loop]

cued.

On Monday Energy Minister Stuart Young announced in a press conference that a 5 member committee will be implemented to investigate the circumstances surround-

ing the tragic incident.

Subsequently, the Occupational Safety and Health Authority (OSH) also announced that investigations have commenced on their part as well.

USVI to receive \$8M to fight opioid crisis

Loop - Officials on the US Virgin Islands will receive close to US\$8 million to assist with their fight against opioid addiction in the territory.

The money comes from a US\$26 billion settlement between the US Government and Cardinal, McKesson, AmerisourceBergen and Johnson & Johnson.

In addition to the funds, Cardinal, McKesson, and AmerisourceBergen will:

Establish a centralised independent clearinghouse to provide all three distributors and state regulators with aggregated data and analytics about where drugs are going and how often, eliminating blind spots in the current systems used by distributors.

Use data-driven systems to detect suspicious opioid orders from customer pharmacies.



[Photo credit: iStock]

Terminate customer pharmacies' ability to receive shipments, and report those companies to state regulators, when they show certain signs of diversion.

Prohibit shipping of and report suspicious opioid orders.

Prohibit sales staff from influencing decisions related to identifying suspicious opioid orders.

Require senior corporate officials to engage in regular oversight of anti-diversion efforts.

Johnson & Johnson is required to:

Stop selling opioids.

Not fund or provide grants to third parties for promoting opioids.

Not lobby on activities related to opioids.

Share clinical trial data under the Yale University Open Data Access Project.

Payments from the settlement will start from April 2, 2022.

USVI Attorney General Denise N George said the territory will receive US\$7,965,449.15, which is based on the population size and severity of the opioid crisis compared to the other states, counties, and territories.

"Under the terms of the settlement agreement, eighty-five percent of these funds will go directly to support treatment, recovery, harm reduction, and other strategies to address opioid abuse and addiction," said George.

U.N. urges countries to open borders to Africans fleeing Ukraine



A logo is pictured on a banner at the UNHCR headquarters in Geneva, Switzerland June 13, 2018. [Photo credit: REUTERS/Denis Balibouse]

Reuters - The U.N. refugee agency has urged authorities in countries neighbouring Ukraine to open their borders to African citizens fleeing the conflict there amid reports that some were being denied access to safety, UNHCR said on Wednesday.

Thousands of African and other foreign nationals, particularly students, have been scrambling to leave Ukraine since Russia's invasion on Feb. 24.

Close to 700,000 people fleeing Ukraine have been taken in by neighbouring countries in the European Union.

Videos and testimonies have been circulating on social media complaining of discrimination against Africans at train stations and border posts. Reuters has not been able to authenticate these accounts.

Buchizya Mseteka, a South Africa-based UN-
cont'd on pg 21

Oil price rises again as buyers shun Russian crude

BBC - The cost of oil surged on Wednesday, as traders snapped up non-Russian oil, increasing the chance of further price rises at UK forecourts.

Brent crude - the global benchmark for oil prices - passed \$113 a barrel, its highest level since June 2014.

Traders are struggling to sell Russian oil, even at a discount, because of the new difficulties in shipping and payments amid its invasion of Ukraine.

Gas prices also doubled, which could feed through to energy bills.

Almost 70% of Russian crude oil exports do not have a buyer according to UK-based research consultancy, Energy Aspects.

On Tuesday, oil trader Trafigura offered a cargo load of Russian crude oil at a record discount of \$18.60 per barrel below the market rate for Brent, but could not find a buyer willing to take the risk.

Amrita Sen, its founding partner, told the BBC World Service that buy-



Russia oil makes up around 8% of global supply [Photo credit: Getty Images]

ers are concerned that they could run afoul of Western sanctions and "lawyers are poring through the language" of the new rules.

The RAC said if the higher oil price is sustained, the cost of filling up a car in the UK will increase with it.

"The sudden \$10 jump in the oil price is likely to take the average price of petrol towards 155p a litre and diesel to 160p, particularly as it's looking

like this price isn't just a market blip caused by the US and allies deciding to dip into the strategic oil reserve.

"If oil does stay at this level, the journey to an average unleaded price of 155p may be far too quick," said RAC fuel spokesperson Simon Williams.

The average price of petrol across UK forecourts on Tuesday was 151.6p per litre, according to the RAC.

Bird flu outbreak found at duck producers in Redgrave, Suffolk

BBC - A further outbreak of bird flu has been found in East Anglia, according to the Department of Environment, Food and Rural Affairs (Defra).

The H5N1 strain has been found at the Gressingham Foods site near Redgrave, on the Suffolk/Norfolk border.

The outbreak means 35,000 ducks will have to be culled.

The latest outbreak - the eighth in the region - comes just four days after bird flu was discovered near Elmswell, north of Stowmarket.

Gressingham Foods said the virus had been found in one of its sheds on Tuesday.

"Unfortunately a Green Label duck farm was confirmed as having highly pathogenic avian influenza H5N1", the company said in a statement.

It also said that over the weekend it had been made



The H5N1 bird flu virus has been found in ducks at Gressingham Foods, near Redgrave

aware of a case of bird flu locally and had taken "every precaution and there had been no movement of birds or other material off the premises".

Gressingham Foods said it was now continuing to work with the authorities to contain any spread.

The H5N1 influenza vi-

rus is highly contagious and spreads easily within poultry flocks.

An Avian Influenza Prevention Zone (AIPZ) requiring all bird owners (including those with backyard chickens) to keep their flocks indoors applies across the UK.

People who own birds

in villages near to the latest outbreak, including Thelnetham and Botesdale, will now have to take extra measures to keep their birds away from contagion.

Defra officials have set up a 3km (2 mile) protection zone and 10km (6 mile) surveillance zone around the premises.

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HCR spokesperson, said the agency had not verified the reports but is urging countries bordering Ukraine to ensure that asylum and protection are made available to all.

"UNHCR is aware and is very concerned about reports of racial profiling, we're aware of many of these reports, we're following up and where possible we've made interventions," Mseteka said.

"Our position is that irrespective of nationality and race, people seeking

protection should be allowed to seek safety and to leave the country."

Mseteka said UNHCR was aware of reports that some African people in Ukraine are being denied access to board the trains that are taking people out to neighbouring EU states, and others being denied access to cross their borders.

"UNHCR has been assured that incidents of racial profiling are not state policies," he said.

The African Union has also said it was disturbed by reports that African

citizens in Ukraine were being refused the right to cross borders to safety.

Ukrainian Foreign Minister Dmytro Kuleba said in a tweet that Africans seeking evacuation need to have equal opportunities to return to their home countries safely and that his country would help solve the problem.

The Polish prime minister's office said on Twitter: "Poland provides shelter to everybody who is fleeing Russian aggression against Ukraine regardless of their nationality and ethnicity."

Sports News



Roman Abramovich says he plans to sell Chelsea

Chelsea owner Roman Abramovich says he is planning to sell the club.

In a statement on the Premier League club's website, businessman Abramovich said it was an "incredibly difficult decision to make", which "pains" him.

The Russian will not ask "for any loans to be repaid" and proceeds of the sale will be donated to war victims.

On Saturday, Abramovich said he would give "stewardship and care" of Chelsea to its foundation trustees following Russia's invasion of Ukraine.

That led to speculation that Abramovich - who has loaned the club more than £1.5bn - would put Chelsea up for sale, and earlier on Wednesday billionaire Hansjorg Wyss told Swiss newspaper Blick he had been offered the chance to buy the west London club.

Wyss said Abramovich



Chelsea have been owned by Roman Abramovich since 2003

wanted "to get rid of Chelsea quickly" after the threat of sanctions was raised in Parliament.

Abramovich, 55, is alleged to have strong ties to Russian President Vladimir Putin, which he has denied.

He says "all net proceeds from the sale" will be donated to the "victims of the war in Ukraine".

BBC Sport understands that Abramovich has already received offers for

Chelsea and that he values the club at as much as £3bn.

In his statement, Abramovich added: "I have always taken decisions with the club's best interest at heart."

"In the current situation, I have therefore taken the decision to sell the club, as I believe this is in the best interest of the club, the fans, the employees, as well as the club's sponsors and partners."

"The sale of the club will not be fast-tracked but will follow due process. I will not be asking for any loans to be repaid."

"I have instructed my team to set up a charitable foundation where all net proceeds from the sale will be donated. The foundation will be for the benefit of all victims of the war in Ukraine."

The trustees of Chelsea's charitable foundation, who had not yet agreed to take control of the club, will no longer be asked to. Abramovich was criticised for not referencing Russia's invasion of Ukraine in that original statement on Saturday.

Chelsea's players were not told ahead of time about their owner's new statement, which was released less than a hour before the side's FA Cup fifth-round tie at Luton Town.



Max Verstappen

Formula 1 world champion Max Verstappen has new mega deal

Formula 1 world champion Max Verstappen has agreed a new multi-year contract with Red Bull with a signing announcement expected before the end of the week.

The new agreement will take the 24-year-old close to his 30th birthday and earn him just over £40m a year, putting him on par with Mercedes' Lewis Hamilton.

Verstappen claimed his first world championship title in 2021 after edging out

seven-time champion Hamilton in a controversial finish at the season-ending Abu Dhabi Grand Prix in December.

The Dutchman, whose current deal with Red Bull expires in 2023, will begin his title defence on March 20 when the 2022 season gets under way in Bahrain.

Verstappen's new contract will prevent Mercedes from targeting him as a replacement for Lewis Hamilton should the Briton retire at the end of his current deal in 2023.

Tyson Fury says he will retire after Dillian Whyte fight in April

BBC - Britain's heavyweight world champion Tyson Fury says he will retire after the defence of his WBC title against Dillian Whyte in April.

The unbeaten 33-year-old is a two-time world champion, winning 31 of 32 professional fights.

He drew with American Deontay Wilder in the first of their three fights, before winning the second and third bouts.

Asked whether he would call time on his career after fighting Whyte at Wembley Stadium on 23 April, Fury said: "100%."

Speaking after his news conference to promote his upcoming bout, Fury said: "I'm a two-time undisputed world champion.



Frillian Whyte-knickers' - Fury taunts absent opponent [Photo credit: BBC]

"[I have] £150m in the bank and nothing to prove to anybody."

Fury - who has hinted at walking away from boxing before - was expected to face the winner of Anthony Joshua's rematch with Ukrainian WBA (Super), IBF and WBO champion Oleksandr Usyk later this year, should he beat Whyte.

That potential scenario to unify

all the heavyweight belts had kept alive the possibility of a long-awaited fight between Fury and Joshua, after negotiations ended last year.

Fury says compatriot Whyte is "terrified" after the Londoner missed the pair's news conference for their fight.

Whyte is the mandatory challenger to Fury's WBC title and is believed to be in preparation in Portugal.

"He's definitely shown the white flag in my estimation," said Fury.

Whyte is only getting 20% of the fight purse and there was speculation he was seeking to renegotiate terms before signing his contract last week.

But Fury's promoter Frank Warren argued the 33-year-old was getting a career-high pay-day.

Winter Paralympics 2022: Russia and Belarus athletes classed as neutral after Ukraine invasion

BBC- Athletes from Russia and Belarus will be allowed to compete as neutrals at the 2022 Winter Paralympics in Beijing following the invasion of Ukraine.

The International Paralympic Committee (IPC) says the two countries "will compete under the Paralympic flag and not be included in the medal table".

The opening ceremony is tomorrow, with competition starting on Saturday.

IPC president Andrew Parsons said the measures were the "harshest possible punishment" under its constitution.

"The IPC and wider

Paralympic movement is greatly concerned by the gross violation of the Olympic Truce by the Russian and Belarussian governments in the days prior to the Beijing 2022 Paralympic Winter Games," Parsons said.

"The IPC Governing Board is united in its condemnation of these actions and was in agreement that they cannot go unnoticed or unaddressed.

"In deciding what actions the IPC should take, it was fundamental that we worked within the framework of our new constitution to remain politically neutral.

"Such neutrality is firm-



Winter Paralympics 2022: IPC president on Russia and Belarus inclusion.

ly anchored in the genuine belief that sport holds the transformative power to overcome our shortcomings, and summon from within us the best of our humanity, especially in the darkest of

moments."

In all, 71 competitors from Russia and 12 from Belarus - plus guides for both nations - will now be classed as neutral athletes at the Games.

Sports News



Seaforth feels muscularity deters women from becoming bodybuilders

Public Relations officer of the Antigua and Barbuda Bodybuilding and Weightlifting Federation (ABBWF), Melissa Seaforth, has said the fear of becoming too muscular seems to be a major factor that is deterring women from becoming bodybuilders.

Like many countries across the world, Antigua and Barbuda has been unable to attract many women to bodybuilding.

In recent years however, fitness and figure competitions, which the International Federation of Bodybuilding (IFBB) introduced, have increased in popularity and now surpass female bodybuilding. They have also provided an alternative for women who choose not to develop the level of muscularity necessary for bodybuilding.

The ABBWF has added fitness and figure competitions to its calendar of events, which has, in turn, resulted in an increase in women's participation with several going on to earn IFBB pro cards.

But Seaforth, who is a national Bikini Fitness athlete, said there is less popularity with competitions that require participants to develop a bigger, more muscular body type such as the figure, wellness, women's physique and bodybuilding divisions.

"The more muscular categories, stepping away from bikini fitness, going up to wellness, which is a bit thicker, fuller developed look, and



Rosian Warrington became Antigua's first professional bodybuilder after winning the overall body-fitness title at the 2015 CAC Championships in the Bahamas. (Photo: ABBWF)

even body fitness, which is a category that Rosian Warrington would have competed in, we are not seeing a great levels of participation," Seaforth said on the Sports Overflow.

"Those categories require a little more muscle development, more size, density, a little bit more striation and leanness of the body.

"When it comes to higher than that, our federation, at least the IFBB elite athletes, doesn't go anywhere beyond body fitness so we don't have women's bodybuilding.

"We do have women's physique, which is a bit more muscular and drier, but no women's bodybuilding. They have done away with that

level of the sport.

"I am not quite sure if it has to do with the poor attendance, but here in Antigua, women tend not to want to get that muscular and that developed.

"A lot of people comment that it looks too masculine, and the average woman, I'm sure their husbands would not want them walking around with bigger biceps and triceps and six-pack abs than they have, so they tend to stick towards the more feminine category like the bikini fitness, wellness and figure divisions, which will allow them to look lean and muscular during a competition season.

"However, coming outside of that, they smooth out. They look like a normal citi-

zen."

Bodybuilding is the most muscular category of the sport and there is a weight limit for each competitor. No matter how big or tall a competitor is, it is the weight of the competitor that determines the class the bodybuilder can contest.

However, it is the height of the athlete that is used to determine the class in the women's fitness and figure competitions.

Women's fitness was introduced by the IFBB in the early 90's, with the first competition in 1996 in response to the demand for competitions for women who prefer to develop a less muscular, yet athletic and aesthetically pleasing physique.

Currently, there are two Women's Fitness categories. They are 1cm to 163 cm and over 163 cm category.

Body Fitness was introduced by the IFBB in 2002 to give a chance to compete for wide group of shapely women featuring physique rounds only. This formula has proved to wise as the number of competitors increases each year.

Women's Bikini fitness came along in 2011 to promote a healthy woman's body. In this category, overall body lines, balance and proportion, body tone and a healthy appearance are taken into consideration.

High-intensity weight
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Sports News

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Tiger Woods has won \$8m for generating more media interest than any other golfer in 2021

Woods is the first winner of the PGA Tour's Player Impact Programme (PIP).

The scheme was introduced to reward competitors for generating positive interest in the American circuit.

The former world number one has career earnings on the tour in excess of \$120m (£89.96m), despite not having played an official tour event for over a year.

An exhibition parent-child tournament last December was his only competitive action in 2021.

Tour officials originally stated that they would not make PIP results public, but the 10 players who profited have been revealed in a memo to PGA Tour members.

In December, Phil Mickelson mistakenly claimed that he had won the biggest share of the \$40m prize fund. He actually finished second to Woods and received \$6m.

The 51-year-old became the oldest major winner with



Tiger Woods last played in an exhibition parent-child tournament in Florida with his son Charlie in December 2021

victory at the US PGA last year.

Rory McIlroy - whose PGA Tour career winnings total \$63m) - Jordan Spieth, Bryson DeChambeau and Dustin Johnson all received \$3.5m from the programme, which is based on metrics measuring a player's ability to generate interest.

Auditors Grant Thornton verified the results following analysis of internet searches, articles, social media, sponsor exposure and awareness

among the US population.

Woods was seriously injured in a car crash in

February 2021 and was not seen publicly for much of the year. In late November a social media post of him hitting golf balls under the title "making progress" attracted 7.8m views on Twitter.

A month later, the 15-time major champion partnered his son, Charlie, in the PNC Championship. They finished second after making 11 consecutive birdies in the final round.

Woods, who used a buggy to play the Florida tournament, still does not know when he will be fit enough to return to the main tour.

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training and hard, lean muscles are not necessary.

Women's Physique division was introduced in 2013 for women who want to develop a heavier, bodybuilding type physique that is lean and muscular, yet athletic and aesthetically pleasing.

The Women's Wellness Fitness division is intended for those who prefer a muscular physique without muscle separation; athletic and

aesthetically pleasing, with a larger body mass than the Bikini Fitness category. This places Wellness Fitness between Bikini Fitness and Women's Physique.

There are those who contend that the introduction of the new categories, while admittedly attracting greater participation by competitors and spectators, has also served to lower interest in the traditional version of the sport.



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ABTA seeks ABNOC's assistance to pay ITF membership fees

The Antigua and Barbuda Tennis Association (ABTA) has asked the Antigua and Barbuda National Olympic Committee (ABNOC) for assistance in paying its annual membership fees to the International Tennis Federation (ITF).

President Cordell Williams said the ABTA has written to ABNOC asking for the EC\$16,000 membership fee which covers the ITF 2022 season.

The fee is due at the end of this month.

Williams said while the ABTA was able to pay its membership fee in 2020, the ongoing COVID-19 pandemic caused the association not to meet its obligation to the ITF last year.

ABNOC paid the ITF membership fee on behalf of the ABTA in 2021 as part of its pledge to assist national associations for two years through the most difficult period of the pandemic.

Williams said the ABTA has found it exceedingly difficult to raise money as it has been unable to organise fund raising events due to COVID-19 restrictions.

Williams also expressed disappointment over the fact that the ITF has not reduced its membership fees during the pandemic.

"The fact that COVID-19 is happening, I am having an issue with the ITF not lowering its membership fees because with COVID-19 around, there is not much you can do in terms of raising funds and you still have to find that \$16,000 to pay," Williams told Pointe FM's Sports Overflow.

Following a five-year suspension for non-payment of dues from 2002 to 2006, the ABTA returned to full member, or Class B ITF status in 2007 after regularising its financial status.

Class B membership with the ITF affords Antigua and Barbuda the opportunity to compete in the Davis Cup and Federation's Cup and access direct entry into major events including the Pan American Games.

It also gives the country's juniors, seniors and collegiate tennis players to qualify for the Olympics as the Davis and Fed Cup competitions are qualifiers for the event.

"Being a Class B member will allow our players to get in Pan American Games, Commonwealth Games and World Games. It allows us to play Davis Cup and Fed Cup, Williams said.

"Class C members are like associated members so you don't get the benefit that you would get as a Class



President of the Antigua and Barbuda Tennis Association, Cordell Williams. (Photo courtesy ABTA)

B member.

"The only how you can get into a major tournament as a Class C member is if one of the Class B members are not playing or you apply for a qualifier and get in.

"If we don't pay our fees, those players we have on the ITF's Tours will not be able to play in any ITF's sanctioned tournaments. The juniors would be allowed to play in their tournaments, but they would not get any ITF ranking points," Williams said.