

CARICOM LEADERS TO NEGOTIATE COMMONWEALTH SG IMPASSE



Commonwealth Secretary General, Baroness Patricia Scotland, in talks with Antigua and Barbuda's Prime Minister Gaston Browne
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Join Bad Company on Pointe FM today for a discussion on the assassination of Martin Luther King Jr.

CARICOM leaders to meet to discuss Commonwealth SG controversy

Caribbean Community (CARICOM) leaders are expected to meet later this week to discuss the controversy that has arisen following Jamaica's decision to announce that its Foreign Affairs and Foreign Trade Minister, Kamina Johnson Smith will challenge the incumbent Baroness Patricia Scotland for the post of Commonwealth Secretary General in June.

At the end of their March 1-2 Inter-sessional summit held in Belize, CARICOM leaders issued their communique in which they "expressed their overwhelming support for the re-election of Baroness Patricia Scotland as Secretary-General of The Commonwealth".

Scotland was elected to the post at the Commonwealth Heads of Government Meeting (CHOGM) in Malta in 2015 and her re-election is scheduled to take place during the June 20-25 Commonwealth summit in Kigali, Rwanda.

Scotland is the second Secretary-General from the Caribbean and the first



Prime Minister Gaston Browne with Commonwealth Secretary General, Baroness Patricia Scotland.

woman to hold the post.

But last Friday, Kingston announced that Johnson-Smith would be seeking to replace Scotland, with the Office of the Prime Minister in Jamaica describing her as "eminently qualified for the post" and that she has "held several crucial leadership posts both regionally and internationally".

Prime Minister Gaston Browne, who has been crit-

ical of Jamaica's decision, describing it as a "monumental error" said he is hoping that "this matter will be resolved amicably."

"I know that there is a push now to have a meeting early this week and hopefully we can have a consensus and we can dissuade Jamaica from proceeding on this particular issue and for us to support Baroness Scotland.

"Baroness Scotland is

Caribbean and as a member of the family, I think we have a moral obligation to support her, to protect her and stand in solidarity with her, especially considering that there are entities and individuals outside of the region who are trying to emasculate her. We have to protect our own," Browne said.

He said he had spoken with Jamaica's Prime Minister Andrew Holness on the issue, adding that "for Jamaica now to take that decision to break the (CARICOM) consensus and to present Johnson-Smith as a candidate, I think it will only serve to divide CARICOM.

"I think it is a very dan-

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| Tue 05 Day | | Tue 05 Night | |
|---|----------------------------|--|----------------------------|
| 83° | 5% ESE 13 mph | 75° | 19% E 13 mph |
| Partly cloudy skies. High 83F. Winds ESE at 10 to 15 mph. | | A few clouds. Low near 75F. Winds E at 10 to 20 mph. | |
| Humidity 64% | UV Index Extreme | Humidity 77% | UV Index 0 of 10 |
| Sunrise 5:58 am | Sunset 6:21 pm | Moonrise 8:54 am | Moonset 10:19 pm |
| | | ● Waxing Crescent | |

cont'd from pg 2

gerous precedent because what will happen you will have an abridged term and when the rotation comes sometime in the future I can see another region arguing that we don't have the capacity to serve...."

He said during his discussions with Prime Minister Holness over the last weekend "I told him I would have literally closed my eyes to support Jamaica."

"I Know Kamina very well, I have no doubt she would have made a very good Commonwealth Secretary General, but the point of it is that Antigua and Barbuda would not support Jamaica's position."

Browne said that for the last couple of years, Baroness Scotland has come under criticism from individuals in certain member states who have been literally "hounding" her, adding "they exaggerated stories about her and for some reason they are trying to bring her tenure to an end".

Dominica has since called on the 54-member Commonwealth grouping to re-elect Scotland, saying that despite the challenges of the coronavirus (COVID-19) pandemic and climate change, she has "laid a solid foundation to look at solutions for our countries in the future".

Prime Minister, Roosevelt Skerrit, in a letter to the Commonwealth governments, recalled that the Dominican-born Scotland, who was first appointed to the position in 2015, had a mandate "to reform the Commonwealth Secretariat and to advocate and to be a voice for those of our countries without a voice."

"In her first term she delivered on reform and on change; she delivered on partnerships and innovation for the benefit of our countries; she delivered on good offices and democracy. She successfully braved the challenges of the climate crisis and of the COVID-19 pandemic and has laid a solid foundation to look at solutions for our coun-

tries in the future," Skerrit said in his March 23 letter, a copy of which has been obtained by the Caribbean Media Corporation (CMC).

A statement issued by the Ministry of Foreign Affairs in Kenya on February 15, and made available to the CMC indicated that Kenya had withdrawn Juma for the position and was looking "forward to considering and supporting any suitable candidate that emerges during the process and look forward to working towards strengthening our Commonwealth"

Kenya said when it had nominated Juma for the position, it was driven by a "strong conviction of the urgent need to revitalise our Commonwealth."

"A change at the head of the Secretariat is necessary if the Commonwealth is to address urgent, emergent and future risks and threats and if it is to assume its rightful place among the community of nations where its voice can shape and drive the pursuit of sustainable development for all". (CMC)



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Island nations' loss and damages worsen without faster emission cuts this decade

The Intergovernmental Panel on Climate Change's (IPCC) latest report on the Mitigation of Climate Change makes it clear that it is scientifically possible to limit warming to 1.5°C — and speaks of opportunities to enhance people's livelihoods, provide jobs, provide access to cheap, clean energy, and ensure energy security for all. But it further warns that the current global efforts towards reducing emissions are grossly inadequate and mean catastrophic consequences, especially for small island developing states (SIDS).

"The science says it is

possible to limit warming to 1.5°C, but the current global efforts are insufficient to get us there. This collective failure to act at the scale and speed necessary to combat the climate crisis is irresponsible and immoral. We need to be clear — SIDS and other vulnerable countries are already experiencing climate change impacts that are debilitating our fragile economies at just 1.1°C of warming. But beyond 1.5°C — climate change becomes an existential threat to our livelihoods and communities. We are not the ones fuelling this disaster — the major emitters are," said



AOSIS Chairman and Prime Minister of Antigua and Barbuda, Gaston Browne

the AOSIS Chairman, Antigua and Barbuda's Ambassador Walton Webson.

"We need major emitters — particularly the G20 — to respond to this worsening crisis with the urgency it demands and not just increased targets on paper and new empty pledges — but real emission reductions in this decade, halving emissions by-2030 — and then achieving net-zero emissions by 2050 at the latest.

"Fossil fuel dependency is killing our planet. AOSIS once again urges the G20 to phase out all fossil fuel subsidies by 2023 and immediately divest from emission intensive industries channeling all investment towards low to no-greenhouse gas emissions and climate-resilient development — this is a pathway to operationalising Article 2.1(c) of the Paris Agreement," Ambassador Webson continued.

Ambassador Webson was supported by AOSIS'

lead climate negotiator H.E. Ambassador Conrod Hunte.

"This report states that nationally led technological transitions to renewable energy and policies are pivotal in reducing emissions. SIDS are already initiating these endeavours through our nationally determined contributions (NDCs). While all efforts to reduce emissions are critical, due to our size and low emissions, our individual efforts are not enough to keep warming to 1.5°C. Major emitters need to radically step up their efforts.

"We all have a role to play in this transition, and SIDS have, and will continue to do our part. But we are facing socio-economic barriers as well as transition and political risks inclusive of the high landed costs of needed technology. These barriers and risks inhibit our ability to mitigate, adapt as well as respond to climate

cont'd on pg 5

NOTICE

TO: His Honour Magistrate Wason
The Licensing Magistrate (Ag)
Magistrate Court
Federation Road
St. John's
Antigua

TO: The Magistrate for
District "A"
Federation Road
St. John's
Antigua

TO: The Commissioner of Police
Police Headquarters
American Road
St. John's
Antigua

Notice: Application for Liquor License

Dear sir,

I am the Manager of New Taste of India with two locations at St. Mary's Street and Long Street, Antigua and Barbuda. **DO HEREBY GIVE NOTICE** that it is my intention to apply at the next sitting of the Liquor Licensing Court to be held at the Magistrate's Court Grays Farm, St. John's Antigua on which will be held in April, 2022 next ensuring for the Liquor Licensing pursuant to section (11) (5) of the Licensing (intoxication Liquor) Act Cap. 249 of the Laws of Antigua and Barbuda 1992 Revised Edition, in respect of premises known as New Taste of India situated at St. Mary's Street and Long Street in the Parish of St. John's in Antigua and Barbuda.

But in the interim, I would like to make an application for a temporary license, for the business is already open and I would like to serve liquor soonest. If needed for further information I can be contacted at the following 1268 772-7105/770-6440.

Dated the 9th day of March, 2022

.....
Rajdev Mahaseth

cont'd from pg 4

change and its negative impacts.

"It is therefore imperative that financing, technology transfer, and capacity building are scaled up — so that SIDS can also reap the benefits of this transformation to a low-emission, climate-resilient world," said Ambassador Hunte.

Also commenting on the IPCC Sixth Assessment Report (AR6) 2022 Working Group III Report was Antigua and Barbuda's Prime Minister Gaston Browne.

"The IPCC's WGII report clearly states that loss and damage is happening now and will continue despite mitigation and adaptation efforts. Loss and damage will only get worse as warming climbs.

Developed countries need to acknowledge that loss and damage is real and requires additional financing, separate to that provided to adaptation and mitigation. There needs to be significant support and finance provided to address loss and damage now and in the future. In addition, the scale of the financing is not sufficient for mitigation or adaptation.

"AOSIS reiterates our call for developed countries to come to COP27 in Sharm El-Sheik with a clear stand-alone plan on how they will deliver on the commitment to at least double adaptation finance by 2025 and ensure that SIDS are prioritised in that scaling-up of finance. These issues of scale and

balance must be bridged with both traditional and innovative financial instruments and arrangements, including the ones that create fiscal space for SIDS such as debt-for-climate swaps and issuance/reallocation of special drawing rights."

"Finally," PM Browne continued, "regarding access to finance — the Paris Agreement clearly calls for the provision of scaled-up financial resources that take into account the needs and priorities of SIDS. There needs to be more targeted allocations of finance for SIDS. There also needs to be acknowledgement of

both urgency and our reduced capacities. This is especially the case when a hurricane hits, and we need to be able to start rebuilding within days, not months or even years."

The nature of this finance is also an issue, the impacts of climate change and the COVID-19 pandemic combined have created a debt crisis for many of our island States. Our capacity to borrow is constrained — and further incurring debt becomes fraught. So, we need to see increased grant and concessional funding for climate action."

Since 1990, AOSIS has

represented the interests of the 39 small island and low-lying coastal developing states in international climate change, sustainable development negotiations and processes.

As a voice for the vulnerable, its mandate is more than amplifying marginalised voices as it also advocates for these countries' interests. In terms of size, AOSIS closely resembles the countries it represents on the global stage, but often punches far above its weight, negotiating historic global commitments to cut greenhouse gas emissions, among other achievements.



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MP Greene demands apology from UHSA

Member of Parliament for St. Paul's, E. P. Chet Greene wants an immediate apology from the owners of the University of Health Sciences Antigua (UHSA) for allegations made in the media that he 'forcefully and illegally' entered the compound on Sunday.

The UHSA is located at Dow's Hill in Greene's constituency. The land and properties were leased to the principals of UHSA in the 1980's to establish what would become the first medical school to operate in the country.

However, the medical school is no longer in operation and the property has been in a state of disrepair for several years.

Recently, the Cabinet announced its intention to reacquire the property as the original purpose for which it was leased – the operation of a medical school – no longer exists.

According to Greene, he visited the campus on Sunday with a delegation to carry out an inspection at the behest of the Cabinet.

He said he introduced himself to the security guard on duty, who then called a "Miss Sebastian". The security guard handed over the phone to Mr. Greene so that he could speak with the person on the other end.

Following a discussion, instructions were given to the security guard to allow the delegation onto the property.

"In the interest of transparency, I took the decision to invite a senior member of the police force stationed at Dockyard to accompany us. Such was the cordial nature of the entire exercise that the security guard drove



MP for St. Paul's constituency, E. P. Chet Greene

with the police officer as we toured the compound.

"The notion that I 'forced' my way onto the property is a complete fabrication. I take this matter seriously and as Dr. Adedayo Akande has issued a public statement, I now demand a public apology from her," MP Greene said.

MP Greene said the absence of activity at the medical school means declining economic activity in the area.

"The constituency loses when that happens; there's no employment, no rental of properties, no rental of cars and eating at area restaurants. In a word, we are the poorer for it," he remarked.

Greene also disclosed that two leading universities - one from the United States and the other from the UK - have expressed interest in opening campuses in Antigua and Barbuda.

He said the government will not sit

idly by while an asset as important as UHSA sits in ruin when opportunities exist to restore it to the economic juggernaut it once was.

"No responsible government would allow this to happen. I am sure that when the true facts are known that no one will fault the government for its action.

"I was elected to look at the interest of the people of St. Paul, a duty and a responsibility that I perform with the economic wellbeing of my constituents in mind," he stated.

Greene also revealed that the principals of UHSA have been actively seeking investors to help transform the campus into a farm for medical marijuana.

"That was not the purpose for which the school was leased, and secondly, to operate such a venture would require permission from the government," he noted.

ABS workers call off strike, meeting with AG pushed back

Striking ABS workers have returned to work after discussions with Attorney General and Minister of Labour Steadroy Benjamin were initiated.

The workers walked off the job last Wednesday after their case before the Industrial Court, pertaining to several years of overtime they claim is owed to them, was halted because the state filed an appeal challenging the Industrial Court's decision to strike down a motion calling for the panel hearing the matter to be removed on a claim of bias.

Over the weekend, the employees were ordered back to work through a communication penned by

Attorney General Steadroy Benjamin and addressed to Shop Steward, Kerrio Adams and ABS' management.

Minister Benjamin reminded the staff they are essential workers and noted that under the Essential Services Act (2008), Section

Four, Sub-sections one and two, "No industrial action shall commence, or if commenced, shall be discontinued in a trade dispute in an essential service, unless it is subject to an order issued in sub-section two."

A meeting was con-

vened yesterday at 1pm between Shop Steward Adams and Labour Minister Benjamin, however, Adams declared not much progress was made following the sit-down.

He reported that discussions will reconvene on Thursday, when the issue is expected to be discussed at length with the aim of arriving at a resolution.

The shop steward also said that the attorney general reinforced the warning that ABS employees who take industrial action will be arrested at his instruction.

As the ABS staff returned to work, Adams said they are adopting a 'wait and see' approach in anticipation of the meeting later this week.

ABS employees claim that hundreds of thousands of dollars in overtime are owed to staff of both radio and television branches of the state-owned media house dating back to 2015.





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UPDATED SCHEDULE

Local News



John Jarvis succeeds “Paddy” James as ABEC chairman

John Jarvis is the new Chairman of the Antigua Barbuda Electoral Commission (ABEC).

The brief announcement was made on Monday by Minister Dean Jonas.

He succeeds Nathaniel “Paddy” James, who served on the commission in several capacities since its founding in December 2001.

James, who will be 75 this month, announced his retirement in February this year.

The government, at the time, indicated that a replacement for the outgoing chairman had been identified, but declined to name the position's new occupant until this week.



John M. Jarvis has been identified as the new ABEC chairman.

John Jarvis, who has served as an ABEC Commissioner since December 2015, has also served on many high-level CARICOM election observer missions.

Minister Jonas said Mr. Jarvis has been notified of his appointment and has accepted. It is expected that he will receive his formal



Outgoing chairman of ABEC, Nathaniel “Paddy” James, the commission's longest serving member, was honoured by his colleagues in a farewell ceremony last Friday.

appointment from Governor General Sir Rodney Williams in the coming days.

Last Friday, a ceremony was held by ABEC's staff to wish Mr. James, who held the position of chairman for the last seven years, farewell.

In his final public remarks, James said to the staff at ABEC, “This process of free and fair election is perhaps one of the most significant areas of our democracy [and] fought for by our people, and you and I are called upon to preserve it.”

Carousel replacement at airport to cost millions

It will cost the Antigua and Barbuda Airport Authority approximately US \$ 4 million to repair one of its non-functioning x-ray and baggage carousel at VC Bird International airport.

Included in the figure is the acquisition of new equipment, along with installation, training of staff and other costs.

According to last week's Cabinet notes, “The ABAA sought estimates from three providers and settled on a supplier from the United States; its presence is also noted in four other Caribbean countries”.

Cabinet Minister Dean Jonas explained major repair work to the facility will have to be undertaken in the re-



moval of the existing carousel and the installation of the new one.

“Apparently the old one that is there now was built in a way that it is part of the building infrastructure, so removing it is very challenging,” Jonas noted.

“They literally have to get someone to cut it up and take it apart, and so

the new design also has to be made to fit in there. And so, they have actually started the work on that.”

No timeline was given by which work is expected to last.

The current equipment installed at the airport terminal are believed to have been operationalized in 2015, when the terminal was officially opened.

'Now or never' to avoid climate catastrophe: UN

UN panel warns that policies are leading the planet to extreme temperature rises, and calls for an urgent halt to rising emissions.

Humanity has less than three years to halt the rise of planet-warming carbon emissions and less than a decade to slash them almost in half, according to a United Nations landmark report on stopping global warming and ensuring a "liveable future".

That daunting task is still – and only just possible, but current policies are leading the planet towards catastrophic temperature rises, the UN's Intergovernmental Panel on Climate Change (IPCC) said on Monday.

Despite climate change warnings issued by the IPCC since 1990, global emissions have continued to rise in the last decade, reaching their highest point in history.

Global emissions now are on track to blow past the 1.5C warming limit envisioned in the 2015 Paris Agreement and reach some 3.2C by the century's end.

The world's nations are taking our future right to the wire, the IPCC said in the 2,800-page report, pointing at measures such as drastic cuts to fossil fuel use, growing forests and eating less meat as the way out.

In recent months, the



The United Nations' Intergovernmental Panel on Climate Change says greenhouse gas emissions should be stopped from rising any further before 2025 [File: AFP]

IPCC has published the first two instalments in a trilogy of mammoth scientific assessments covering how greenhouse gas emissions are heating the planet and what that means for life on Earth.

According to the study, greenhouse gas emissions should be stopped from rising any further before 2025 to have a hope of keeping within even the less ambitious warming targets of the Paris deal: two degrees Celsius above preindustrial levels.

Scenarios of catastrophic 2.5C of warming also have emissions peaking within three years.

Beyond that, the report said carbon emissions need to drop 43 percent by 2030 and 84 percent by mid-century to meet the more ambitious Paris goal of 1.5C.

"It's now or never, if we

want to limit global warming to 1.5C," said Jim Skea, a professor at Imperial College London and co-chair of the working group behind the report.

"Without immediate and deep emissions reductions across all sectors, it will be impossible."

Cutting emissions not enough

And cutting emissions is no longer enough, the IPCC said. Technologies to suck CO₂ out of the atmosphere – not yet operating to scale – will need to be ramped up enormously.

The 1.5C target is presently "beyond reach", even with the most updated global climate pledges, the IPCC said, adding that to get there the world must radically reduce the fossil fuels behind the lion's share of emissions.

Nations should stop

burning coal completely and slash oil and gas use by 60 and 70 percent respectively to keep within the Paris goals, the IPCC said.

It warned that current fossil fuel infrastructure, if used to the end of its expected lifetime without capturing carbon emissions, would make it impossible to limit global warming to 1.5C above preindustrial levels, the IPCC said.

While government policies, investments and regulations will propel emissions cuts, the IPCC made clear that individuals can also make a big difference.

Cutting back on long-haul flights, switching to plant-based diets, climate-proofing buildings and other ways of cutting the consumption that drives energy demand could reduce greenhouse gas emissions 40 to 70 percent by 2050, it said.

"Rapid and deep changes in demand make it easier for every sector to reduce greenhouse gas emissions," including construction, food consumption and transport, the report said.

With war in Ukraine spurring urgent efforts to transition away from Russian oil and gas in some Western countries, observers said the report should sharpen nations' focus on climate commitments.

As Panama tightens visa rules, Cubans brace for tough journeys

By Lillian Perlmutter

New rule requiring Cubans to obtain a transit visa before entering Panama has sparked protests in Havana.

By the time Natalia and her family were called to enter the Panamanian embassy in Havana, they had been sleeping on the grass outside for nearly a week.

Natalia, who spoke under a pseudonym for security reasons, had travelled to the Cuban capital in early March along with her mother, aunt and cousin – a long trip from their home in the country's eastern Las Tunas province. Once inside, they would buy a transit visa to enter Panama.

"Of course, you have to be frustrated," Natalia said. "There are so many people here, and we've been planning this trip for over a month."

The journey from Las Tunas took two days and cost the family about \$200, she said – a significant sum in Cuba, where the average salary is less than \$50 a month. Natalia and her mother were planning to fly in April to Panama, and then to Nicaragua, from where they would begin their trek to the United States border to apply for asylum on the grounds of political persecution.

Along with Natalia and her family, more than 400 people gathered in front of



More than 400 people gathered in front of Panama's embassy in Havana on March 9, after a new visa requirement was announced that would make leaving the island more difficult [Ismael Francisco/AP]

Panama's embassy in Havana on March 9, after a new visa requirement was announced that would make fleeing the island more difficult. It requires all Cubans to buy a transit visa at the embassy 15 days before entering Panama.

The requirement was to take effect just a few days after the announcement, throwing into chaos the travel plans of many Cubans who had planned to fly out during the last two weeks of March. After angry residents flooded the embassy area, the Panamanian government slightly extended the implementation date until March 15.

Although Panamanian authorities have said the

transit visa requirement would be in place for just three months, some Cubans told Al Jazeera they feared more stringent restrictions lay ahead – adding to the constantly evolving hurdles facing Cubans as they attempt to travel beyond their country's borders.

Planning far in advance

In recent years, Panama has functioned as a middleman between Cuba and the rest of Latin America, as many countries do not offer direct flights to Havana.

"I'm going to Mexico through Panama," a woman sitting outside the embassy said in mid-March, noting that her son's father was already living there. She had

come back to Cuba to visit family and was now stuck waiting for a transit visa en route to Panama City.

Another woman waiting to enter the embassy said she had been living in Colombia for years, and was prepared to wait in the hot sun as long as necessary to facilitate her return trip through Panama: "I got here at 8am, and I heard they'll be processing visas maybe until 9pm, so I'll stay here all day – and then, maybe I'll have to change the flight and come again tomorrow."

The visa costs \$50, a significant price for many Cubans, and the requirement to obtain it two weeks in advance means that Cubans

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coming into the capital from far-flung provinces must piece together housing in Havana for weeks. Some, like Natalia, have resorted to sleeping on the grass outside the embassy; on a recent afternoon, the area was littered with plastic water cups, blankets and dirty socks.

The new visa requirement complicates an already expensive journey, as flights to Panama from Cuba can cost more than \$1,000. Most Cubans need assistance from family abroad to save up enough for the journey, and those without financial aid must plan years in advance. They are required to purchase round-trip tickets, even if they never plan to return to Cuba.

The Panamanian government said the new visa requirement was meant to ensure "security and control", but many Cubans protesting in the park on March 9 said they felt it was just another way to stem the flow of thousands of

people leaving the island to settle elsewhere. The Costa Rican government imposed a similar transit visa restriction on Cuban nationals in February, a decision that also sparked protests.

'We're just tired'

In the first two months of 2022, US Customs and Border Protection (CBP) reported encountering more than 25,000 Cubans, the vast majority at the US-Mexico border – a surge more than four times higher than the same period of 2021. The island is currently crippled by widespread food and oil shortages.

Jorge Duany, head of the Cuban Research Institute at Florida International University said the new restrictions could, at least temporarily, dampen the rate of Cuban migration. The new Panamanian and Costa Rican regulations "will likely lead more Cubans to follow the air route from Havana to Managua", Duany said.

Though Nicaragua does not re-

quire Cuban nationals to obtain a visa, flights from Havana to Managua are less frequent, and demand is already sky-high.

Andres Pertierra, a Cuba historian at the University of Wisconsin-Madison said the migration surge will continue as long as the country's severe economic challenges persist. And if fewer Cubans are able to leave the island, the strain on food and oil supplies will only intensify.

"[The] indefinite, crisis-level scarcity is set to stay for a while," Pertierra said. "The big trigger is that there seems to be no future there ... Who wants to raise a family or build a career in that context if they can avoid it?"

Meanwhile, Natalia and her mother know they will face more obstacles on their way to the US, many of which will involve waiting in lines for hours, days or even weeks.

"We're not anxious or excited," she said. "We're just tired."



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12 Things your diabetes doctor wants you to know

Medically Reviewed By William C. Lloyd III, MD, FACS Written By Cindy Kuzma

Insight from the Diabetes Experts

Whether you have type 1, type 2, or gestational diabetes, the success of your treatment plan depends on a good collaboration with your diabetes doctor. Here, we asked specialists in this condition—which occurs when your body either can't produce or can't use the hormone insulin to process blood sugar—for the lowdown on getting the best diabetes care.

1. “Expect me to be nosy.”

“I ask patients questions about how diabetes has affected them, in addition to how it is affecting their blood glucose levels,” says endocrinologist Richard Shewbridge, MD. Diabetes causes changes throughout your entire body, including your feet, your skin, your mood, and your sexual organs. Tell your doctor about all your health issues—even ones that are difficult to talk about or don't seem related, like depression or erectile dysfunction. Treatment can help relieve them.

2. “I need to know the truth about your daily habits.”



Come clean about your diet and exercise routine, says endocrinologist Scott Isaacs, MD. If you fib about what you're eating or how often you're active, you're the one whose health may ultimately suffer. “Doctors are not ‘just about the medicines’—we would rather help patients make smarter choices in these areas,” says Dr. Shewbridge.

3. “It's never too late to make lifestyle changes.”

If you have type 2 diabetes, losing just 7% of your body weight—that's 12 to 13 pounds, if you weigh 180—can dramatically improve your health, says endocrinologist Osama Hamdy, MD, PhD. Typically, you can do this through diet and exercise. And although weight loss and other healthy changes

may be most effective soon after your diagnosis, you can reap the benefits no matter when you begin.

4. “Don't believe everything you read or hear.”

Diabetes information is everywhere—blogs, online forums, small talk with friends and family, terrifying lawyer ads on TV. Keep in mind that everyone's situation is different and some sources are more reliable than others, Dr. Isaacs says. Your diabetes care team can guide you toward the truth and help you make the best choices for your health.

5. “We both need continuing education.”

Your doctor should take steps to actively keep up with new research—for instance, attending continuing medical education

courses or events. You should take a similar approach, advises endocrinologist Irene O'Shaughnessy, MD. “I encourage my patients to keep up with their diabetes education, and to meet with a dietitian and diabetes educator at least once a year,” she says.

6. “Don't ‘sugarcoat’ your blood glucose readings.”

“Some patients leave off the highest (or below normal) home glucose testing readings because they may fear that the more abnormal readings may upset the doctor,” says Dr. Shewbridge. But your doctor needs to know all your numbers to adequately assess your health. “I'm not going to lecture you. I am interested in problem-solving

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ing to help turn the glucose levels around, so that the high glucose levels will not harm your body.”

7. “No symptoms? Your health is still in danger.”

Most signs of diabetes are subtle, and appear gradually over time, Dr. Hamdy says. But just because you feel fine doesn’t mean your diabetes isn’t progressing. Keep a close watch over your numbers—including your blood glucose, blood pressure, and hemoglobin A1c—to ensure you aren’t at risk for diabetes complications, such as heart disease, nerve damage, and vision problems.

8. “Taking insulin doesn’t mean you’ve failed at controlling your diabetes.”

“I hear many patients tell me they must be a ‘bad’ diabetic if they need insulin. In fact, insulin is one of the most effective ways to lower blood sugar quickly,” Dr. O’Shaughnessy says. In some cases, it’s a short-term fix for people with type 2. “However, the natural history of type 2 diabetes is that many patients ultimately need insulin, and this does not necessarily reflect anything they are doing wrong.”

9. “Don’t choose me as your doctor if you don’t like my style.”

Effective diabetes treatment requires doctor and patient to work together as

a team, but your roles can vary depending on your personality, Dr. O’Shaughnessy says. Some patients want to be told exactly what to do, while others seek a healthcare partner. Take time to get to know your doctor and make sure he or she is the best fit for your needs.

10. “Not everyone needs to see an endocrinologist.”

Endocrinologists specialize in diabetes care, and everyone with type 1 diabetes should see one. But if you have type 2 diabetes, your primary care doctor can probably manage your condition, especially

at first, Dr. Hamdy says. If you’re taking more than two diabetes medications; your hemoglobin A1c results remain high or unstable over time; or if you start to develop signs of diabetes complications, it’s time to see a specialist.

11. “Diabetes is a lifelong challenge ...”

There’s no cure for diabetes, and avoiding its long-term health risks takes consistent effort. “Diabetes is unique in that self-management is such an important part of the treatment,” Dr. O’Shaughnessy says. Your doctor can act as a coach, motivator or resource, but the daily task of

diabetes management is in your hands.

12. “... but if you control diabetes, it won’t control you.”

With proper management—including blood glucose monitoring, a proper diabetes diet, and regular visits to your diabetes doctor—people with the condition can live full, healthy lives.

And don’t fret if you take a wrong turn or two along the way. “It’s not the end of the world. This is a slowly progressive disease, and you can turn things around and get back on the right path,” Dr. Hamdy says.



Twist Fitness's Opening Hours

Monday- Friday
5:30AM-8:30PM

Saturday
9:00AM-5:00PM
5:00PM-7:00PM (WOMENS ONLY HOURS)

Sunday
10:00AM-3:00PM

Regional News



CHTA sets sights on boosting intra-caribbean travel

Caribbean leaders are aiming to boost intra-regional travel, a topic set to be tackled in an upcoming virtual discussion series presented by the Caribbean Hotel and Tourism Association (CHTA).

“Rebuilding Intra-Caribbean Travel” will be held in two parts, with the first taking place on Wednesday, April 6 at 10 a.m. ET, featuring distinguished public and private sector leaders and industry experts.

Session One will present a profile of the intra-Caribbean traveler and look at the obstacles and opportunities for stimulating the recovery of intra-regional travel.



CHTA President Nicola Madden-Greig

U.S. Virgin Islands Governor Albert Bryan, Jr. will headline this session, which will also feature Neil Waters, acting CEO and Secretary

General of the Caribbean Tourism Organization; CHTA President Nicola Madden-Greig; and Jorge Hernandez, CEO of Aerostar Airport Holdings, which operates and manages the Luis Muñoz Marín International Airport in San Juan, Puerto Rico on behalf of the Puerto Rico Ports Authority.

Session Two, to be held on Thursday, April 7 at 10 a.m. ET, will provide hotels and tourism-related businesses as well as destinations with insights and success stories on restoring and attracting the high potential intra-Caribbean travel market.

To be moderated by Vanessa
cont'd on pg 15

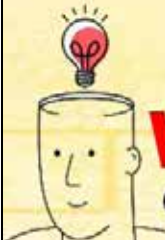




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US Coast Guard seize over US\$200M in narcotics in Caribbean Sea

Loop - The US Coast Guard off-loaded more than US \$243 million in illegal narcotics in Miami which were seized over a 45-day period in the Caribbean Sea.

The crew of the Coast Guard Cutter Dauntless seized approximately 8,500 pounds of cocaine and apprehended 13 suspected drug smugglers with Dominican Republic and Colombian nationalities following the 45-day patrol in the Caribbean Sea.

The Dauntless' crew worked alongside multiple US Coast Guard assets and international assets, including the HNLMS FRIESLAND of the Royal Netherlands Navy to interdict the illegal drug smuggling ventures.

"The Coast Guard's strong international partnerships, counter threats in the maritime domain, protect each of our countries from transnational organised crime, and work to stabilize and promote good governance in the region," said, Lt Paul Puddington, a District Seven duty enforcement officer.

"We are thankful for coordinated efforts across the US Coast Guard, the Department of Defense, Customs and Border Protection, as well as our international partners from the Neth-



Pallets of illegal narcotics offloaded from US Coast Guard Cutter Dauntless' (WMEC-624) following a drug offload at Base Miami Beach, Florida, April 1, 2022. The Dauntless is homeported in Pensacola, Florida. (US Coast Guard photo by Seaman Eric Rodriguez)

erlands and throughout Central and South America."

The fight against drug cartels in the Caribbean Sea requires unity of effort in all phases from detection, monitoring and interdictions, to criminal prosecutions by international partners and US Attorneys' Offices in districts across the nation.

During at-sea interdictions, a suspect vessel is initially detected and monitored by allied, military or law

enforcement personnel coordinated by Joint Interagency Task Force-South based in Key West, Florida.

The law enforcement phase of operations in the Caribbean Sea is conducted under the authority of the Seventh Coast Guard District, headquartered in Miami.

The interdictions, including the actual boardings, are led and conducted by members of the US Coast Guard.

cont'd from pg 14

Ledesma, CHTA's acting CEO and Director General, this session has attracted Alicia Cabrera, Executive Manager, Marketing & Loyalty Programs at Caribbean Airlines; Sanovnik Destang, Executive Director, Bay Gardens Resorts; Corey Garrett, Director - Caribbean & Latin America at Barbados Tourism Marketing Inc.; Christopher Gustave,

Marketing Manager Caribbean, Sports & Events with the St. Lucia Tourism Authority; and Jesse Lee Lum, Regional Manager at Sun-Tours Caribbean.

"Intra-regional travel has taken a massive hit during the pandemic, and it's been slower to rebound than international travel," said Madden-Greig, who will moderate the first session on Wednesday.

"We want to examine how the region can recoup over a billion US dollars of lost revenue in this area and recover better than ever."

While international travel into the Caribbean begins to approach pre-pandemic levels, travel within the region has only recovered to an estimated 30 percent of 2019 arrivals.

The ramifications of this drop in intra-regional

travel are broad, affecting all destinations at all levels, as it impacts business, leisure and personal travel for sports, festivals, events, religious, family and other meetings and gatherings.

"For some destinations, accommodation providers and other tourism businesses, intra-regional travel accounts for a significant portion of their revenue," Madden-Greig commented.

Guyana OKs Exxon's \$10B Yellowtail offshore oil project

AP - Guyana's government has granted permission for U.S. supermajor ExxonMobil to develop a fourth offshore oil and gas field and the company said Monday it has made a final investment decision on the \$10 billion project aimed at producing up to 250,000 barrels per day.

Guyanese authorities announced approval of the Yellowtail Project on Sunday, adding to the company's Liza One, Two and Payara fields.

"Yellowtail's development further demonstrates the successful partnership between ExxonMobil and Guyana and helps provide the world with another reliable source of energy to meet future demands and ensure a secure energy transition," the company said in a statement. The new project is expected to come onstream by 2025.

It said that nearly two dozen successful oil wells since the first in 2015 allows it to so far have access to more than 10 billion barrels of oil in the Guyana Basin.

The first barrel of oil was pumped offshore in December 2019, making the country of about 800,000 people one of the world's newest oil producers.

The approval comes in the midst of a debate



between the company and several rights and environmental groups as to whether adequate insurance is in place in the event of an oil spill.

Such an event could affect neighboring continental and tourism-dependent Caribbean countries, devastating economies and marine life.

Former Guyanese environmental chief Vincent Adams said Monday that the company must be made to have adequate insurance and not allowed "to water down" the language in legal documents linked to the issue.

He said the environmental agency had agreed

with Exxon during his time as the country's environmental administrator to ensure that there was at least \$2.5 billion in oil spill insurance coverage.

The company which controls the high-yielding Stabroek Block along with American-owned Hess Oil and the China National Offshore Oil Corp., says it has at least \$2 billion on standby in addition to the "financial capacity to meet our responsibilities for an adverse event."

"We are committed to paying all legitimate costs in the unlikely event of an oil spill," it said.

The company recently said that it is already pre-

paring to apply for approval for a fifth oil field and could be ready to submit final documents by the last quarter of this year.

The success of the Stabroek Block has pushed most of the world's leading oil firms to buy into neighboring blocks or to apply for concessions near Exxon's.

The government has already said that it will auction off several remaining blocks by the end of this year, including portions of unexplored areas by companies or those which have been given back to the state because no commercial quantities of oil and gas had been found.

Top Pakistan court hears arguments in major political crisis

AP — Pakistan's top court began hearing arguments Monday on whether Prime Minister Imran Khan and his allies had the legal right to dissolve parliament and set the stage for early elections.

The opposition is challenging the latest moves by Khan, a former cricket star turned conservative Islamist leader who came to power in 2018, contending they are a ploy by Khan to stay in power.

The Supreme Court started hearing arguments on Monday both from Khan's legal team and his allies, and also the opposition, but then adjourned the session until noon Tuesday.

There was no immediate explanation for the adjournment and it was also unclear when a ruling would come. Muslim-majority Pakistan is observing the holy month of Ramadan, when the faithful fast from dawn to dusk.

On Sunday, Khan's ally and Pakistan's deputy parliament speaker, Qasim Suri, dissolved the assembly to sidestep a no-confidence vote that Khan appeared certain to lose. The opposition claims the deputy speaker had no constitutional authority to throw out the no-confidence vote.

The developments marked the latest in an escalating dispute between Khan and the opposition, which has been backed by



Pakistan's opposition leader Shahbaz Sharif, center, with his supporters leaves the Supreme Court after petitions hearing to dissolve parliament by country's Prime Minister, in Islamabad, Pakistan, Monday, April 4, 2022. Pakistan's top court began hearing arguments Monday on whether Prime Minister Imran Khan and his allies had the legal right to dissolve parliament and set the stage for early elections. (AP Photo/Anjum Naveed)

defectors from the prime minister's own party, Tehreek-e-Insaf or Justice Party, and a former coalition partner, the Muttahida Quami Movement, which had joined opposition ranks. The opposition claims it had the numbers to oust Khan in parliament. It has also accused him of economic mismanagement.

The current political conundrum is in many ways uncharted territory, even for Pakistan, where successive governments have been overthrown by a powerful military and others ousted before their term ended.

The most significant decision before the Supreme

Court is whether Suri, the deputy speaker, had the constitutional authority to throw out the no-confidence vote, according to constitutional lawyer Ali Zafar.

Zafar told The Associated Press that the court also has to decide whether it even has the authority to rule on this matter. Khan's party insists actions of a parliament speaker are privileged and cannot be challenged in court.

If the court rules the deputy speaker was out of line, the parliament will reconvene and hold the no-confidence vote on Khan, legal experts say. If the court upholds the latest actions, Pa-

kistan is heading into early elections.

The opposition says it has the 172 votes in the 342-seat assembly to oust Khan. After Suri on Sunday threw out the no-confidence motion, information minister and another Khan ally, Fawad Chaudhry, accused the opposition of plotting "regime change" with the backing of the United States.

Pakistan's powerful military — which has directly ruled the country for more than half of its 75-year history — has remained silent through much of the political infighting.

However, Army Chief
cont'd on pg 18

Macron calls for ban on Russian oil and coal after Bucha killing

AlJazeera – French President Emmanuel Macron has expressed support for banning Russian oil and coal as part of a new round of sanctions against Russia, after reports emerged of mass graves and atrocities in the town of Bucha, a town outside Ukraine's capital, Kyiv.

“What happened in Bucha demands a new round of sanctions and very clear measures,” Macron told France Inter radio on Monday, adding that there were “very clear indications of war crimes”.

Macron, who faces a re-election battle this week, said new sanctions targeting the oil and coal industries would be “particularly” painful for Russia.

France will coordinate such steps with its European Union partners, “especially



French President Emmanuel Macron said new sanctions targeting the oil and coal industries would be ‘particularly’ painful [Thibault Camus/Pool via Reuters]

Germany”, in the coming days, he said, adding that the bloc could also impose further sanctions against Russian individuals.

The EU had been weighing a possible ban on Russian crude imports, though some members including Germany, which is heavily reliant on imports from Moscow, opposed such a

move.

However, outrage at the evidence emerging from Kyiv province following the departure of Russian forces could prompt the EU to cut its gas dependence on Russia, which provides some 45 percent of its needs. Russia also accounts for about 25 percent of oil imports and 45 percent of coal imports,

according to the European Commission.

After Ukrainian forces regained control of Bucha on March 31, images of bodies lying on the streets – including some with their hands bound behind their backs – sent shockwaves through international capitals.

Local authorities said they had been forced to dig communal graves to bury the dead accumulating in the streets.

“The scenes are unbearable. International justice must work. Those who were behind these crimes must respond,” Macron said.

Russia's defence ministry has denied Ukraine's accusation that it carried out a “massacre”. Russia's chief investigator ordered an official examination of what he called a Ukrainian “provocation”.

cont'd from pg 17

Qamar Javed Bajwa on Sunday distanced the military from allegations of a U.S.-backed conspiracy, saying Pakistan wants good relations with both China and the U.S., Pakistan's largest trading partner.

Khan, an outspoken critic of Washington's war on terror and Pakistan's partnership in that war, claims the U.S. wants him gone because of his foreign policy choices and for refusing to distance Pakistan from China and Russia.

“We support the peaceful upholding of constitutional democratic principles. That is the case in Pakistan. It is the case around the world,” said U.S.

State Department spokesman Ned Price about Pakistan and allegations of U.S. attempts to oust Khan. “We do not support one political party over another; we support the broader principles, the principles of rule of law, of equal justice under the law.”

However, Michael Kugelman, deputy director of the Asia Program at the Wilson Center, sees the latest political wrangling as just another “part of a recurring pattern in Pakistan of governments undermining the democratic process to maintain their hold on power.”

It underscores a deeply polarized society, Kugelman added. While

Khan's supporters may think dissolving parliament was a “stroke of genius” to avoid a no confidence vote, his critics “think he has acted recklessly and essentially pulled off a legal coup, plunging the country into a constitutional crisis.”

Separately, Pakistani President Arif Alvi, another Khan ally, was ignoring Monday's deliberations before the Supreme Court and was forging ahead with preparations for an interim government that would see Pakistan through elections. Under the constitution, Khan would remain prime minister until the appointment of a caretaker premier, Alvi said in a tweet.

Ecuador prison riot leaves 20 dead, five seriously injured

AP – A clash between prison gangs armed with guns and knives left 20 people dead, Ecuadorian officials said Monday, and they announced that they had fully regained control of the penitentiary.

Interior Minister Patrio Carrillo said five of the dead had been mutilated, six hanged and one poisoned during the clash Sunday in Turi, about 310 kilometers (190 miles) south of the capital. At least five people had serious injuries.

Speaking to Radio Democracia, Carrillo linked the



Soldiers stand guard outside Turi prison after a deadly prison riot in Cuenca, Ecuador, Sunday, April 3, 2022. (AP Photo/Marcelo Suquilanda)

riot to a “criminal economy” with links to politics, but he did not expand on that.

Gen. Carlos Cabrera, the

commander of police, told a news conference that authorities were making a block by block search of the prison.

What appeared to be gunfire and screaming could be heard on videos of the incident broadcast by local news media. Carrillo said on Sunday that about 1,000 police and military personnel worked to control the riot.

Amnesty International said last month that at least 316 prisoners died in confrontations in Ecuadorian prisons in 2020, with 119 of those dying in a September riot.

The government in the past has blamed confrontations on drug gangs linked to Mexican cartels.

More than a dozen killed in eastern Congo attack

AP - Suspected rebels attacked a village in eastern Congo with machetes and guns, killing at least a dozen civilians, Congo’s army and a survivor said Monday.

Fighters believed to be part of the Allied Democratic Forces rebel group staged the attack Sunday night in Masambo, about 50 kilometers (31 miles) away from the city of Beni, army spokesman Capt. Anthony Mwalushayi told The Associated Press.

“Investigations are underway,” he said. “We are in pursuit of the enemy towards the Uganda border near Mount Ruwenzori. I call on the population to remain calm and to collaborate with the Congolese army by giving any information on suspicious persons.”

When Masambo was attacked residents fled, some finding refuge in Kasindi on the border with Uganda and others in Beni. Deborah Mutangi, who spoke to the AP in Beni, said she and her children



survived the attack and fled Monday morning.

“After hearing bullets, I went straight into the house to tell the children to lock the doors,” she said. “In the morning, we woke up to see bodies everywhere.” She said she counted at least 15 dead.

“Thank God that I arrived safely with my children,” Mutangi said. She urged Congo’s government to hunt down the rebels, warning that if not, “they will kill us all.”

The attack by suspected ADF rebels based in Uganda, comes a few days after the start of the trials of about a dozen rebels who were captured in combat by Congo’s army and were brought to Beni.

The Uganda-based ADF rebels have been active in eastern Congo for decades and have killed thousands in the region since they resurfaced in 2013. In December, Uganda sent more than 1,000 soldiers to fight with Congo’s army against ADF rebels in the region.

NFL opening pathway for African players with first camp

AP – The NFL is opening a pathway for African players with a developmental camp in Ghana.

Following a camp this past weekend with Cleveland Browns linebacker Jeremiah Owusu-Koramoah, who is of Ghanaian descent, the league announced a three-day camp will take place in the capital of Accra in June. It will feature players who previously participated at regional events led by Osi Umenyiora, the two-time Super Bowl-winning defensive end with the New York Giants.

Specific dates in June for the camp and a fan event have not been set, but the camp received the endorsement last weekend of Ghana's vice president, Dr. Mahamudu Bawumia.

"To bring the NFL to Africa has long been a dream of mine," said Umenyiora, whose parents are Nigerian. "Today that dream is a reality. The opportunities that will come to so many Africans cannot be understated, and we are thankful for them. We cannot wait to show the world what we can do."

Umenyiora established The Uprise, a football program in Nigeria, and has held regional camps in South Africa and Ghana, with an upcoming camp in Nigeria. Players who impress at the three camps



This image provided by the NFL shows Cleveland Browns linebacker Jeremiah Owusu-Koramoah, at center of group facing the camera, during a football camp at Adjinganor Field in Accra, Ghana, April 2, 2022. Following the camp this past weekend, the NFL announced a three-day camp will take place in the capital of Accra in June. (Emily Wirz/NFL via AP)

will be invited to the NFL's camp in Accra. The idea is to further identify and develop talent in Africa.

Through Umenyiora and The Uprise three Nigerian athletes — Kehinde Hassan Oginni, Chigbo Roy Mbaeteka and Haggai Chisom Ndubuisi — earned the opportunity to participate in the NFL's International Combine in London last October. They were then selected to train in the United States as part of the International Player Pathway program.

"We look forward to hosting our first camp in

Ghana and will look to activate in Nigeria and other African countries in the future," said Damani Leech, the NFL chief operating officer for international events.

"We want to provide an opportunity for the next generation of African prospects to showcase ... their talent. As we continue to look for ways to strengthen the pipeline of international players in the NFL, we hope this camp, and future camps, provide a path forward for aspiring players from across the continent.

"We are excited about

the potential to identify talent to participate in international combines, the International Player Pathway program, and for those athletes ages 16 to 19, the opportunity to attend the NFL Academy in London."

As the NFL searches for potential players globally, it has held international combines in the United Kingdom, Australia, and Germany.

This season, in addition to four regular-season games in London, the NFL will play for the first time in the regular season in Munich.

From qualifiers to semis, Coach Walsh proud with World Cup showing

Reflecting on the West Indies Women's campaign at the ICC Women's Cricket World Cup, in New Zealand, coach Courtney says he is "proud" of what they achieved.

Walsh, a legend of the game and one of the greatest fast bowlers of all time, has been the chief architect of the team's growth and development in the 2 ½ years leading up to the marquee global event.

Ahead of the trip to New Zealand, West Indies were seen as "underdogs" and few observers gave them a chance of making the final four. They had to do it the hard way – via the qualifiers tournament in Zimbabwe – and then they had to overcome some of the top-flight teams to make it through to the play-off stage.

They had a brilliant start with a sensational win over New Zealand on the opening day and then toppled defending champs England in the next match in another thriller. This was part of their "box office" preliminary round and that was the impetus for them to push through to the semis. From the first ball the energy in the team was obvious and this was matched by some dynamism and athleticism on the field.

"It was a good tournament, I felt there was some very good cricket played by all the teams involved, with some very exciting games. I think the ICC and women's cricket in general should be very proud the way the tournament went, and the competitiveness demonstrated," Walsh said.

"From a West Indies point of view, I'm particularly pleased we made it to the semi-finals. Coming here, if anyone said we would have made it (to semi-finals) I would have taken that. The girls showed a lot of fight to get us into the semifinals and I'm happy for them and happy for West Indies crick-



Windies Women Head Coach, Courtney Walsh

et. I would say it was a good campaign for us. I know the results probably didn't look that way in a couple of the games, but the tournament overall, and what we achieved is something that everyone involved should be proud of."

There were several memorable moments for the #MaroonWarriors, which will be remembered for a long time. On the opening day, Deandra Dottin stunned the hosts when she produced a memorable last over which included two wickets and a run out. Earlier on that day Hayley Matthews made a career-defining 119 to take the Player-of-the-Match award.

Next up against England, it was wicket-keeper Shemaine Campbelle who showed her immense skills with a match-winning 66 as the West Indies won by seven runs, with the help of some clever bowling by Anisa Mohammed, as she became just the fourth bowler in women's history to take 300 international wickets. Campbelle and Matthews featured again in the four-run win over Bangladesh – the keeper made a face-saving 53 not out while

the allrounder took 4-15.

"It was good to see persons putting their hands up and standing up for the team. We saw individuals growing as players on and off the field and we want to see even more of that moving forward. To come through the qualifiers and then go on to make it to the semi-finals is a great achievement ... It is a very big statement. Hopefully we don't have to go through the qualifiers again as that was not an easy task. It has been very pleasing for me and for the other coaches and members of the team and the way we carried out our duties," Walsh said.

"Yes, I know a few questions will be asked, and some people will be disappointed (didn't make the final), but overall it was good to see improvements being made by everyone," Walsh said.

"When I first got the job the idea was for us to start moving up the table (ICC rankings) and at the end of this prestigious competition we have moved up the table so that's something to be pleased about ... it's a work in progress."

Sports News



All Saints United pull off one point win in village netball league

Spencer's All Saints United 1 grabbed a narrow one point win over Gray's Green Tigers in the latest round of matches in the Antigua and Barbuda Netball Association's (ABNA) Village and Community League at the YMCA Sports Complex on Sunday evening.

Karol Carlton sank 10 of her 18 tries and Jenicia Farrell converted 6 of her 8 attempts to inspire All Saints United 1 to their 19 - 18 victory in their female division affair. Adina Andre scored 15 of 20 for Tigers.

Success as well for Spencer's All Saints United 2 who romped to a 24 - 8 victory over their colleagues at Spencer's All Saints United 3 in another female division encounter on Sunday.

Anaiyah Simon converted 13 of her 25 shots and Kika Josiah sank 11 of her 19 tries for the victors.

Twenty-four hours earlier, All Saints United trounced Ovals Flyballers Uprising 36-9 in a one sided female division affair with Kika Josiah netting 24 of her 39 shots for the victors.

Danica Carlton sank 8 of her 13 tries for Ovals. But All Saints United 3 were also on the losing side on Saturday as they were beaten 25-7 by Wadadli Events Old Road for whom Tasia Luke scored 21 of her 27 attempts.

John Hughes Female Flyers prevailed 21 - 16 over Curtain Bluff Old Road in the female division on Saturday with Jamila Fit converting 17 of her 30 shots for the victors.

Drazh Eastsiders crushed All Saints All Stars 38 - 12 in a mixed division encounter on Sunday.

Carl Kirby Jr scored 16 of his 21 tries, Kareem Edwards converted 12 of his 22 shots and Mike Jeffers



Spencer's All Saints United 2 battle against their colleagues Spencer's All Saints United 3 in the ABNA Village and Community Netball League at the YMCA Sports Complex on Sunday, 3rd April, 2022. (Photo: Elwin Francis)

sank 10 of his 13 attempts for Eastsiders while Anjis Anthony scored nine of 14 attempts for All Saints.

Antigua and Barbuda Nationals and Ovals Flyballers Red Rockets also recorded wins in the mixed division on Saturday.

Nationals romped to a comfortable 38 - 10 victory against Ovals Flyballers Black Eagles with Amey

Lake scoring 34 of her 40 tries for the winners.

Red Rockets beat their colleagues Ovals Flyballers White Doves 23-17 with Akiel Hazelwood netting 14 of his 19 attempts and Daniel Perez scoring nine of his 15 tries for the victors.

Carlena Knight scored 11 of her 13 attempts for the White Doves.

Russell, Pooran, Fletcher, Allen and Thomas are the big movers for CPL 2022

The 2022 Hero Caribbean Premier League (CPL) gets underway on 30 August and the six teams have confirmed their pre-draft retentions and signings of local players for this season's event. The players are expected to arrive in the Caribbean by 23 August.

There were two pre-draft windows for the 2022 season. In the first window, each team could retain up to five

Caribbean players with a maximum of two from the top five salary spots.

In the second window, teams were then given an opportunity to sign two more local players. These could be new signings from those who were not retained by other teams or players who appeared for that team in the previous season.

The Trinbago Knight Riders have made two massive signings in the sec-

ond window bringing in Andre Russell and Nicholas Pooran. Their retentions are Kieron Pollard, Sunil Narine, Akeal Hosein, Jayden Seales, and Tion Webster.

Last year's champions, St Kitts & Nevis Patriots, have retained captain Dwayne Bravo along with Evin Lewis, Sheldon Cottrell, Sherfane Rutherford, and Dominic Drakes. Their

cont'd on pg 23

Villa Primary win group to seal spot in quarter finals

Villa Primary prevailed 2 - 1 over T. N. Kirnon to finish as group C winners and book their place in the quarter finals of the Primary Schools Cup competition.

The victory in the top of the table Group C clash at the T. N. Kirnon School playing field on Friday ensured the boys from Villa Primary kept their 100 per cent unbeaten record intact by winning their three preliminary round matches.

Despite the loss, T. N. Kirnon, who won their two previous matches in the four team round-robin contest, finished second in the group, thus joining Villa as the two Group C quarter final qualifiers.

Friday's other Group C encounter between Parham and Pigotts ended in a 1-1 draw at the same venue. Both teams failed to advance and ended their cam-



Referee Justin 'Trini' Pereira, centre, raises his hand to stop TNK from taking a free kick before Villa finished setting up a defensive wall during their Primary School Cup match at the T. N. Kirnon School playing field on 1st April, 2022. (Photo: Elwin Francis)

paign with one point each.

Golden Grove beat Bendals 3 - 0 in their top of the table Group A clash to book their place in the quarter finals.

Robert Jeffery scored twice and Deilin Pina converted for Golden Grove who will finish the preliminaries as Group A winners.

Bendals won their two previous matches and finished as runners-up in the

group which ensured their advance to the quarter-finals.

Shamar Walters scored a hat-trick as Jennings hammered Urlings 6 - 0 in the other Group A affair to record their first win of the competition.

Tajaun Williamson, Tishawn Martin and Stephen Thomas each converted once for Jennings who also advanced to the quar-

ter-finals as one of the two best third place finishers in the three groups.

Shamoy Chiddick scored an equalizer which allowed Five Islands to salvage a 1 - 1 draw with Greenbay Primary and secured their spot into the quarter finals as Group B winners with seven points.

Jamir Thomas had given Greenbay an early 1 - 0 lead in the encounter. The result means that Greenbay will advance to the quarter finals as the best third place finisher with four points.

J. T. Ambrose defeated Potters Primary 3 - 0 to qualify for the quarter finals as runners-up in Group B with six points. Rashid Chapman, Rayon Nicholas and Kamarlie Benjamin each scored a goal for J. T. Ambrose.

The quarter finals will be played on 22nd April.

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signings are Darren Bravo from the Trintago Knight Riders and Andre Fletcher from the Saint Lucia Kings.

The Jamaica Tallawahs have retained three players from the squad in 2021, their captain Rovman Powell and their two leading run-scorers from last season, Kennar Lewis and Shamarh Brooks.

The Tallawahs have signed two new players with Jamaicans Brandon King and Fabian Allen joining the team for the 2022 season. King was with the Guyana Amazon Warriors last

year while Allen was on the championship-winning St Kitts & Nevis Patriots side.

The 2021 runners-up, the Saint Lucia Kings, have retained last year's Man of the Tournament, Roston Chase, along with Kesrick Williams, Jeavor Royal, and Alzarri Joseph.

The signings for the Kings are local boy Johnson Charles who joins them from the Barbados Royals and Mark Deyal who re-signs having been with the Kings in 2021.

The Barbados Royals have retained their 2021 captain, Jason Hold-

er, along with Kyle Mayers, Hayden Walsh, Oshane Thomas, and Nyeem Young.

The Royals' signings are Devon Thomas who joins them from the Patriots and Obed McCoy who was with the Kings in 2021.

The Guyana Amazon Warriors have retained Shimron Hetmyer, Odean Smith, Romario Shepherd, and Chandrapaul Hemraj. Their signings see Keemo Paul rejoin his home franchise after a spell with the Kings in 2021, and Gudakesh Motie who was with the franchise last season.

Freetown face Police in final of Dave Joseph contest

Freetown recorded a five-wicket victory over Mahico in the second semi-final on Sunday to set up a meeting with Police in next weekend's final of the Antigua Commercial Bank (ACB) Caribbean Parish League Dave Joseph Limited Overs Championship.

Aided by 52 extras due to some indiscipline bowling and a poor display in the field by Mahico, Freetown were able to achieve their victory target of 188 for the loss of 5 wickets.

The foundation for Freetown's victory was built on a fourth wicket partnership of 103 runs between right-handed opener Pete Lee and former Leeward Islands batsman Austin Richards Jr. who made 45.

Lee carried his bat through the innings to remain unbeaten on 57 at the end and Vance Nathaniel was not out on 14 as Freetown achieved their victory with seven balls to spare.

Diminutive 13-year-old medium pacer Tanez Francis impressed by capturing 3 for 47 while Joseph had 1 for 35 and Malinga Brunie took 1 for 40.

Former Leeward Islands middle-order batsman



Ian Tittle and veteran player Dean Evanson shared an unbroken fourth wicket partnership of 132 runs to lift Mahico to 187 for 3 off their allotted 35 overs.

After winning the toss and opting to bat in bright and sunny conditions in Freetown, Mahico were reeling at 55 for 3 when Tittle with his unbeaten 57 and Evanson with 56 not out came to their team's rescue.

Brunie contributed 26 and Francis chipped in with 13 while Yanique Watley and off-spinner Geetesh Harrilall each picked up 1 for 27.

Freetown will face fa-

vourites Police in the final at the Police Recreation Grounds on Saturday, 9th April.

Police are yet to lose a match in the competition and secured their place in the final with an emphatic 82-run victory over J&D Construction Sea View Farm in the first semi-final on Saturday.

Captain Derek Mourillon, who has achieved the only century thus far in this year's competition when he hammered an unbeaten 118 against Sea View Farm in the semi-finals, said Police will be preparing for a challenge from Freetown in Sat-

urday's final.

"[We're] looking forward to Saturday. We are just going to go out and train for the rest of the week and prepare for Saturday. That's it," Mourillon said.

"We have played quite a few finals against Freetown, so to be honest, there is no surprise actually. They do have a fighting spirit when it comes down to these type of situations.

"Monday to Thursday, we are going to hit the pitch and the nets hard. We are going back to the drawing board and prepare for the final so that's what the mood is like."