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DWAYNE GEORGE TO BE APPOINTED AS SENATOR

Story on Page 2

Junior Party Monarch winners

At the 2023 Global Ports Junior Party Monarch competition held last night, Mini Rampler (right) was crowned the winner of the Jumpy segment while Jai'lilah was crowned the winner of the Groovy segment. Full results on page 2.



Local News



Dwayne George to be appointed as senator

tion as the new Antigua lomat ever, he has one of and Barbuda Labour Party (ABLP) caretaker for the St. Mary's South constituency, Dwayne George, will be appointed as a senator effective today.

Reports out of Cabinet indicate that George has been applauded for accepting the nomination to the Senate, effective Thursday, August 3rd. The new Senator will make his first appearance approximately one week later when it convenes to debate two matters sent up from the Lower House.

George's appointment is being made possible, following the demitting from office, of Senator Caleb Gardiner who is leaving to take up an appointment as a diplomat, posted to the Antigua and Barbuda Embassy in Washington D.C, the US Capital.

Gardner too has been applauded by the Cabinet. It is anticipated that he will have the benefit of serving with a senior diplomat and also furthering his academic studies by being in Washington DC, where several outstanding Universities have campuses. The Cabinet is of the view that as the youngest

Fresh from his selec- Antigua and Barbuda dipthe greatest futures ahead of him.



Dwayne George



MINISTRY OF EDUCATION, SPORTS AND CREATIVE INDUSTRIES

2023 GLOBAL PORTS JUNIOR PARTY MONARCH

FINALISTS RESULTS

PRE-JUDGED SEGMENTS:

MOST PUNCTUAL - MIGHTY BAKKAR MOST COOPERATIVE - MINI RAMPLER

GROOVY:

WINNER - JAI'LILAH (EMPRESS BUCHANAN)

1ST RUNNER-UP - AFRICAN PRINCE (NOAH YEBOAH)

2ND RUNNER-UP – JP (ALIJAH RICHARDS)

3RD RUNNER-UP - YUNG ZEE (ZAID FRANCIS)

JUMPY:

WINNER – MINI RAMPLER (TEJAE EDWARDS)

1ST RUNNER-UP - YOUNG ZYON (ZYON MARTIN)

2ND RUNNER-UP – AFRICAN PRINCE (NOAH YEBOAH)

Ms. Denise Gardiner Judges Subcommittee Chair Ministry of Education, Sports and Creative Industries

CC: Minister - Ministry of Education, Sports and Creative Industries Parliamentary Secretary - Ministry of Education, Sports and Creative Industries Permanent Secretary - Ministry of Education, Sports and Creative Industries National Festivals Director - Ministry of Education, Sports and Creative Industries Chairperson - Antigua and Barbuda Festivals and Culture Commission Sub-Committee Chair - 2023 Junior Party Monarch Competition

Local News

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Trade Minister Greene agitates for more trade with the European Union

Antigua and Barbuda's Trade Minister, E.P Chet Greene wants the local private sector to take advantage of the many opportunities for export to the European Union under such arrangements as the Economic Partnership Agreement (EPA).

The minister was speaking on Wednesday at the launch of a Caribbean Development Bank-EU project to strengthen the private sector's capacity to increase their exports under the EPA.

"I wish to opine here today, that one of the short-comings of the various iterations of the EPA is that our Micro, Small, and Medium-size Enterprises (MSME's) and our private sector in general have not fully taken up the opportunities provided," he remarked.

According to the trade minister despite the numerous challenges facing MS-MEs, such as continuous hikes in freight and oil prices and supply chain disruptions, there remain opportunities for businesses to grow and thrive in the regional and global markets.

"Therefore, we must focus on empowering businesses in Antigua and Barbuda to become drivers of economic growth, and the provisions of our bilateral agreement with the European Union provide us access to a market for the trade of our goods and services," he added.



Trade Minister E.P Chet Greene with Office of the National Authorising Officer (ONAO), Project Development Officer, Juray Roberts (right).

Greene described the European Union as an indispensable partner for Antigua and Barbuda in its pursuit of progress, through the CAR-IFORUM-EU Economic Partnership Agreement, as well as other instruments of development cooperation at the national and regional level.

"As a signatory to the EPA, there are many opportunities for local businesses to export not only their manufactured goods and agricultural products to the EU but also their services.

"The Agreement also facilitates enhanced cooperation as it relates to the establishment of joint ventures with like businesses for the supply of raw materials and the movement of goods," he stated.

Greene explained that the EPA provides for direct development cooperation assistance to MSMEs, which is infused throughout various subject-specific provisions of the Agreement. Therefore, the private sector must seek out the available market access information for entry into the EU market. The Office of the NAO stands, he noted, ready to provide such assistance.

In her welcome address, Office of the National Authorising Officer (ONAO),

Project Development Officer, Juray Roberts, noted that MSMEs are confronted on a daily basis by many challenges to include, including low productivity; inability to effectively establish supply chain linkages; loss of market share; lack of capacity to access and penetrate the markets open to them through the various trade agreements like the EPA; and inability to consistently meet expected market standards and quality for the goods or services produced.

She added that if these challenges are not addressed then the private sector will not survive or remain competitive within the export and domestic markets.

ANTIGUA AND BARBUDA A.D. 2023

AUCTION SALE NOTICE

Instructed by the **ANTIGUA AND BARBUDA DEVELOPMENT BANK** of 27 St. Mary's Street, in the City of Saint John, in the State of Antigua and Barbuda, I will sell by public auction on Tuesday 31 August 2023 at 11:00 a.m. on site, the under mentioned property.

The property is located at Dyett Street in Villa, St. John's, Antigua and consists of a parcel of land of an area of approximately 2,178 sq. ft./ 0.05 acre, with a 514 sq. ft. single storey, two (2) bedroom, one (1) bathroom wooden dwelling thereon.

The service lines for potable water, electricity and telephone which are provided by A.P.U.A are accessible to the property.

The land is registered under the Registered Land Act, 1975 as follows:-

REGISTRATION SECTION: Villa BLOCK: 62 1693F PARCEL: 37

Parcel No. 37 of Block No. 62 1693F is bounded by the following:

- On the North by: Parcel 35;
- On the South by: Parcel 39;
- On the East by: Public Road;
- On the West by: Parcel 36

Particulars of the sale can be obtained from:
Mr. Trevor 'Teddy' Santos
Licensed Auctioneer
Office: (268) 562-7653
Cell & WhatsApp: (268) 464-7653
Email: info@go-going-gone.com
Instagram: tts_auction_antigua
Facebook: Auction Antigua

Local News





Cyrill Gill

CDB financing a project to upskill MSME's in Antigua and Barbuda

The Caribbean Development Bank is assisting with a project that aims at strengthening Micro, Small, and Medium-size Enterprises (MSME's) capacity to take advantage of opportunities to export under the CARIFORUM-European Union Economic Partnership Agreement (EPA).

The project was launched in St. John's on Wednesday with the CDB's Project Manager for EPA CSME Standby Facility, Cyrill Gill, among those who addressed the launch exercises.

He noted that this is the second initiative being financed for the Government cont'd on pg 5



Local News

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cont'd from pg 4

of Antigua and Barbuda under the 11th European Development Fund envelope through the Economic Partnership Agreement (EPA) and CARICOM Single Market Economy (CSME) Standby Facility for Capacity Building.

"We look forward to our continued partnership as we seek to implement this initiative for the advancement of the MSME sector. This project is particularly unique and timely in that it places emphasis on establishing a digitally integrated framework through which businesses can establish an online presence for the promotion and sale of their products," Gill observed.

He added that this is critical, particularly now in this era which dictates that MSMEs must adapt to the global digital trends to remain relevant and competitive, a trend made ever so integral by the COVID-19 pandemic.

The CDB official stated that he is firmly of the view

that the region's development pathway lies 'within our grasp' and for him, there are four truths that we need to keep at the forefront of our minds:

Firstly, A nation's economic viability is not detached from the sustainability of its smallest business player;

Secondly, A firm's sustainability is not detached from safeguarding the livelihood and well-being of its employees;

Thirdly, people, particularly the poor and vulner-

able, are not detached from international commerce; and

Regional development is not detached from the need for collective cooperation of individual member states working to ensure the resilience of its people, its businesses, and its economic space.

"I make these statements to make the point that strong institutions and partnerships are an essential part of fostering collective solutions to our development hurdles," he stated.



Local News



Government holds discussions on CIP in the face of 'attacks'

Discussions are taking place at the senior government levels on the Citizenship by Investment Programme (CIP) in light of what has been described as an 'attack that seemingly' has been launched against this programme.

Government sources say there is growing concern over the changing attitude of the European and U.K governments towards the CIPs operated by OECS states.

"The EU (European Union) has made a number of proposals to OECS countries operating CIP programs that Antigua and Barbuda favors.

"For example, the EU proposes to return the

minimum threshold to US\$200.000.

"The minimum is now US \$100,000 and secondly to change the minimum in real estate investment to US \$400,000.

"The Antigua and Barbuda real estate investment amount is US \$400,000.00," the source stated.

Several OECS CIP states have expressed a lack of faith in any EU promise not to create certain barriers that would make their program less competitive.

The EU proposal also requires the submission of the names of those seeking citizenship to their police agency.





Sir Lester Bird Medical Centre (SLBMC) employees are part of a premier organization dedicated to excellence in patient care and education. By working at SLBMC, you gain the opportunity and the responsibility to make a real difference in the world. Take a closer look at the vacancy below and submit your resume for consideration if you are interested in helping contribute to the legacy of great achievement and even greater promise at SLBMC.

Sir Lester Bird Medical Centre is seeking to recruit a highly experienced and motivated Financial Reporting Analyst. This individual provides support leadership to the financial reporting unit in order to ensure the timely and accurate reporting of external and internal financial information to Executive Management, Board of Directors and or other authorized parties.

The position will work closely with the Accounting Manager to achieve the unit's objectives.

EDUCATION AND COMPETENCIES

- Bachelor's Degree in Accounting or related field
- In the final stages of completing an accounting qualification (CPA, ACCA, CA, etc.)
- Minimum of 2 years experience within the Accounting field
- External Audit experience would be considered an asset
- Proficient in Microsoft Word, Excel, PowerPoint
- Knowledgeable in International Financial Reporting Standards (IFRS)
- Experience with Microsoft Dynamics GP would be considered an asset
- Effective oral and written communication
- Must pay close attention to detail
- Exceptional interpersonal skills, respect for confidentiality, tact, discretion and teamwork.
- Must have the highest standard of ethics
- Must be Goal orientated and self-driven
- Excellent problem-solving skills, and timely problem escalation.
- Excellent time management and organizational skills

DUTIES AND RESPONSIBILITIES

- Balance Sheet Reconciliations.
- Internal and External Financial Report Preparation.
- General Ledger postings and review.
- Budget preparation and analysis.
- Cashflow forecasting and monitoring.
- Maintain supporting documentation.
- Support External Audit.
- Coordinate and monitor the work of Financial Reporting Assistants.
- Any other reasonable duties as assigned by the Accounting Manager and/or Financial Controller.

Email your resume to: HRM@msimc.gov.ag indicating the position you are applying for by August 4, 2023. ONLY suitable candidates will be contacted.









Local News



Local Guyanese Consul calls out InterCaribbean Airlines over poor service

The reports of poor customer service offered to its customers by InterCaribbean Airlines has prompted a reaction from the Guyana Honorary Consul in Antigua and Barbuda, Robert Reis.

Reis has resorted to taking an unusual step, by issuing a public statement 'to express deep concern over recent customer service experiences reported in connection with InterCaribbean Airlines.'

"In the past six weeks, complaints have surfaced regarding cancelled and delayed flights across several destinations served by the airline. There is growing concern over what appears to be inadequate attention to these matters by the airline and its handling agents. Af-



Robert Reis

fected travelers report a lack of empathy and accountability, matters that must be addressed promptly," he wrote.

He added that it has come to his attention that compensation has not been provided to travelers inconvenienced in Antigua, Barbados, St. Lucia, and Guyana. This has resulted in unjust additional financial burdens, as passengers are forced to find alternative travel arrangements at their own expense.

Reis particularly emphasizes the experiences of the Guyanese community traveling from Tortola, BVI, Montserrat, and Antigua to Guyana. These passengers, often traveling considerable distances with connecting flights, have found themselves significantly affected by these delays and cancellations, costing them additional expenditure and significant inconvenience with no concern being shown for their plight.

Concerning this pressing issue, Reis respectfully calls on the governments of Antigua and Barbuda and Guyana to engage with InterCaribbean Airlines. "Since permission for the airline to operate within the region has been granted by these gov-

ernments, they are rightfully positioned to insist that the contractual service agreements are honored.

"Recent incidents, such as the stranding of a family including small children from Montserrat at the VC Bird International Airport in Antigua, and the excessive delays and flight cancellations, faced by passengers, underscore the urgency of this matter. The additional costs incurred by travelers and the seeming indifference from handling agents only compound the distress," he argued.

The Honorary Consul recognizes the role that InterCaribbean Airlines could play in regional travel but he reiterates that to do so, the airline must improve its percont'd on pg 10

Don't get left behind...

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Give us a call at 481-2500 to select from our wide range of colours, models and styles

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Local News



Caribbean Melting Pot takes centre stage tonight

It has become one of the most popular shows in the Antigua Carnival programme, attracting thousands of patrons to see performances from top regional entertainers with a bevy of local artists...it's the Caribbean Melting Pot taking place at Carnival City tonight.

Trinidad and Tobago's Bunji Garlin is the headline act for tonight's show. With hits such as 'We Ready for the Road' and 'Big Truck' the Parade. international soca artist is expected to be a crowd-pleaser.

He will be supported by top local artists such as the Burning Flames, the band that rewrote the book on popular Antiguan and Barbudan music. The 'Fabulous Four' were honoured this year, when they were presented with the keys to Carnival City after serving as Grand Marshalls for the Opening

Other artists will include the popular, Tian Wynter and Claudette Peters among oth-

Meanwhile, Minister of Creative Industries, Daryll Matthew, who is responsible for Carnival, is reporting on the excitement that Carnival 2023 has generated. All shows have been well attended. Many revelers have participated in both the opening

of Carnival City and T-shirt Mas, and many more have participated in the evening shows. Many more are expected to join for the Monday and Tuesday Parades. From all indications, Carnival 2023 is proven to be a tremendous success.

The government has also applauded Ms. Antigua and Barbuda - Ischikelle Corbin, for winning the Miss Jaycee's Queen Show, demonstrating talent, elegance, strength of character, dramatic skills, and beauty.

She has been applauded for the high standards she brought to the competition, winning all 5 segments and 2 which were not judged.

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formance, and governments must safeguard the interests of passengers. He commends the Travel Agents Association of Guyana for bringing this matter to their government's attention.

In closing, Reis urges all relevant stake-

holders to come together to address this situation promptly.

pecially the traveling public, to ensure that

the service provided meets the standards of

reliability, empathy, and professionalism that

they rightly expect and deserve.

It is in the best interest of all parties, es-

MAS · MUSIC · CREATIVITY AND... FOR PICKUP/DELIVERY: ANTIGUA'S 2023



UWI FIVE ISLANDS CAMPUS MR. AND MS. TEENAGE PAGEANT Sat Jul 22nd | 8:00pm | \$20

QUEEN OF CARNIVAL Sun Jul 23rd | 8:00pm | \$25 | \$50

OFFICIAL OPENING Thur Jul 27th | 3:00pm - 9:00pm

FACEOFF Fri Jul 28th | 9:00pm

CAVALIER RUM TSHIRT MAS Sat Jul 29th | 3:00pm - 9:00pm

OASIS JR CARNIVAL 2:30pm SMALTA JR CALYPSO 6:00pm Sun Jul 30th | \$15

JAYCEES QUEEN SHOW Mon Jul 31st | 8:00pm | \$50 | \$150

DRUESDAY Tue Aug 1st | 9:00pm

GLOBAL PORTS JR PARTY MONARCH Wed Aug 2nd | 8:00pm | \$15

COOL & SMOOTH MELTING POT Thur Aug 3rd | 8:00pm | \$65 | \$350

> CARIB BEER CALYPSO MONARCH Fri Aug 4th | 8:00pm | \$30

STATE INSURANCE COMPANY LTD PANORAMA Sat Aug 5th | 8:00pm | \$30

APUA INET PARTY MONARCH Sun Aug 6th | 8:00pm | \$40

> **CAVALIER RUM J'OUVERT** 3:00am - 10:00am CAVALIER RUM CARNIVAL MONDAY Mon Aug 7th | 2:00pm

CAVALIER RUM PARADE OF THE BANDS Tue Aug 8th | 12 Noon

> LAST LAP Tue Aug 8th | 7:00pm

#carnivaliscalling

















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Entertainment



Angus Cloud: Euphoria actor who played 'Fez' dead aged 25

By Brandon Drenon

Angus Cloud, who starred on HBO's hit series Euphoria, has died aged 25.

Cloud, who played drug dealer Fezco "Fez" O'Neill on the teen drama, died on Monday at his family home in Oakland, California, said a publicist.

"It is with the heaviest heart that we had to say goodbye to an incredible human today," said the Cloud family.

Cloud attended his father's funeral in Ireland last week and, according to his family, "intensely struggled with this loss".

There was some comfort in knowing he was now "reunited with his dad, who was his best friend", they said in a statement.

"Angus was open about his battle with mental health and we hope that his passing can be a reminder to others that they are not alone and should not fight this on their own in silence," it said.

"We hope the world remembers him for his humour, laughter and love for everyone."

Two weeks ago, Cloud posted a photo of his father on Instagram and wrote: "miss u breh."

His cause of death has not been confirmed.

Cloud had minor acting credits in two films, North Hollywood and The Line. He had also appeared in music videos for artists including Becky G, Karol G and Juice WRLD.

But his career really took off after he won the part of Fez, a high school drug dealer in Euphoria.

The role turned Cloud into a breakout star, according to the Holly-wood Reporter, and his character was expanded in the second season.



In an interview with Variety last year, Cloud said he was bothered by fan comparisons to his on-screen character.

"It's not that simple," he said. "I brought a lot to the character."

As a teenager, he suffered a traumatic brain injury, which is partially responsible for his slow-paced voice on the show.

According to a 2019 interview with GQ, Cloud had no real aspirations to become a star, or even an actor.

He used to work at a chicken and waffle joint, according to the magazine, and one day was unexpectedly stopped in the street by an agent from a casting company.

"I was confused and I didn't want to give her my phone number," Cloud told GQ. "I thought it was a scam."

After first airing in June 2019, Euphoria quickly became a hit and by 2022 was the most tweeted-about TV show of the decade in the US.

The main character, played by Zendaya, is a 17-year-old who struggles with drug abuse, seen on screen taking the deadly opioid fentanyl and injecting morphine.

In 2022, Cloud defended accusations during an interview with TMZ that the show glorified drug use.

Euphoria creator Sam Levinson said: "There was no one quite like Angus. He was too special, too talented and way too young to leave us so soon."

Sydney Martin, the model who was rumoured to be in an on-off relationship with Cloud, shared broken heart emojis on Instagram after his death was announced.

Cloud's co-star Javon "Wanna" Walton, known in the show as Cloud's adoptive brother, Ashtray, wrote on Instagram: "Rest easy brother."

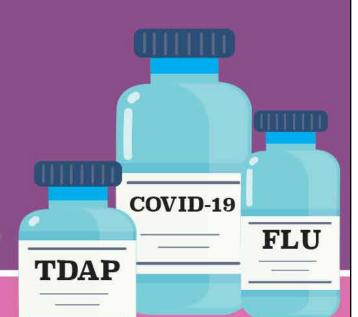
California congresswoman Barbara Lee lamented the loss of "Oakland's own", in a post on X, formerly known as Twitter,

"His immense talent touched the lives of countless people. His work & legacy will forever live on and make Oakland proud," she wrote.

Actress Kerry Washington also posted on the platform: "You will be deeply missed. Rest in power."

Cloud was immensely talented and a beloved part of the Euphoria family, HBO said in a statement.

ASK YOUR MIDWIFE OR DOCTOR ABOUT VACCINES



PROTECT YOURSELF AND YOUR BABY!

Getting the following vaccines while pregnant can help keep you and your little one safe:

The Tdap Vaccine protects against tetanus, diphtheria, and pertussis (also known as whooping cough). Available for babies at 3 or 6 months respectively.

The Flu Vaccine Pregnant women who get a flu shot are also helping to protect their babies from flu illness for the first several months after their birth, when they are too young to get vaccinated.

The COVID-19 vaccine protects against the novel coronavirus SARS-CoV-2. Your baby cannot get this vaccine until they're 6 months old.

With cold and flu season coming, there's no better time to protect yourself and your baby. You can even get your flu, COVID-19, and Tdap vaccines at the same time!

Make the right choice for your baby. As your trusted partner, support, and ally, ask your midwife or provider about vaccination at your next appointment.





For more information or assistance: Call (268) 462-5522 or visit us on Lower High Street, St. Johns, Antigua.



Technology



X Corp sues anti-hate campaigners over Twitter research

By Chris Vallance

The firm that owns Twitter, now called X, is suing an anti-hate organisation whose research criticised the platform.

X Corp has accused the Center for Countering Digital Hate (CCDH), which has offices in the US and the UK, of "unlawful acts" to "improperly gain access" to its data.

In response, CCDH accused X Corp owner, Elon Musk, of trying to silence anyone who criticised him.

Mr Musk has previously said that he is a "free-speech absolutist".

CCDH is a not-for-profit organisation that researches and campaigns against online hate. Its reports have been widely cited in the press, including by the BBC. Conservative MP Damian Collins serves on its UK board.

"I think it's extraordinary that Elon Musk has done this. It's almost like a form of 'lawfare', where a very well-resourced organisation is threatening a very small one", the former minister told The Times

In the US three members of congress Lori Trahan, Adam Schiff and Sean Casten wrote a letter to Mr Musk in which they argued that by filing suit against CCDH he was "stifling unbiased research in the public interest".

The chief executive

of CCDH, Imran Ahmed, said in a statement: "Elon Musk's latest legal threat is straight out of the authoritarian playbook - he is now showing he will stop at nothing to silence anyone who criticises him."

CCDH research had shown that hate and disinformation was "spreading like wildfire on the platform under Musk's ownership", Mr Ahmed claimed.

He accused the X Corp boss of attempting to "shoot the messenger".

News of the legal case, filed on Monday, emerged shortly after a fiery exchange of legal letters - the first, threatening legal action - from X Corp lawyer Alex Spiro was followed by a forthright response from CCDH's US lawyer Roberta Kaplan.

Responding to the legal letter from X Corp, Ian Russell, father of Molly Russell, who serves as a CCDH UK board member, asserted Elon Musk's legal action amounted to an "unprecedented attack on civil society".

"At a time when Twitter seems to be backsliding on tackling harmful content, it's astonishing that Musk has resorted to aggressive tactics to stifle free speech and dampen much-needed scrutiny", he said.

In November, Mr Musk claimed that hate speech on the platform had fallen by a



third since he took over.

While Mr Spiro's letter focused on alleged inaccuracies in a piece of CCDH research - which the organisation denied - the case filed on Monday in the US District Court for the Northern District of California, by a different law firm, made a number of new allegations.

It seeks damages - the amount is unspecified - against the not-for profit organisation and claims that the centre's critical reports cost X Corp "at least tens of millions of dollars" in lost advertising revenues.

It also proposes to amend the case to name CCDH's backers - who it claims may include "foreign governments with ties to legacy media companies" - when their identities are discovered.

CCDH has produced a number of reports critical of X, formerly known as Twitter.

For example, a report, heavily criticised in the legal letter from Mr

Spiro, suggested that the platform "fails to act on 99%" of hateful messages from accounts with Twitter Blue subscriptions.

The complaint criticises CCDH's research and its methodology. It alleges that the organisation "intentionally and unlawfully" scraped data from X, in violation of its terms of service, in order to produce its research.

It also claims that the CCDH gained "unauthorised" access to X's data through a software tool called Brandwatch which helps customers monitor conversations about brands on social media.

The legal action alleges that an unnamed third party improperly shared its Brandwatch login details with the CCDH, allowing them to gain unauthorised access to data. The BBC has approached Brandwatch for comment.

It is also alleged that the CCDH's goal was to cont'd on pg 15

Health & Wellness

Why you should go to sleep at the same time all week

By Philippa Roxby

Small differences in sleeping habits between work and rest days could lead to unhealthy changes to the bacteria in our guts, a study suggests.

This may be partly a result of people with "social jetlag" having slightly poorer diets, the UK researchers found.

Heavily-disrupted sleep, particularly shift work, is known to have a negative impact on health.

Keeping bed times and wake times consistent and eating a balanced diet may help reduce our risk of disease.

The study of nearly 1,000 adults by Kings College London scientists found that even a 90-minute difference in the midpoint of your night's sleep over the course of a normal week could influence the types of bacteria found in the human gut.

Having a wide range of different species of bacteria in your digestive system is really important. Some are better than others, but getting the right mix is key to preventing a number of diseases.

"[Social jetlag] can en-



courage microbiota species which have unfavourable associations with your health," said Kate Bermingham, study author and senior nutrition scientist at health science company Zoe.

Going to sleep and waking up at very different times during the week, compared to the weekend, is known as having social jetlag.

It is thought to affect more than 40% of the UK population, the study says, and is most common in teenagers and young adults, then tapers off as we age.

Participants study, in the European Journal of Nutrition, had their sleep and blood analysed, stool samples collected and recorded everything they ate in a food questionnaire.

Those who had social jetlag (16%) were more likely to eat a diet laden with potatoes, including crisps and chips, plus sugary drinks, and less fruit and nuts.

Previous research showed people with social jetlag ate less fibre than those with more consistent sleeping times. Other studies found social jetlag was linked to weight gain, illness and mental fatigue.

"Poor quality sleep impacts choices - and people crave higher carb or sugary foods," says Dr Bermingham.

An unhealthy diet can then affect levels of specific bacteria in the gut.

The researchers found that three out of the six microbiota species which were more plentiful in the guts of the social jetlag group are linked to poor diet quality, obesity and higher levels of inflammation and stroke risk.

The relationship between sleep, diet and gut bacteria is complicated and there is still a lot more to find out, the research team says.

In the meantime, their advice to keep things consistent, if you can, over the course of a week.

"Maintaining regular sleep patterns, so when we go to bed and when we wake each day, is an easily adjustable lifestyle behaviour we can all do, that may impact your health via your gut microbiome for the better," says Dr Sarah Berry, from King's College London.

cont'd from pg 14

censor contrary viewpoints with which it disagreed, on topics such as Covid-19 vaccines, reproductive healthcare and climate change.

As a result of CCDH reports "a number of companies who advertised on X on an ongoing basis immediately paused spending for advertising on X", the case claims.

Regional News



Belize: Opposition files motion of no confidence in Prime Minister

CMC - Opposition Leader, Shyne Barrow, has confirmed filing a motion of no confidence in Prime Minister of Belize, John Briceño.

"I submitted today to the clerk of the House of Representatives, according to the Standing Orders, a private member motion. I wish we will take a vote of no confidence on the Prime Minister of Belize and his government."

Barrow said that the move by the opposition to file the motion comes in the wake of the controversy surrounding the Portico Definitive Agreement.

Last month, the government issued a statement indicating that Prime Minister Briceño had informed the nation that the Portico Definitive Agreement, authorised and executed by the previous United Democratic Party (UDP) administration in 2020, "was not in the best interest of the people of Belize and would not be proceeded with.

"This decision was reached after an informed discussion in Cabinet and after receiving legal advice from multiple attorneys of international repute," the statement said, adding that Cabinet had further determined that the government should proceed to meet with the parties "with a view to negotiate or motion would outline "the malfea-



Prime Minister of Belize, John Briceño.

develop a new arrangement in an open and transparent manner that would serve the best interest of the people of Belize".

The statement said that in June, the Royal Caribbean Group, highlighting the shortcomings of the existing cruise infrastructure in Belize, "reiterated its commitment to significantly increase its contribution to Belize's tourism economy.

"The government is encouraged by this continuing commitment as it seeks to enhance the economic opportunities for and the quality of life of the people of Belize by encouraging real meaningful investment that supports long-term sustainable human development."

But Barrow told reporters that the

sance, the nonfeasance of the prime minister in regards to the Portico Definitive Agreement, as has been listed out there, his cousin being the attorney for Portico Enterprises Ltd.

"His Minister of State in the Ministry of Finance and his Minister of Immigration have a law firm called Courtenay and Coye and they represent the chief executive officer of Portico in his personal interest," Barrow said, adding that "all of the allegations of nepotism, cronyism, self-enrichment that have engulfed the Briceno administration in relation to Portico".

Barrow said that the Special Senate Select Committee to investigate the genesis of the Portico agreement "all the way to the confidential cabinet Memorandum 84 being submitted by the prime minister who is the Minister of Finance, and as he has said, "the buck stops with him."

"You can't blame Christopher Coye. And that is where we started with that saga and the evidence unfolded that the prime minister lied, he said that when he was asked about legal advice, he and the minister said they were seeking legal advice," Barrow said, noting that the statement was not true.

Man suffers gunshot wound to the face in St Kitts

The Royal St Christopher and Nevis Police Force (RSCNPF)is investigating two separate shooting incidents which occurred in St Kitts and Nevis.

According to reports, Jalen Archibald, 22, was left nursing a gunshot wound to the face following a shooting incident on Burdon Street in Basseterre on July 30.

Reports state that while

standing outside of his vehicle on Burdon Street, Archibald was approached by an individual dressed in black. He reported hearing a sharp, cracking sound and feeling something hit his

He drove home, then sought medical attention at the Joseph N. France General Hospital where he was treated and soon after, discharged in stable condition.

An investigation into the matter is ongoing.

Meanwhile, police are investigating a separate shooting incident that occurred on Pinney's Beach, Nevis, on July 31.

Preliminary investigations revealed that between 4:30 pm and 6:30 pm, a male approached several persons who were seated next to a

bar and fired one shot in their direction.

The assailant armed promptly fled the scene on foot in an easterly direction. Further reports indicate that the assailant was dressed in a white and red jersey shirt. To date, no injuries have been reported in connection with the incident.

An investigation into that matter is ongoing.



Regional News

PAGE 17

ECCB seeks public input on updating the look of the EC currency

The Monetary Council of the Eastern Caribbean Central Bank (ECCB) approved the replacement of the late Queen Elizabeth II's likeness on the Eastern Caribbean currency at its 105th Meeting last month.

The Monetary Council also approved a proposal to replace the late Queen with the logo of the Eastern Caribbean Currency Union (ECCU) subject to a period of public consultation from now until December 31, 2023.

This image has been proposed because it features all eight member countries of the ECCU.

It is anticipated the landmarks that are currently featured on the EC notes will be retained. These include:

- 1. Anguilla The Warspite (back of the \$10 note)
- 2. Antigua and Barbuda Admirals House (back of the \$5 note)
- 3. Commonwealth of Dominica Trafalgar Falls (back of the \$5 note)
- 4. Grenada Nutmeg (back of the \$20 note)
- 5. Montserrat Government House (back of the \$20 note)
- 7. Saint Lucia Les Pitons (back of the \$100 note)
- 8. Saint Vincent and the Grenadines Admirality Bay (back of the \$10 note)

Furthermore, it is also anticipated that the images of Sir Arthur Lewis (back of the \$100 note) and Sir K. Dwight Venner (back of the \$50 note) will be retained on the EC notes.

During this consultative process, the public is invited to comment on the proposal to replace the Queen's image with the ECCU logo, as well as offer suggestions for alternatives or additional images to use on the EC currency.

Recommendations can be sent by direct message to the ECCB Connects Facebook Page, by email to newECimage@eccb-centralbank.org.



Proposed image from ECCB.

The Monetary Council will make a final decision on the new look for the EC currency by February 2024.

Bearing a large portrait of Her Majesty Queen Elizabeth II, the first EC banknotes were issued in November 1984 to commemorate the EC-CB's first anniversary. Prior to 1984, banknotes – featuring different portraits of the Queen – were issued by the East Caribbean Currency Authority (ECCA) from 1965 to 1983 and the British Caribbean Currency Board (BCCB) from 1950 to 1965.

The logo of the Eastern Caribbean Currency Union (ECCU) shows the flags of the ECCB Member Countries encircling the logo of the Eastern Caribbean Central Bank (ECCB).

The logo of the Eastern Caribbean Central Bank was designed by Dennis Richards of St Kitts/Nevis on June 27, 1984. In June 1992, Miss Marijka Grey of St Kitts/Nevis reproduced a coloured version of the logo with the colours blue, green and yellow.

The logo consists of a blue circle bordered with a narrow yellow strip both on the inner and outer rims of the circle. The words Eastern Caribbean Central Bank are inscribed in yellow lettering on the blue circle.

This circle frames two green laurels interspersed with splashes of yellow encasing the letters ECCB, also written in yellow and resting on a white background.

White - The purity of aspiration of the peoples of the sub-region and the sand which frames the lovely waters of the Region.

Blue - The azure colour epitomizes the comely and breath taking beaches/waters and clear skies of which this Region boasts. Yellow - The goldish yellow embodies the warmth of the people and the radiant sunshine.

Green - The green symbolises the lush vegetation and verdant fields and forests of the islands.

The combination of colours clearly illustrates the two major economic activities for which the islands are known, to wit, Agriculture and Tourism.

Laurels - These evergreen shrubs are symbolic of the honour which the Central Bank seeks to bring to the sub-region as it grapples with the challenges encountered along the path to the achievements of balanced growth and developments.

International AROUND THE WORLD



Brazil police raids leave at least 45 people dead

Police raids targeting drug gangs in three Brazilian states have left at least 45 people dead.

In the latest operation in Rio de Janeiro, police said they returned fire in a shootout in the Complexo da Penha area, killing at least 10.

Earlier, 16 people died in clashes during a five-day police raid in São Paulo state, dubbed Operation Shield.

And in the north-eastern state of Bahia, officials say 19 suspects have been killed since Friday.

Fifty-eight people were arrested during the operation in São Paulo state, which began after a special forces police officer was killed on Thursday in the coastal town of Guarujá.

Police seized 385kg of narcotics, as well as guns, according to local media.

The operation in Guarujá was criticised by Brazil's Justice Minister Flavio Dino, who said the police's reaction was not proportional to the crime committed.

During an interview on Tuesday, São Paulo state governor Tarcisio de Freitas said two police officers were among those killed during clashes.

Amnesty International said the Guarujá police raid showed "clear signs of seeking vengeance for the death of a police officer".

In Rio de Janeiro, a drug trafficking kingpin and a trafficker were among the 10 people killed on Wednes-



day, according to local media reports.

Four others were injured, including a police officer.

According to the city's military police, the operation in Complexo da Penha, a group of favelas in the north of the city, was launched after intelligence information suggested that a meeting of drug traffic ringleaders would be taking place in the area.

Eyewitnesses told local media they heard several gunshots and clashes between heavily armed gang members and the police.

Talíria Petrone, a member of the Rio state legislature, condemned the operation. She said there was "no explanation for the state to continue turning life in favelas into a hell like this".

Schools around Complexo da Penha did not open on Wednesday, forcing about 3,220 pupils to stay at home.

House visits organised by the national health service were also suspended because of security concerns.

Instituto Fogo Cruzado, an organisation that looks into armed violence data in Brazil, described the raids as "mass killings".

In a statement published after the police raid in Rio, the institute said there had been 33 such incidents in the city since the start of the year - with a total of 125 people dead.

Instituto Marielle Franco - an NGO named after campaigning politician Marielle Franco who was murdered in 2018 - also publicly criticised the latest events.

"The slaughter repeats itself," it said in a statement.

Before her death, Ms Franco was an outspoken councillor who had been critical of the police's often deadly raids in densely populated shanty towns, or favelas, and denounced paramilitary groups run by retired and off-duty police known as milícias.

Police violence is not new here - every week there are shootouts, leaving people dead.

Rio de Janeiro though is one of Brazil's most violent states - operations to tackle drug crime in areas such as favelas often lead to fatalities and accusations that the authorities are poorly-trained and trigger-happy. While the focus is usually on Rio, the fact that this past week has seen a series of operations across the country brings into sharp focus the issue of police violence across Brazil.

In the north-eastern state of Bahia, clashes between police and gang members between Friday and Monday revolved around three cities - Salvador, Itatim and Camaçari.

The deaths included seven people killed in Camaçari on Friday and another eight people killed during clashes in Itatim on Sunday.

In Salvador, clashes between police and armed suspects killed four others and led to school closures in the area on Tuesday.

Guns, phones and drugs were seized during the three operations.

It is a complicated picture in a country with a high level of gun violence where fears about security are also growing. But there are increasing calls to look into human rights abuses committed by the police.

There have been some initiatives to improve the situation. Since 2020, São Paulo's military police have worn cameras on their uniforms - and in the first two years of the programme, the number of people killed by police fell by 61%.

It is an initiative that President Luiz Inácio Lula da Silva is reportedly keen to implement on a federal level.



Internationa

PAGE 19

Niger: US announces partial evacuation of embassy

By Christy Cooney

The United States has ordered the partial evacuation of its embassy in Niger following last week's coup.

Hundreds of foreign nationals have already been evacuated from the country, and on Sunday the French embassy was attacked by protesters.

Coup leader Gen Abdourahamane Tchiani has warned against "any interference in the internal affairs" of the country.

Niger is a significant uranium producer and lies on a key migration route to North Africa and the Mediterranean.

US department state spokesperson Matthew Miller said that, despite the partial evacuation, the country's embassy in capital Niamey would remain open.

"We remain committed to the people of Niger and our relationship with the people of Niger and we remain diplomatically engaged at the highest levels," he said.

The US is a major donor of humanitarian and security aid to Niger, and has previously warned that the coup could lead to the suspension of all co-operation.

France, the former colonial power in Niger, and the EU have already suspended financial and development aid.



Protesters with a Russian national flag and Niger's flags during a rally in Niamey on Sunday.

The Economic Community of West African States (Ecowas), a trade bloc of 15 West African countries, has imposed sanctions which include a halt on all commercial transactions with Niger and a freeze on the country's assets in the regional central bank.

In a televised address on Wednesday, Gen Tchiani said the new regime rejected "these sanctions as a whole and refuses to give in to any threat, wherever it comes from".

He labelled the sanctions "cynical and iniquitous" and said they were intended to "humiliate" Niger's security forces and make the country "ungovernable".

Military chiefs from Ecowas also met in Nigeria on Wednesday to discuss a possible military intervention, though they said such action would be a "last resort".

Gen Tchiani, a former chief of the presidential guard to ousted leader Mohamed Bazoum, seized power on 26 July, saying he wanted to avert "the gradual and inevitable demise" of Niger.

The coup has prompted major demonstrations against France, which remains a major partner, and in favour of Russia, whose influence in west and central Africa has grown in recent years.

On Sunday, hundreds of protesters gathered outside the French embassy in Niamey, some chanting "Long live Russia", "Long live Putin", and "Down with France".

They also set fire to the

walls of the embassy compound.

On Wednesday, people arrived in Paris on evacuation flights organised by the French government. A flight organised by Italy also landed in Rome with 87 people on board.

In his address, Gen Tchiani said French people in Niger had never been subjected "to the least threat".

where Niger, both France and the US maintain military bases, has been a key Western ally in the fight against jihadist extremism in the Sahel.

After military leaders in neighbouring Mali chose to partner with the Russian Wagner mercenary group in 2021, France moved the centre of its regional counter-terror operations to Niger.

International



Typhoon Khanun slams into Okinawa after two deadly East Asia storms

A typhoon has lashed southern Japan, forcing evacuations and cutting off power to one-third of homes on the Okinawa islands.

Slow-moving Khanun - the third typhoon to hit East Asia in as many weeks - threatens to worsen the heaviest rains in Beijing in more than a century.

The deluge has killed at least 34 people in China so far.

Experts say that extreme weather events like this will become more frequent because of global warming.

Khanun follows two other typhoons, Talim and Doksuri, a super storm, which also drenched the Philippines and Taiwan, killing more than 30 people, in the last few weeks.

It was expected to make landfall on China's northeast coast on Wednesday but forecasts now say it is more likely to turn towards the Japanese mainland without hitting China.

Japan's tropical Okinawa islands are expected to face the brunt of Khanun's 252km/h (156mph) gusts on Wednesday.

About 20,000 people have been advised to evacuate and nearly 900 flights have been cancelled at Okinawa's Naha airport. This is peak tourist season for the island. Such strong storms are rare at this time of the year in Japan.

But climate scientists



China has borne the brunt of a ferocious start to the Pacific typhoon season.

have long warned that global warming would increase the intensity and frequency of storms and heatwaves, both of which have hit parts of Asia in the past month.

Winston Chow, a professor in urban climate at Singapore Management University, likens the extreme weather to a game of roulette, where people place bets on red and black squares. He says the chances of an extreme weather event occurring - that is, a ball landing on a red square - have increased because of climate change.

"The more emissions we put out, the more black squares turn red, so the odds are we will land more frequently on the red every year," he said.

The combined effect of three storms has drenched the Chinese capital Beijing and its neighbouring regions such as Tianjin and Hebei province since late last week. About 974,400 people have been evacuated in Beijing and Hebei, according to state media.

In the hard-hit foothill villages of Beijing's Mentougou district, images published on state media showed residents shovelling mud out of their homes while authorities cleared roads and bridges of rocks and uprooted trees.

Beijing alone has experienced the "heaviest rainfall in 140 years" over the past few days, breaking the record set in 1891, according to officials, who have warned of more "significant rainfall".

In the Philippines, large suburbs in the capital of Manila are still submerged, displacing about 300,000 people as rivers swell and dams threaten to spill over.

Last week, 26 people died after a ferry capsized

in rough seas south of Manila as Doksuri drifted away from the country's west coast and Khanun gathered strength in the east.

The storms have also destroyed infrastructure and caused fires and floods across the region, forcing intermittent closures of schools and businesses.

Before the typhoons, large parts of Asia were hit by sweltering heatwaves.

More than 9,000 people across Japan were admitted to hospital for heatstroke in the middle of July, while parts of China notched record high temperatures.

A study published in 2021 by the Frontiers in Earth Science, which investigated the impact of typhoons between 1979 and 2016, projected that typhoons could double in destructive power over land by the end of the 21st Century.



Sports News

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Jamaica shut out Brazil to advance at Women's World Cup

MELBOURNE, Australia (AP) -Jamaica's third consecutive shutout - a 0-0 draw against Brazil on Wednesday - sent the Reggae Girlz through to the knockout stages of the Women's World Cup for the first time.

Finishing second in Group F, Jamaica didn't concede a goal against France and Brazil or in its 1-0 win over Panama. The Jamaicans joined Switzerland and Japan as the only teams to keep clean sheets in all three group-stage games in the tournament being co-hosted by Australia and New Zealand.

"We knew coming into the tournament that we were facing very tough opposition, and attacking quality was at the highest level, so we knew defensively we had to be sound," Jamaica midfielder Atlanta Primus said.

"Coming out with two clean sheets against top 10 sides, we're very happy with that."

Jamaica earned a draw in Melbourne to advance to the Round of 16 at the Women's World Cup and send Brazil home from the group stage for the first time since 1995.

Jamaica goalkeeper Rebecca Spencer continued her stellar play by keeping Brazil off the board, ending the spectacular World Cup career of Brazilian star Marta, who has a record 17 career World Cup goals.

Playing in the Women's World Cup for only the second time, Jamaica needed a GoFundMe campaign to pay for the team to make it to the event.

The Reggae Girlz eliminated reigning Copa America champs Brazil and advanced as the runner-up to France (seven points) in Group F with five points.

Two minutes into stoppage time, Thembi Kgatlana stunned Italy with a game-winner for South Africa in a 3-2



Jamaica's Solai Washington, centre, celebrate with her teammate after drawing a 0-0 tie during the Women's World Cup Group F soccer match between Jamaica and Brazil in Melbourne, Australia, Wednesday, August 2nd, 2023. (AP)

victory that pushed her team into the ty kick. Rebecka Blomqvist opened the Round of 16 for the first time at the Women's World Cup.

Kgatlana's score in the box off a pass from Hildah Magaia answered a game-tying goal in the 74th minute in Group G action in Wellington, New Zealand.

Italy, needing only a draw to advance, made it 2-all on Arianna Caruso's second goal from a corner. Several attempts to take the lead were averted by South Africa.

Magaia netted the third goal of the game in the 87th minute attacking from left of the goal.

South Africa goalie Kaylin Swart made multiple critical saves down the stretch, including a long-distance try from Italy defender Elena Linari.

Two second-half goals set up Sweden's 2-0 win over Argentina and booked a Sunday date with the United States in a matchup of group stage winners.

Elin Rubensson sparked the celebration in the 90th minute with a penal-

scoring in Hamilton, New Zealand, with a header for a tally in the 66th minute for No. 3 Sweden.

Sweden beat the Americans in 2021 in Tokyo during the quarterfinals of the 2020 Summer Games.

France dominated possession in beating Panama 6-3 to win Group F in a fast-paced and entertaining matchin Sydney. France fell behind instantly on a free kick by Marta Cox and appeared to be reeling.

But Lea Le Garrec made it 4-1 before the half and France's Kadidiatou Diani scored three times. Panama wouldn't go silently, with goals in the 64th minute on a penalty and Lineth Cedeno's header in the 87th minute made it a one-goal game.

France began the match with Captain Wendie Renard (calf injury) and alltime leading scorer Eugenie Le Sommer on the bench, but proved to have more than enough firepower, netting six of its 21 total shots and possessing the ball nearly 70 percent of the match.

Sports News





The national Under-17 Girls team in training at the ABFA's Technical Center at Paynters on Tuesday, August 1st, 2023. (Photo by Elwin Francis)

Benna Girls to contest 2023 CONCACAF Women's Under-17 Qualifiers

will be engaged in a Confederation of CAF) tournament this month.

Like the Under-15 Boys, the An- North, Central America, and Caribtigua and Barbuda Under-17 Girls bean Association Football (CONCA-

CLASSES: 12, 11, 10 9 & OUTLAW **BRACKET: BIKES** SUNDAY ADM. | GENERAL: \$20 | PIT: \$30 | **13SEC & SLOWER** SAFETY RULES & REGULATIONS WILL BE ENFORCED

The Antigua and Barbuda Benna Girls will be participating in the 2023 CONCACAF Women's Under-17 Qualifiers.

The 2024 Women's Under-17 Championship qualifying competition will be played between August 25th and September 2nd, 2023, in Curação, the Dominican Republic, Costa Rica, and Jamaica.

The tournament's official draw, which divided the 26 participants into six groups, occurred on July 6th.

The Antigua and Barbuda Benna Girls will be contesting Group B along with Haiti, Cuba, Barbados, and St. Martin at the Panamericano Stadium in San Cristobal, Dominican Republic.

The Antigua and Barbuda Benna Girls will open their campaign against Haiti on August 27th. They will then face Cuba on August 29th, tackle St. Martin on August 31st, and clash with Barbados in their final encounter on September 2nd.

After round-robin group stage play, the six group winners will advance to the 2024 Concacaf Women's

cont'd on pg 23

Sports News

PAGE 23



The Trinidad and Tobago Under-19 Cricket Team. (Cricket360)

Leewards lose to Trinidad in Under-19s playoff

The Leeward Islands was won by Jamaica. ended a disappointing campaign in the Cricket West Indies (CWI) Rising Stars Men's Under-19 Championship with a nine-wicket loss against Trinidad & Tobago in their fifth-place playoff at Cumberland in St. Vincent on Tuesday.

Set 118 to win, the Trinidadians cruised to victory at 122 for one in 30.4 overs to finish fifth in the regional three-day competition that

Opener Justin Jagessar struck an unbeaten 64. Fellow opener Kyle Ramdoo made 28, and Andrew Rambaran was not out on 19.

The Trinidadians set up their victory by dismissing the Leeward Islands in their second innings for 125 in 49.1 overs.

All-rounder Nathan Edwards hit a top score of 41, and opener Malique Walsh got 33. Last man Onaje Amory, who made 11, was the only other Leeward Islands batsman to reach double figures.

Spinner Vasant Sing grabbed four wickets for 37 runs, Nick Ramlal claimed three for 29, and pacer Jacen Agard took two for 12.

After dismissing the Leewards in their first innings for 118 in 48.1 overs, the Trinidadians took a slender eight-run lead by scoring 126 in 42.5 overs.

Singh top scored with 31 not out, Ramlal made 31, and Jagessar made 25. Edwards, bowling left-arm medium pace, snapped up five wickets for 44 runs, and Amory, bowling rightarm off-spin, picked up four wickets for 32 runs.

In the Leewards first innings, captain and wicketkeeper Carlon Bowen Tuckett hit a top score of 40, and vice-captain Jewel Andrew chipped in with 33 off 32 balls, including six fours.

Singh took three for 23, Agard claimed two for 21, and Andrew Rambaran had two for 24. At Park Hill, the third place playoff between Guyana and the Windward Islands finished in a draw.

cont'd from pg 22

U-17 Championship, joining the top two ranked nations. Mexico and the United States, that have been seeded directly into the Championship's group stage.

In the previous edition of the CON-CACAF Women's U-17 Championship,

played in the Dominican Republic in 2022, the United States won its fifth title after defeating Mexico 2-1 in the final.

In the third-place match, Canada topped Puerto Rico 3-0 to secure a berth in the 2022 FIFA Women's Under-17 World Cup in India.

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Sports News

PAGE 25

Jamaica Under-19s complete regional double

KINGSTOWN - Clinical Jamaica defeated Barbados by 56 runs to complete the double in the Cricket West Indies Rising Stars Men's Under-19 Championship.

On a tense final day of the three-day final in St. Vincent on Tuesday, Jamaica recovered after being bundled out for 87 in their second innings to send Barbados tumbling for 142 all out, with 10 balls remaining at the Arnos Vale Stadium.

Leg-spinner Tamarie Redwood led the champions with four for 47 to end with a seven-wicket match haul, while seamer Raneico Edwards supported well with three for 31.

Joshua Dorne topscored with 34, opener Zion Brathwaite got 28 while Nimar Bolden and Nathan Sealy both struck 23, but Barbados never seriously challenged their victory target of 199, after losing their key top order batsmen.

"It's a feeling I can't describe. I'm totally elated," said Jamaica head coach Terrence Corke.

"We have not won this in 10 years so it's good to get the double now. The last time we won the double was (2009) and now we're winning it away from home. That's a plus for us."

Resuming the morning on four without loss and an



Jamaica defeated Barbados by 56 runs to complete the double in the Cricket West Indies Rising Stars Men's Under-19 Championship. (CWI Media)

overall lead of 115, Jamaica folded quickly, courtesy of incisive spells from off-spinner Saurav Worrell with four for 14 and fast bowler Raneico Smith with three for 11.

Steven Wedderburn topscored with 39 at number four, while number eight Reon Edwards chipped in with 20, but the one-day champions found themselves unable to string partnerships together.

In fact, they plunged to 15 for five inside the first hour at Arnos Vale Stadium and needed Wedderburn, who struck two fours and two sixes in a 75-ball knock, to rescue the innings.

On one without loss at lunch from the single over possible before the break, Barbados lost Achilles Browne for one in the second over following the resumption, caught and bowled by first innings hero Deshawn James top-edging a pull at three for one.

Dorne, who faced 69 balls and counted two fours and a six, put on an invaluable 56 for the second wicket with Brathwaite but fell in controversial circumstances, adjudged caught at slip prodding at a Redwood leg-break which spun sharply.

The game was still open at tea with Barbados on 67 for two, but Brathwaite, unbeaten on 25 at the interval, added only three more runs before falling in the fourth over following the resumption, playing on to seamer Nashane Meade.

Redwood then struck

a crucial blow when he bowled Joshua Morris without scoring, the righthander missing a cross-batted stroke and having his stumps rattled at 84 for four.

Barbados never recovered thereafter, Redwood and Edwards combining to wreck the lower order.

SCORES: **JAMAICA** 269 (Jordan Johnson 120, Brian Barnes 61; Nathan Sealy 5-64) and 87 (Steven Wedderburn 39, Reon Edwards 20: Saurav Worrell 4-14, Raneico Smith 3-11) vs BARBADOS 158 (Nimar Bolden 37, Nathan Sealy 24, Achilles Brown 23; Deshawn James 5-21, Tamarie Redwood 3-56) and 142 (Joshua Dorne 34. Zion Brathwaite 28, Nimar Bolden 23, Nathan Sealy

Sports DEWS THURSDAY 3RD AUGUST 2023

Flyers win ABBA's First Division Playoff title

The Flyers are the 2023 playoff champions of the Antigua and Barbuda Basketball Association's (ABBA) First Division competition.

The Flyers claimed the title by snatching a hard-fought 73-68 over-time victory against the league champions Cuties Ovals OJays in Game Three to complete a 3-0 sweep of the best-of-five playoff finals at the JSC Sports Complex on Tuesday night.

For the first time in the series, the Flyers had to play catchup for most of the encounter, but they rose to the occasion in the fourth quarter by outscoring their opponents 25-16 to send the game into overtime.

Their fourth-quarter surge seemed to have knocked the fight out of the Ovals OJays during overtime, which the Flyers won 10-5 to clinch their five-point win and the playoff title.

With their season on the line, it was the Ovals OJays who made the better start to the game in their bid to extend the series with a victory.

The OJays, who did not have the services of one of their leading scorers, point guard Tavarus Benta, led 14-10 at the end of the first quarter and outscored the Flyers 17-15 in the second to take a slender 31-25 lead at halftime.

Following the interval, the Ovals OJays, led by the scoring of Joshua Minner and Alexis Jackson, maintained their momentum in the penultimate quarter and went on to outscore



Coach George Hughes holds the trophy as the Flyers celebrate winning the ABBA Division One Playoff title at the JSC Sports Complex on Tuesday, August 1st, 2023. (ABBA)

the Flyers 16-13 to take a 47-38 lead at the end of the third period.

But the Flyers were not going to be denied. They produced their most dominant display of the game in the final quarter, in which they wiped out their nine-point deficit and tied the scores at 63-63 at the end of the fourth quarter, sending the game into overtime, where they eventually prevailed.

David Hernandez produced 16 points, seven steals, and six rebounds, and Adonis Humphreys, who was later named the playoff's Most Valuable Player, converted 13 points and grabbed 15 rebounds for the Flyers.

Jabari Williams had 10 points and 10 rebounds; Kenya Ahcom contributed 10 points and six steals; Kwame Brathwaite produced eight points and 12 rebounds; and Xavier Meade chipped in with eight points, eight rebounds, and five assists for the Flyers.

Minner shot a game-high 30 points and snatched eight rebounds; Jackson, who shot 54 percent from the field, finished with 17 points, 15 rebounds, and five steals; and N'Kenge Drew chipped in with six points and 10 rebounds for the Ovals OJays, which did not get much scoring from the other players.

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