

Foreign Minister says CHOGM is an opportunity to reimagine the Commonwealth

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Foreign Affairs Minister E.P Chet Greene (third from left) along with senior officials of the Ministry on Tuesday extended a warm welcome to the High Commissioner of Malta Dr. Pierre Hili (left of Greene)

Local News

FA Minister Greene: Next year's CHOGM is an opportunity to re-imagine the Commonwealth's purpose



Antigua and Barbuda's hosting of the Commonwealth Heads of Government Meeting (CHOGM) next year presents an opportunity to reimagine the role and purpose of the organization made up largely of former British territories. That's the view expressed on Tuesday by Foreign Affairs Minister, E.P. Chet Greene when he welcomed the new non-resident High Commissioner of Malta to Antigua and Barbuda, His Excellency Dr. Pierre Hili, who is making his inaugural visit to St. John's to present his credentials to senior

government officials.

Minister Greene noted that he had held discussions with his Maltese counterpart on the subject of the Commonwealth prior to Antigua and Barbuda being named as the host for next year's CHOGM.

He indicated that both countries share a deep commitment to the Commonwealth's ideals, and Malta — a former CHOGM host — expressed enthusiasm in supporting the Caribbean nation's preparations. The discussion acknowledged the Commonwealth's

evolving role amid a turbulent global landscape marked by geopolitical tensions, economic challenges, and environmental threats.

Both delegations agreed that this new era presents an opportunity to reimagine the Commonwealth's purpose — ensuring it remains a vital platform for collaboration, peace, and shared prosperity. The upcoming CHOGM is viewed not only as a high-profile event for Antigua and Barbuda but also as a chance to reinforce the collective voice of small island nations.

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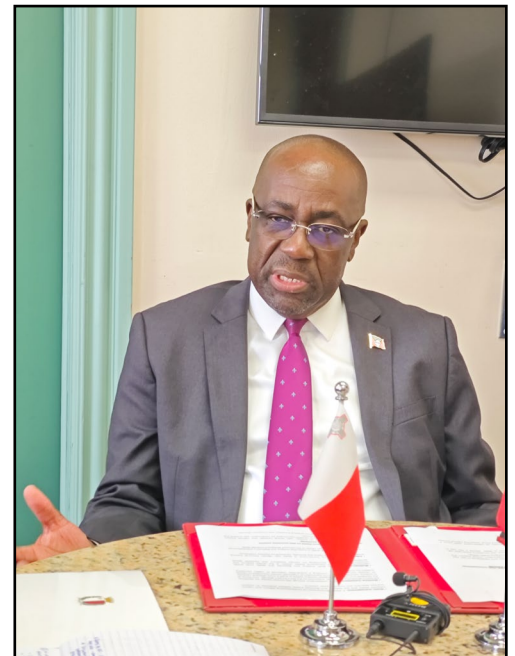


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“The Commonwealth is at the crossroads, in my view, in terms of its geopolitical value; in a world where we are seeing more and more wars, more tension and where are seeing heights in cost-of-living and in energy costs, I think the Commonwealth, reimagined, will have a significant role to play in global affairs,” Greene suggested.

He added that at the CHOGM in St. John’s both Malta and Antigua and Barbuda will have another opportunity to sit and fashion what would be CHOGM’s response, its involvement and its role in the broader global context.

“I am sure that based on our relationship, we will have much to add to that particular exercise,” he remarked.

In his response, High Commissioner Hili noted that he once worked at his country’s permanent mission to the United Nations and where there he was always struck by the diplomatic skills of the various representatives of Antigua and Barbuda. He emphasized that Antigua and Barbuda and Malta have always found common ground in international affairs.

“It always struck me how Antigua and Barbuda and Malta were always at the forefront of promoting to the world the needs of small island developing

states. It is always good to put it out there that small island states, even though some are doing quite well because of their resilience and foresight, the idea of finding new niches and

be able to compete with much larger countries and economies, sometimes we end up victims of our own success,” he stated.



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Local News

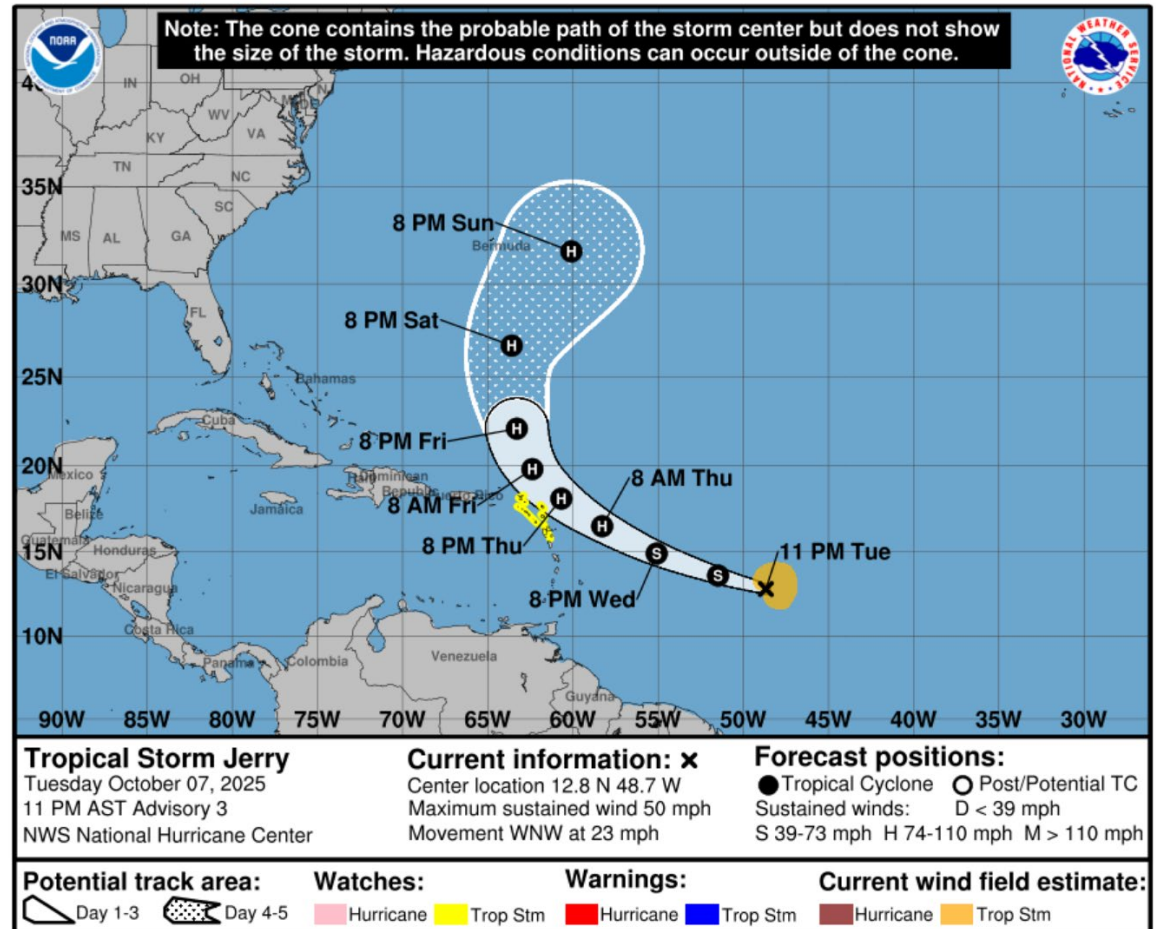
AL95 now Tropical Storm Jerry; NODS urges preparedness

With the development of AL95 into Tropical Storm Jerry, which local meteorologists continue to monitor, the National Office of Disaster Services (NODS) urges residents to ensure their disaster preparedness plans are in place.

Residents should have their emergency kit stocked with canned and other non-perishable foods, water, first aid kit, battery-operated radio, flashlight, medication, personal hygiene items, clothing, blanket and other needed supplies.

Consideration must also be given to having personal items for vulnerable family members like children, the elderly and people with special needs.

Residents are further advised to ensure their home is safeguarded against any wind or rain, to know the location of their nearest shelter and to be reminded that when moving to a shelter, individuals must have their



own food, water and other necessities.

The latest from the Met Office is that there is a 47% chance of storm-force winds

reaching Barbuda and a 10% chance of hurricane-force winds. For Antigua, there is a 22% chance of storm-force winds and a 1% chance of hurricane-force winds.

The Met office notes that there will be changes as it continues to monitor the situation, and residents will be kept abreast of the updates.



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Farmers attend workshop on the quality seed management and conservation

Several agencies have combined resources with the Ministry of Agriculture to host a one-day workshop for farmers on building capacity to develop a sustainable quality seed management and conservation, especially following natural disasters.

The Inter-America Institute for Cooperation in Agriculture (IICA), the Caribbean Agricultural Research and Development Institute (CARDI) and Alliance Bioversity & CIAT combined efforts with the ministry to mount the workshop that was held at the Multi-Purpose Cultural Centre on Tuesday.

Director of Agriculture, Gregory Bailey, who delivered the feature address at the opening ceremony, noted that the focus on sustainable seed management and conservation is critical. “It begins with the seed,” he stressed, “As without access to viable high-quality genetic material, all other inputs – fertilizers, irrigation, land preparation – are rendered ineffective.”

He explained that the seed is the biological foundation of the food systems and its integrity determines the success of crops, the yields, and ultimately, the nation’s food security.

“This programme is intended to introduce participants to the principles of seed production, conservation and integrated pest management, with a specific lens on disaster preparedness and post disaster recovery. It aims to establish a high-quality national seed programme that prioritizes short-term crops of national interest – those



that can be rapidly deployed to restore food production in the wake of hurricanes, droughts or other climate-related shocks, while at the same time are economically viable,” he stated.

IICA country representative Craig Thomas underlined the significance of the workshop by explaining that while visiting another country recently, he was taken to a facility that housed a wide variety of seeds

that were sourced locally and internationally as well as the different soil-types of the country. The reason for this he explained was to ensure that the country would be able to rebound quickly in the event that there was a natural disaster.

The workshop, he further explained, was an attempt for Antigua and Barbuda to begin working towards establishing such a facility at some point in the future.

AT&LU and NPA ink historic new CBA



AT&LU President Bernard de Nully

The Antigua Trades and Labour Union has announced that it has reached an agreement on a new Collective Bargaining Agreement with the National Park Authority which provide for a significant boost in salary for line staff.

AT&LU President Bernard de Nully said the two entities are discussing the formal signing ceremony for the new agreement that runs from 2025 to 2027. Under the agreement, line staff at the NPA will receive an increase on salaries and wages of 11 percent.




The union president revealed that this was the first time that the line staff would be receiving this rate of increase on their remunerations.


According to de Nully the line staff accepted the 11 percent increase bringing a successful completion to the intense negotiations between the union

and the statutory board that lasted for approximately eleven months. The negotiations were led by de Nully.


Preparation for the signing the agreement has commenced and further details will follow as the new CBA covers the wellness of the worker.




Apua WATER



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And I'm Dewey

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ABTA showcases cultural strength at International Arts Festival in New Orleans

The Antigua and Barbuda Tourism Authority (ABTA) represented the twin-island nation at the recent International Arts Festival in New Orleans, presenting Antigua and Barbuda as both a leading Caribbean getaway and a cultural hub with global reach.

ABTA was represented by Arah Robins, Marketing and Public Relations Executive, and Annie Liverpool-Charles, Sales and Marketing Officer. Their participation focused on highlighting the nation's cultural identity, building international partnerships, and positioning Antigua and Barbuda as a leader in inclusive and sustainable tourism.

The Sister City Summit brought together cultural leaders, government officials, and tourism professionals from around the world. For Antigua and Barbuda, it was an opportunity to emphasize that the destination is defined by both its natural beauty and the depth of its cultural offerings, from Carnival and Culinary Month to Art Week and the many traditions that shape the Antigua and Barbuda experience. Robins and Liverpool-Charles engaged in high-level discussions and networking sessions with U.S. and international tourism leaders, highlighting Antigua and Barbuda's commitment to ensuring that travel to the islands benefits local communities,



Arah Robins of the Antigua and Barbuda Tourism Authority joins fellow panelists at the Sister Cities Summit during the International Arts Festival, engaging in a dynamic discussion on cultural exchange, tourism, and sustainable development

as well as inspires visitors.

During the festival, Robins was featured as a panelist in Tourism and Cultural Economies — How to Make Them More Inclusive and Beneficial to the Communities Which Produce Cultural Experiences, held at Gallier Hall. She joined panelists including Christian Houetchenou, Mayor of Ouidah, Benin; Andrew Swaby, Mayor of Kingston and Saint Andrews, Jamaica; Dr. Richmond Yeboah of the Technical University of Cape Coast; and municipal advisor Eugène-Mathieu Digba-Katchia. The discussion examined how cultural traditions can be celebrated through tourism while ensuring that the communities that sustain them share in the benefits.

Robins spotlighted Antigua and Barbuda's approach, noting that hallmark events

such as Culinary Month, Carnival and Art Week create important income opportunities for local artisans, musicians, and entrepreneurs, in addition to attracting international visitors.

"Antigua and Barbuda's culture is the heartbeat of our tourism industry," said Robins. "We are committed to ensuring that when visitors experience our traditions, our communities that create them are the ones who benefit the most."

Beyond formal discussions, ABTA connected directly with U.S. audiences. Robins appeared on KZEM 102.9 with host Jerold Jackson, as well as on Cumulus Radio Network with LaTangela Sherman, introducing listeners to Antigua and Barbuda's tourism offerings and promoting the islands' presence at the International Arts Festival. At another

event, the Congo Square concert, the delegation added a Caribbean flourish by hosting a raffle for two round-trip tickets to Antigua and Barbuda and offering samples of rum punch prepared by Antiguan mixologist Toray Manwarren with English Harbour Rum. These activations allowed audiences to taste and imagine the warmth of the islands firsthand.

The delegation also met New Orleans Mayor LaToya Cantrell and collaborated with Rosine Pema Sanga, Director of International Relations, who hosted many of the summit's events. These exchanges strengthened ties with city leadership, as well as laid the foundation for future cultural collaborations beyond the summit.

For Antigua and Barbuda, the International Art Festival was more than a promotional stage. It was a strategic platform to share cultural heritage, reinforce diaspora connections, and drive home sustainability goals. In a competitive global travel market, participation in events that bring together African, Caribbean, and U.S. communities provides Antigua and Barbuda with a unique advantage. It reinforces the message that the islands are destinations where connection and tradition are central to the visitor experience, while ensuring that tourism continues to deliver tangible benefits to local communities.

PUBLIC NOTICE

IN THE MATTER OF ANTIGUA OVERSEAS BANK LTD.
AOB (IN LIQUIDATION)

NOTICE OF FINAL CALL FOR DEPOSITOR CLAIMS

TO ALL DEPOSITORS:

NOTICE IS HEREBY GIVEN that, pursuant to the provisions of the International Banking Act, 2016, and the International Business Corporation Act, of the laws of Antigua and Barbuda, Antigua Overseas Bank Ltd. (AOB) (In Liquidation) is in its liquidation process.

This notice serves as a final and urgent call for all remaining depositors of Antigua Overseas Bank Ltd to contact the Joint Liquidators and file a claim for possible settlement of amounts being distributed by the Estate.

All claims, duly substantiated with the required documentation, must be submitted to the Joint Liquidators on or before October 31, 2025.

Claim forms and further information can be obtained by contacting the Joint Liquidators at the address and email provided below.

Cleveland Seaforth and Raquel Glynn
Joint Liquidators

Antigua Overseas Bank Limited (In Liquidation)
Cnr. Factory Road and Carnival Gardens
P O Box 3109
St. John's
ANTIGUA
Tel : +1 268 462 8868/69
Fax: +1 268 462 8808

Email: aobliquidation@bdoecc.com

Dated this 01 October, 2025.

Father and son duo faced with shooting charges have been released on bail

The father and son who appeared before a St. John's magistrate to answer shooting charges have both been released on bail while the case against them has been adjourned until December 4.

On Tuesday, Brian Benjamin, 59, of All Saints was granted bail at \$20,000.00 with a cash component of \$5,000.00 and two sureties. Additionally, he is to report to the All Saints Police Station every Monday and Wednesday between the hours of 6:00 am and 6:00 pm. He was also asked to surrender his passport.

Benjamin, a farmer, also faced additional bail conditions; he is not to communicate or interfere with the virtual complainant directly or indirectly; he is also barred from communicating directly or indirectly with potential witnesses.

Benjamin's son, Bryan, was granted bail by the court the day earlier.

On Monday, the police revealed that they had arrested and charged Brian



Benjamin of All Saints and 32-year-old Bryan Benjamin of Swetes in connection with a shooting incident that occurred at Sanderson Estate on October 1, 2025.

Both men are jointly charged with Assault, Wounding, and Battery on Jace Farrell.

Brian Benjamin was further charged

with Shooting with Intent to Murder Simon Farrell, while Bryan Benjamin faces an additional charge of Threatening Language.

The incident reportedly stemmed from an altercation on a farm during which two men sustained gunshot injuries. They remain hospitalized in stable condition.

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Police Blotter

Homeless Man Charged for Building Breaking and Larceny on Market Street

The Police have arrested and charged 38-year-old Tony Bright of No Fixed Place of Abode in connection with a Building Breaking and Larceny offence that occurred on Thursday, October 2, 2025, at Market Street.

It is alleged that Bright broke into a business establishment and stole an undisclosed sum of money, along with several electronic items; including one (1) iPhone 13 Pro, two (2) Amazon Tablets, one (1) Samsung A7 Tablet, and two (2) Selfie Ring Lights, among other items.

The total value of the stolen property



is estimated at \$9,070.

Following further investigations into the incident, Bright was taken into custody and formally charged for the offences. He is expected to appear before the court to answer to the charges.

The Police Administration is once again urging business owners and residents to enhance their security measures by installing surveillance systems, properly securing their property, and promptly reporting any suspicious activities observed around their business premises.

Suspect Surrenders to Police

The man who was being sought by the police in connection with an attempted robbery at a convenience store has surrendered himself.

Elahim Bloodman, 19 years old of Grays Farm

turned himself in to officers at the Criminal Investigations Department (CID) on Tuesday morning, accompanied by family members. He is presently in police custody assisting with ongoing investigations.

Initial reports revealed that around 9:54 a.m., a lone male entered the establishment armed with what appeared to be a firearm. The store owner quickly raised an alarm, causing the assailant to flee the scene on foot along New Street.

The Police Administration is expressing appreciation to members of the public and the media for their assistance and cooperation throughout the investigation.

Meanwhile, the public is being reminded to remain vigilant and to continue reporting any suspicious activities or individuals by contacting the Criminal Investigations Department (CID) at 462-3913, 911, or the nearest police station.

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2025 INDEPENDENCE SCHEDULE OF EVENTS

25 OCT - 03 NOV

SATURDAY 25 OCT

- **NATIONAL SCHOOLS' PANORAMA**
SIR VIVIAN RICHARDS STADIUM
5:00PM

SUNDAY 26 OCT

- **INDEPENDENCE CHURCH SERVICE**
SEVENTH DAY ADVENTIST CHURCH CREEKSIDE
4:00PM

MONDAY 27-29 OCT

- **NATIONAL INDEPENDENCE
BUSINESS DECOR COMPETITION**

MONDAY 27 OCT

- **NATIONAL HEROES DAY
WREATH LAYING CEREMONY**
HEROES PARK- SIR SYDNEY WALLINGS HIGHWAY
10:00 AM

TUESDAY 28 OCT

- **FESTIVAL OF CHOIRS**
ST. ANTHONY'S SECONDARY SCHOOL
8:00PM
- **BARBUDA DAY ACTIVITIES (TBC)**



WEDNESDAY 29 OCT

- **SCHOOLS' INDEPENDENCE PROGRAMS**
SCHOOLS ACROSS THE STATE
- **GOLDEN AGE CELEBRATIONS**
VARIOUS COMMUNITIES IN ANTIGUA AND BARBUDA
- **THEATRICAL PRESENTATION
"WADADLI ROOTS"**
MULTIPURPOSE CULTURAL CENTRE
7:30PM

THURSDAY 30 OCT

- **NATIONAL YOUTH RALLY** 8:30AM
- **CHEERLEADING COMPETITION** 11:30AM
SIR VIVIAN RICHARDS STADIUM
- **INDEPENDENCE CALYPSO COMPETITION**
JACK IDLE
8:00PM

FRIDAY 31 OCT

- **NATIONAL DRESS DAY**
- **NATIONAL FLAG DAY**
- **UNCHARTERED WATERS**
JOHN E ST. LUCE BUILDING
8:00PM

SATURDAY 01 NOV

- **INDEPENDENCE FLAG CEREMONY**
BARBUDA
9:00AM
- **NATIONAL FOOD FAIR**
SIR VIVIAN RICHARDS STADIUM
10:00AM UNTIL
- **INDEPENDENCE CEREMONIAL
PARADE & NATIONAL AWARDS**
SIR VIVIAN RICHARDS STADIUM
5:30PM

MONDAY 03 NOV

- **BURNING FLAMES HIGHWAY
TRAFFIC JAM**
BURNING FLAMES HIGHWAY
12:00 PM UNTIL

ABEC extends condolences on the passing of former Commissioner Winston Gomes



The Antigua and Barbuda Electoral Commission (ABEC) expresses its profound sadness at the passing of Winston Gomes, a former Commissioner who served the organization with distinction and integrity, from 2002 - 2009.

Gomes was among the first of five members to be appointed to the Commission during a pivotal period in the nation's electoral development. His contributions to the work of the Commission were marked by professionalism, sound judgment, and a deep sense of public duty.

Gomes' dedication to ensur-



ing that the electoral process remained credible and impartial earned him the respect and admiration of his colleagues, stakeholders, and the wider community.

Chairman Ambassador Arthur G.B Thomas, extends condolences on behalf of the Commission, the Supervisor of Elections, and the staff of the Electoral Commission.



MINISTRY OF EDUCATION, SPORTS AND CREATIVE INDUSTRIES

THE DEPARTMENT OF CREATIVE INDUSTRIES ANNOUNCES THE CHRISTMAS HOME AND BUSINESS LIGHTING COMPETITION 2025:

FOR IMMEDIATE RELEASE – Wednesday 01st, October 2025 – *St. John's, Antigua and Barbuda.....*
The Department of Creative Industries is pleased to announce the Christmas Home and Business Lighting Competition 2025.

We aim to evoke the spirit of the season through the creative and dazzling lighting display of our 2025 competitors, the Department encourages all interested Home and Business owners to register for the competition on or before Wednesday, December 17, 2025.

Registration Forms are available Mondays to Fridays, 9:00 a.m. to 1:00 p.m. at the Department of Creative Industries Headquarters on Old Parham Road, upstairs INET or the National Festivals Office, 1st Floor Cecil George-John Building, Redcliffe Street and Corn Alley.

Pre-judging will commence on December 20th and 21st December, 2025, while the final displays will be judged on December 28, 2025. Winners will be announced via Good Morning Antigua, Barbuda on Friday, January 5th 2026.

Home entries will be categorized and judged according to the zones – East, West, North, and South. All Home participants will receive a 100% waiver on electricity service for December 15th 2025 to January 15th 2026, Duty-Free concessions on Christmas Lights and or Decorations and a Cash component for the top three winners in each zone as outlined below.

- **First Place - \$ 3,000.00 XCD**
- **Second Place - \$ 2,000.00 XCD**
- **Third Place - \$ 1,000.00 XCD**

Business entries will receive a 50% waiver on electricity service for December 2025, Duty-Free concessions on Christmas Lights and or Decorations and a Cash component for the top three winners as outlined below.

- **First Place - \$ 3,000.00 XCD**
- **Second Place - \$ 2,000.00 XCD**
- **Third Place - \$ 1,000.00 XCD**

Register now to be a part of the joy and splendor of Christmas 2025.

END.

CARICOM-Cuba Against Terrorism



By Sergio Martínez González

Ambassador of the Republic of Cuba in Antigua and Barbuda

Since 2022, October 6 has been declared CARICOM-CUBA Day Against Terrorism, in memory of the innocent victims of that horrific terrorist attack known as the “Barbados Crime.” Forty-nine years ago, terrorists in the pay of the U.S. government’s Central Intelligence Agency (CIA) blew up a Cuban civilian airliner mid-flight near the coast of Barbados, killing all 73 passengers (57 Cubans, 11 Guyanese, and 5 citizens of the People’s Republic of Korea). Among those killed as a result of this brutal act were 24 young Cuban members of the youth fencing team who were returning to their country and families, overjoyed at having won the top title in the 4th Central American and Caribbean Fencing Championship held in Venezuela.

This horrendous crime cannot be seen as an isolated incident. It is part of a pattern of promoting violent and terrorist acts against the Cuba that, over more than 60 years, has cost the lives

of more than 3,000 of its people. It has always been a component of the aggressive policy of most US administrations against the Cuban Revolution. Assassination attempts against key leaders of the Revolution, the introduction of lethal viruses, and the planting of bombs and other explosive devices in tourist facilities are just a few examples of how Cuba has been a victim of state terrorism carried out from US soil.

This is not history to be recounted in books. In the last five years, the Cuban Embassy in the United States has been the target of serious terrorist attacks on two occasions. In April 2020, a shooter emptied a magazine of an assault rifle against the embassy, and last year, an attacker attempted to incinerate all the staff and their families at the embassy when, armed with two homemade incendiary bombs, he threw them at the building.

Just like the masterminds and perpetrators of the horrendous crime in Barbados, who enjoyed the protection and shelter of the U.S. government until the very end of their lives, the perpetrators of the aforementioned attacks against the Cuban diplomatic mission in Washington, have not been brought to justice and have enjoyed complete impunity on U.S. soil.

Faced with this undeniable truth, the US government has no moral or ethical grounds for maintaining Cuba on its infamous list of countries that supposedly sponsor terrorism or fail to cooperate in combating this scourge. Cuba’s inclusion on this list only serves to intensify the genocidal economic war that the US has carry out against the Cuban people since the very beginning of its Revolution. It is invoked to threaten investors in the national economy and it is used as a pretext to sanction entities, ships, companies, and banks that defy the blocked against Cuba.

Isn’t it also terrorism to try to deprive an entire people of the bare necessities of life, subjecting them to the most difficult economic conditions, with the only purpose of achieving the imperial dream of destroying the Cuban Revolution, its social work, and the example of solidarity and humanity it represents? Isn’t also the brutal pressures, threats, and sanctions that the US government exerts on small states that have sovereignly maintained collaboration agreements with Cuba for more than 20 years to provide vital medical services to the people of their respective countries, and it places these governments in the cruel dilemma of accepting Washington’s designs at the expense of violating their people’s sacred right to health, or otherwise facing the consequences of draconian punitive measures?

Those who walk the halls of the State Department and the White House today are self-confessed accomplices in the Israeli government’s brutal genocide against the heroic Palestinian people, and in the terror that American weapons in the hands of the Israeli army are currently inflicting on the West Bank and Gaza.

Forty-nine years after the cowardly crime in Barbados, Cuba maintains its demand for justice for the victims and their families of the long list of terrorist acts organized and financed from U.S. territory. Demands an end to the double standard and illegal inclusion of Cuba on the spurious list of terrorist states. The Cuban people appreciate the expressions of solidarity from a significant number of delegations, including that of Antigua and Barbuda through its Prime Minister, who, during the recent high-level segment of the United Nations General Assembly, defended Cuba’s right to live without economic blockades and its exclusion from the so-called list of state sponsors of terrorism.

**TUES - FRIDAY
11AM - 2PM**



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Don't Let Emails Control Your Day or Your Life



By Garfield Joseph, MBA

In today's fast-paced work environment, email remains a vital communication tool. Yet, the sheer volume of messages flooding our inboxes daily can lead to information overload, wasted time, and diminished productivity. Many professionals find themselves spending hours reading and responding to emails, only to realize they've made little progress toward their actual goals.

This article offers practical strategies for using email more efficiently—whether you're sending or receiving messages—and explores how simple Microsoft Outlook settings can help filter out low-priority and junk emails. **The Problem: Email Overload in the Workplace**

The average office worker receives dozens, sometimes hundreds, of emails per day. Not all are relevant. Some are promotional, others are copied unnecessarily, and many lack clarity or purpose. The result? Time lost, focus scattered, and goals delayed.

To address this, we must rethink how we use email—starting with how we send them and how we manage what we receive.

Part I: How to Send Emails More Efficiently

Efficient email communication begins with the sender. A well-crafted email saves time for everyone involved.

Step-by-Step Guide for Senders

1. **Define the Purpose Clearly** – Before writing, ask: What is the goal of this email? Use a clear subject line that reflects the content.
2. **Keep It Concise** – Stick to one topic per email. Use bullet points or numbered lists for clarity.
3. **Use the 'To,' 'CC,' and 'BCC' Fields Wisely** – 'To' is for direct recipients who must act. 'CC' is for those who need to be informed but not act. 'BCC' is for discreet sharing or large distributions.
4. **Avoid Email Chains for Complex Discussions** – If the topic requires back-and-forth, consider a meeting or call instead.
5. **Set Expectations** – Include deadlines or next steps (e.g., 'Please respond by Friday').
6. **Proofread Before Sending** – Typos and unclear language waste time and create confusion.

Part II: How to Read and Manage Emails Efficiently

As a recipient, your goal is to process emails quickly and prioritize what matters.

Step-by-Step Guide for Receivers

7. **Schedule Email Time** – Avoid checking emails constantly. Set 2–3 blocks per day to read and respond.
8. **Scan Subject Lines First** – Delete or archive irrelevant messages immediately.
9. **Use the 'Two-Minute Rule'** – If a response takes less than two minutes, do it now. Otherwise, flag it for later.
10. **Unsubscribe from Unnecessary Lists** – Reduce clutter by opting out of newsletters or updates you no longer read.
11. **Create Folders and Rules** – Organize emails by project, sender, or urgency.

Part III: Using Microsoft Outlook to Filter and Prioritize

Microsoft Outlook offers built-in tools to help manage email overload. Here's how to use them effectively.

Use Focused Inbox

Separates important emails from less relevant ones. How to enable: Go to Settings > Mail > Layout > Focused Inbox and turn it on.

Set Up Rules to Organize Emails

Automatically moves emails to folders based on sender, subject, or keywords. How to set up: Go to Home > Rules > Manage Rules & Alerts. Click New Rule, then choose conditions and actions.

Use Categories and Flags

Helps prioritize and track tasks. How to use: Right-click an email > Categorize or Follow Up. Assign colors or flags to indicate urgency or deadlines.

Block Junk and Spam

Prevents unwanted emails from reaching your inbox. How to enable: Go to Home > Junk > Junk Email Options. Choose your preferred level of protection.

Use Quick Steps

Automates repetitive actions (e.g., move to folder, reply, forward). How to set up: Go to Home > Quick Steps > Create New. Define the action and assign a name.

Conclusion: Email Should Serve You, Not Distract You

Email is a powerful tool—but only when used intentionally. By adopting better habits as senders and receivers, and leveraging Outlook's built-in features, professionals can reclaim their time, reduce stress, and stay focused on what truly matters.

Let's stop letting email control our day. Instead, let's master it—one message at a time.



Walk for the Cure

Saturday, October 11th, 2025

Venue: West Indies Oil Sports Field – Friars Hill Road
(next to the Friars Hill service station)

Time: 3:00 p.m.

Price: Adults \$50, Kids \$25 (Groups of 10 or more \$40)

Package includes: T-shirt and light refreshments



Register at Old Parham Road branch, online by clicking [here](#) or scanning the QR code.

Contact Jesseca Ormond 484-5119, Natasha Charles 484-5137 or Khadijah James 484-5064

All proceeds to be donated to Breast Friends & Oncology department at Sir Lester Bird Medical.

Route: Leave WIOC play field, Left turn onto Friars Hill Rd, Left turn onto West Indies Oil Rd (by the pond), Right Turn onto Marble Hill Rd and continue on with transition to Cedar Grove Main Rd, Right turn by roundabout onto Friars Hill Rd, Back to WIOC play field.




Post your photos to social media with **#WFTCAntigua**



**SIR LESTER BIRD
MEDICAL CENTRE**

Lead Better, Not Busier: Why Delegation Builds the Leaders Antigua and Barbuda Needs

If leadership were simply “doing more,” many of us would already be exceptional leaders. But the real test isn’t how much you carry—it’s how well you help others carry with you. That message rang clear last week as the Department of Youth launched its month-long leadership training with a powerful opening session on delegation.

The facilitator began with a direct question: Why do you want to be a leader? It’s a wake-up call. In a time when many young people feel tugged toward following the crowd, leadership asks us to step forward—especially for our boys, who too often face paths that bend toward trouble rather than purpose. Leadership means guiding peers rightly, setting standards at home, and choosing service over show. From there, the session demystified delegation. Think of a hotel: front desk, bellman, chef, server—different roles, one guest experience. That’s not chaos; it’s choreography. The same applies to a youth project, a start-up, an NGO. In the beginning, you’ll do it all—emails, events, social media, accounts—but growth requires letting go and aligning the right people to the right tasks.

Here are the essentials that stuck with attendees—and should stick with us: Be crystal clear. Vague requests sabotage results. Say exactly what’s needed and in



what form: a one-page brief or a 10-slide deck? A vertical Instagram reel or a YouTube landscape cut? “Good photos” or “five smiling portraits plus three candid action shots”? The clearer the ask, the cleaner the outcomes. Match strengths to roles. Not everyone thrives behind a ledger; not everyone shines on camera. Skills can be taught, but strengths should be honoured. Ask specific, intentional questions to discover fit—and be gentle when someone’s self-image doesn’t match the reality of the task. Set deadlines—and buffers. Life happens. Tyres go flat; traffic backs up. But clarity allows accountability. Use interim check-ins and early soft deadlines so the final date isn’t a surprise. Resource for your team—and name constraints. In a small-island context, tools aren’t always at hand. Leaders should provide what they can, improvise where

they must, and communicate gaps early. Production is still expected; honesty makes it possible. Support without smothering. Delegation is not abandonment. Show up, guide, review, coach—then step back enough for learning and ownership. People need room to try, fail, adjust, and grow. The session didn’t ignore the hard parts. Missed deadlines strain trust. Uneven quality frustrates the perfectionist in all of us. Cultural habits—from soft consequences to resource shortages—can undercut standards. The answer isn’t cynicism; it’s design. Leaders can engineer reliability: write it down, time-box it, checkpoint it, and keep communicating. When expectations are visible, excuses evaporate. And about that old myth—“If I don’t do it myself, it won’t be done right.” The facilitator flipped it on its head: If you never let others do it, you’ll never build the team that can do it right without you. True strength is measured in how well your people perform when you’re not in the room. That’s the heart of succession planning, one of our country’s most urgent gaps. Many organisations falter when a single leader steps away because systems weren’t built and people weren’t prepared. Delegation is how we fix that—now.

There was also a human lesson: lead people first, manage tasks



second. Volunteers bring heart and limited time. Parents juggle school runs and shifting traffic patterns. Some teammates are carrying heavy mental-health and financial loads in a high-cost moment. Empathy isn't softness; it's strategic. When people feel seen, they speak up earlier, ask for extensions sooner, and deliver better work. So what kind of leader do you want to be? The one who hoards every microphone and email thread—or the one whose team can stand tall anywhere, representing the mission with clarity and care? If the Prime Minister called tomorrow and you couldn't attend, could a teammate speak on your behalf—accurately, confidently, and with integrity? If not, delegation is your next growth edge. Over the coming weeks, the Department of Youth training will explore communication, conflict resolution, project planning, entrepreneurship, and civic engagement—with professionals from across sectors pouring into

our youth. But the foundation has been laid: delegation is not about doing less; it's about leading better—building trust, distributing ownership, and creating a culture where excellence doesn't depend on one person's stamina. Antigua and Barbuda needs leaders who can organise work, elevate people, and leave things stronger than they found them. If you're a

young person wondering whether this training is for you, hear this: your voice matters, your ideas are needed, and your community is waiting. Show up. Learn the craft. Practise the skills. Then go and lead—together.

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A Global Call, A National Duty: Advancing Mental Health in Antigua and Barbuda



By Chaneil Imhoff, Founder of WISH – The Wadadli Initiative for Self-care and Healing

Prime Minister Gaston Browne's recent call for a global vision for mental health at the United Nations General Assembly marks a turning point not just for Antigua and Barbuda, but for the entire region. At last, we are naming what has too long been ignored: mental illness is not an invisible crisis, it is a neglected one. It touches every family, every community, and every sector of our society, and yet for decades it has been pushed to the margins of health and development.

As the founder of WISH – the Wadadli Initiative for Self-care and Healing – I welcome this moment. For too long, our collective silence has meant that countless Antiguan and Barbudans have suffered without the support, compassion, or resources they need. The Prime Minister's words make it clear that mental health is not a personal failing, nor a side issue to be dealt with after the fact. It is a human rights issue. It is an economic issue. It is a development issue. It is a matter of

national resilience.

But speeches must lead to action. If Antigua and Barbuda is to take its rightful place in shaping the global movement, we must also show leadership at home. This begins with updating our outdated mental health legislation. The laws that govern how we treat, protect, and support individuals living with mental health challenges were written for another era. They do

not reflect the rights-based, community-driven approaches that modern societies now recognize as essential. We need a framework that ensures dignity, choice, and access to care for every citizen. We are delighted to know that working alongside PAHO, Antigua and Barbuda is well on the way to making this a reality.

Equally pressing is the creation of a National Mental Health Plan which



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will be a coordinated roadmap that brings together government, civil society, healthcare providers, and communities. Such a plan must set out clear, measurable targets, backed by sustained funding, to address prevention, treatment, crisis response, and stigma reduction. We should not only be talking about facilities and services, but also about embedding mental wellness in schools, workplaces, churches, and cultural life.

There are urgent interventions that cannot wait. Chief among them is the establishment of a national suicide hotline, staffed by trained professionals and available around the clock. Too many lives are lost in silence, in

moments of despair when immediate help could make the difference between life and death. Alongside this, we must expand community-based support programmes, integrate mental health training into primary care, and make use of innovation such as telehealth, digital tools and peer networks to reach people wherever they are.

At WISH, we are ready to do our part. We will continue to engage schools and young people, to use digital platforms to normalize conversations, and to create safe spaces where stigma cannot thrive. But advocacy organizations like ours cannot replace systemic change. Government action is indispensable, and so too is the involvement

of every professional, every advocate, every employer, every educator, and every faith leader who has influence in this society. The responsibility is collective. The cultural shift required is one that no single actor can achieve alone.

If we act with urgency, Antigua and Barbuda has an opportunity not only to improve the wellbeing of our own people but to inspire others. The Prime Minister has rightly said that mental health is a global public good. But global leadership begins with national courage. By modernizing our legislation, by establishing a national plan, by building the infrastructure for prevention and crisis response, we can make mental wellness not just a slogan, but a lived reality.

There can be no true human progress without mental wellness. The child in school, the worker at their desk, the family at the dinner table, every one of them deserves to live free from stigma, supported by a system that recognizes their right to care. The call from our nation's leader has set the tone. It is now up to all of us as policymakers, practitioners, and advocates alike to ensure that Antigua and Barbuda becomes a place where no one suffers in silence, where mental wellness is not a privilege, but the people's right.



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Regional News

Partially burnt body of teen girl found in bushes in Manchester

The partially burnt body of a teen girl was found in bushes in Manchester on Monday afternoon.

She has since been identified as 13-year-old Santana Sergeant, who was a student at Christiana High School.

Reports from the Spaldings police are that about 5:30, passers-by stumbled upon the body and called the police.

The police say the scene was processed and the body was removed to the Percy Junor Hospital.

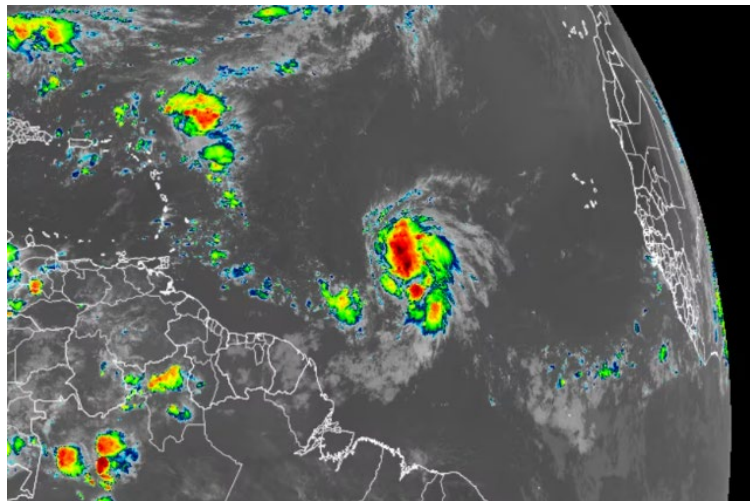
The matter is under investigation. (Jamaica Gleaner)



Newly formed Tropical Storm Jerry could strengthen into hurricane

Meteorologists are closely monitoring a tropical storm in the central Atlantic that is expected to become the 10th hurricane of this season by Wednesday.

According to CNN Weather, Tropical Storm Jerry is moving near or north of the northern Leeward Islands, where it could bring heavy rain, strong winds and rough seas as a category one hurricane.



Early forecasts suggest the system could intensify into

a hurricane, though its exact path remains uncertain. Some models indicate a potential curve out to sea, while others show it moving closer to land.

This hurricane season started late with most of the hurricanes forming in late September. Experts are hoping for the best as this would make the first free hurricane landfall season in the United States in a decade. (Jamaica Observer)


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Caribbean Development Bank hosts 22nd annual meeting for Independent Accountability Mechanisms Network



The Caribbean Development Bank (CDB) is serving as a co-host for the 22nd Annual Gathering of the Independent Accountability Mechanisms Network (IAMNet), scheduled to take place from October 6 to 9, 2025, in Barbados.

This event will convene accountability specialists from development finance institutions around the world, as outlined by a CDB release.

In collaboration with the Inter-American Development Bank's (IDB) Independent Consultation and Investigation Mechanism (MICI) and the Office of the Compliance Advisor Ombudsman of the International Finance Corporation (IFC) alongside the Multilateral Investment Guarantee Agency, CDB is organizing this four-day conference.

Attendees will include delegates from prominent institutions such as the World Bank, IDB, IFC, Asian Development Bank, European Bank for Reconstruction and Development, among other global financial entities.

Reportedly established to enhance cooperation among independent accountability bodies, IAMNet aims to promote exemplary practices in man-

aging complaints related to development initiatives. These mechanisms serve as platforms where communities and individuals affected by development activities can voice concerns regarding environmental and social impacts.

Mr. Daniel Best, President, Caribbean Development Bank addressing the 22nd Annual Meeting of the Independent Accountability Mechanisms Network (IAMNet) which is being held in Barbados from October 6-9, 2025. CDB has joined forces with the Inter-American Development Bank's Independent Consultation and Investigation Mechanism, and the Office of the Compliance Advisor Ombudsman of the International Finance Corporation and the Multilateral Investment Guarantee Agency to stage the four-day event which brings together accountability professionals from development finance institutions worldwide.

CDB President, Mr. Daniel Best, remarked, "It's a privilege to host the 2025 IAMNet Annual Meeting in Barbados. As development challenges grow more complex, strong accountability frameworks become even more critical, and this gathering offers an important opportunity to deepen col-

laboration, strengthen best practices, and reinforce our collective commitment to development that is transparent, effective, and responsive to communities across the globe."

The CDB shared that the agenda for the conference will tackle pressing issues confronting accountability systems amid ongoing challenges such as the stagnation of Sustainable Development Goals progress, declining aid budgets, and escalating climate-related disasters. Topics will include reviews of IAM policies, safeguarding mechanisms for those raising concerns, accountability in climate change-related projects, innovations in data and technology, and strategies to combat retaliation against complainants.

A key feature of the event is a full-day session scheduled for October 8, dedicated to representatives from civil society organizations. This session will focus on capacity building for accountability, early conflict resolution, remedy strategies, and strengthening collaborations between IAMs and development advocates.

Highlighting the significance of accountability within the Caribbean, Mr. Best remarked, "In the Caribbean, accountability isn't a luxury; it's a matter of survival. With our small, open economies, massive debt burdens, and limited fiscal space, there is zero room for error. Every development dollar must count, and the work of Independent Accountability Mechanisms is fundamental to making development finance work for the people it's meant to serve."

Since 2015, CDB has maintained the Office of Integrity, Compliance, and Accountability, an independent unit responsible for upholding institutional integrity, ethics, accountability through a Projects Complaints Mechanism, compliance, and whistleblowing procedures. (Dominica News Online)

Regional News

Dominica and Barbados sign MOU to advance sustainable tourism

The governments of Dominica and Barbados have signed a Memorandum of Understanding (MOU) aimed at enhancing the appeal of both destinations and developing new vacation experiences for global travelers.

The agreement was formalized at the Hilton Barbados Resort on October 1, 2025, during the State of the Tourism Industry Conference (SOTIC), a premier regional event focused on tourism development.

Marva Williams, Chief Executive Officer of Discover Dominica Authority (DDA), announced the partnership, emphasizing its strategic importance.

“The government of Dominica and Barbados through its destination marketing arm, the Discover Dominica Authority and the Barbados Tourism Marketing Inc. respectively have entered into a memorandum of understanding to cement a step towards strengthening the appeal of both countries to promote sustainable tourism and to develop new vacation experiences for travelers,” Williams stated.

She explained that the MOU establishes a joint framework for cooperation, with a strong emphasis on marketing, knowledge sharing, idea exchange, and enhancing the visitor experience across both destinations.

A DDA release shared that the MOU outlines several core initiatives, including: Developing and promoting multi-destination packages that showcase Dominica’s and Barbados’s distinct cul-



tural, eco-tourism, adventure, and wellness offerings. Enhancing air and cruise connectivity to facilitate smooth travel between the islands.

Engaging in media exchanges, familiarization tours, joint training, and public relations activities to elevate their global profiles.

Sharing expertise in sustainable tourism practices and product development to ensure benefits extend to local communities and protect the environment.

Williams noted that the timing of the agreement aligns with growing interest in Caribbean travel from key markets such as Europe, the United Kingdom, the United States, and Latin America.

“This collaboration is especially timely as the Caribbean continues to attract travelers... who are seeking diverse and enriching unique experiences,” she said.

To ensure the effective implementation of the MOU, a joint working group will be formed.

“The intention is to monitor the development of a de-

tailed action plan to ensure that the partnership achieves its objectives, to provide bi-annual progress, to optimize where needed, and to ensure that the economic value is seen for both countries,” Williams added.

She also highlighted the broader regional significance of the agreement, linking it to the Caribbean Tourism Organization’s “Re-imagine Tourism” initiative.

“Dominica and Barbados will be shining examples of what it is to stand as a unified front to speak and to take into action that one sea, one voice, one Caribbean initiative,” Williams stated. Officials noted that this new MOU continues the tradition of regional cooperation, enhancing their appeal to long-haul visitors, offering travelers the chance to explore the region’s rich diversity in a single trip, said the release.

Andrea Franklin, Chief Executive Officer (CEO) of Barbados Tourism Marketing Inc, remarked, “When it comes to attracting airlift to the region, it’s vital that we stop viewing ourselves

as individual countries competing for flights. Instead, we must work together to bring more airlift into the Caribbean. If Barbados serves as the hub, we should channel that connectivity to our sister islands, like Dominica, ensuring all destinations benefit,” Franklin explained.

She added, “Dominica may see Barbados as a tourism ‘grandparent,’ but there’s so much we can learn from each other. Barbados is proud to be the premier home port cruising destination in the region and we see this as an opportunity to attract more business to neighbouring islands as well,” Franklin said.

Williams echoed Franklin’s sentiments, emphasizing the importance of leveraging the strong bilateral relationship to generate economic benefits.

“This collaboration is part of a larger conversation, and we look forward to learning from Barbados to increase awareness and stimulate economic growth for both nations,” she said. “It’s not just about tourism; we also see opportunities in other sectors like manufacturing. Improving air access is essential so our people can move around the Caribbean efficiently and effectively.” Meanwhile, Graham Clarke, BTMI’s Director for the Caribbean concluded, “This collaboration with the Nature Isle adds a unique dimension to the Barbados tourism product, and we believe Dominica will benefit in the same way.” (Dominica News Online)

Burbank and other US airports see delays as shutdown hits air travel



There were delays and cancellations at the Hollywood Burbank Airport and at airports in other US cities on Monday as the government shutdown worsens an existing shortage of air traffic controllers.

Air traffic control at the southern California airport was unmanned for nearly six hours and remotely managed due to staffing shortages.

Transportation Secretary Sean Duffy said some air traffic controllers are calling in sick as the shutdown, now in its seventh day, adds stress on workers. He estimated that staffing has at times dropped to 50% in some areas.

Air traffic controllers are considered essential workers and are expected to work without pay during government shutdowns.

Staffing issues affected flights at numerous airports on Monday, including Newark, Phoenix, Denver, Las Vegas and Burbank, causing anywhere from 40-minute to 60-minute delays, ac-

cording to flight data.

The shutdown began on 1 October after Republican and Democratic lawmakers failed to agree on resolving a budget dispute. It's unclear when they will be able to break the deadlock in Congress.

Some 40% of the federal workforce - about 750,000 people - are expected to be put on unpaid leave during the shutdown while essential government workers are expected to keep working without pay.

The National Air Traffic Controllers Association, which represents more than 20,000 air traffic controllers, engineers and professionals in aviation safety, warned employees that failure to show up could lead to termination.

The warning came after Duffy said at a news conference on Monday that there has been a "slight tick" in air traffic controllers calling in sick.

"You'll see delays come from that," he

said, adding that safety is the priority even if it means some delays or cancellations.

He said air traffic controllers should be able to focus on work and not have to worry about a paycheck.

"Now what they think about as they're controlling our airspace is: 'How am I going to pay my mortgage?'" he said.

Strain on US air travel helped end a government shutdown in 2019. At the time, the shutdown had entered its fifth week and disrupted airline operations, including pilot training.

It prompted several air traffic controllers to stay home on the same day on 25 January 2019, temporarily shutting down travel at New York's LaGuardia airport.

That same day, Donald Trump, who in his first term as president, agreed to sign a short-term spending bill, effectively ending the government shutdown after 35 days. (BBC)

Macron should step down early, says his first PM



Emmanuel Macron should name a prime minister to push through a budget and then call early presidential elections to solve France's political crisis, his first prime minister has said.

Édouard Philippe's comments come after France's third prime minister in a year, Sébastien Lecornu, resigned on Monday after his bid to form a government fell apart.

Macron has asked him to make a last-ditch plan for stability by the end of Wednesday - but support for the French president appears to be waning even among his allies.

Philippe, who was prime minister from 2017-20 and now leads the centrist Horizons party, said he was "not in favour of his immediate and abrupt resignation", but that it was up to the president to live up to his mandate.

Meanwhile, Gabriel Attal - who leads Macron's Renaissance party and was prime minister for six months in 2024 - went on national TV

on Monday night to say he "no longer understands the decisions made by the president of the republic".

The president had tried to re-establish control three times in the past year, said Attal, and it was now time to share power with other parties: "I think we should try something else."

Until now, pressure on the 47-year-old French president to resign has come largely from his political opponents on the more radical left and hard right.

The public interventions from his allies indicate just how serious the political crisis has become.

Macron, who has been in office since 2017, was captured on video walking alone by the River Seine in Paris on Monday, followed by his bodyguards, as the latest crisis swirled around his presidency.

His entourage indicated that he would "take responsibility" if Lecornu's last-ditch talks failed, without specifying that that would mean.

Macron's centrist bloc lost its parliamentary majority after he called a snap parliamentary election in response to a defeat in last year's European Parliament vote.

Since then, he has struggled to push through an annual budget to bring down the country's soaring public debt. France's budget deficit is projected to hit 5.4% of economic output (GDP) this year.

Last month, François Bayrou resigned after losing a confidence vote in the French parliament when he tried to push through swingeing budget cuts. Now Lecornu, his successor, has resigned after only 26 days in the job, blaming "partisan appetites" among coalition parties.

Lecornu began talks with political leaders from the centre ground on Tuesday morning, in an attempt to find a way out of the impasse. Philippe said he would take part in the talks, although Bruno Retailleau, from the right-wing Republicans, said he would only meet Lecornu one-to-one.

"It's clear we're today in the middle of a political crisis that dismays and worries our fellow citizens," Philippe told RTL radio. "This political crisis is bringing the state into decline... the authority and continuity of the state aren't being respected."

Philippe, whose Horizons

party has been part of Macron's government throughout his second presidential term, rejected calls from political opponents for the president's immediate resignation - but said it was up to Macron himself to find a solution.

"[Immediate resignation] would have a terrible impact and would prevent a presidential election taking place under good conditions," he told RTL on Tuesday.

However, he argued Macron should avert the crisis by naming a prime minister who could put through a budget, guarantee the continued workings of the state, and leave in an "orderly and dignified manner".

"When you're head of state, you don't use the institutions, you serve them - and he should serve the institutions by finding a solution to this political crisis."

Macron's poll ratings have nose-dived in recent months and one survey of 1,000 French people conducted for newspaper Le Figaro suggested that 53% of them thought he should stand down.

Meanwhile, a van burst into flames on the same street as the prime minister's residence on the Rue de Varenne on Tuesday morning, in what commentators suggested was symbolic of the continuing political crisis. (BBC)

Physics Nobel awarded to three scientists for work on quantum computing

The Nobel Prize in Physics has been awarded to John Clarke, Michel H. Devoret and John M. Martinis for their work on quantum mechanics that is paving the way for a new generation of very powerful computers.

“There is no advanced technology used today that does not rely on quantum mechanics, including mobile phones, cameras... and fibre optic cables,” said the Nobel committee.

The announcement was made by the Royal Swedish Academy of Sciences at a news conference in Stockholm, Sweden.

“To put it mildly, it was a surprise of my life,” said Professor John Clarke, who was born in Cambridge, UK and now works at the University of California in Berkeley.

Michel H. Devoret was born in Paris, France and is a professor at Yale University while John M. Martinis is a professor at University of California, Santa Barbara.

The three winners will share prize money of 11 million Swedish kronor (£872,000).

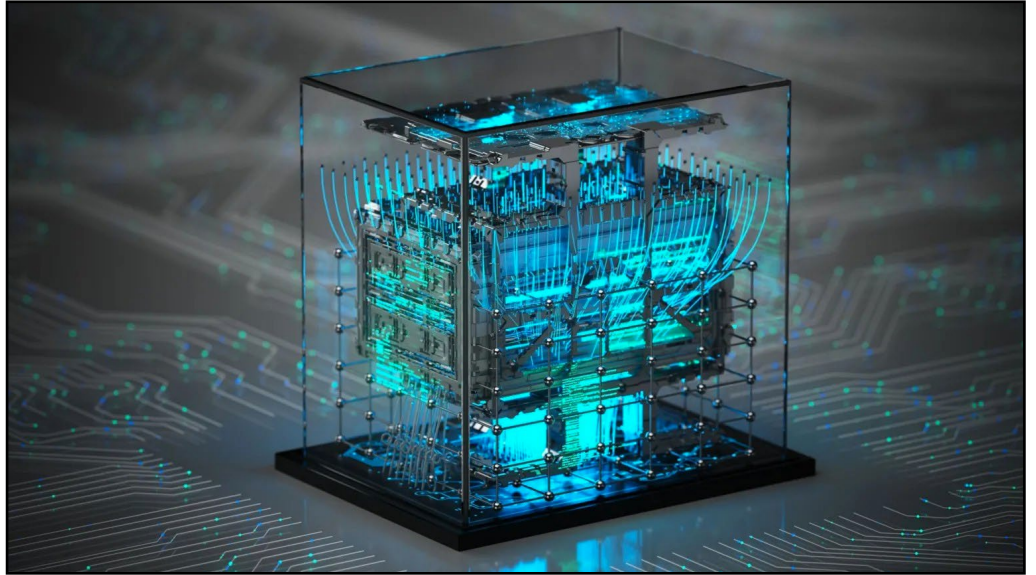
The Nobel committee recognised breakthrough work performed by the three men in a series of experiments in the 1980s on electrical circuits.

In the words of the committee, “the discovery of macroscopic quantum mechanical tunnelling and energy quantisation in an electric circuit”.

Even for a field often considered dense, this discovery sounds bewildering.

But its implications have been profound and far-reaching. The electronic devices that most of us use rely on it, and the findings are being used to build extremely powerful computers.

“This is something that leads to development of the quantum computer. Many people are working on quantum computing, our discovery is in many ways the basis of this,” said Prof Clarke on the phone to the news conference moments after he was told he



had won.

He appeared mystified that his work completed forty years ago is worthy of science’s most prestigious prize.

“I’m completely stunned. At the time we did not realise in any way that this might be the basis for a Nobel prize,” he said.

Quantum mechanics relates to the behaviour of tiny things in a tiny world. It refers to what particles like the electron do in the sub-atomic world.

Professor Clarke and his team looked at how these particles appeared to break rules like travelling through energy barriers that conventional physics said was impossible - something called “tunnelling”.

Using quantum “tunnelling”, the electron manages to burrow through the energy barrier.

Their work demonstrated that tunnelling can be reproduced not only in the quantum world, but also in electrical circuits in the ‘real world’.

This knowledge has been harnessed by scientists in making modern quantum chips.

“This is wonderful news indeed, and very well deserved,” said Professor Lesley Cohen, Associate Provost in the Department of Physics at Imperial College London.

“Their work has laid the foundations for superconducting Qubits - one of the main hardware technologies for quantum technologies.”

Previous winners of the Nobel Prize in Physics

2024 - Geoffrey Hinton and John Hopfield for their work on AI and machine learning;

2023 - Pierre Agostini, Ferenc Krausz and Anne L’Huillier for work on attoseconds - extremely short pulses of light that can be used to capture and study rapid processes inside atoms;

2022 - Alain Aspect, American John Clauser and Austrian Anton Zeilinger for research into quantum mechanics - the science that describes nature at the smallest scales;

2021 - Syukuro Manabe, Klaus Hasselmann and Giorgio Parisi were given the prize for advancing our understanding of complex systems, such as Earth’s climate;

2020 - Sir Roger Penrose, Reinhard Genzel and Andrea Ghez received the prize for their work on the nature of black holes;

2019 - James Peebles, Michel Mayor and Didier Queloz shared the prize for ground-breaking discoveries about the Universe; (BBC)

Hermitage gets second win in defense of Business league title

Defending champions Hermitage Bay Strikers recorded their second successive win in defense of their title in the 2025 JOMA Caribbean Ministry of Sports Business Football League Championship over the weekend.

After drawing their opening encounter in Group 4, Hermitage Bay Strikers notched up their second win in three matches with a 2-0 win against Villa Tech Enterprise at the St. Johnstone's Village Stadium.

It was the second successive loss in three matches for Villa Tech Enterprise, who had won their opening encounter.

There was more success for the 2023 champions, APUA Telecoms, who made it three wins in as many games with a 3-1 victory against A.S. Bryden Green Acres in their Group 4 affair at the St. Johnstone's Village Stadium.

It was the third defeat in as many matches for A.S. Bryden Green Acres, who suffered a 3-0 loss against the Department of Immigration in their second encounter.

The Department of Immigration, who recorded a loss and a win in their previous two matches, was held to a 3-3 draw by the Antigua and Barbuda Port Authority in their third Group 4 encounter at the Keithley Sheppard



Recreational Park.

It was the first draw for the Antigua and Barbuda Port Authority after winning their previous two matches.

But last year's losing finalist and second-place finisher, the Ministry of Agriculture, had their perfect start in the competition ended in a 2-1 loss to the Ministry of Tourism in their Group 2 affair at the St. Johnstone's Village Stadium.

After winning their first three matches, it was the first defeat for the Ministry of Agriculture, while the Ministry of Tourism recorded their second win in four matches.

His Majesty's Prison (HMP) Oasis United rebounded from defeat in their previous outing, returning to winning form by securing their third win in four matches with a 2-1 victory against SkyTiger Services in their Group 3 affair at the Radio Range

playing field.

Royalton Strikers claimed their second win in four matches with a 4-2 victory against Automotive Art in their Group 1 affair at Jennings. Automotive Art remains in the cellar of Group 1 after losing for the fourth time in as many games.

After losing their opening Group 2 encounter, Fresh Acres Enterprise notched up their third successive win with a 2-1 victory against Hodges Bay at the Keithley Sheppard Recreational Park.

The University of the West Indies (UWI) Frigate Bird FC recorded their first win in three matches with a 4-2 victory against Central Marketing Corporation in their Group 2 encounter at Radio Range.

Sir Vivian Richards Stadium claimed their first win in three matches with a 2-1 win against Jolly Harbour Stingers in their Group 2 affair at Jennings.

All the other matches end-

ed in draws. After winning their opening two matches in Group 1, last year's third-place finishers, Sandals Resort, secured their second successive draw in a 1-1 stalemate with St. John's Development Corporation at Radio Range.

Public Works Asphalt and Blue Waters Hotel fought to a 2-2 draw in their Group 1 affair at the Keithley Sheppard Recreational Park.

Cocos Hotel are still searching for their first win after drawing for the second time in three matches in a 1-1 stalemate with APCMOL in their Group 4 affair at Golden Grove.

The Postal Services extended their unbeaten run in Group 3 by securing their second draw in four matches with a 1-1 draw with Antigua and Barbuda Airport Authority at Golden Grove. It was the second draw in four matches for the Antigua and Barbuda Airport Authority.

The National Housing Department Demolition Squad claimed their first draw in four matches with a 1-1 stalemate with the Galley Bay Ballers in their Group 1 affair at Golden Grove.

After winning their first two matches, the Galley Bay Ballers remain unbeaten after securing their second successive draw in four Group 1 encounters.

Transport Board return to winning form in Business Basketball League

The 2023 champions, the Antigua and Barbuda Transport Board, returned to winning form in the 2025 Cool and Smooth Antigua and Barbuda Basketball Association's (ABBA) Business League championships on Monday night.

After winning their first three matches, the Transport Board suffered three consecutive losses. But the 2023 business league and playoff champions rebounded to claim their fourth win in seven matches with a 74-47 drubbing of Police at the JSC Sports Complex.

Elijah Charles shot a game-high 19 points, Ishan Peets sank 15 points, and Lindsay McDonald converted 14 points and claimed five rebounds for the Transport Board.

Javon Simon scored 16 points and

grabbed eight rebounds for the Police, who suffered their fifth loss in as many games.

The Antigua Power Company notched up their fifth win in six encounters by coasting to a 60-39 victory against Fearless Security Services.

Judah Ferris converted nine points, and Tyrus Graham produced nine points, seven rebounds, and four steals for the Antigua Power Company.

Beniah Mark sank 13 points for Fearless Security Services, who remain in the cellar of the 14-team round-robin competition after slumping to their sixth loss in as many games.

H. Wright Promotions notched up their fourth win in six matches after being awarded victory via default

against J&J Company Landscaping Services, who were unable to field a team for their encounter.

The result allowed J&J Company Landscaping Services to remain joint-second from the bottom of the standings with Police after suffering their fifth loss in as many games.

The Business Basketball League will continue with another triple-header at the JSC Sports Complex on Wednesday.

J&J Company Landscaping Services will face Cornerstone Builders and Maintenance at 6:45 pm, Police will take on Richie's Shooterz at 7:45 pm, and Antigua Power Company will clash with Anjo Wholesale at 8:45 pm.



DAILY PROGRAMMING




EARLY VIBRATIONS 6AM-10AM MON. - FRI.
WITH GREMSTA

THE RUSH HOUR SHOW 5PM-7PM MON. - FRI.
WITH ROGER LAKE 6AM-9AM SATURDAYS

TOUCHLINE 7PM-9PM MON. - THURS.
WITH EPILUS

BAD COMPANY 2PM-6PM THURS. 12PM-4PM SATURDAYS
LIVE FROM THE V.I. & 1PM-5PM ON SUNDAYS

REGGAE INSPIRATION 9PM-12AM MON. THURS. SUNDAY
WITH SELECTOR KEEGAN

JAH WADADLI 7PM-9PM FRIDAYS
WITH DJ JAH WADADLI

Dehring calls on regional tourism partners to support West Indies cricket

During the State of the Tourism Industry Conference (SOTIC), Cricket West Indies CEO Chris Dehring urged tourism partners who financially benefit from West Indies cricket to share responsibility for its recovery and continued health.

The remarks were delivered during the September 30 to October 3 conference in Barbados, which brought together regional leaders to engage in discussions on the future of Caribbean tourism and its intersections with other industries.

Dehring revealed that in the last fifteen years, CWI has spent approximately US\$82.5 million on airlift and an additional US\$120 million on hotel accommodation across the region. Despite this substantial contribution to Caribbean tourism, sponsorship support from the sector has been extremely limited.

He expressed, “We’ve spent US\$82.5 million on airlift over the last fifteen years, but received zero dollars in sponsorship from airlines, despite knocking on doors and primarily using one carrier. Regional airlines are not pulling their weight. It is a one-sided relationship and, quite frankly, it is not fair to the development of our



Cricket West Indies CEO Chris Dehring, center, addresses the audience during a panel discussion at the State of the Tourism Industry Conference at the Hilton Barbados Resort. (CWI Media)

sport.”

The CEO highlighted the unwavering commitment of Sandals Resorts International, which has set the benchmark for meaningful support of West Indies Cricket by a hotel partner.

“CWI’s expenditure on hotel accommodation over the last fifteen years has been close to US\$120 million. Out of that, only Sandals has ever stepped forward. We are extremely grateful to Sandals Resorts for this longstanding partnership, but the truth is, the rest of the regional hotel sector has never matched their example.”

He stressed that without greater collaboration and

investment from beneficiaries like the tourism sector, West Indies cricket’s sustainability will forever be challenged.

“These are the uncomfortable but necessary conversations we must have. Tourism reaps tremendous benefits from cricket, but CWI is left carrying the financial burden. Shared investment is critical at this juncture for future-proofing our beloved game. This is not about shifting responsibility. It is about acknowledging that CWI as an organization cannot do it alone.”

Dehring’s comments came during a panel discussion during the con-

ference that also featured Cardigan O’Connor, Minister of Health, Tourism and Sports of Anguilla; alongside West Indies legend Joel Garner; and moderated by Caribbean sports personality Alex Jordan.

The session highlighted the vital intersections between sports, tourism, and sustainable development.

CWI is urging tourism boards, airlines, and hotel groups across the Caribbean to recognize the vital role of cricket in driving visitor arrivals, filling hotel rooms, and strengthening the Caribbean brand, and to ensure the sport receives equitable support in return.

Knight anchors England to victory over Bangladesh at Women's World Cup



GUWAHATI, India (AP) — Heather Knight scored 79 not out off 111 balls as England beat Bangladesh by four wickets at the ICC Women's Cricket World Cup in India on Tuesday.

Knight's half-century rescued England from a precarious position of 78 for five as the Bangladesh spinners piled on the pressure.

Charlie Dean contributed 27 not out to the 79-run seventh-wicket partnership as Knight helped her side to a second consecutive victory in the tournament.

Wrist spinner Fahima Khatun picked up three for 16 in 10 overs for Bangladesh, which had been bowled out for 178 runs after Nat Sciver-Brunt won the toss for England.

Linsey Smith led the English spinners again, picking up two for 33, while left-arm spinner Sophie Ecclestone took three for 24 in 10 overs.

The win puts England top of the points table after beating South Africa

in their opening game. England next plays co-host Sri Lanka in Colombo. Bangladesh are fourth and will play New Zealand at the same venue on Friday.

Put into bat, Bangladesh struggled to get going against England's spin as Smith and Lauren Bell struck early to leave them at 25 for two.

Shobana Mostary scored 60 off 108 balls, with eight fours, and put on 34 off 60 with opener Sharmin Akhtar, who scored 30 off 52 balls.

But Dean struck twice in the middle overs as Bangladesh slipped to 108 for five, and Ecclestone then bowled Khatun for seven and had Nahida Akter caught for one.

She had earlier dismissed Sharmin Akhtar in the 16th over. Rabeya Khan hit 43 not out off 27 balls to rescue Bangladesh from 130 for seven. She hit six fours and a six to help the score past 175.

In reply, England lost their way ear-

ly on as medium pacer Marufa Akter struck twice. Tammy Beaumont was out lbw for 13, as was Amy Jones for one. Knight then added 40 off 73 balls with Sciver-Brunt, who scored 32.

The turning point came in the 15th over when Knight seemed to be out caught at extra cover, but TV replays didn't show conclusively that Shorna Akter had full control of the ball, and the decision went against Bangladesh after Knight had almost walked off the ground.

Bangladesh maintained some hope when Fahima Khatun struck twice in the 19th over as Sciver-Brunt was caught at midwicket and Sophia Dunkley was out lbw for a three-ball duck.

Khatun also sent back Emma Lamb for one as England slipped to 78 for five. Alice Capsey (20) added 25 runs with Knight to help cross the 100-mark, before Akter Meghla struck again. Knight dug in deep, however, and scored 50 off 86 balls, staying on until the end.

Sports

WEDNESDAY 8TH OCTOBER 2025



Princess Margaret make winning start in defense of U-16 Division title



The Princess Margaret School team with their medals and trophy after winning the Under-16 Boys Division league title in the Ministry of Sports, Cool and Smooth, and Joma Patrick C. Whyte Cup Secondary Schools' Football Competition at the Antigua Recreation Grounds (ARG) on Thursday, December 12, 2024. (File Photo)

The Princess Margaret School got off to a winning start in defense of their Under-16 Boys Division league title in the Ministry of Sports, Cool and Smooth, and Joma Patrick C. Whyte Cup Secondary Schools' Football Competition on Monday.

Princess Margaret School launched their campaign for a third consecutive title with a 3-0 victory via default against St. Anthony's Secondary School, which failed to show up for their opening-round encounter at the Antigua Grammar School (AGS).

Robert Jeffrey scored twice as last year's second-place finishers, Ottos Comprehensive School,

opened their campaign with a 2-0 victory against Clare Hall Secondary at Radio Range.

Ajabe Rae scored in the fifth and 40th minutes to give St. Joseph's Academy a 2-0 victory against Jennings Secondary in their opening encounter at Radio Range.

Caleb Paul's 14th-minute conversion was sufficient to give Antigua Grammar School a one-nil victory over Sir Novelle Richards Academy at Antigua Grammar School.

A winning start as well for All Saints Secondary School, who snatched a 3-2 victory against Irene B. Williams Secondary in their opening encounter at the

Mock Pond playing field in All Saints.

Aaron Marie had a double conversion, and Kemani Brodie scored once for All Saints Secondary, while Shamaar Hurst converted both goals for Irene B. Williams Secondary.

However, the opening-round encounter between St. Mary's Secondary School and Pares Secondary School ended in a 1-1 draw at the Mock Pond playing field in All Saints.

Jahkeem Gordon's 16th-minute conversion gave St. Mary's Secondary School a one-nil lead at half-time, but Jervaghn Free-land snatched the equalizer for Pares Secondary with a

goal in the 58th minute.

The Ministry of Sports, Cool and Smooth, and Joma Patrick C. Whyte Cup Secondary Schools' Football Competition will continue with the opening round of matches in the Under-14 Boys' Division on Wednesday.

Defending champions Antigua Grammar School will begin their defense of the under-14 boys' division title against Sir Novelle Richards Academy in the first game of a double-header at Antigua Grammar School at 2:15 pm.

All Saints Secondary will meet St. Joseph's Academy in the second encounter at 3:15 pm.

Last year's second-place finishers, Clare Hall Secondary, will launch their campaign against Ottos Comprehensive School in the first game of a double-header at the Radio Range playing field in Ottos at 2:15 pm.

Last year's third-place finishers, Princess Margaret School, will begin their campaign against Pares Secondary School in the second encounter at 3:15 pm.

Jennings Secondary and St. Mary's Secondary School will clash in a round-south derby at Golden Grove at 2:15 pm.