

THE LABOUR SPOKESMAN

St. Kitts and Nevis

www.thelabourspokesman.com



SOUND SPEECH THAT CANNOT BE CONDEMNED... TITUS 2:8

Year 65 NO. 32

BASSETERRE, ST. KITTS, W.I.

FRIDAY, 06th JANUARY, 2023

EC \$2.00

At The Pumps This Weekend Maximum Price ULG per gallon -

Dated : 24/08/22

DELTA \$16.48 / SOL \$16.08

GROWTH YEAR

STORY ON PAGE 03

Happy New Year
2023



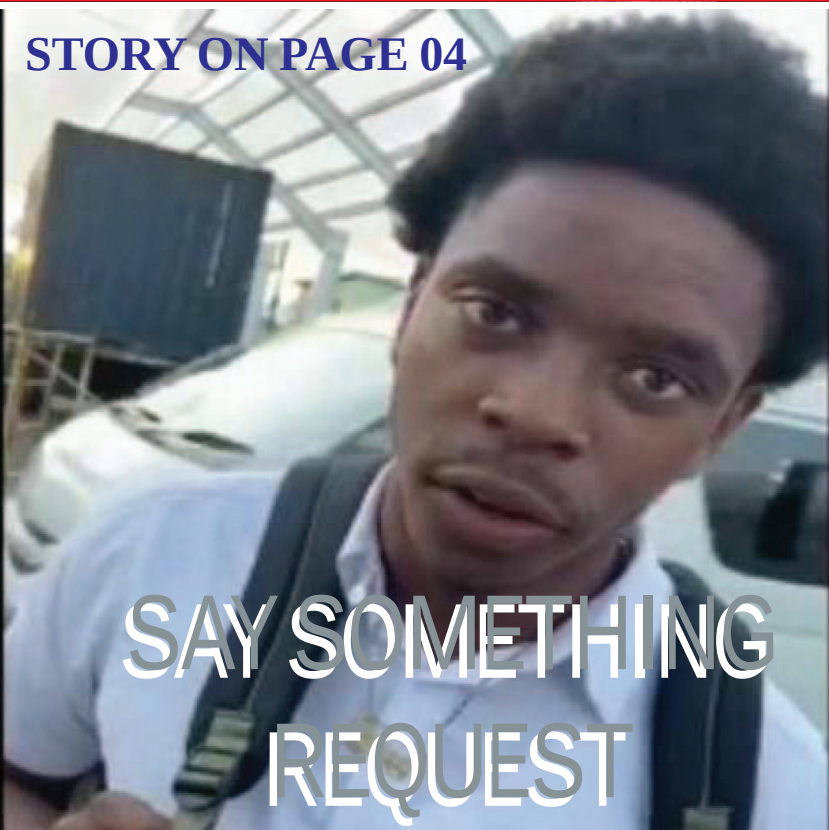
WINNING WAYS

STORY ON
PAGE 09



STORY ON PAGE 04

SAY SOMETHING
REQUEST



SWEET SUGAR MAS

STORY ON PAGE 10

THE LABOUR SPOKESMAN

THE SPOKESMAN - ESTABLISHED MAY 1957

Published by: The St. Kitts-Nevis Trades & Labour Union

Ag. Editor: Precious Mills

Masses House, Church Street

P.O. Box 239 . Basseterre . St. Kitts . West Indies

Tel: (1 869) 465-2229 <> Fa: (1 869) 466-9866

Email: info@sknunion.com

Website: www.thelabourspokesman.com

Editorial

Let Us All Be United For St' Kitts And Nevis

Christmas and Carnival 2022/23 will long be remembered as a most outstanding and enjoyable festival season. Undoubtedly our people were greatly relieved to put behind them the terrible experiences of the SCHEME UNITY era.

It was both heart-warming and spiritually moving to see and hear our people giving thanks to our heavenly father, and to participate in services of worship which took place all across the land.

Truly it was a massive, genuine, and spontaneous expression of thanksgiving!

The street and staged festivities were also enjoyable. We thank all those who were responsible for their planning and organisation, and we congratulate our people for their outstanding good behaviour throughout all of it.

Indeed, there were just a limited number of bad behaviour, and those were quickly and efficiently dealt with by our people. 'Hats off' to the forces of law and order for their vigilance, and their speedy handling of the occasional instances of public intemperance.

Overall, the festivities 'spoke' to long hours of planning and hard work. Many compliments have been

given concerning the costumes, which have been rated as being of the style, colour, quality and imaginativeness of those always seen at the Brazilian carnivals. Brazilian style and quality!?! Praise, indeed.

We, the people of St. Kitts and Nevis, must now pool all of that talent, and put it to good use as we strive to return our beloved country to the paths of progressiveness, and to remain thereon.

Those experiences gained in planning for and executing our just concluded festivities are precisely what we need to keep our nation on the path of progress.

Therefore, let us all join together, and bring to bear the full forces of our expertise and experiences in moving forward.

Let us all be united for St Kitts and Nevis.

May our Heavenly Father continue to bless us all in our endeavours.

Once again, A Happy New Year to ALL!

Case Number :SKBHPB2022/0111



IN THE EASTERN CARIBBEAN SUPREME COURT
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER AND NEVIS

IN THE HIGH COURT OF JUSTICE

SKBHPB2022/

Submitted Date:12/12/2022 14:25

Filed Date:12/12/2022 14:25

Fees Paid:52.00

In the Estate of JAMES RUPERT HANLEY, late of No.
3 Cistern Hill, The Glen, St. Peters, in the island of St.
Christopher, deceased

ADVERTISEMENT OF APPLICATION FOR GRANT OF PROBATE

TAKE NOTICE that an application has been filed by JASMINE HANLEY-HYLIGER of # 75 Parray Housing, St. Peter, in the island of St. Kitts for a Grant of Probate of the Will of the above-named deceased James Rupert Hanley who died on 24th October 2021 without revoking a will bearing the date 13th November 2012 wherein the Applicant Jasmine Hanley – Hyliger formerly Jasmine Hanley is named as sole executrix.

Any person having objection to the grant of Probate to the Applicant shall file an objection within 14 days of the publication of this Notice.

Dated the day of , 2022

LIBURD CHARLES
Attorneys-at-law

Filed by LIBURD CHARLES, Attorneys-at-law for the Applicant whose address for service is #1 OJJ's Commercial Complex, Island Main Road, Camps, Basseterre, St. Kitts.



*Happy New Year To all Our Valued Clients and Readers.
Wishing You A New Year Full of Prosperity.*

Management & Staff of
The Labour Spokesman Newspaper



BUILDERS PARADISE IS OFFERING

**A LARGE VARIETY OF FLOOR AND WALL TILES,
AT VERY COMPETITIVE PRICES.**

**WE'VE GOT OVER 2 MILLION PIECES IN STOCK,
LOTS OF DIFFERENT STYLES TO CHOOSE FROM. WHETHER YOUR RENOVATING
OR TILING A NEW HOUSE. BUILDERS PARADISE HAS WHAT YOU NEED.**



OH AND REMEMBER WE'RE OPEN ALL DAY SATURDAY TO SERVE YOU BETTER!!! *

Our Telephone Numbers:

466-4938 / 466-8051 / 466-1280 / 466-5892 / 466-7069 and Fax: 466-4939.

PM: 2023 A Year Of Transition

By: Spokesman Newsroom

BASSETTERRE, St.Kitts (Wednesday 4th January 2023)- Prime Minister and Minister of Finance of the St.Kitts-Nevis Labour Party (SKNLP)-led administration Dr. Terrance Drew has expressed that 2023 will be a year of transition.

“The year ahead will be one of transition, renewed vision and growth. Our economy is set to experience a steady recovery as we transition out of the pandemic era and continue our transformation into a sustainable island state. Your St.Kitts-Nevis Labour Party administration sincerely pledges to put a much-needed effort on behalf of each citizen and resident of this nation to raise the standard of living and build a better St.Kitts and Nevis.”

He made the disclosure during his New Year’s address to the nation delivered on Sunday 1st January 2023.

Dr. Drew went on to point out that such will be based on our seven foundational pillars to provide food security, green energy transition, economic diversification, sustainable industry, a creative economy, COVID-19 recovery and social protection.

“Our intent is to pursue fiercely new initiatives throughout the course of our upcoming year that would enable us to accomplish some of the key goals that would chart the course for sustainable growth of our nation and make St.Kitts and Nevis a better place to live, work and visit,” Dr. Drew added.

He has called on citizens and residents to remain hopeful.

Furthermore, PM Drew extended gratitude to fellow citizens and residents for entrusting him and his Cabinet to “fulfill the mandate you have set before us. You have blessed us with your confidence and have been patient in the face of uncertainty.”

He continued: “Trust and the capacity for cooperation and consensus building are especially crucial in good governance. It is evident that you have faith in our ability to cooperate for the security and well-being of our country. Your faith in us as your government is appreciated and valued.”

The Finance Minister opined that there is opportunity to revive areas of the economy and advance new ones.

“My dear brothers and sisters, we have an opportunity to revive the foundational areas of our economy and advance in brand new ones. By revitalizing the economy and moving on with our plans to transform our Federation, we must overcome grounds lost during the recent past. However, we would accomplish very little without

the tenacity and devotion of the men and women who work in the many sectors of our economy. For this, I say ‘thank you’.”

Additionally, he expressed confidence

“I am confident that the extraordinary resilience, fortitude and compassion we have witnessed in our communities over the past years will continue to motivate and inspire us in this upcoming year 2023. There is much to do but we’re off to a great start and I am excited about the wonderful prospects 2023 and the next four years have to offer. Our St.Kitts-Nevis Labour Party administration looks forward to inserting our imprint on the further development of our Federation.”

PM Drew stated that hope is a desire for improvement in our lives and circumstances.

“It not only helps to make a difficult situation more bearable



Prime Minister of the St.Kitts-Nevis Labour Party (SKNLP)-led administration Dr. Terrance Drew

but it also has the potential to enhance our lives in the long run since hope for a better future inspires action whether we realize it or not everyone’s lives include hope. Everyone has dreams and aspirations; it’s a fundamental aspect of being human so for this new year 2023, I say remain hopeful, keep aspiring, be bold in your actions, remain steadfast and grateful always.”



National Caribbean Insurance Company Limited

having made sworn deposition that policy number **65541 on the life of Kaznee Phipps has been lost**, and having made application to the directors to grant a special policy, notice is hereby given that unless objection is raised within one month of the date hereof, the special policy asked for will be issued.

Dated: 6/1/2023

By Order,

Cedric Jeffers
General Manager

Case Number : SKBHCV2022/0169

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

CLAIM NO. SKBHCV2022/0169

NATIONAL BANK TRUST COMPANY (ST KITTS-NEVIS-ANGUILLA) LIMITED

and

OTIS FRENCH

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at the Police Training School, Ponds Pasture, Basseterre, St Kitts, on the **26th day of January 2023 at 2:30 o'clock in the afternoon.**

The successful bidder will be required to pay at the time of sale a deposit of one fourth of his accepted bid and the balance within one month from the day of sale.

Possession of the property will be given to the purchaser on payment of the deposit. Any taxes due on the said property must be paid by the Purchaser.

The Purchaser will, after payment in full of the purchase price, obtain from the High Court of Justice, a Certificate of Title to the property

The Property will be available for inspection prior to the date of sale by appointment with the Registrar of the Supreme Court.

DESCRIPTION OF PROPERTY

ALL THAT lot piece or parcel of land with building thereon and known as Lot No. 38 of Saddlers Park Housing Development situate in the Parish of St. John in the Island of Saint Christopher in Saint Christopher and Nevis bounded and measuring as follows: On or towards the North East by a Public Road 35.50 feet; On or towards the South East by Lot No. 37 90.00 feet; On or towards the South West by Lot No. 39 45.50 feet; and On or towards the North West by a Public Road 80.00 feet and 14.14 feet and containing by admeasurement 4,045.00 square feet, all as the same is described in a Certificate of Title dated the 29th day of July, 1999 and registered in Book Y2 Folio 332 of the Register of Titles of the Saint Christopher Circuit in favour of OTIS FRENCH of Saddlers, in the Island of St. Christopher registered proprietor thereof.

UPSET PRICE

The upset price for the above property shall be **EC\$167,535.00.**

Dated the **6th** day of **December 2022**

[Signature]

Registrar of the Supreme Court



FILED
HIGH COURT
ST. CHRISTOPHER / NEVIS
(ST. KITTS CIRCUIT)

Submitted Date: 14/12/2022 13:54
Filed Date: 14/12/2022 13:54
Fees Paid: 12.00



Javon Alford (right) seen with his recently killed little brother Javrell 'Pa20' Alford

Brother Of J'ouvert Deadly Stabbing Victim Appeals For 'See Something, Say Something'

By: Spokesman Newsroom

BASSETTERRE, St.Kitts (Thursday 5th January 2023)- "I understand and know all to well the stigma placed on 'giving information' and I won't argue with you on that. What I would like u to do though is to put urself in my mothers shoes. You see wat I mean now?! #JusticeforPa20!!"

Such is the plea of an older brother of 21-year-old Javrell 'Pa20' Alford of St. Paul's who was recently wounded in a deadly stabbing incident which happened during Jâ€™ouvert jamming carnival street activity- in asking to members of the public who might have witnessed anything to share information with police to get #JusticeforPa20.

On Wednesday 4th January 2023, this media house came across the Facebook social media post by Javon Alford- who has the username 'Prolific Alford'.

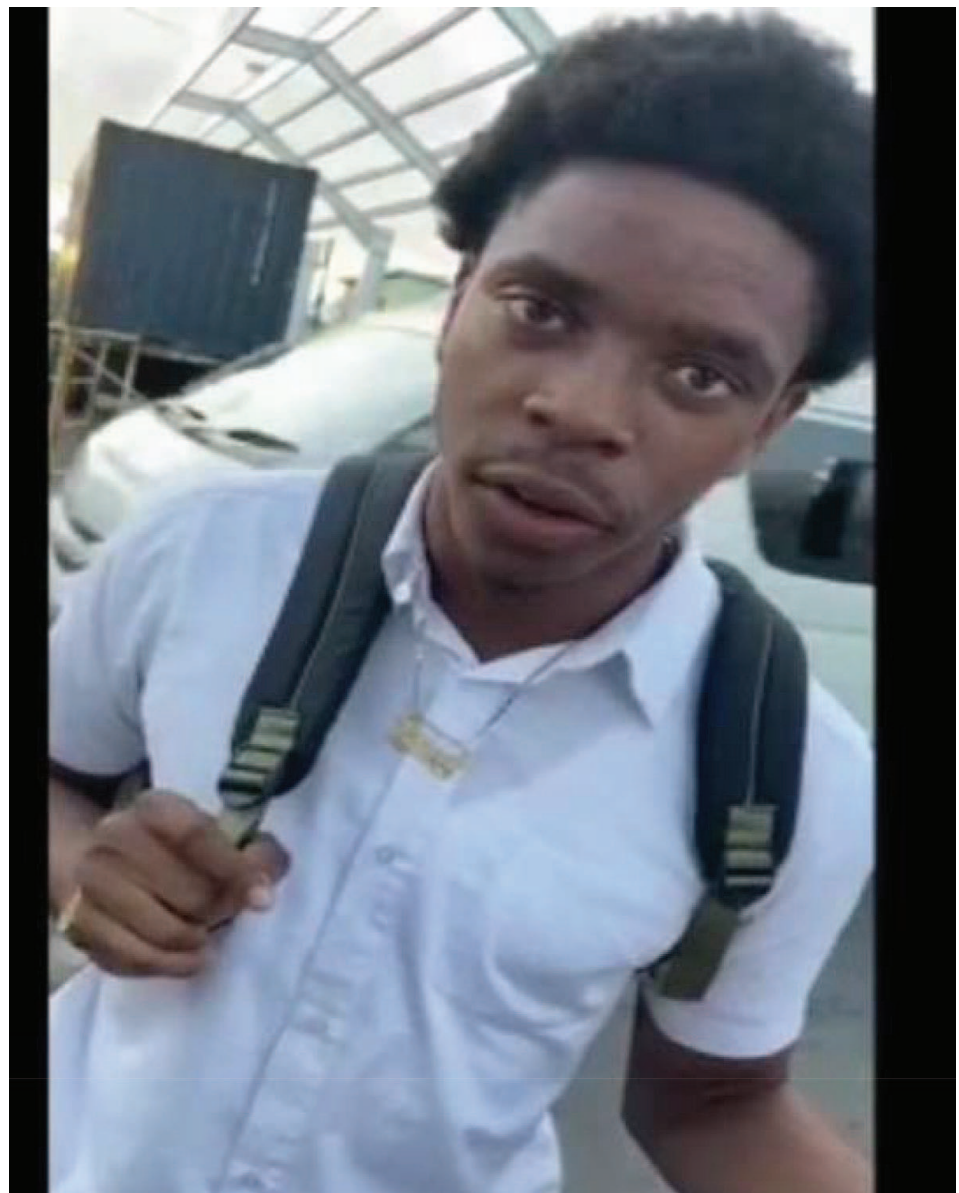
Permission was sought to use the post for a news article by this publication.

That post reads in full as:

"Ok now that the festivities are over a would really like to get a small message out there. I kno Facebook is the place where we come to get messages across to a large amount of ppl so yh.

On December 26th 2022 (Jouvert) a tragic incident took place in Basseterre

(cont'd on next page)



Front Page Image: Deceased- 21-year-old Javrell 'Pa20' Alford (video screenshot from a comedy social media post featuring Alford as the host)

SAINT CHRISTOPHER AND NEVIS

ISLAND OF SAINT CHRISTOPHER

TITLE BY REGISTRATION ACT, CAP. 10.19

A. D. 2023

SKBHCV2022/0039

In the matter of an application by Bryant & Liburd Solicitors on behalf of Felicia Salters for the replacement of a lost Certificate of Title to land contained in **Book H3 Folio 363** of the Register of Titles for the Island of St. Christopher

and

In the matter of Section 144 of the Title by Registration Act, Cap. 10.19

NOTICE FOR REPLACEMENT OF LOST CERTIFICATE OF TITLE

It is hereby notified that an Application has been made to the Registrar in Chambers for an Order for the issue of a new Certificate of Title in lieu of a lost Certificate of Title to land being **ALL THAT** lot of land hereditaments and premises known as **Lot No. 22 being a part of Ottleys Gate Housing Development Phase Two** situate in the Parish of St. Mary in the Island of St. Christopher and bounded and measuring as follows: On or towards the North-East by a public road 50.10 feet, On or towards the South-East by Lot No. 23 80.10 feet, On or towards the South-West by a landscaped area and the Island Main Road 50.00 feet and On or towards the North-West by Lot No. 21 80.12 feet containing by admeasurement **4,009.63 square feet**, all as the same is delineated and set forth on the plan of Ashton G. Leader dated the February 11, 2004.

Any person knowing the whereabouts of or having any information concerning the said duplicate Certificate which may lead to its recovery is requested to notify the Registrar of Titles at the Registrar's Office, Judicial Complex, Basseterre, St. Kitts or Bryant & Liburd, Solicitors, Shear Lane, Basseterre, St. Kitts.

DATED the 5th day of January 2023

Bryant & Liburd
Bryant & Liburd
Solicitors

Brother Of J'ouvert Deadly Stabbing Victim Appeals For 'See Something, Say Something'

(cont'd from last page)

where a young man, my loving little brother, lost his life. A life that was just beginning, a life that had so much good to come! A former leeward island cricketer, an aspiring teacher and a rising star in music! All at the young age of 21...

Anybody who knows me knows how bad I love my brother and this is why I chose to come here to appeal to anyone and I mean ANYONE who saw anything or have any information pertaining to what happened. It's not easy to do this twice.

There are a lot of ways I could of come an handle this and a lot of different things could have been said but I chose the violent free method which would be the only method used goin forward.

I understand and know all to well the stigma placed on 'giving information' and I won't argue with you on that. What I would like u to do though is to put urself in my mothers shoes. You see wat I mean now?! #JusticeforPa20!!"

Meanwhile, a police press release dated 30th December revealed that an autopsy performed on Alford's body

that day by Resident Pathologist, Dr. Adrian Nunez concluded that death was due to hypovolemic shock as a result of a single stab wound to the abdomen.

Police say that the stabbing incident occurred on Fort Street

sometime around 10 a.m. on Monday, December 26, 2022 and that Alford sustained what appeared to be a stab wound

and was rushed to the J.N.F. General Hospital by Officers using a Police vehicle.

Reportedly, he was being treated for his injury but succumbed sometime later.



The Government of St. Kitts and Nevis Invites Tenderers to Bid on the following Projects:

- 1) Construction of 100,000 gallons Reservoir for Water Services Department (non-refundable fee of \$500.00)
- 2) Construction of New Football Pavilion at the Conaree Playfield (non-refundable fee of \$1,500.00).

Tender Documents can be obtained at the Public Works Department, Wellington Road, Basseterre, St Kitts, as of Monday 28th November, 2022

Completed Tender shall be delivered in sealed envelope to the office of:

Director of Public Works Department
Wellington Road, Basseterre, St Kitts
on or before 1:00pm Thursday 12th January 2023

Tenderers or their representatives are invited to the Tender Opening.

Eligibility

It is mandatory that Tenderers be locally registered in the Federation of St. Kitts & Nevis. Business License-MUST be presented before receipt of Tender Document.

DIRECTOR OF PUBLIC WORKS



Googal Arts - George Street, New Town

Is looking

BARTENDER/ CLEANER

Interested persons can call:

Gretson Isaac @ **663-4068**



Committed to representing workers.

It's Your Union Too.

Masses House, Church Street, Basseterre 869-465-2229

American Benefactor Donates to Nevis Community

NIA CHARLESTOWN NEVIS (January 04, 2023) —

An American benefactor who has made it her business to contribute to the wellbeing of the Nevis community is urging others to help make the world a better place.

Mrs. Janie Busbee, founder of Mother to Mother, a non-profit charitable organisation based in Nashville, Tennessee, made the appeal on December 31, 2022, at the Cotton Ground Community Centre, one of two donations to the Nevis community.

"I think so many people go through life and are just focused on themselves, and we all help our family members or we have a best friend who we could rely on, and I think if we lived like everybody was our mother or our best friend and when we all help each other the world would be such a better place.

"It's so hard out there; and I ran into a lady at the grocery store and I bought her a few things and she started crying and said 'Can I hug you?' and I said, 'Yes please' like it's just so much better when we get together. So just be kind to each other, help each other and we will all be better," she said.

Mrs. Busbee, who has been a visitor to Nevis over the past 26 years, explained that her donation to people on the island stems from her desire to help.

"I have been coming to Nevis for 26 years, and 15 years ago I started talking to the locals and all the people that work in the hotel and asked what they needed and I was surprised by how many people said they needed help with food. So I took a cam to the local grocery store and I almost had a stroke because those groceries are quadrupled to seven times what they are in America. So I just decided I was going to help.

"I have a ton of friends on island that have helped me. Linda Ballantyne, I could not have done this without her. Mark Brantley, the Premier, helped me waive the duties to bring all this stuff in



(L-r) Mrs. Janie Busbee, founder of Mother to Mother, a non-profit charitable organisation based in Nashville, Tennessee with Hon. Spencer Brand, Minister in the Nevis Island Administration, at the Cotton Ground Community Centre on December 31, 2022



Hon. Spencer Brand, Minister in the Nevis Island Administration, with volunteers assisting Mrs. Janie Busbee, founder of Mother to Mother, a non-profit charitable organisation based in Nashville, Tennessee at the Cotton Ground Community Centre on December 31, 2022

tax-free. I sent a container from America and want to continue to do it monthly or quarterly so we can really make an impact on the community here," she said.

The donations included household goods, food supplies, clothing and shoes for adults and children, baby food and diapers, personal hygiene items, blankets and sanitiser.

Meantime, Hon. Spencer Brand, Minister in the Nevis Island Administration (NIA), who was present at the community centre registered satisfaction with the event and the Administration's opportunity to assist.

"I am indeed delighted to be here with you to be a part of this, and also the Nevis Island Administration, to join with you and partner with you to give back to our community. It's a very tangible donation and I believe that based on what I am seeing here it is going to be a very good start for many persons' new year.

"I want to thank you on behalf of the Cabinet of the Nevis Island Administration and the people of Nevis, and we certainly look forward to partnering with you in similar ventures. I want to congratulate you and I certainly want to wish your organisation every success in your future endeavours," he said.



National Caribbean Insurance Company Limited

having made sworn deposition that policy number **65541 on the life of Kaznee Phipps has been lost**, and having made application to the directors to grant a special policy, notice is hereby given that unless objection is raised within one month of the date hereof, the special policy asked for will be issued.

Dated: 6/1/2023

By Order,

Cedric Jeffers
General Manager

Needed at

Unique Fashion 2017

Tailor / Seamstress
With 10 years experience

Call: Ganesh Algu
767-4018

Sanitize

Wear Your Mask
Wash Your Hands

Case Number :SKBHCV2021/0089



FEDERATION OF ST. CHRISTOPHER AND NEVIS
TITLE BY REGISTRATION ACT, CAP. 10:19
SAINT CHRISTOPHER CIRCUIT
A.D. 2021

Submitted Date:09/12/2022 08:24
Filed Date:09/12/2022 08:30
Fees Paid:4.00



AMENDED SCHEDULE OF APPLICATION FOR CERTIFICATES OF TITLE AND NOTING THEREON FOR THE WEEK ENDING THE 16th DAY OF DECEMBER, 2022.

Date of Request	Person Presenting	Nature of Request for Certificate of Title and Noting Thereon
5 th December, 2022	Vyette Elizabeth Taylor by her Attorneys, Henderson Law Chambers	A First Certificate of Title to be issued in respect of a lot of land situate at College Street in the Town of Basseterre in Island of St Christopher

ON or towards the North by an Alley, 43.74 feet; ON or towards the East by College Street, 45.91 feet, ON or towards the South by an Alley, 45.38 feet; On or towards the West by Ashton Mitcham, 21.91 feet; On or towards the North by the Heirs of Maxwell Griffin, 7.63 feet and On or towards the West by the Heirs of Maxwell Griffin, 31.13 feet and containing by admeasurement 2,170.43 square feet or howsoever otherwise the said lot of land may be abutted bounded known or described in the Schedule attached hereto.

Dated the 8th day of DECEMBER, 2022

Registrar



Tickets to the Inaugural Prime Minister's New Year's Gala Sold Out

Basseterre, St. Kitts and Nevis, January 4, 2023 [Press Secretary's Office]: Prime Minister of St. Kitts and Nevis, Hon. Dr. Terrance Drew's first New Year's Gala is slated for Saturday 7th January 2023 under the theme "New Beginnings".

The demands for the event were so high that the tickets for the New Year's Gala hosted by the Prime Minister, Hon. Dr. Terrance Drew were sold in early December 2022.

The Prime Minister's New Year's Gala will be held at the St. Kitts Marriott Resort Grand Ballroom at 7:00 pm. It is set to be a Black Tie and Red-Carpet affair.

Her Excellency Elizabeth Thompson, Ambassador Extraordinary, and Plenipotentiary of Barbados with responsibility for Climate Change, Small Island Developing States, and Law of the Sea will be the keynote speaker for the event. Ambassador Thompson also serves as Deputy President of the Senate of Barbados.

DUTY-FREE ALLOWANCES EXTENDED

Basseterre, St. Kitts and Nevis, January 5, 2023 [Press Secretary's Office]: An extension of the duty-free allowances on items purchased between the period of November 1st, 2022, to December 31st, 2022, has been approved due to a backlog at the warehouses in Miami.

Comptroller of Customs at the St. Kitts and Nevis Customs and Excise Department, Mr. Kennedy De Silva stated that "any cargo received up to December 31st, 2022, at the warehouses would be honoured for duty-free concessions up to January 14th, 2023".

The general public is asked to take note.



JOB OPENINGS

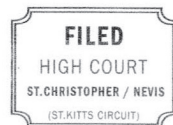
SUPERMARKET MANAGER

ACCOUNTANT

Apply today to:

P.O Box 240
C. A. Paul Southwell Industrial Site
Basseterre, St. Kitts

Case Number :SKBHPB2022/0101



THE EASTERN CARIBBEAN SUPREME COURT

IN THE HIGH COURT OF JUSTICE

FEDERATION OF SAINT CHRISTOPHER AND NEVIS

SAINT CHRISTOPHER CIRCUIT

A. D. 2022

(PROBATE)

CLAIM NO: SKBHPB2022/0101

Submitted Date:21/12/2022 11:20

Filed Date:21/12/2022 11:20

Fees Paid:52.00

In the Estate of WILMOTH CLIFFORD FRANCIS HODGE late of the Island of St. Christopher but died in Charlotte Amalie, St. Thomas.

ADVERTISEMENT OF APPLICATION

TAKE NOTICE that an application has been filed by JASON HODGE of #23 East Park Range, Basseterre, in the Island of St. Christopher for a Grant of Letters of Administration to the applicant who is the son of the deceased having died intestate on the 4th day of May, 2022 in Charlotte Amalie, St. Thomas.

Any person having an objection to the Grant of Letters of Administration to the application shall file an objection within 14 days of the publication of this Notice.

Dated this 20th day of November, 2022

S.A.M. Legal Services

Attorney-at-Law for the Estate of Wilmoth Clifford Francis Hodge, deceased

Filed by S.A.M Legal Services, Attorney-at-Law whose address for service is Berkley Street, Shadwell Housing, Basseterre, St. Kitts, Tel No. 466-4902, Email: samlegaloffices@gmail.com

Case Number :SKBHPB2023/0001



THE EASTERN CARIBBEAN SUPREME COURT

FEDERATION OF ST. CHRISTOPHER AND NEVIS

SAINT CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

A. D. 2022

(PROBATE)

SKBHPB2022/

Submitted Date:05/01/2023 05:13

Filed Date:05/01/2023 08:30

Fees Paid:52.00

In the Estate of Marry Jane Harris, deceased, late of Lodge Project, Lodge, in the Parish of Saint Mary in the Island of Saint Christopher, deceased.

FORM P7: ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE that an application has been filed by JOSEPH EARLSTON HARRIS of 33 Faircroft Road, Castle Bromwich, Birmingham, B36 9TN, United Kingdom, retired project engineer and LYNWALL NIGEL WILLIAM HARRIS also known as NIGEL WILLIAM HARRIS of 30 Florence Avenue, Bolton BL1 8RG, United Kingdom, retired computer operator, both formerly of Lodge Project, Lodge, in the Parish of Saint Mary in the Island of Saint Christopher, for a Grant of Letters of Administration to the Applicants jointly, who are the sons of the deceased, the deceased having died intestate on the 27th day of October, 2022.

Any person having an objection to the grant of Probate shall file an objection within 14 days of the publication of this Notice.

Dated this 30th day of December, 2022.

Angelina Gracy Sookoo-Bobb
Angelina Gracy Sookoo-Bobb
Attorney-at-Law for the Applicants

This Advertisement of Application for Grant is filed by Angelina Gracy Sookoo-Bobb of Sookoo Bobb who is duly authorised to act as Counsel for and to accept service on behalf of the Applicants. The address for service for the Applicants is Unit C21, The Sands Complex, Bay Road, Basseterre, Saint Kitts. Tel. (869) 466-2622 [BOBB]/ 766-2622 [BOBB] Email sookoobobb@gmail.com.

The Registry is at the Sir Lee L. Moore Judicial and Legal Services Complex, East Independence Square Street, Basseterre, Saint Kitts. Tel: (869) 467 -1335. The office is open between 9:00 a.m. and 3:30 p.m. Mondays to Fridays except Public Holidays.

Become A Certified “Rummelier” In St. Kitts



Home to the oldest surviving rum distillery in the Caribbean, St. Kitts invites travellers to explore the rich history of rum with its one-of-a-kind “Rummelier Certification Program”

Basseterre, St. Kitts (5 January 2023) - Today, St. Kitts Tourism Authority is launching a distinctive, first-of-its-kind island experience titled “Rummelier Certification Program.” Travellers looking for an exciting and immersive activity while visiting the beautiful island of St. Kitts can take advantage of the unique rum program that includes both practical and theoretical courses.

Led by two of St. Kitts’ prestigious rum experts, the Rummelier Certification Program invites travellers to deep-dive into the history of rum and distilling rum, gain hands-on experience in creating spiced rum and the methodology of creating rum-based cocktails.

“The history of Caribbean rum and its influential impact can be seen throughout St. Kitts,” said Honourable Marsha Henderson, Minister of Tourism, International Transport, Civil Aviation, Urban Development, Employment, and Labour. “St. Kitts is home to the oldest surviving rum distillery in the Caribbean and is also home to a growing unconventional rum scene. We are excited to incorporate an integral part of our history into expanding innovative tourism opportunities. We are confident this tour will allow travellers to experience St. Kitts in a different way and take back home a part of our island’s rich history by becoming a certified Rummelier.”

This unique certification experience is designed for both rum aficionados and visitors wanting to learn more about the spirit. During the tour, travellers can become certified “Rummelier” through two classes taught by Kittitian rum producers and owners on the island.

The first part of the tour is at Wingfield Estate, home of the Caribbean’s oldest surviving rum distillery. During this Rummelier course, rum expert Jack Widdowson will teach rum theory and the history of rum production methods. The recently excavated distillery is found on the 18th-century sugar cane plantation owned by a direct ancestor of Thomas Jefferson. While sipping rum and learning the history, guests will see a preserved aqueduct, chimney, mill house, boiling house, and lime kiln and learn how to label their own rum bottle.

The second course takes place at the lively Spice Mill Restaurant on Cockleshell Bay and is run by rum expert Roger Brisbane. This course will showcase spiced rum creation methodology, rum-blending techniques, and cocktail creations utilising tasting procedures and nuances in different types of rums. Roger Brisbane continues to innovate the rum space for St. Kitts with Hibiscus Spirits. Hibiscus Spirits is created by infusing handpicked and locally grown Roselle Hibiscus calyx, known as sorrel, to flavour the rum and create a natural red colour.

“We are honoured to partner with two of our esteemed on-island rum producers, Hibiscus Spirits from Spice Mill Restaurant and Old Road Rum from Wingfield Estate, to create this lucrative

program,” said Ellison “Tommy” Thompson, CEO of St. Kitts Tourism Authority. “This is just one of many upcoming opportunities where the destination will utilise local partnerships to market the island’s unique attributes. Furthermore, this program truly sets us apart from other Caribbean destinations while preserving the Kittitian history of rum and its meaning to the culture. We are excited to invite travellers worldwide to spend a day with kindred spirits.”

Details of each course are as follows, with a certificate earned after completing both courses:

Visit Wingfield Estate - home of the oldest surviving rum distillery in the Caribbean:

- *€ Introduction of Rum
- *€ History of Rum in St. Kitts
- *€ Rum production methods
- *€ Learning How to Taste + Identify Flavour Profiles
- *€ Tour the estate
- *€ Label your own rum bottle

Visit Spice Mill - home of Hibiscus Spirits:

- *€ Learn how to create spiced rum
- *€ Methodology of creating classic rum drinks
- *€ Learn nuances of creating rum cocktails
- *€ Rum appreciation methods

Bookings for the Rummelier Certification Program cost USD\$150 per person. For booking information, please visit <https://www.stkittstourism.kn/stay-dine/joys-of-rum>

Stay updated on the latest travel updates and upcoming events by visiting www.visitsstkitts.com and learn more about Hibiscus Spirits and Old Road Rum.

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
NEVIS CIRCUIT

IN THE HIGH COURT OF JUSTICE

NEVHCv2016/0076

ST KITTs NEVIS ANGUILLA NATIONAL BANK LIMITED

- Applicant

and

RUTHLYN BROWNE

-Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at High Court, Prince William Street, Charlestown, Nevis, on the 26th day of January 2023 at 2.30 o'clock in the afternoon.

The successful bidder will be required to pay at the time of sale a deposit of one fourth of his accepted bid and the balance within one month from the day of sale.

Possession of the property will be given to the purchaser on payment of the deposit. Any taxes due on the said property must be paid by the Purchaser.

The Purchaser will, after payment in full of the purchase price, obtain from the High Court of Justice, a Certificate of Title to the property.

The Property will be available for inspection prior to the date of sale by appointment with the Registrar of the Supreme Court.

DESCRIPTION OF PROPERTY

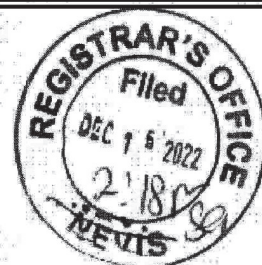
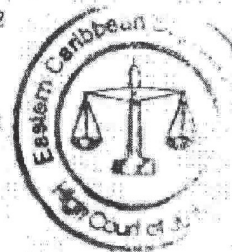
ALL THAT lot of piece or parcel of land with building thereon known as Lot No. 31 situate at Nisbett Estate with dwelling house thereon in the Parish of St. James in the Island of Nevis bounded and measuring as follows, that is to say: On or towards the North-East by Lot No. 30, 100.00 feet; On or towards the South-East by Nisbett Estate, 50.00 feet; On or towards the South-West by lot No. 32, 100.00 feet and On or towards the North-West by a Road, 50.00 feet and containing by admeasurement 5,000 square feet, all as the same is described in a Certificate of Title dated the 30th day of May, 2005 and registered in Book 43 Folio 187 of the Register of Titles of the Nevis Circuit in favour of RUTHLYN BROWNE of Rawlins Pasture, in the Parish of Saint James, in the Island of Nevis as registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be **EC\$123,906.00**

Dated the 20th day of December 2022

M. Flemmy
Assistant Registrar of the Supreme Court





Carnival Chairperson To Winners, Participants: ‘We Look Forward To Discussing With You’

By: Spokesman Newsroom

BASSETERRE, St.Kitts (Wednesday 3rd January 2023)- Chairperson of the St.Kitts-Nevis National Carnival Committee Shannon Hawley has congratulated all the Sugar Mas 51 winners and participants including the bands for J’ouvert and parade day whilst noting “We know it was not an easy task this year and we look forward to the post mortems and discussing with you the way forward for Sugar Mas 52.”

She made the disclosure while at the studio of ZIZ radio on Tuesday 3rd January 2023 for the announcement of results.

Hawley said results were adjudged by their judges and that the auditor verified all results

J’ouvert with the first street activity which saw was the road march and J’ouvert troupes judged.

Details for the grand parade held on Monday 2nd January were also highlighted as calculated from the three judging points- at Patys Allers Play Field, Greenlands and also on the stage via Pond Road.

For J’ouvert:

Road March Title defending champion - ‘Outside Again’ (featuring Dejour), Grandmasters Band (145.5 points), 1st Runner Up - ‘Kick Dem Off De Wall’, Small Axe Band (128.5 points) and 2nd Runner Up - ‘Cowbell’ - Upset Squad (128 points)

Large Bands- Winner: Chattabox, Sweet Cane (182 points), 1st Runner Up: Red Devils, Baywatch (154 points) and 2nd Runner Up: GMAddix, Bubble It (149 points)

J’ouvert Small Band Winner: Jab Jab (200 points) while the Individual Mas Winner: Romaine Belgrove with ‘U Memba Dis’.

For Grand Parade:

Troupe of the Year- Ultra Carnival with its ‘Festivals of the World’ captured a five-peat win with 616 points followed by 1st Runner Up: Luxe Carnival ‘Untamed’ (534 points) and a newcomer at 2nd Runner Up spot, NautiMas with ‘The Gate Keepers’ (359 points)

Additionally, Ultra Carnival won the two new awards namely Spirit of Carnival and Section of the Year: Sugar Mas (103 points).

King of Band and Queen of Band emerged from Luxe Carnival namely Glenroy Marshall (577 points) and Kyla Morton (539 points)

Hawley spoke about a New award for the first troupe to launch whether social media or live. as she informed that on the 15th October Fhunn Vybz Launched ‘Breakout: A New

Mindset’ thus winning the First Troupe to Launch award.

Front Page Image: Some of the Chattabox revellers on Jâ€™ouvert! The ‘Sweet Cane’ jammers have captured the Sugar Mas 51 Large Band category (credit: Facebook-StyleJerk Creates

EASTERN CARIBBEAN SUPREME COURT

SAINT CHRISTOPHER AND NEVIS

NEVIS CIRCUIT

IN THE HIGH COURT OF JUSTICE

Claim No. NEVHCV2013/0021

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED

- Applicant

and

POKU ANDREW FORSON

-Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at High Court, Prince William Street, Charlestown, Nevis, on the 19th day of January, 2022 at 2:00 o'clock in the afternoon.

The successful bidder will be required to pay at the time of sale a deposit of one fourth of his accepted bid and the balance within one month from the day of sale.

Possession of the property will be given to the purchaser on payment of the deposit. Any taxes due on the said property must be paid by the Purchaser.

The Purchaser will, after payment in full of the purchase price, obtain from the High Court of Justice, a Certificate of Title to the property.

The Property will be available for inspection prior to the date of sale by appointment with the Registrar of the Supreme Court.

DESCRIPTION OF PROPERTY

ALL THAT lot of land and buildings thereon situate at Jessups Estate in the Parish of St. Thomas in the Island of Nevis containing by admeasurement 1.20 acre and bounded and measuring as follows: On the North by the lands of Lewis Knudson, 239.05 feet; On the East by a 20 Foot Road and by lands of Belmont Beach Resort Limited 198.21 feet; On the South by lands of Belmont Beach Resort Limited 35.37 feet, 98.65 feet and 85.88 feet; and On the West by lands of Belmont Beach Resort Limited, 275.62 feet, all as the same is described in a Certificate of Title dated the 23rd day of January, 2009 and registered in Book 47 Folio 13 of the Register of Titles of the Nevis Circuit in favour of POKU ANDREW FORSON of Starchaser Villa, Fern Hill Estate, Jessups in the Island of Nevis as registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be EC\$2,897,107.20

Dated the 14th day of November, 2022

Registrar of the Supreme Court

Eastern Caribbean Supreme Court

High Court of Justice

LIQUOR LICENCES

ORDIANANCES, 1906

SCHEDULE A

To the Magistrate,

District “B”

To the Superintendent of Police.

I, Adesola Israel Adeniji now residing in #5 Basil Henderson Street, New Road Extension in the town of Basseterre do hereby give you notice that is my intention to apply on 30th day of December, 2022 to the District Magistrate at Basseterre for a Retail Liquor Licence in respect of my premises in Delicious One Stop in West Farm in St. Kitts.

Dated this 25th day of October, 2022.

Signed: A. Adeniji

LIQUOR LICENCES

ORDIANANCES, 1906

SCHEDULE A

To the Magistrate,

District “A”

To the Superintendent of Police.

I, Oldain W. Powell now residing in Sebastian Street in New Town the town of Basseterre do hereby give you notice that is my intention to apply on 30th day of December, 2022 to the District Magistrate at Basseterre for a Retail Liquor Licence in respect of my premises in De Auction Sports Bar in Sebastian Street in New Town in Basseterre, St. Kitts.

Dated this 21st day of November, 2022.

Signed: Oldain Powell

LIQUOR LICENCES

ORDIANANCES, 1906

SCHEDULE A

To the Magistrate,

District “B”

To the Superintendent of Police.

We, Tregenza O. Bloyce and Floretta R. Bloyce now residing in Main Street in the village of St. Paul’s do hereby give you notice that is my intention to apply on 30th day of December, 2022, to the District Magistrate at Dieppe Bay for a Retail Liquor Licence in respect of my premises in TKB Mini Mart in Main Street in St. Paul’s

Dated this 02nd day of November, 2022.

Signed: T. Bloyce

Carnival Minister, Chairperson Rate Sugar Mas 51 A Success

By: Spokesman Newsroom

BASSETTERRE, St.Kitts (Thursday 5th January 2023)- Minister of Culture with responsibility for Carnival Samal Duggins has rated Sugar Mas 51 “wonderful” one despite the challenges experienced.

In media comments given during the Lap Las street activity held on Tuesday 3rd January 2023, the Carnival Minister had this to say: “Sugar Mas 51, look at it everyone is here celebrating as one . we saw talent, artistry and vibes altogether here and I’m just happy to be part of it and watch it move and today we’re in Las Lap, and I think at the end of it all given all the circumstances having just a few months to plan, having supply chain issues coming out of COVID, everything by any standard has been a wonderful carnival , a great carnival and I’m happy to be a part of this.”

He touched on the challenges of being a new government in office also.

“This year was a particular challenge because we got into office in August and all of this had to be done between then and now and there were a number of other challenges around that... So being the minister responsible, I’m just happy to see the results and it shows the tenacity of our people because it is an all inclusive event; carnival is about all of us and look at what’s happening, look around you...,” he commented.

As it relates to small businesses participating in Sugar Mas 51, Duggins who is also the Minister of Entrepreneurship expressed: “Our business people had a real chance to get a jump start post COVID and carnival has really done a great job in doing that so I’m very pleased, I’m very happy.

Meanwhile, Carnival Chairperson Shannon Hawley speaking to the media the day before (1st 2nd January) on the occasion of the grand parade, shared: “It [carnival] has been amazing . I’m sure you can see thousands of participants on the road revellers-with over 10 troupes from folklore troupes, eight mass bands; it has been spectacular. We [are] really, really excited to have everybody back on the road.”

Commenting on Sugar Mas 51 being in full swing, she replied: “It has been a whirlwind. We made a decision to go full force in September and between September and December, we had to put together a full force carnival so as you can imagine, it has been non-stop pace from preparations to execution, and I am happy to see we have successfully executed one of the largest Sugar Mas in the history of national carnival.”

Asked about Sugar Mas 52, Hawley remarked: “What you



will expect is us planning from now. It is important in order for us to not only execute well but attract regional and international visitors for us to launch our Sugar Mas product from January so look out for it, you will see us launch our Sugar Mas upcoming. We’ll have our prize giving over the next week

or two and I think that is the first to ensure that everyone is paid, everyone is happy so that we can move on to successfully plan and execute Sugar Mas 52.”

Notably, Sugar Mas 51 prize giving is slated for Friday 13th January, at The Circus, 7:00PM.

Front Page Image: Minister of Culture with responsibility for Carnival Samal Duggins seen with his son dressed in folklore clown troupe costumes during Sugar Mas 51 (credit: Facebook/SamalDuggins)



We are committed to representing all workers.

*Visit our office at
Masses House, Church Street, Basseterre
to learn more about Union representation,
or call us at
869-465-2229*

**The St. Kitts-Nevis Trades and Labour Union
It's Your Union Too.**



Welcome to the Bradshaw Childcare Centre

located in Dorset Village, Basseterre.



We accept infants
- newborns to three year old toddlers. -

Our hours of operation are from 7 AM to 5 PM,
Monday through Friday/

To enroll, please contact Miss. Arleen Phipps at
760 - 7029.

THE EASTERN CARIBBEAN SUPREME COURT

IN THE HIGH COURT OF JUSTICE

FEDERATION OF SAINT CHRISTOPHER AND NEVIS

NEVIS CIRCUIT

TITLE BY REGISTRATION ACT, CAP

A.D. 2022

NEVHCV2013/0037

In the matter of Section 92 of the Title by
 Registration Act, Cap. 10:19

and

In the matter of an Application to settle
 Articles of Sale of the Respondent's
 property comprised in a Certificate of
 Title dated 9th January, 2004 registered in
 Register Book 42 Folio 92.

THE BANK OF NEVIS LIMITED

Applicant

and

STEELE DOUGLAS

Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of The Supreme Court by public auction at the Court House, Charlestown, Nevis on the 26th day of January, 2022 at 2-00 o'clock in the forenoon.

The successful bidder will be required to pay at the time of sale a deposit of one fourth of his accepted bid and the balance within one month from the day of sale.

Possession of the property will be given to the purchaser on payment of the deposit. Any taxes due on the said property must be paid by the Purchaser.

The Purchaser will, after payment in full of the purchase price, obtain from the High Court of Justice, a Certificate of Title to the property.

DESCRIPTION OF PROPERTY

All that lot piece of parcel of land situate at Round Hill Estate in the parish St. James, in the Island of Nevis bounded and measuring as follows: On or towards the North East by the Main Island Road 130.08 feet; On or towards the South East by a 20 Foot Road 337.49 feet; On or towards the South West by lands of Rosalind Nicholls 130.00 feet and On or towards the North West partly by lands of the Estate of William Chaderton 146.98 feet and partly by lands of Rosalind Nicholls 195.04 feet and containing by admeasurement 1.00 acre.

UPSET PRICE

The upset price for the above property shall be EC\$250,470.00

Dated the 9th day of December, 2022.

M. Fleming
 REGISTRAR



EASTERN CARIBBEAN SUPREME COURT
 SAINT CHRISTOPHER AND NEVIS
 ISLAND OF NEVIS

IN THE HIGH COURT OF JUSTICE

NOTICE TO PAY OFF

To: **CARLTON MEADE** of Craddock Road, Charlestown, in the Island of Nevis, Registered Proprietor of all that lot of land situate in the parish of Saint Paul in the Island of Nevis and bounded as follows: On the North by land of Maggie Stoddart 41.5 feet; On the South by the Public Road 37.3 feet; On the East by lands of Moses Powell 167.0 feet and On the West by lands of James Smith 160.5 feet containing by admeasuring 833.1 square yards, all as the same is described in Certificate of Title dated the 7th day of January, 1964 and registered in Book 9 Folio 114 of the Register of Titles of the Island of Nevis.

TAKE NOTICE that We, **ST. KITTS-NEVIS-ANGUILLA NATIONAL BANK LIMITED**, a company duly incorporated under the Laws of Saint Christopher and Nevis, requires you to pay off the following:

- (i) the sum of **EC\$496,308.50** (being \$130,275.86 as to the principal sum and \$366,032.64 as to interest thereon at the rate of 12.00 per cent per annum as at the 5th day of May, 2022) plus interest at the rate of 12.00 per cent per annum from the 6th day of May, 2022 continuing until payment due to us by virtue of a Mortgage and duly noted upon the Certificate of Title of the said land registered in Book 9 Folio 114 in the Register of Titles of the Island of Nevis on the 18th day of July, 1997; and
- (ii) the sum of **EC\$370,165.38** (being \$120,832.05 as to the principal sum and \$249,333.33 as to interest thereon at the rate of 11.50 per cent per annum as at the 5th day of May, 2022) plus interest at the rate of 11.50 per cent per annum from the 6th day of May, 2022 continuing until payment due to us by virtue of a Mortgage and duly noted upon the Certificate of Title of the said land registered in Book 9 Folio 114 in the Register of Titles of the Island of Nevis on the 30th day of July, 1999 and that within sixty days from the date of service of this notice.

IN WITNESS WHEREOF the Common Seal of ST KITTS-NEVIS-ANGUILLA NATIONAL BANK LIMITED was hereunto affixed the 27th day of May, 2022.

THE COMMON SEAL OF ST. KITTS-NEVIS-)

ANGUILLA NATIONAL BANK LIMITED was)

hereto affixed by STEPHEN O. A. HECTOR)

its Secretary in the presence of ALEXIS)

NISBETT and ANALDO BAILEY)

two of its Directors and countersigned)

by the said Secretary and two Directors)

before and in the presence of:-)

[Signature]

[Signatures of Alexis Nisbett and Analdo Bailey]

AP Associated Press - AP News - Religion -Vatican City
- Friday 6 January 2023

Faithful Mourn Benedict XVI At Funeral Presided Over By Pope

By: Nicole Winfield, Giada Zampano and Frances D’Emilo

VATICAN CITY (AP) - Pope Francis joined tens of thousands of faithful in bidding farewell to Benedict XVI at a rare requiem Mass Thursday for a dead pope presided over by a living one, ending an unprecedented decade for the Catholic Church that was triggered by the German theologian’s decision to retire.

Bells tolled and the crowd applauded as pallbearers emerged from a fog-shrouded St Peter’s Basilica and placed Benedict’s simple cypress coffin before the altar in the square outside. Wearing the crimson vestments typical of papal funerals, Francis opened the service with a prayer and closed it by solemnly blessing the casket and bowing his head.



In between, Francis made only fleeting reference to Benedict in his homily, offering a meditation on Christ instead of a eulogy of his predecessor’s legacy before the casket was sealed and entombed in the basilica grotto.

Heads of state and royalty, clergy from around the world and thousands of regular people flocked to the ceremony, despite Benedict’s request for simplicity and official efforts to keep the first funeral for a pope emeritus in modern times low-key.

In a later release Vatican City advised that Pope Benedict XVI’s coffin has been put in its resting place in the grottoes beneath St Peter’s Basilica.



The wooden lid on the outermost coffin is decorated with a simple metal cross, the emblem of his nearly eight-year-long papacy, and an inscription in Latin noting that he had lived 95 years, 8 months, and 15 days when he died on 31 December 2022.

It also records the date his papacy ended when he went into retirement on 28 February 2013. He was the first pontiff to retire in 600 years.

Benedict’s longtime secretary, German Archbishop Georg Gaenswein, imparted a blessing after the remains were placed into a niche on the floor on Thursday. Also present for a final goodbye were the consecrated laywomen who helped care

MedicalXPress - Psychology & Psychiatry - Sports Medicine & Kinesiology - 4 January 2023

Regular Aerobic Exercise Reduces Depression In Teens

- By Bob Yirka, MXP



Photo credit: Pixabay (CC0 Public Domain).

A team of researchers at The University of Hong Kong, working with one colleague from Sun Yat Sen University in China and another from Georgia State University in The US, has found that regular aerobic exercise can reduce symptoms in teens found to be suffering from depression.

In their paper, published in JAMA Pediatrics, the group describes analyzing data from several medical databases to learn more about the impact of regular exercise on young people.

Eduardo Bustamante (The University of Illinois Chicago), Mari-a Enid Santiago-Rodriguez (The University of Michigan), and Jared Ramer (The University of Massachusetts), have published an editorial in the same journal issue summarizing findings in recent years regarding the health benefits of exercise for people in general, and outline the work by the team on this new effort.

Prior research has suggested that regular exercise can provide a wide range of health benefits for most people, including brightening mood and reducing mental stress. In this new effort, the researchers found that regular exercise for young people over age 13 with depression can lead to a reduction in symptoms.

The work involved analyzing information in the EMBASE, PsycINFO, PubMed, CINAHI and SPORTDiscus databases, focusing most particularly on changes relating to symptoms in young people diagnosed with depression who have begun an exercise activity such as swimming, dancing or running.

The researchers found that engaging in regular aerobic physical activity significantly reduced symptoms of depression in young people over 13 diagnosed with depression. The researchers also found that the activity had to be regular, such as three times a week, and it had to continue; otherwise, symptoms returned.

The group also conducted a secondary analysis that focused on which young people would reap the most mental health benefits from exercise. They found it to be those young people over 13 who had already been diagnosed with depression.

The researchers also found that mental health benefits seemed to be the greatest with unsupervised exercise programs. And intensity did not seem to matter much. What counted the most was regularity.

More information: Francesco Recchia et al, Physical Activity Interventions to Alleviate Depressive Symptoms in Children and Adolescents, JAMA Pediatrics (2023). DOI: 10.1001/jamapediatrics.2022.5090

Eduardo E Bustamante et al, Unlocking the Promise of Physical Activity for Mental Health Promotion, JAMA Pediatrics (2023). DOI: 10.1001/jamapediatrics.2022.5096

Journal information: JAMA Pediatrics

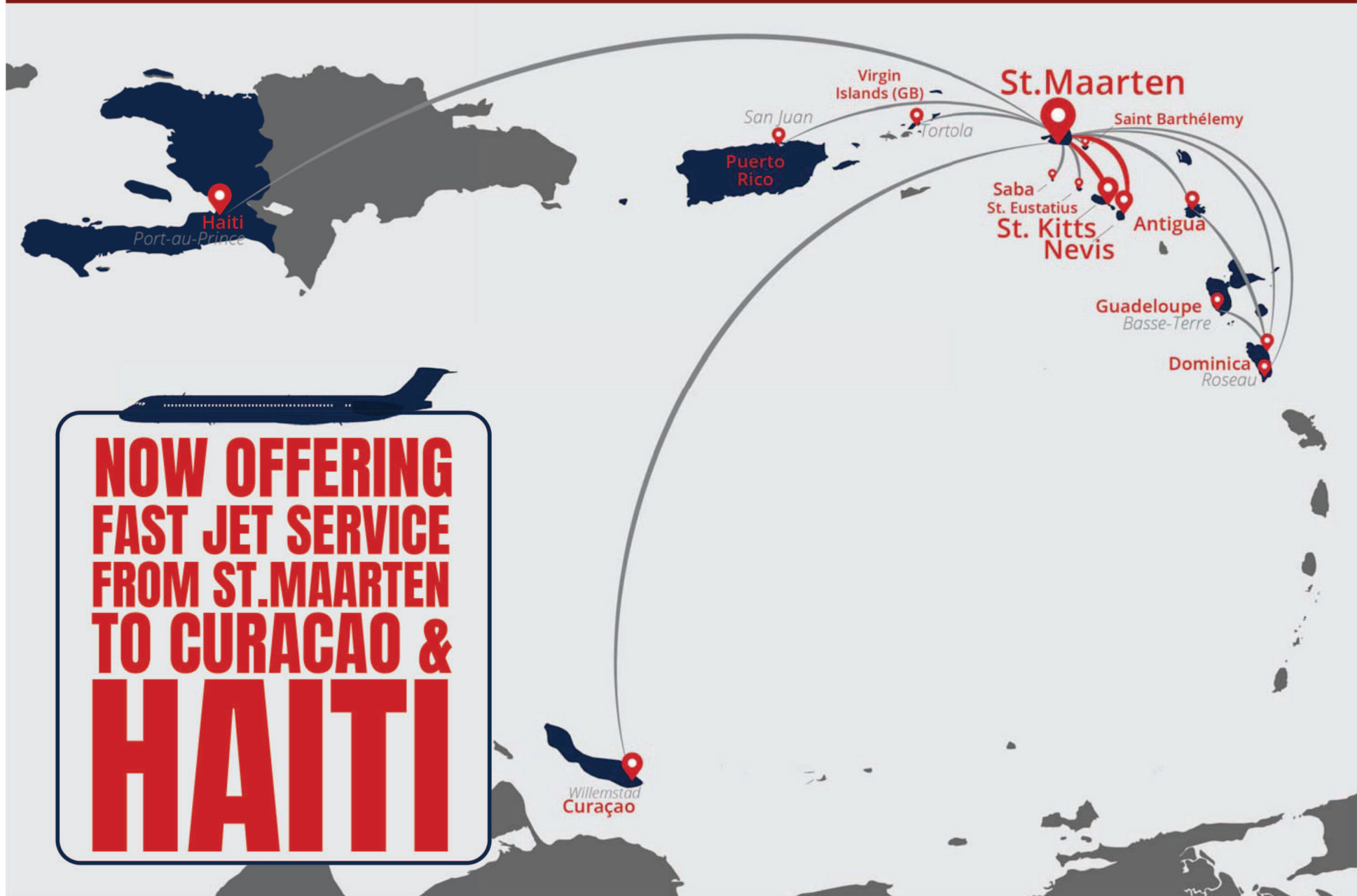
for him during his retirement in a monastery in The Vatican Gardens.

The Vatican says that the public will be able to visit Benedict’s tomb - but not before next week, to allow for work to be completed.

Follow AP’s coverage of Pope Benedict XVI at <https://apnews.com/hub/pope-benedict-xvi>

WINAIR

Antigua • Curacao • Dominica • Guadeloupe • Haiti • Nevis • Saba
San Juan • St. Barth • St. Eustatius • St. Kitts • St. Maarten • Tortola



#WETAKEYOUTHERE

For bookings or more information contact your favorite travel agent
or find us online



WWW.FLY-WINAIR.SX

THE CONVERSATION (Academic rigour, journalistic flair) - Edn: United Kingdom - Politics & Society - 22 December 2022

America Is Back - How Joe Biden Repaired US Relationships With The Rest Of The World In 2022

By: Dr Dafydd Townley, PhD, The University of Portsmouth

President Biden has moved the US back into a leadership position at COP.



US President Joe Biden as he spoke at the 27th UN Conference on Climate Change (COP 27) in Sharm El-Sheikh, Egypt on 11 November 2022. Photo credit: DPA Picture Alliance (Alamy Stock Photo).

The US reaction to the Russian invasion of Ukraine has marked a significant transformation in US foreign policy during 2022. President Joe Biden's wide-ranging backing for Ukraine has met with support from both Democrats and Republicans. In doing so, it has ended any question of a return to his predecessor Donald Trump's isolationism.

In his inaugural address in January 2021 Biden announced that The US would "repair our alliances and engage with the world once again".

US leadership on environmental issues started on the first day of his presidency when The US rejoined the Paris climate agreement. Biden's continued determination to lead on international issues could also be seen through the US's agreement to the creation of a "loss and damage" fund at Egypt's COP27, after a 30-year long objection. The fund is designed to compensate poorer countries for climate damages.

Swivel from Trump's policy

During the Trump presidency, The US withdrew from international treaties and adopted an "America first" attitude towards international affairs. Trump pulled The US out of the Iran nuclear deal which had removed sanctions on Iran in return for a restricted nuclear programme.

In addition, he withdrew the US from the Paris climate agreement, and coerced Canada and Mexico to renegotiate The North American Free Trade Agreement (NAFTA) in a way that disproportionately benefited The US.

NAFTA, which established a free trade zone between The US, Canada and Mexico, had been in place since 1994. Trump was a long-term critic, calling it "the worst trade deal signed anywhere".

Trump's determination to put America first led to a decline in the US's global leadership. Some commentators have gone further and suggested that this decline undermined Ukraine's sovereignty.

It is no surprise that The US has taken a more central role in international affairs under Biden's leadership.

In his presidential campaign, he promised to restore America's "respected leadership on the world stage". Experts have identified Biden's foreign policy as an explicit repudiation of Trump's "America First" legacy in favour of "the restoration of the multilateral order".

But it was Russia's invasion of Ukraine that meant The US had to take the lead in international diplomacy again. Throughout the conflict it has been resolute in its support of Ukraine - supplying more than US\$68 billion (£56 billion) in military and humanitarian aid, while encouraging its global partners to add their support.

Internally there has been considerable bipartisan support for Biden's policy towards Ukraine. The only sustained Republican opposition has come from the extreme right of the party, mostly consisting of Trump loyalists.

These opponents, such as Marjorie Taylor Greene, have vowed that "not another penny" would be sent to Ukraine. But this opposition is a small minority and significantly outnumbered by those, on both sides of the political divide, who have pledged to continue supporting Ukraine's defence.

Public opinion on Ukraine

Surveys have shown that the American public generally supports Biden's response to Ukraine. The most positive responses praised his avoidance of direct conflict with Russia, while the most negative suggested more technologically advanced weaponry should be supplied.

However, foreign policy decisions have not all gone well for Biden. In August 2021 US forces withdrew from Afghanistan in a chaotic manner. This was quickly followed by the collapse of the US-supported Afghan government. The US withdrawal brought international and domestic

criticism and undermined Biden's attempts to re-establish American global diplomatic leadership.

Although Biden was blamed for the manner of this withdrawal, Trump's ceasefire agreement with the Taliban in February 2020, and subsequent signposted withdrawal of US forces from Afghanistan, has been identified by experts as the catalyst for the collapse of the western-backed Afghan government.

After the midterms

In the recent midterms, surveys indicated that Biden's support of Ukraine - and his foreign policy in general - failed to register as a priority issue with voters. The US support is not some populist policy but a determination to fulfil Biden's promise of "a strong and trusted partner for peace, progress, and security".



Mrs Angela Merkel, then Chancellor of Germany, and Mr Donald Trump, then US President, at a NATO meeting. Trump's policy was far more isolationist than Joe Biden's. Photo credit: DPA (Alamy).

Almost two years later, it's clear that Biden has no intention of diminishing the US's role in international affairs. In his latest National Security Strategy, he declared: "Around the world, the need for American leadership is as great as it has ever been."

The new Congress, with a Republican majority in the House, is unlikely to hinder America's re-emergence into international affairs.

Biden is very experienced in working with Republicans in Congress, and that will likely continue in the immediate future.

And Biden has been active in deciding Nato's position on Ukraine. When questioned at a Nato summit in June, he said on behalf of all the allies that they would "stick with Ukraine, as long as it takes, and in fact make sure they are not defeated".

A move to become more active in international affairs is welcomed by observers, with a degree of caution. US involvement needs to be enough to be effective, but not too much to be dominating. And this has been backed by recent opinion polls on US foreign policy.

Rather than attempting to build democratic nations overseas, the Biden administration is adopting what some are calling "fortress liberalism" - the protection of democracy where it already exists, such as Ukraine.

Mindful of public concerns over the possibility of boots on the ground, Biden's approach stops short of resuming the military operations of the Bush and Obama administrations.

Whether the level of support for Ukraine is enough remains to be seen. Experts warn that a severe economic downturn for the US could reduce public support for the amount being authorised. What is clear, however, is that support for Ukraine will continue in one form or another, as Biden continues to repair America's relationships with the rest of the world.

About the author: Dr Dafydd Townley, PhD, is Teaching Fellow in International Security at The University of Portsmouth. He is also a part of the university's Military Education Team at RAF College Cranwell. Dr Townley teaches history, politics, international relations and security studies to officer cadets of The Royal Air Force. He was previously a Lecturer in history at The University of Reading. He has also been a visiting postdoctoral fellow at The University of Oxford's Rothermere American Institute. In 2014 University College London, University of London,

(cont'd on next page)

Reuters - International Edition - World - Asia
Pacific - Thursday 5 January 2023

US Warship Sails Through Sensitive Taiwan Strait - China Angered

- By Indrees Ali



Honolulu, Hawaii - 7 December 2014: USS Chung-Hoon as it passed the USS Arizona Memorial during ceremonies honoring the 73rd anniversary of the attack on Pearl Harbor at the World War II Valor in the Pacific National Monument. Photo credit: Hugh Gentry (Reuters).

WASHINGTON, DC - 5 January - (Reuters) - A US warship sailed through the sensitive Taiwan Strait on Thursday, part of what the US military calls routine activity but which has riled China.

In recent years US warships and, on occasion, those from allied nations, such as Britain and Canada, have sailed through the strait, drawing the ire of China, which claims Taiwan against the objections of its democratically elected government.

In a statement the US military said the Arleigh Burke-class guided-missile destroyer, Chung-Hoon, carried out the transit.

“Chung-Hoon’s transit through the Taiwan Strait demonstrates The United States’ commitment to a free and open Indo-Pacific,” the statement added.

In a statement Liu Pengyu, spokesman for China’s embassy in Washington, said China firmly opposed the move and urged The United States to “immediately stop provoking troubles, escalating tensions, and undermining peace and stability across the Taiwan Strait.”

“US warships frequently flex muscles in the name of exercising freedom of navigation. This is not about keeping the region free and open,” the statement said.

“China will continue to stay on high alert and is ready to respond to all threats and provocations at any time, and will resolutely safeguard its national sovereignty and territorial integrity.”

A spokesman for The Eastern Theatre Command of The Chinese People’s Liberation Army said it organised troops to monitor and guard the ship’s transit, and “all movements were under control”.

Taiwan’s Defense Ministry said the ship sailed in a northerly direction through the strait, that its forces had monitored its passage and observed nothing out of the ordinary.

The narrow Taiwan Strait has been a frequent source of military tension since the defeated Republic of China government fled to Taiwan in 1949 after losing a civil war with the communists, who established the People’s Republic of China.

The United States has no formal diplomatic relations with

Taiwan, but is bound by law to provide the island with the means to defend itself.

China has never ruled out using force to bring Taiwan under its control.

Taiwan vows to defend itself if attacked, saying Beijing’s sovereignty claims are void, as The People’s Republic of China has never governed the island.

A Chinese military plane came within 10 feet (3 m) of a US air force aircraft in the contested South China Sea last month, and forced it to take evasive maneuvers to avoid a collision in international airspace.

The close encounter followed what The United States has called a recent trend of increasingly dangerous behaviour by Chinese military aircraft.

Reporting by Idrees Ali; Additional reporting by Yimou Lee in Taipei and Liz Lee in Beijing; Editing by Lisa Shumaker, Leslie Adler and Raju Gopalakrishnan.



Sign up.

Become a member today.

Visit our office at

Masses House, Church Street, Basseterre

to learn more about Union membership,

or call us at

869-465-2229

The St. Kitts-Nevis Trades and Labour Union

This Union Works For You.



America Is Back - How Joe Biden Repaired US Relationships With The Rest Of The World In 2022

(cont’d from last page)

admitted him to the degree of Master of Arts, and, in 2018 The University of Reading admitted him to the degree of Doctor of Philosophy (PhD). His research areas include The US Congress, notably its oversight of the intelligence community and cybersecurity policy. He is author of “The Year of Intelligence in The US: Public Opinion, National Security and the 1975 Church Committee (Palgrave Macmillan), 2021” and has written per review articles about presidential elections, the intelligence community and presidential scandal. In 2021 Dr Townley was elected as Vice Chair of the American Politics Group (APG) UK, the major professional organisation for the researchers and teachers in The UK whose work concentrates on the government and politics of The USA. Dr Townley joined The Conversation on 9 November 2022.

Disclosure statement: Dr Dafydd Townley does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliation beyond his academic appointment.

Partners: The University of Portsmouth provides funding as a member of The Conversation UK, which also receives funding from strategic partners such as Kingston Smith, a top 20 UK audit and accountancy firm, media partners like The Press Association (PA), the national news agency for The UK and Ireland, general funders such as HEFCW, The Royal Society, ISRF, The Ogden Trust, and more than sixty other universities.

We believe in the free flow of information. Republish our articles for free, online or in print, under Creative Commons licence.

Australia v South Africa: Usman Khawaja on verge of maiden double century as Australia dominate

From the sectionCricket



Khawaja has scored three centuries in his last three innings at the Sydney Cricket Ground

Australia v South Africa, third Test, Sydney (day two of five)

Australia 475-4 Khawaja 195 (not out), Smith 104

South Africa: Yet to bat - Australia lead three Test series 2-0

Usman Khawaja moved to the brink of completing a maiden Test double-century as Australia dominated South Africa on day two of the final Test.

The 36-year-old had reached a career best 195 not out when rain stopped play at the Sydney Cricket Ground.

Steve Smith scored 104 before tea to become the 14th player to record 30 Test centuries.

And Travis Head raced to 70 from 59 balls after the break to further dash the visitors' hopes.

Khawaja, whose previous highest score was 174 against New Zealand in Brisbane in 2015, shared a 209-run stand with Smith as they punished the beleaguered Proteas. In the course of

his own innings, Smith also went past Matthew Hayden and Michael Clarke to become Australia's fourth-highest Test run-scorer.

Matt Renshaw, who tested positive for Covid-19 on Wednesday, came out of isolation to join Khawaja and reach stumps unbeaten on five.

Australia sealed the series with wins in Melbourne and Brisbane and can secure their place in the World Test Championship final with another victory.

Across the BBC banner Friends Will Be Friends: Stanley Tucci and his best friend talk about their love of food and art

The girls paying for their parents' sins: Watch Pretty Little Liars: Original Sin on BBC iPlayer now

Belinda Clark: Australia legend becomes first female cricketer to have statue

From the sectionCricket - BBC SPORTS

Belinda Clark was inducted into the International Cricket Council's Hall of Fame in 2011



Cristiano Ronaldo should address Saudi issues, says Amnesty International

4 January 20234 January 2023.

From the sectionFootball - BBC SPORTS

'My work in Europe is done' - Ronaldo on Saudi move

Cristiano Ronaldo should use his platform to speak about human rights issues in Saudi Arabia, says Amnesty International.

Ronaldo, 37, has signed a lucrative deal reportedly worth more than £177m per year with Saudi club Al Nassr until 2025.

Amnesty say Ronaldo's signing is part of a "wider pattern of sportswashing".

The Portuguese striker called Saudi Arabia an "amazing country" as he was unveiled by Al Nassr on Tuesday.

Saudi Arabia has invested heavily in sporting events, backing the breakaway LIV Golf series, hosting world title boxing fights and a Formula One grand prix, while the country's Public Investment Fund backed a takeover of Premier League club Newcastle United in 2021.

However, Saudi Arabia has also been accused of human rights abuses and women's rights campaigners have been imprisoned, despite some reform under crown prince Mohammed bin Salman, such as an end to the ban on women driving.

Western intelligence agencies believe the crown prince ordered the murder of journalist Jamal Khashoggi in 2018 - which he denies.

"Instead of offering uncritical praise of Saudi Arabia, Ronaldo should use his considerable public platform to draw attention to human rights issues in the country," Dana Ahmed, Amnesty's Middle East researcher, said.

"Saudi Arabia regularly executes people for crimes including murder, rape and drug smuggling. On a single day last year, 81 people were put to death, many of whom were tried in grossly unfair trials.

"The authorities are also continuing their crackdown on freedom of expression and association, with heavy prison sentences handed down to human rights defenders, women's rights activists and other political activists.

"Cristiano Ronaldo should not allow his fame and celebrity status to become a tool of Saudi's sportswashing. He should use his time at Al Nassr to speak out about the myriad of human rights issues in the country."

Former Australia captain Belinda Clark has become the first female cricketer to have a statue cast of her, with a bronze sculpture unveiled at the Sydney Cricket Ground.

Clark retired from the sport in 2005 after winning two World Cups.

During her 14-year career she hit the first double century in a one-day international, smashing 229 not out against Denmark in 1997.

"The sculpture encapsulates being able to have a go," Clark said.

"To be courageous, to take on those challenges and break convention.

"I want people to take away that you can do anything you want if you put your mind to it and you have good people around you, and I think I've been very fortunate to have had great support and have a bit of an imagination to take my game where I wanted to take it, and hopefully the sport is in a better place for it."

Clark played 15 Tests and 118 ODIs for Australia, averaging more than 45 in both formats.

She is Australia's leading Test and ODI run-scorer in women's cricket, with her highest Test score of 136 coming against England in 1998.

She captained Australia in 101 ODIs, finishing with a win rate of 83%, and also holds the joint record for most ODI hundreds in a year with three in 1997.

At the domestic level Clark won seven Women's National Cricket League titles - five with New South Wales and two with Victoria.

The award for the best female Australian cricketer of the year is also named after Clark.

Clark has held roles at Women's Cricket Australia, the Australian Cricket Academy and the International Cricket Council's Women's Committee since retiring from playing.

The statue was unveiled on Thursday, before day two of the third Test between Australia and South Africa, and stands alongside former captains of the men's team Richie Benaud and Steve Waugh.