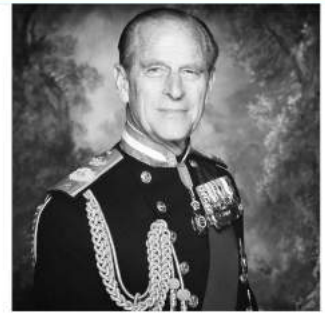




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the
Island Sun



Prince Philip has Died - p.3

No. 3095 ★ 59th Year ★ Tortola ★ British Virgin Islands ★ Saturday ★ 10 April 2021 ★ FIFTY Cents

BUREAUCRACY & HIGHER TAXES & FEES SUFFOCATE THE ECONOMY: OPPOSITION LEADER SAYS...p2 | SEAPORTS OPENING WILL BENEFIT THE ECONOMY...p3

VACCINATION IS THE ONLY WAY OUT, HON. MALONE SAYS

Some persons in the Territory are reluctant to take the COVID 19 vaccine and while Minister for Health and Social Development Hon. Carvin Malone is pleading with people to become vaccinated, he is also stating that this is part of the pandemic is a challenge government has to battle.

After enjoying an extended period of zero COVID 19 cases the situation has changed in the Territory with a reported 18 active positive cases as of 5 April. The increase in cases is being attributed to a funeral held on 27 March at the Sea Cow's Bay Methodist Church. The funeral, which was being referred to by members of the public as a super spreader event was attended by an individual, who health authorities said previously tested positive for the virus.

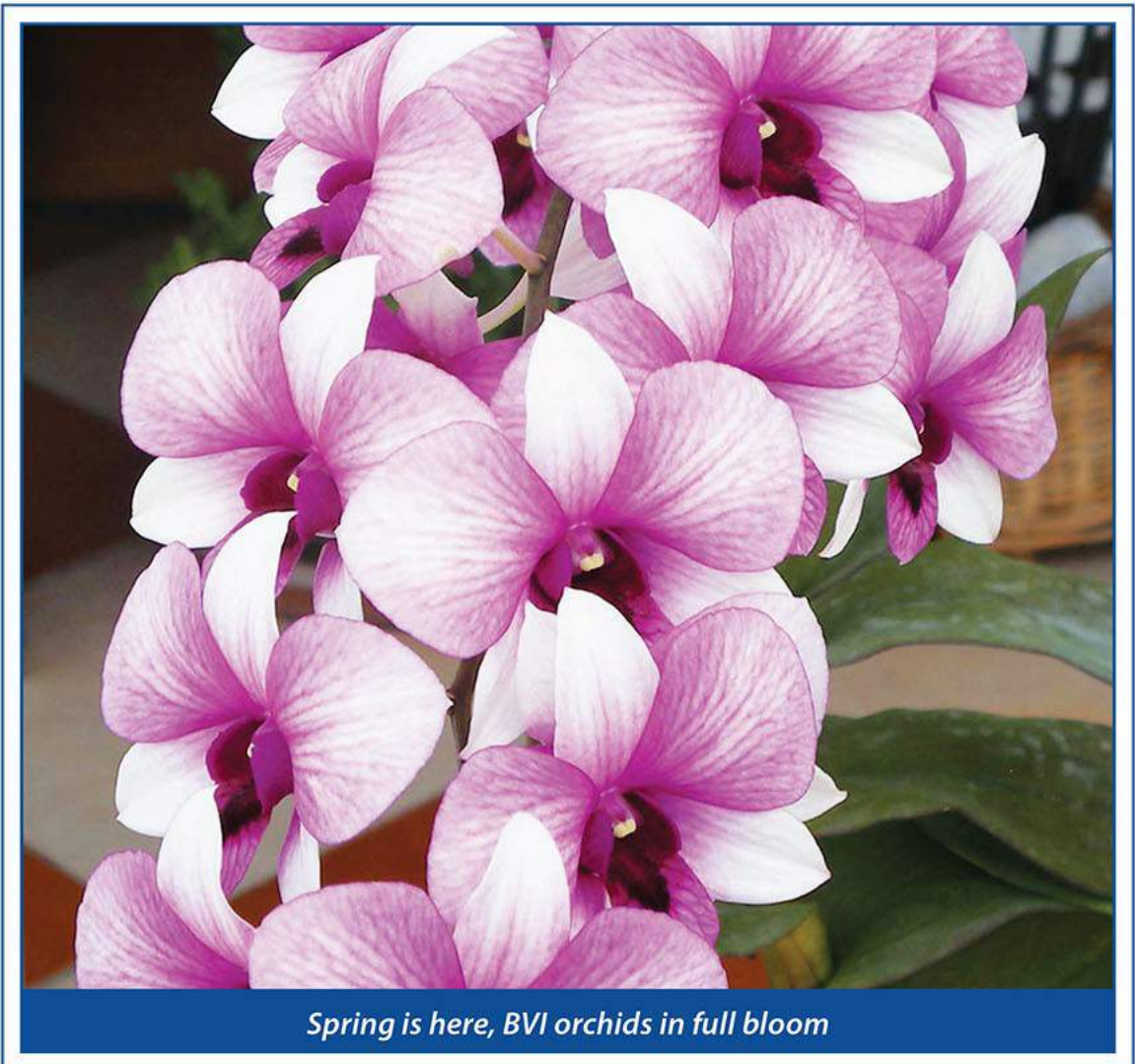
Following concerns over what was then a slowly growing number of cases, the Health Minister announced that the situation was not significant enough for Government to take any drastic actions. However, it was noted

that a series of mass testings were scheduled for the 6th through the 8th of April. This the Minister said would avoid any inadvertent spread of the virus.

In a further update to the Territory on 5 April Hon. Malone announced that Government is viewing the situation as a crossroads of its COVID 19 control efforts. He told the public that the Government has been doing a lot to prevent further COVID 19 deaths but the onus at this time is on the public through vaccination.

In noting that the BVI is now at a pandemic intersection Hon. Malone declared: "We have exhausted huge sums of money to keep us safe and to allow us to have low numbers of positive cases over the last year. We must now decide that we are going to go the extra mile, follow the science, and be vaccinated. This is the only way that the BVI will have a credible chance to restore livelihoods while saving lives. We are almost there!"

Continued on page 2



Spring is here, BVI orchids in full bloom

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EAST END, TORTOLA

Vaccination is the Only...

from Page 1

The Health Minister said that from the moment the virus became a pandemic in March last year the Government has been encountering resistance from the public in its effort to keep the population safe. He said, "The COVID-19 virus was declared a GLOBAL PANDEMIC on 11th March 2020. When this Territory recognized and began to battle this pandemic, we also had to battle the feelings of those who professed that: It was a Bill Gates conspiracy! It was a 5G conspiracy! It was a new world order conspiracy! It was a population control conspiracy!"

Hon. Malone said that the pushback to Government's efforts came from all fronts, including from members of the House of Assembly. "Here

at home, you must recall that there were those who scoffed at this Government's decisions "to lockdowns"; "to curfews"; "to quarantine"; "to PCR test"; "to stimulus packages" and indeed to every measure implemented. I will confess that after a year's experience of fighting this virus, and the negativity of some of our leaders, I now have a deeper appreciation for challenges faced by Noah and Moses," he declared.

The Minister said that everyone can now see that Government's actions so far have paid off and that there has been justification for the steps taken. "You must also remember or be reminded that as Minister for Health I proclaimed from the inception of this pandemic, that if this Territory followed the rec-

ommendations and observed the protocols, and if it resulted in minimum positive cases and minimum deaths then, at the end we will battle the very same persons – the very same skeptics who loudly voiced that none of what this Government did was required," he stated.

While further lamenting on the negativity the Government continues to face Hon. Malone said that some are waiting for an opportunity to say the government failed. "It was also professed that if the Territory did not follow the protocols, did not follow the recommendations and if it resulted in large numbers of positive cases and numerous deaths then, at the end we will battle the very same persons – the very same hindsight experts who will then

shout that this Government is incompetent and lacks leadership qualities because they drop the ball – if you may," he mentioned.

While Hon. Malone noted that each country and each territory must determine their conditions and vulnerabilities, he noted that there are concerning COVID 19 reports coming from countries in the region. The Health Minister further hinted that there are new strains of the virus in the Caribbean. "While the BVI numbers may not necessarily be alarming to some, based on the realities of the region and the world around us, we must continue to remain vigilant and proactive in our approach with this disease. There exists in our region, new and more aggressive strains; new and more deadly strains of the COVID-19 virus."

In consideration of the negativity and the new strains,

the Minister said that the BVI Government is becoming more aggressive in its efforts to prevent COVID 19 deaths. Towards this end, the Minister said that fines for those contravening pandemic protocols are going to be swift. Hon. Malone said that some persons were already fined. "Since the Social Distancing Taskforce has been activated over 150 tickets or fines have been issued. The message to persons caught violating the provisions of the safety protocols is simple and resolute – we will find you and we will fine you!"

"The Government takes these breaches very seriously because it is costly to lockdown! It is costly to businesses. It is costly to lives. All of our hard work and efforts for the last year will not go down the drain," Hon. Malone added.

Bureaucracy & Higher Taxes & Fees Suffocate The Economy: Opposition Leader Says

Leader of the Opposition Hon. Marlon Penn has lent his voice to the complaints about the BVI Ports Authority's decision to hike port fees at this time. In a statement issued on 5 April Hon. Penn referred to the decision as "a travesty".

Hon. Penn noted that his announcement echoed the voices of the other members of the Opposition and said that the new fees were also a travesty to the BVI economy not only the people.

Like many in the community, the Opposition Members criticized the timing of the BVI Port Authority's de-

cision citing: "This is simply not the right time." The Opposition Leader further noted that the raised fees will result in economic issues such as high inflation.

He pointed out that the current cost of doing business in BVI is high; and noted, "This increase will only result in inflation of those costs - the consequence of which will have a detrimental impact on our economy."

FISCAL PRESSURE = RECESSION

While noting that the increased fees will have a domino effect, Hon. Penn

said, "Driving up the cost of goods and services will be reflected especially on construction materials resulting in increased cost of construction. This then will cause persons to halt new construction projects, which will, in turn, reduce economic spending, subsequently bringing about a decline in jobs and economic growth and finally send our economy into a recession."

"For those business owners whose businesses are already on life support this fee increase will only create undue hardships for the already struggling businesses.

Business owners will have no other choice but to pass those very same increased fees onto the consumer, thus negatively impacting our economy," Hon. Penn said.

The complaints and many voices in disagreement are in the ear of Premier and Minister for Finance Hon. Andrew Fahie announced that this week a more friendly approach to the fee increases will be announced.

Hon. Fahie in a Whatsapp blast on 1 April said: "Your Government has and will always be about solutions in

the best interest of the people of the Virgin Islands and it will not change especially dealing with this BVIPA fees issue. Please be advised that plenty of consultation with many stakeholders and the Government are ongoing behind the scenes."

"As a result, a more amicable way forward will be announced next week so stay tuned. I really thank everyone who has and continue to express genuine concerns. Your concerns are our concerns. We are in this together with BVILOVE," Hon. Fahie added.

Prince Philip Dies aged 99

Longest-serving Royal Consort

LONDON -AP - Prince Philip, the husband of Queen Elizabeth II who spent more than seven decades supporting his wife in a role that both defined his life, has died, Buckingham Palace said Friday. He was 99.

He fulfilled more than 20,000 royal engagements to boost British interests at home and abroad. He headed hundreds of charities, founded programs that helped British schoolchildren participate in challenging outdoor adventures, and played a prominent part in raising his four children, including his eldest son, Prince Charles, the heir to the throne.

Philip spent a month in hospital earlier this year before being released on March 16 to return to Windsor Castle.

“It is with deep sorrow that Her Majesty The Queen has announced the death of her beloved husband, His Royal Highness The Prince Philip, Duke of Edinburgh,” the palace said. “His Royal Highness passed away peacefully this morning at Windsor Castle.”

Philip, who was given the title Duke of Edinburgh on his wedding day, saw his sole role as providing support for his wife, who began her reign as Britain retreated from empire and steered the monarchy through decades of declining social deference and U.K. power into a modern world where people demand intimacy from their icons.

In the 1970s, Michael Parker, an old navy friend and former private secretary of the prince, said of him: “He told me the first day he offered me my job, that his job – first, second and last – was never to let her down.”

The Queen, a very private person not given to extravagant displays of affection, once called him “her rock” in public.

In private, Philip called his wife Lilibet; but he referred to her in conversation with others as “The Queen.”

In his later years, his image settled into that of droll and philosophical observer of the times.

Philip’s position was a challenging one – there is no official role for the husband of a sovereign queen – and his life was marked by extraordinary contradictions between his public and private duties. He always walked three paces behind his wife in public, in a show of deference to the monarch, but he was the head of the family in private. Still, his son Charles, as heir to the throne, had a larger income, as well as access to the high-level government papers Philip was not permitted to see.

But having given up a promising naval career to become consort when Elizabeth became Queen at age 25, Philip was not content to stay on the sidelines and enjoy a life of ease and wealth. He promoted British industry and science, espoused environmental preservation long before it became fashionable, and traveled widely and frequently in support of his many charities.

Many Britons appreciated what they saw as his propensity to speak his

mind. Many believe his propensity to speak his mind meant he provided needed, unvarnished advice to the Queen.

“The way that he survived in the British monarchy system was to be his own man, and that was a source of support to the Queen,” said royal

historian Robert Lacey. “All her life she was surrounded by men who said, ‘yes ma’am’ and he was one man who always told her how it really was, or at least how he saw it.”

Lacey said at the time of the royal family’s difficult relations with Princess Diana after her marriage to Charles broke down, Philip spoke for the family with authority, showing that he did not automatically defer to the Queen.

Philip’s relationship with Diana became complicated as her separation from Charles and their eventual divorce played out in a series of public battles that damaged the monarchy’s standing.

After Diana’s death in a car crash in Paris in 1997, Philip had to endure allegations by former Harrods owner Mohamed Al Fayed that he had plotted the princess’s death. Al Fayed’s son, Dodi, also died in the crash.

Born June 10, 1921, on the dining room table at his parents’ home on the Greek island of Corfu, Philip was the

fifth child and only son of Prince Andrew, younger brother of the king of Greece. His grandfather had come from Denmark during the 1860s to be adopted by Greece as the country’s monarch.

Philip’s mother was Princess Alice of Battenberg, a descendent of German princes. Like his future wife, Elizabeth, Philip was also a great-grandchild of Queen Victoria.

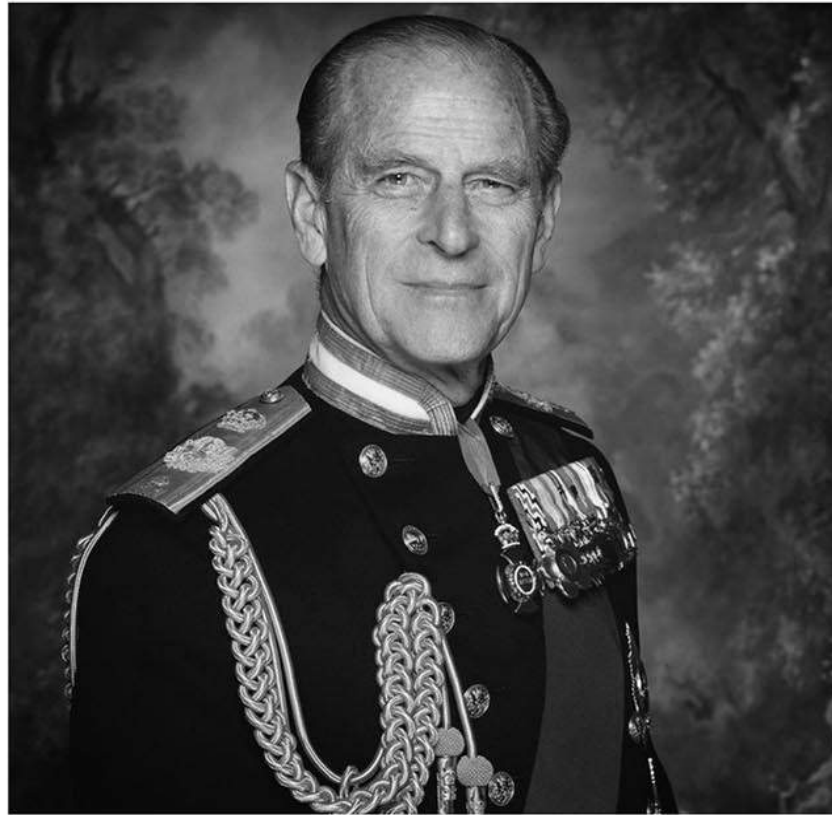
When Philip was 18 months old, his parents fled to France. His father, an army commander, had been tried after a devastating military defeat by the Turks. After British intervention, the Greek junta agreed not to sentence Andrew to death if he left the country.

The family was not exactly poor but, Philip said: “We weren’t well off” – and they got by with help from relatives. He later brought only his navy pay to a marriage with one of the world’s richest women.

Philip’s parents drifted apart when he was a child, and Andrew died in Monte Carlo in 1944. Alice founded a religious order that did not succeed and spent her old age at Buckingham Palace. A reclusive figure, often dressed in a nun’s habit, she was little seen by the British public. She died in 1969 and was posthumously honored by Britain and Israel for sheltering a Jewish family in Nazi-occupied Athens during the war.

Philip went to school in Britain and entered Britannia Royal Naval College Dartmouth as a cadet in 1939. He got his first posting in 1940 but was not allowed near the main war zone because he was a foreign prince of a neutral nation. When the Italian invasion of Greece ended that neutrality, he joined the war, serving on battleships in the Indian Ocean, the Mediterranean and the Pacific.

CONTINUED ON PAGE 34



CIBC FirstCaribbean appoints three to Executive Positions

Bridgetown, Barbados, 31st March 2021. CIBC FirstCaribbean's Chief Executive Officer, Colette Delaney, today announced that the bank's board of Directors has approved the appointment of three senior executives in the bank.

The bank has appointed Mr. Carl Lewis to the position of Chief Financial Officer, to replace Mr. Doug Williamson, who is returning to Canada to take up a key position with the bank's parent, CIBC.

Appointed to replace Mr. Lewis in his former role as Chief Auditor is Mrs. Khadija Bourne, who formerly served as Director, Operational Risk, in the bank's Risk Management function. The final announcement made today was that of Dr. Jacqueline Bend, who will take up the position of Managing Director of the bank's Bahamas Operating Company, and who will be based in Nassau.

Ms. Delaney thanked Mr. Williamson for his four years of service to FirstCaribbean and wished him well in his new post in Toronto.

She expressed delight at the appointment of the three executives. She noted: "Carl, Khadija and Jacqui are among the best the region has to offer in the field of

financial services. We are extremely pleased to have them on FirstCaribbean's executive team and are positive they will continue to contribute to the success of the company and help us chart the course for the next several years".

Mr. Lewis has over 20 years' experience in the finance and banking sectors and is a long-standing member of the CIBC FirstCaribbean team, having joined the bank in 1998. He has held multiple senior roles in Finance, Corporate and Investment Banking and Strategy.

During his career with CIBC FirstCaribbean, he has amassed considerable knowledge of the business. He held a number of senior roles in Finance prior to moving to Corporate Banking in 2006. These roles included Manager - Planning and Analysis; Controller and Head of Planning and Analysis culminating with Head of Strategy, Financial Planning and Analysis in 2005. Mr. Lewis played a key Finance role in the formation of CIBC FirstCaribbean between 2001/2. Prior to joining CIBC FirstCaribbean, Mr. Lewis was with KPMG for several years in the area of audit and assurance.

Mrs. Bourne is a career banker with over 25 years' experience. Since joining CIBC FirstCaribbean in March 2000 as a Customer Service Manager, she held



Carl Lewis



Jacqui Bend



Khadija Bourne

leadership roles in Retail Banking and Operations where she made significant contributions to advancing the Bank's strategic initiatives, revenue growth, development of people and ensuring that the Bank maintained a robust compliance and risk management environment.

Her most recent role was that of Director, Operational Risk, where she led a team responsible for maintaining oversight of the Bank's key operational

risk programmes including Operational Losses, Deficiency Monitoring, Management Key Control Testing, Change Initiative Risk Assessments, Risk Profiles and management of the Bank's Corporate Insurance.

Dr. Jacqueline Bend is a seasoned banking professional with 30 years' experience, of which 20 years were senior leadership roles where she successfully led teams in Change Management, Operations, Reconciliation

& Investigations, Cards Operations, and Retail & Business Banking.

In her role as Director, Retail & Business Banking Channels, Dr. Bend was responsible for branch operations, people development, strategic initiatives and process improvement, risk and compliance, expense management, digital banking, and the Customer Care & Service Centres.

All three appointments take effect from 1st April 2021.

Public Invited to Meetings on Trade Legislation

The public is invited to Public Consultation meetings on the proposed pieces of Trade Legislation: Business Licencing Act, 2020 and the Virgin Islands Investment Act, 2020.

The meetings will be hosted by Junior Minister for Trade and Economic Development, Honourable

Shereen Flax-Charles on the four main islands of the Territory and is scheduled as follows:

Sunday, April 11 at 3:00 p.m. at the Claudia Creque Educational Centre on Anegada

Monday, April 12 at 6:00 p.m. at the Althea Scatliffe Primary School on Tortola

The Tortola meeting will be broadcast live on the Government of the Virgin Islands' Facebook page @BVI Government and CBN FLOW TV Channel 101, or listen via CBN Radio 90.9 FM.

All COVID-19 protocols will be in effect. Wearing of masks is mandatory.



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Major Bay, East End/Long Look, Tortola

RDA Launches Grievance System To Address Residents Complaints

The Recovery and Development Agency (RDA) has launched its Grievance Redress System (GRS) to provide a platform through which residents can formally lodge complaints on the work of the agency, its projects and its team.

Director of Strategy, Mr. Neil Smith said the RDA is committed to

transparency and accountability and a participatory approach to project delivery and that the redress system will ensure that public projects are completed in an efficient and effective manner with community and stakeholder feedback playing a prominent role. This approach he added enables opinions, grievances

and complaints to be raised and addressed throughout the project life cycle.

Mr. Smith said, "The RDA firmly believes this level of engagement with the public is essential and lessons learnt will be incorporated in future projects and thus improve the overall

planning and management of projects."

Mr. Smith said grievances or complaints can be lodged on multiple platforms such as RDA WhatsApp, FaceBook and email, through the grievance form on the RDA website, telephone and in person to ensure that the system is accessible to all.

He said persons are encouraged to use the Grievance Redress Online Form if they are submitting a complaint electronically. The public is asked to provide the following information when lodging a complaint or grievance with the RDA.

Full name of complainant (include the name of group or community if a person is registering the complaint on their behalf);

Address of complainant;

Telephone number (if available) for complainant;

Email address (if available) for complainant;

Describe the nature of the complaint;

Location of the project to which the complaint refers; and

Preferred method of communicating with the RDA (e-mail, telephone, WhatsApp etc.). Mr. Smith further stated that redress system's decisions will be based on possibly rectifying any differences or discrepancies between what happened and what should have happened taking into consideration any cost, quality and time implications for the project and the interests of other important stakeholders.

The director said the RDA has dedicated a timely review and decision-making process and complainants will be provided with a unique complaint number and a decision within 30 days from receipt of the grievance.

Residents will also be educated and informed of the full process through an explanatory video led by the GRS Lead and Community Liaison Officer, Patlian Johnson.

The Grievance Redress System is a requirement under the Recovery and Development Agency Act (No. 1/2018) in the establishment of its good governance principles.



THE AM ADVANTAGE

ZBVI PROGRAM GUIDE

WHEN LAST HAVE YOU LISTENED?

DAY OF THE WEEK	PROGRAM	TIME
TUESDAYS:	SPEAKOUT BVI	8 - 9:30PM
	HONESTLY SPEAKING	5 - 6PM
WEDNESDAYS	LIVINGWELL 24/7	9 - 9:30AM
	HOT SEAT RE-VISITED 1 st & 3 rd Wednesday	8 - 9:30PM
	DYAS VOICE (Sports) 2 nd & 4 th Wednesday	7 - 8PM
THURSDAYS	LIMBIA	8 - 9:30PM
FRIDAYS	BODY & SOUL	7 - 8PM
	THREE D SHOW	8 - 9:30PM
SATURDAYS	CARIBBEAN GOLD feat MDRE TALK, LESS MUSIC	7:45 - 9AM
	KNOWLEDGE IS POWER HOUR	10 - 11AM
	LET'S BE REAL	2 - 3PM
	SPORTS TALK	5 - 6:30PM
SUNDAYS	A LOOK AT THE COMMUNITY	7 - 8PM
	OLDIE GOLDIE SHOW	3 - 7PM
WEEKDAYS	SUCCESS JOURNAL	9:15AM, 11:55AM, 4:35PM

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2021 Public Holidays

Acting in accordance with Section 5 of the Public Holidays Act (Cap 199), as amended, Cabinet has approved the following public holidays for 2021:

Monday, 24th May	Whit Monday
Friday, 11th June	Sovereign's Birthday
Monday, 5th July	Virgin Islands Day
Monday, 2nd August	Emancipation Monday
Tuesday, 3rd August	Emancipation Tuesday
Wednesday, 4th August	Emancipation Wednesday
Monday, 18th October	Heroes' and Forefathers Day
Monday, 8th November	Commemoration of the Great March of 1949 and the Restoration of the Legislative Council (to be determined)
Monday, 27th December (In lieu of Saturday, 25th December)	Christmas Day
Tuesday 28th December (In lieu of Sunday, 26th December)	Boxing Day

Restoration Works Continue At Ralph T. O'Neal Admin Complex

Restorative works continue on the Ralph T. O'Neal Administration Complex as the Government of the Virgin Islands works to maintain its public infrastructure.

Minister for Transportation, Works and Utilities, Honourable Kye Rymer said the Government has developed a comprehensive, four pronged approach to the renovation of the Administration Complex. This, he said, includes the demolition and removal of existing building components which includes the removal of all damaged components such as existing walls and floors; removal of all mold ridden items and mold remediation.

Honourable Rymer said demolition works have been temporarily halted to allow for the relocation of the Treasury and Inland



Revenue departments to their temporary location at Fish Bay. He said work will be done to repair the building's cladding and ensure the building is watertight and resilient against high winds.

"The full installation of the waterproofing membrane to the roof of the building was completed by Professional Roofing Company," Honourable Rymer stated. He added, "In addition, Wallan Glass completed the installation of the skylights and DesignBVI Limited will undertake the replacement of all exterior glass windows and doors."

Restorative work on the building will also see the design and installation of new mechanical, electrical, plumbing and ICT (Information Communication Technology) systems, followed by interior outfitting and configuration.

"My ministry in conjunction with OBM Limited is finalising the designs to repair the exterior building cladding, as a close examination revealed numerous gashes and substantial damage throughout," Honourable Rymer said.

Facilities such as the breezeway, conference rooms and the grounds of the Ralph T. O'Neal Administration Complex were closed on March 30 to all events, to facilitate the ongoing works.

Before you discipline a child

- S** - stop! Calm yourself and your child
- T** - take a few deep breaths
- O** - observe the needs of your child
- P** - proceed in a kind but firm manner



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COVID-19 Situation and Response Update

Statement by Minister for Health and Social Development Honourable Carvin Malone

April 5th 2021



Hon. Carvin Malone

I extend greetings to everyone in the Virgin Islands and to those joining us by radio, TV and other social media platforms.

I also wish to extend my best wishes as we continue in observance of the Easter Season. GOD has been JUST and MERCIFUL to us and we MUST NOT take this for granted.

As Minister for Health and Social Development I, Carvin Malone, remain committed to keeping you, the people of the Virgin Islands, fully informed as I update you on where we are with the COVID-19 situation in the Territory. I also wish to update

you on recent developments which need to be brought to your attention. I would admit that this has been a very difficult speech to pen, for indeed we stand at the cross-roads.

First I must thank God for His mercies and allowing us to be where we are now in the fight against COVID-19. I must also thank our hard-working Public and Environmental Health teams, our Health Services Authority Teams and all units of Government for their continuous efforts in keeping us safe and GIS and all other mediums for keep us informed. Of course, I must thank you the people of the Virgin Islands for your patience, prayers, and, for the most part, adherence to the health protocols. This is why I said that we are at the crossroads. This Government is committed to protecting the rights of everyone to choose for or to choose against.

We have exhausted huge sums of money to keep us safe and to allow us to have low numbers of positive cases over the last year. We must now decide that we are going to go the extra mile, follow the science, and be vaccinated. This is the only way that the BVI will have a credible chance to restore livelihoods, while saving lives. We are almost there!

Allow me to be real for there are numerous issues that must be clarified.

The COVID-19 virus was

declared a GLOBAL PANDEMIC on 11th March 2020. When this Territory recognised and began to battle this pandemic, we also had to **battle the feelings of those who professed that:**

It was a Bill Gates conspiracy!

It was a 5G conspiracy!

It was a new world order conspiracy!

It was a population control conspiracy!

As a Government and as a people during this COVID-19 era we increased our faith and prayers, we followed the science; we followed the advice of our Health Emergency Operations Centre team; our local Public Health Experts; the Caribbean Public Health Authority (CARPHA); Public Health England and we followed the recommendations of the World Health Organization.

Throughout the region and the world, there were those countries and island nations that scoffed at the recommendations and were determined NOT to follow the science. Their successes and failures are well recorded in history and are there for those intent on research and are not mine to expound.

Here at home, you must recall that there were those who scoffed at this Government's

decisions "to LOCKDOWNS"; "to CURFEWS"; "to QUARANTINE"; "to PCR TEST"; "to STIMULUS PACKAGES" and indeed to every measure implemented. I will confess that after a year's experience of fighting this virus, and the negativity of some of our leaders, I now have a deeper appreciation for challenges faced by Noah and Moses!

You must also remember or be reminded that, as Minister for Health I proclaimed from the inception of this pandemic, that; if this Territory followed the recommendations and observed the protocols, and if it resulted in minimum positive cases and minimum deaths then, at the end we will battle the very same persons – the very same skeptics who loudly voiced that NONE of what this Government did was required.

It was also professed that if the Territory DID NOT follow the protocols, DID NOT follow the recommendations and if it resulted in large numbers of positive cases and numerous deaths then, at the end we will battle the very same persons – the very same hindsight experts who will THEN SHOUT that this Government is incompetent and lacks leadership qualities because they drop the ball – if you may.

It was admitted back then that – this Government would rather the minimum positives and minimum deaths! And here we are, more than one year later!

As the world continues to grapple with the realities of COVID-19, we too as a jurisdiction and destination have been experiencing our own set of challenges in this New Regular as we live and work with the realities of COVID-19.

As we continue to navigate the challenges, I call on all of us to remain VIGILANT and RESILIENT as we learn and build from our experiences.

Our early assertion that as a Territory, we will only have all the facilities, equipment and supplies that we need if we need NONE of the very same facilities, equipment and supplies that we have. Our quest can only be to keep our cases at a minimum - for cases will emerge. There MUST be a balance of LIVES

& LIVELIHOODS. We are almost there!

VIGILANCE cannot be just a buzz word. WE FOLLOWED the Science and WE OBSERVED the protocols. We are almost there!

I will now proceed to give an update on:

COVID-19 test results, The receipt and rollout of the AstraZeneca vaccines, The recent Decisions of Cabinet.

In reports from the Dr. D. Orlando Smith Hospital's certified laboratory, as of today April 5th, of the 178 positive cases diagnosed there was 1 untimely death, 159 cases have recovered and the number of active positive cases in the Territory now stands at 18. This accounts for 14 persons on Tortola, 1 on Anegada, and 3 on marine vessels. Based on the epidemiological summary provided by the Public Health Unit team, 4 of these cases were captured in the arrival Day 0 screening, 7 on their Day 4 screening, and 3 through Travel screening. A concerning reality is that we now have 4 local cases, one of whom is hospitalised, though, for other non-COVID medical conditions.

Though not popular we must take note of the challenges being experienced in each of our regional territories and of countries worldwide as our fate is intrinsically tied to each other.

Do NOT allow the words of the doubters to confuse you! What attains in Canada, America, United Kingdom, Italy, South Africa, Brazil, Germany, Jamaica, Dominican Republic, Antigua, Barbados, Puerto Rico, United States Virgin Islands and each originating port to the Territory of the British Virgin Islands must be of interest to each of us.

Each country and each territory MUST determine their own conditions and vulnerabilities. Review for yourselves the rates of positive cases per 100,000 per capita, the death tolls and the measures now being taken in any of the jurisdictions cited or the jurisdiction of your choice. We wish those countries mentioned well but the fact is, every life and every business matters!

While the BVI numbers may not necessarily be alarming to some, based on the realities of the region and the world around us, we must continue to remain vigilant and

Continue on Page 9



Vacancy Notice

The Financial Services Institute (FSI) at H. Lavity Stoutt Community College is now accepting applications for the position of **Accounting and Administrative Officer**. This role involves the performance of diverse accounting and administrative duties for the FSI. The ideal candidate will have:

- appropriate understanding of accounting and financial reporting practices and procedures, and proficiency in QuickBooks;
- ability to execute diverse, mid-level administrative office functions, and strong computer literacy

Two years experience in an accountancy role, and a relevant professional or academic qualification is preferred. A detailed job description is available and interested persons should contact and submit CV/Resume to derhodge@hlscc.edu.vg, or call 340-6310. BVI Islanders and Belongers preferred. Closing date: May 7, 2021.

COVID-19... from page 8

proactive in our approach with this disease. There exists in our region, new and more aggressive strains; new and more deadly strains of the COVID-19 virus.

Seven (7) of the 18 active cases in the Territory were either returning tourists or cases within our population. Persons occupying common spaces with positive cases were asked to self-isolate for a period of 10 days. Persons in direct contact with positive cases were asked to quarantine to avoid the risk of spreading the virus to unknown and unassuming persons within the Territory. As a result of these facts, active and aggressive contact tracing exercises and COVID-19 testing have commenced on Tortola and Anegada. I am pleased to report that the Public Health Unit and the Community Health Unit of the Hospital Services Authority have been actively engaged in the contact tracing activities. Persons on Tortola with possible exposure are being notified and are expected to be tested on Tuesday, April 6th and Wednesday, April 7th at the Ebenezer Thomas Primary School in Sea Cow's Bay between the hours of 9:00 a.m. to 12:00 noon. Additional announcements will be made as the contact tracing activities broadens. The numbers to call will be posted. If you were at any of the activities of which are now well known, we ask you to call. We will give you the numbers tomorrow and we will come down to Ebenezer Thomas Primary School.

To assist the contact tracing teams and to lessen the potential risks of community spread, Cabinet at its Wednesday, 28th March meeting resolved that:

Crowd sizes for indoor and outdoor establishments be reduced from 200 to 75 persons;

Crowd sizes for faith-based services; graduations; weddings and funerals be reduced from 200 to 100;

Written application for crowd sizes for outdoor events of more than 75 persons shall be made to the Minister for approval and;

Recommended to the National Security Council that the Curfew Order remains in-force from 2:00 a.m. to 5:00 a.m. This order will expire on the 15th of April.

These measures we approved to allow for the contact tracing to be more effective during the period in question and will be reassessed from time to time.

I wish to remind persons that

Government instituted a number of fines and penalties and expanded the categories of officers designated to administer tickets. The following fines remain in effect in the Territory as a deterrent to persons intent on violating health protocols:

A person who tampers with or damages a geo-fencing device (which we call the bracelet) will pay \$2,000.

A person who visits a quarantined person will pay \$5,000.

A person who contravenes the protocols or guidelines under these regulations will pay \$10,000.

A person who refuses to return a geo-fencing device or approved monitoring device will pay \$500.

A person who provides false information when submitting an application for entry to a designated Public Health Officer enforcing a quarantine order will pay \$5,000.

Let me repeat, these fines have been put in place as a deterrent and will be used to ensure compliance. We must each do our part to ensure, not only that we remain law abiding citizens but primarily to keep this Territory as safe as possible.

Since the Social Distancing Taskforce has been activated over 150 tickets or fines have been issued. The message to persons caught violating the provisions of the safety protocols, is simple and resolute – **“WE WILL FIND YOU AND WE WILL FINE YOU!”**

The Government takes these breaches very seriously because it is costly to lock down! It is costly to businesses. It is costly to lives. All of our hard work and efforts for the last year will not go down the drain.

VACCINE PROGRAMME

Let us be clear! It is more than a year since this GLOBAL PANDEMIC has devastated the lives and the livelihoods of individuals, families, businesses and communities locally and worldwide. NONE has been spared – airlines - ferry operators – hotels – worship centres, entertainment centres, promoters, car rentals – schools – day cares – medical facilities – senior citizen programmes – **EVERYONE has been affected by this global pandemic!**

It is time that we now open up! It is time for us to further allow our approved protocols to take effect. It is time that our lives and our economy be returned to the pre-COVID-19 era; the pre-Irma-and-Maria era. An era we now refer to as the “NEW REGULAR.”

The Government has reallocated millions of dollars to build the infrastructure and increase the human resource capacity required to get everyone to this pivotal moment. We have followed the science to get us here! We must now follow the science to reopen our borders; reopen our schools; return to quarantine-free travel, fill our hotel rooms, sail our yachts, and end all curfews.

We are almost there!

Seventy percent (70%) to eighty percent (80%) of us being vaccinated and attaining herd immunity will make the difference; the Territory will reach our ultimate goals at a quicker pace. Our economy can reopen at a quicker and safer pace. Our schools can reopen at a quicker and safer pace. Our livelihoods can be restored at a quicker and safer pace. We must do this together!

The BVI has been fortunate to receive 32,000 doses of the AstraZeneca Vaccine from the United Kingdom and 2,000 doses from the Government of Dominica. The first shipment of the vaccine has a shelf life of early May; the second shipment's shelf life is early June and the third early July. As at Monday, 5th April, 8,246 first doses have been administered: 6,971 on Tortola; 1,118 on Virgin Gorda; 68 on Jost Van Dyke and 89 on Anegada. The monthly statistics reveal that 4,068 units were administered during the month of February; 3,790 during March and so far in April 388 units.

We MUST-NOT let this time pass!

While the second doses for all persons shall be reserved, it is our intention to seek to administer the entire 17,730 doses to all qualified persons. The subcommittee formed to work with the community rollout programme has initiated their work and will be seen throughout the community. Memorandum of Understanding with the local medical providers is ready for signature. So those persons who are intent on making sure that they visit their private practitioners; all four of the businesses that have applied would be given the opportunity to sign this Memorandum of Understanding, and we can begin having the extra assistance necessary to get the 17,000 plus persons vaccinated.

Given the global position of availability of vaccines, it is critical to use what we have and not allow for any spoilage as at some point there will be a shortage of vaccines which will impact our efforts, our safety, our economy, our schools,

and our livelihood.

In the future, vaccination will allow for changes in the current entry and travel protocols and requirements in the BVI. This is sooner rather than later; it is in your arms. Just yesterday, the CDC announced that fully vaccinated persons can travel in the US without test or quarantine, so long as they remain masked. While we may not be there as yet, as the world turns we must be willing to make the adjustments as long as they are in the best interest of this Territory that we all love.

I must re-emphasise that we are almost there!

The most common or important question for those with concerns about the vaccine is: What benefits will result from taking the COVID-19 Vaccine as far as risk prevention? World experts have determined that:

It allows for persons to increase social engagement;

It limits symptoms and reduce risk to others;

It allows for less scrutiny for public health protocols like other international countries like Gibraltar who have vaccinated a substantial portion, almost 90% of their population and have now done away with even as less as mask-wearing; It reduces the impact of the different variants as persons who have been vaccinated already, will stand a better chance at responding to a booster if need be to address the variants.

Herd immunity, as mentioned before, is when a large part of the population is immune to a specific disease. We have seen it with meningitis and even polio, where if enough people are resistant to the cause of a disease, it has nowhere else to go.

Adults make up 80 percent of our population and if possible, we need the entire 80 percent to get vaccinated so that we

can begin to normalise our everyday activities and begin the process of revitalising our economy.

Vaccinations for persons under 18 (that is) children, will not be available until the fall; so it is really up to the adult population to do their part and get vaccinated now.

The Ministry of Health and Social Development is committed to keeping everyone informed and will bring you regular updates. You can also access information on the Territory's COVID-19 response on Government's website, that is www.bvi.gov.vg

Everyone should also beware of misinformation on the Coronavirus disease circulating on social media platforms. Always double check the facts before sharing by visiting official websites. www.bvi.gov.vg/novel-coronavirus-info/

Ladies and gentlemen, We are not out of the woods!

Observe all safety protocols – sanitise all surfaces – wash your hands – wear your masks – observe the six feet distance – and get vaccinated by logging on to www.ministryofhealth.gov.vg/vaccines or you can attend any of our nine clinics. We have set up facilities at the Catholic Community Centre, R&R Malone Complex; we have centres at the East End Seventh-Day Adventist Church, Nurse Iris O'Neal Medical Centre in Virgin Gorda, at North Sound with times to be published. At Anegada, at Jost Van Dyke; we also have centres in Carrot Bay Seventh-Day Adventist, at the Cane Garden Bay Baptist Church, and at Jost Van Dyke Clinic. Visit any of these sites. We must get this done as soon as possible.

Thank you for your attention. May GOD continue to bless and protect, we the people of these Virgin Islands! Please remember DON'T PROCRASTINATE --- VACCINATE! Do it for all of us. Thank you.

**MORE
READERS :
THE ISLAND SUN**

CIBC FIRSTCARIBBEAN NAMED BANK OF THE YEAR AT BVI FINANCE 2020 FINANCIAL SERVICES AWARDS

Road Town, Tortola, British Virgin Islands, March 31, 2021 - CIBC FirstCaribbean was named Bank of the Year at the BVI Finance 2020 Financial Services Awards (FSA) event which took place on Saturday, March 27, 2021 at the H.

from day to day," Mr. Jervis said as he accepted the award. He thanked the industry and community for the nomination and votes and acknowledged all the nominees in the category.

"Our bank through moratoria on loans and

merger with CIBC in 2002 FirstCaribbean was created and later re-branded as CIBC FirstCaribbean.

"We are very much a part of the history, the fabric and social and economic development of the BVI and we will continue to



Lavity Stoutt Community College, Tortola.

The FSA statue was presented by Mr. Simon Gray, Business Development Marketing Manager, BVI Finance to Mr. Amory Jervis, the new BVI Country Manager for CIBC FirstCaribbean.

"This award is testament to the hard work done by our entire team. Covid-19 challenged us to find new and creative ways of doing business and meeting the needs of our clients in an environment that was literally changing

other payments has sought to cushion the impact of the pandemic on many of our clients who have reached out to us. We will continue to work with them to tailor solutions to see them safely through this season of testing," he said.

The bank, which is celebrating 100 years in the Caribbean, has been in service to the BVI community since 1965 when it first opened its doors as Barclays Bank. Following a

serve our clients and the community with pride," Mr. Jervis said.

The Financial Services awards were presented to successful nominees in 12 other categories of the industry's "Best Of 2020" including Corporate Social Responsibility, Regulator, Tech Savvy Firm, Insurance Agency, Auditor, Accounting Firm, Insolvency Practice, Litigation Practice, Compliance Officer, Lawyer, Corporate Services Provider, and Future Leader.

Improvement Works Begin On Drains At Brewer's Bay

Drainage improvement works are underway at Brewer's Bay as the Government of the Virgin Islands continues to improve the Territory's road infrastructure.

The scope of work includes saw cutting of existing road surface, excavation of road to prepare for drains and installation of vapour barriers and reinforcements including starter bars for drain slabs.

The project also include installation of reinforcements for drain walls, concrete application to walls, backfilling to drain walls, road reinstatement, installation of grills and clean-up of site.

Works commenced on April 6 and is estimated to last approximately six weeks. The road will be closed to the public to ensure that there are minimal interruptions to the project. Residents and other persons traversing into Brewer's Bay are asked to use the alternate roads at Great Mountain and Joe's Hill Road leading into the Round Hill area. The public is also advised to take extreme caution and pay attention to road signs for their safety.

The Ministry of Transportation, Works and Utilities continues its mandate to bring relief to the people of the Virgin Islands in this ongoing third phase of the economic response to the COVID-19 pandemic.

Conclusion of Royal Caribbean Group's Warm Lay-up

The British Virgin Islands Ports Authority (BVIPA) would like to inform the public that Royal Caribbean International's Grandeur of the Seas will be departing the British Virgin Islands on 10 April 2021 and Vision of the Seas on 11 April 2021. The cruise ships will not be returning to the British Virgin Islands, thus concluding their warm lay-up in the British Virgin Islands.

The cruise ships will be leaving to prepare for their 2021 sailing itineraries.

For more information, please contact our Ag. Managing Director on 547-2427.

School Closed For The Easter Break

Students, teachers, parents and guardians are notified that public schools will be closed from Thursday, April 1 to **Friday, April 16 for the Easter break.**

Public schools will reopen for the Trinity Term **on Monday, April 19.**



Forecasters Anticipate Above Average Hurricane Season

The Colorado State University Tropical Meteorology Project April forecast for the 2021 Atlantic Hurricane Season warns residents throughout the region that this year will bring above average storm activity.

This early forecast released April 8, anticipates 17 named storms, compared to the average 12. The forecast further calls for eight hurricanes, including four major hurricanes, compared to the average six hurricanes and two major hurricanes. Forecasters cited several factors as contributors to elevated storm activity, including above-average seas surface temperatures in the subtropical Atlantic paired with near-average temperatures in the tropical Atlantic. There also appears to be little to no storm-

inhibiting El Nino this year.

Acting Director at the Department of Disaster Management (DDM) Mr. Jasen Penn said that the forecast should serve as a reminder to residents in the Territory to review emergency plans and begin to make preparations early for the season.

“While the Atlantic Hurricane Season does not officially begin until June 1, it is important for families and businesses to have basic preparations in place all year long as storms can occur before the season begins,” he said adding that since 2016, there has been at least one named storm before the season began, and in 2020 two named storms developed during

May.

Mr. Penn went on to encourage some specific preparedness measures such as downloading the DDM app to receive weather and emergency alerts, identifying a safe space to shelter in place, and ensuring that the family has a well-stocked emergency supply kit, including items like face masks and sanitiser to help protect against COVID-19.

“We live in a region that is prone to a variety of different types of hazards, so we cannot afford to take these basic preparedness activities for granted,” Mr. Penn said.

Persons are encouraged to visit www.bviddm.com for resources like emergency plan templates, emergency kit checklists, the latest emergency shelter list, and information about tropical storms and other hazards.

ATLANTIC SEASONAL HURRICANE ACTIVITY

Forecast for 2021 Hurricane Activity

Forecast Parameters	CSU Forecast for 2021	Average for 1981-2010
Named Storms	17	12.1
Named Storm Days	80	59.4
Hurricanes	8	6.4
Hurricane Days	35	24.2
Major Hurricanes	4	2.7
Major Hurricane Days	9	6.2
Accumulated Cyclone Energy+	150	106

+A measure of a named storm's potential for wind and storm surge destruction defined as the sum of the square of a named storm's maximum wind speed (in 10^4 knots^2) for each 6-hour period of its existence.

BVI Residents To Schedule 2nd Covid-19 Vaccine Dose After April 22

Residents who received their first dose of the AstraZeneca vaccine should prepare to schedule the second dose after April 22.

This date is in line with the newly advised 10 to 12 week timeline for the administration of the second dose.

Persons who show up prior to the April 22 date without their vaccination cards to prove they received their first dose and to verify the date, will be offered assistance.

Residents who received their vaccinations are also encouraged to secure their cards at all times and when getting their vaccines to provide additional proof of identification such as a passport, driver's license or a NHI Card.

Employment Ad

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- Circuit breaker corrective maintenance.
- Good knowledge of heating and air conditioning systems.
- Good knowledge of various test equipment.

Requirements

- Proven experience in residential and commercial electrical systems
- Demonstrable ability to use electrical and hand tools
- Thorough knowledge of safety procedures and guidelines
- Excellent critical thinking and problem-solving ability
- Excellent physical condition and flexibility to work

Please email CVs to electricavenuebvi@gmail.com.
BVI Islanders/Belongers preferred.

[s96]





GLOBAL NEWS BRIEF

STORIES SELECTED BY GIORGIO MIGLIAVACCA

LONDON - COVID passports allowing Brits to return to normal life may not be ready until the autumn, reports claim.

Boris Johnson revealed more details earlier this week on the Covid certificates which will allow people to go on holiday and return to sports matches and theatres. But senior government sources have warned the new scheme – which will most likely work over a mobile app – could take “months not weeks” to develop. [The Sun]

CANADA - A gay Palestinian migrant who sought asylum in Canada to escape hate crimes in the United States says he now faces certain death in his home country of Jordan because the Canadian government was set to deport him Monday.

Samer says his family members have promised to kill him if he returns because of his sexuality. His brother and father have told him, verbally and in letters, they would kill him by throwing him off a building or burning him alive. [Montreal Gazette]

SANTO DOMINGO - The director of the National Police, Major General Edward Sanchez Gonzalez, expressed his solidarity with the relatives of the married couple that died in a confusing clash with the Police in Villa Altigracia on Tuesday, 30 March 2021 in the evening.

The Major General said that immediately after learning the

incident, he ordered the Office of Internal Affairs and the Inspector General's Office to investigate and shed the truth of what happened.

As reported, 33-year old Elisa Muñoz and her husband, 37-year old Joel Díaz were returning home from an evangelical activity in the community of Los Ganchos de Pino Herrado in Villa Altigracia. The couple had married two months ago. They were traveling in a white Kia K5.

“Our institution deeply regrets the incident and expresses its solidarity with the family and with the evangelical community...” the Major General said. [DR1]

ST. VINCENT - Director of the National Emergency Management Organisation (NEMO), Michelle Forbes is again urging St Vincent residents to prepare for the possibility of an explosive eruption of La Soufriere. The volcano has been erupting effusively since December and returned to its “normal” dome-building activity last Friday, after three days of elevated seismic activity.

Forbes said on VC3's Round Table Talk on Wednesday that the cessation of the elevated seismic activity is no reason to become complacent. “...We cannot sit and think it is all over because we know we are in it for the long haul,” she said. [Caribbean National Weekly]

CUBA - Cuba reported on Friday 1,077 new COVID-19 infections, the

highest number in a day, bringing the total to 77,353 cases, along with another four deaths for a total of 429, the Ministry of Public Health said.

Director of hygiene and epidemiology Francisco Duran at the ministry pointed out that most of these infections corresponded to community transmission at 1,067, “with very high figures in all areas of the country.”

Havana continues to be the epicenter of the pandemic on the island, reporting 516 cases in the same period, with an incidence rate of 324.9 per 100,000 inhabitants.

Authorities are maintaining restrictive health measures in the capital that include limiting overnight mobility, as well as severe fines for those who do not wear masks or wear them incorrectly.

Since January, the Caribbean island has been facing a new wave of COVID-19 infections, which has forced the re-application of measures such as the suspension of the school year and the closure of public places throughout the country. [Xinhua]

PHILIPSBURG - The Minister of Public Health, Social Development and Labor (VSA), Richard Panneflek hereby informs the public that effective Monday, April 5, travel restrictions from the ABC islands to St Maarten will go into effect.

Considering the regional epidemiology and consequent likelihood of imported cases from highly concentrated pools of the UK variant (B.1.1.7), together with the absence of systematic nationwide genetic surveillance on Sint Maarten, CPS recommends temporary border

closures to Aruba, Bonaire, and Curacao, effective immediately. CPS would review the situation on each island on a 2-weekly basis.

Returning residents from Bonaire, Curacao, and Aruba will be required to hold a negative 72-hour PCR test. It is advised that these residents be retested 48 hours after the arrival.

Aruba, Bonaire, and Curacao (ABC) are experiencing high COVID-19 transmission. These three islands have strong travel connections with Sint Maarten. While anyone traveling from these islands to Sint Maarten now requires a negative 72hr PCR, CPS remains concerned that the magnitude and exponential growth of cases in these locations result in a higher probability source for imported cases into St Maarten. [SMN News]

ROME - Cruise ships have been stopped from landing in the centre of Venice for good thanks to a decree the government has approved, Culture Minister Dario Franceschini said Thursday. The decree approved on Wednesday says a plan for the berth of the cruise ships outside the Venice lagoon must be drawn up and implemented. In the meantime, big ships will keep docking at the city's industrial port, which has been the landing site for them since last December.

There have long been calls for cruise ships to be banned from Venice because of their impact on the city's delicate historic buildings and on the lagoon's unique ecosystem. The drive to ban them intensified after a cruise ship crashed into a quay in June 2019. [ANSA]

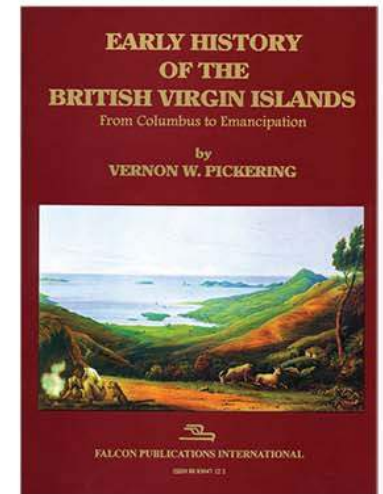
MOSCOW - Russia recorded almost 30,000 excess deaths during February, the country's statistics agency announced Friday — a figure which takes Russia's total excess fatality count since the start of the coronavirus pandemic above 422,000.

Excess deaths are calculated by comparing fatalities during the pandemic with mortality rates in the same months of previous years. It is seen by demographers as the most reliable indicator of the human toll of the coronavirus.

At more than 422,000 between the start of the pandemic and the end of February — the latest such data is available — Russia has recorded one of the highest excess death tolls in the world, including after adjusting for population size. [Moscow Times]

PARIS - Last week France took aim at the failure of some EU countries to rapidly ratify an emergency programme for the bloc's coronavirus-hit economies, singling out Germany.

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The EU's €750-billion virus recovery fund, agreed last summer, requires ratification from all 27 EU states before it can be accessed, but only 16 have so far ratified the plan. Last week, Germany's Constitutional Court halted ratification in a surprise move, after five individuals filed a challenge that resulted in a temporary injunction.

The plaintiffs argued that the EU should not be pooling debt but that it is up to each country to underwrite its own borrowing to pay for the stimulus.

“I promised the French people that the European money would arrive at the start of the summer, at the start of July. I would like to be able to keep that promise and I would like Europe to understand that we shouldn't have to wait before being able to spend that money,” French Finance Minister Bruno Le Maire told the CNews TV channel.

He said there were “states like Germany who are imposing additional delays”, referring to the decision of the Constitutional Court. [TheLocal.fr]

1 OH HOLY NIGHT (Cantique de Noel) 4'29"
Adolphe C. Adams - 1847 - No copyright

2 THE LITTLE DRUMMER BOY 2'49"
Katherine Davis, Henry Onorati, Harry Simeone
Emi Mills Music, Warner Bros Publications USA

3 HAVE YOURSELF A MERRY LITTLE CHRISTMAS 3'25"
Hugh Martin, Ralph Blane - Emi Feist

4 DO YOU HEAR WHAT I HEAR 3'31"
Noel Regney, Gloria Shayne - Regent Music, Emi

5 SILENT NIGHT 3'32"
Xaver Gruber - 1818 - Mohr

6 BLUE CHRISTMAS 3'14"
Billy Hayes, Jay Johnson - Polygram International

7 IT CAME UPON THE MIDNIGHT CLEAR 3'25"
Edmund H. Sears, Richard S. Willis - No copyright

8 CANTIQUE DE NOËL 4'29"
Placide Cappeau, Adolphe C. Adams
1847 - No copyright

9 ASTRO DEL CIEL (Silent Night) 3'32"
Xaver Gruber - 1818 - Mohr

10 SILVER BELLS 2'50"
Jay Livingston, Ray Evans - Paramount Music USA

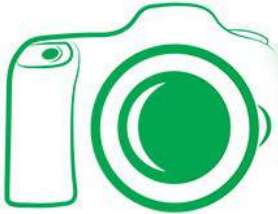
11 OH SANTA NOTTE (Cantique de Noel) 4'29"
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THE 2021 Poetry Competition

Was A Success

Secretary General for the BVI National Commission for UNESCO, Dr. Allison Flax-Archer has said that the just concluded Poetry Week was a success.

Dr. Flax-Archer said that the week was filled with activities ranging from school visits to the annual poetry competition which concluded with a poetry reading.

“World Poetry Day is held annually on March 21 but we have always extended the celebration beyond the day to stress the importance of poetry and poets,” the Secretary General said, adding, “Poetry is a beautiful way to express ones feelings in the artist’s unique rhythm and style. Poetry like any other art is one of the pillars of humanity.”

Poets across the Territory observed the week by participating in poetry reading events at schools including, First Impressions, Pelican Gate, St. George’s Primary, Cedar International, Alexandrina Maduro Primary and Enid Scatliffe Pre-Primary.

Winners of the Poetry Competition were announced on Wednesday, March 24 at the Poetry Reading event where local poets including Minister for Education, Culture, Youth Affairs, Fisheries and Agriculture, Dr. the Honourable Natalio D. Wheatley shared their own pieces.



Continued on Page 18




Ladyburd Talks

Dear Readers: Here are some tips to give us some energy throughout the day, that may help us to feel less draggy.

Waking Up: Instead of: Sleeping in..Try: Getting up at the same each day.

This enables your circadian rhythms, which are governed by your body's "master clock" in the hypothalamus gland, to stay in synch with the 24-hour day. In the absence of light, your body's sleep-wake cycle wants to delay by an average of 12 minutes every day and work on a 24.2-hour rhythm. (Scientists don't understand why but think it may relate to the sun's seasonal shifts.) "That means your body wants to keep pushing your bedtime to later," says Mariana Figueiro, PhD, program director of Rensselaer Polytechnic Institute's Lighting Research Center. "But if you let that happen and still have to get up at the same time every day, you're going to be tired."

To keep your circadian rhythms in time with the 24-hour day (when they get out of whack, you feel like you're jet-lagged), aim for 30 minutes of light first thing, even on a Saturday when you've decided to sleep in. An easy way to get it is to go for a half-hour stroll outdoors or have your breakfast by a sunny window. If your schedule requires you to rise when it's dark outside, crank up the lights indoors—every little bit may help. 

{Source: Prevention.com article by: Daryn Eller}



Ladyburd's Mail Box

delseitaliburd@msn.com

Dear Ladyburd: It's a pleasure to read your letters and reply each week. However, I did not see the need to write. I decided to write to you now, to get your opinion on something. It's about my dad. I have a five year feud with him and I really believe it is time to end it. Your suggestion would be helpful. **Ready To Forgive:**

Ladyburd: Dear: Ready-To-Forgive: Thanks for your sentiments, and I am happy to know you are ready to forgive your dad, for whatever the reason is or was, why you have not seen eye to eye in five years, that is a long time to be upset with someone, especially someone so close to you. The first thing you need to do is to forgive yourself for your part in the feud and then forgive him. I know it is not easy, especially when someone hurt you, but bear in mind that when you forgive someone; you are not doing them a favor you are doing yourself a favor, because you will have peace of mind and be better for it. So you might want to give him a call set up a time to meet and let your dad know that you want to put the feud behind you and start all over again to build this relationship. (Repeat)



Light Bulb Moments

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."
— Harriet Ann Jacobs

"Spring is the time of plans and projects."
— Leo Tolstoy, Anna Karenina

"The first blooms of spring always make my heart sing."
— S. Brown

Source: Read more at <https://www.brainyquote.com/authors/harriet-ann-jacobs-quotes>

Poetry Corner

Hello Spring!!

The cold winter has passed and now comes Spring.

The newly hatched baby birds will cause the mother birds to sing.

The warm sun comes out, little cherry blossoms are in bloom.

Beautiful roses will open up and smell of sweet perfume.

The winds soft breeze passes through the tall trees.

There will be plenty of work for the busy honey bees.

From flower to flower, they fly & buzz all day.

Spring is that magical time during March, April and May.

© Sal

Tickle My Funny Bones

By Delseita



Do you know who I am?

A flight attendant was transferring flights of a queue of people whose plane had been cancelled. Suddenly a man pushed to the front of the line and angrily said **"I need to be on the next flight and it has to be 1st class"** I'm sorry sir, but you will have to wait until I deal with these people" she replied **"Do you know who I am?"** He snapped back. The flight attendant calmly picked up her microphone and said clearly, so that the whole terminal could hear, **"there is a man here at desk 14 who doesn't know who he is. Is there anyone who would be able to help him?"**

No One Believe Seniors

An elderly couple was celebrating their 60th wedding anniversary, The couple had married as childhood sweethearts and had moved back to their old neighborhood after they retired. Holding hands, they walked back to their old school, It was not locked so they entered. They found the old desk they shared, where John had carved **"I love you Jane"**

On their way back home, a bag of money fell out of a armored car, practically landing at their feet, Jane quickly picked it up and not sure what to do with it, they took it home, they counted the money it was Fifty Thousand Dollars.

John says **"We have to give it back"**

Jane says **"Finders keepers,"**

She put the money back in the bag and hid it in the attic. The next day, two police officers who were canvassing the neighborhood looking for the money, knocked on their door.

"Pardon me, did either of you find a bag that fell out of an armored car yesterday?"

Jane said **"No"**

John said **"She is lying. She hid it up in the attic."**

Jane said **"don't believe him he is getting Senile".**

The police turned to John and began to question him, he said tell us the story from the beginning.

John said: Well, when Jane and I were walking home from school yesterday...

One of the Officer turned to his partner and said **"Let's get out of here."**

PUN INTENDED

"The little old woman who lived in a shoe wasn't the sole owner - there were strings attached..."

Contract Signed For Solar Panels At Jost Van Dyke Clinic

The Recovery and Development Agency (RDA) has awarded a contract to Amandla Engineering to supply and install a Solar Facility at the Jost Van Dyke Clinic as it marches towards a Green Recovery.

Acting RDA Chief Executive Officer, Mr. Anthony McMaster signed the contract with Sean Hartley of Amandla Engineering valued at \$65,500.00 on March 26.

Nations' Climate Change Conference, COP26, later this year, we will actively look to identify more green projects to support."

Premier and Minister of Finance Honourable Andrew A. Fahie thanked the Foreign, Commonwealth and Development Office for its sponsorship and for joining the Government of the Virgin Islands' vision for going green.

Premier Fahie acknowledged

He said there is no better time than now to move forward with the project.

"Whether it is after a storm, or during or after a pandemic the clinic must function, so this is a fitting project for a fitting discipline," the Health Minister stated.

Meanwhile, Second District Representative Honourable Melvin 'Mitch' Turnbull thanked the RDA, and Premier Fahie as the minister with responsibility for recovery, for his commitment to ensuring the clinic in Jost Van Dyke is receiving the necessary attention and will be going Green.

Honourable Turnbull said, "I am grateful for what is going to be done. It is absolutely important to where we are in the Territory and will be a tremendous effort for all that we want to do in the future. As much as we can, we should use solar power and the energy around us to take us off the grid system."

The Second District Representative added that he was grateful on behalf of the people of the Second District, specifically the Jost Van Dyke community, for the project to be taken on and signed.

Contractor, Sean Hartley also expressed gratitude for the opportunity and remarked that it was exciting that Amandla Engineering was getting the opportunity to complete the projects.

The supply and installation of the solar facility at the Jost Van Dyke clinic is the third of three solar energy projects funded by UK Foreign, Commonwealth and Development Office and implemented by the RDA. It will provide 10KWp (DC) solar system at the clinic, which will include the construction of a stainless-steel parking port at the facility with additional solar panels complementing those on the roof of the clinic.

This project will contribute to further promoting renewable energy in the BVI and massively reduce the energy bills for this important community facility. It will also ensure an alternative reliable power source in the event of future disasters.

the work of the CEO of the RDA for what he has accomplished with his team including the roll out and execution of a number of majority priority projects. 'Going Green', he said, is a priority of his Government and is important for energy and cost efficiency and in respect and care of the environment.

The Premier shared that Government has amended its legislative policies to allow for the selling back to the grid and in the future a legislative amendment will be introduced to allow for the duty-free importation of renewable energy projects and systems for a specific timeframe. This he added will allow persons to "Go Green" and will drive 'Green Energy'.

Minister for Health and Social Development Honourable Carvin Malone said that the storms of 2017 and the pandemic offers opportunities for the Territory too look at the voids and have them bridged.



Works are scheduled to be completed in 17 weeks at the end of July 2021.

The project is funded by the UK Foreign, Commonwealth and Development Office. His Excellency the Governor John James Rankin, CMG in an invited comment said that he was delighted that the UK is funding the solar panelling for Jost Van Dyke clinic.

"This will enable the clinic and wider community to be more resilient in times of natural disaster, as well as help reduce carbon emissions and so tackle climate change, to which these Virgin Islands are so vulnerable," the Governor said.

Governor Rankin added, "This project is a wonderful example of the Governor's Office working in partnership with the Health Service Authority, the Ministry of Health and Social Development, RDA and local contractors. As the UK prepares to host the United

POLICE NEWS

ARREST BLOTTER

March 21 to April 3, 2021

BURGLARY

On 23-03-2021 at 0950hrs, Police arrested and charged Mehki Heskey, 18, with one count of Burglary and four counts of Criminal Damage.

FAILURE TO DECLARE MONIES TO CUSTOMS

On 24-03-2021 at 1303hrs, Police arrested and charged Grace Elizabeth Fung-Fook, 21, a national of Guyana, residing in West End for Failure to Declare Monies to Customs. She was granted bail in the sum of \$7,000 with one signed surety for her appearance in Magistrate's Court on 25-03-2021 at 0900hrs.

CRIMINAL DAMAGE

On 01-04-2021 at 1520hrs, Police arrested and charged Marshall Senhouse of Johnson's Ghut for Criminal Damage.

ASSAULT OCCASIONING ACTUAL BODILY HARM

On 02-04-2021 at 1820hrs, Police arrested and charged Asaiah Frett, 62, of Long Look, for Assault Occasioning Actual Bodily Harm. He was granted bail with one signed surety for his appearance in Magistrate's Court on 26-05-2021.

DRUNKENNESS WHEN IN CHARGE OF MOTOR VEHICLE

On 03-04-2021 at 0310hrs, Police arrested and charged Felix Talam, 36, a native of St. Lucia, residing in Hannah's Estate for Drunkenness when in charge of Motor Vehicle, Dangerous Driving and Breach of Curfew.

THEFT

1. On 21-03-2021 at 1650hrs, Police arrested and charged Marvin Gumbs of no fixed place of abode, for Theft. He was granted bail in the sum of \$2,500 with one surety for his appearance at the Magistrate's Court on 26-04-2021.

2. On 24-03-2021 at 1700hrs, Police arrested and charged Lenell Stevens Jr., 22, of Soldiers Hill for Theft. He was granted bail with two signed surety for his appearance in Magistrate's Court, on 03-05-2021 at 0900hrs.

COMMENTARY

THE SMALL BUSINESS ECONOMIC TOOL

By Dickson Igwe



Dickson Igwe

March 31 2021

Only a strong social democracy; not a trickle-down capitalist model, will deliver for the BVI OK. It was small business and the working man that kept the BVI economy alive Post IRMA and will do the same Post COVID 19.

Small business and strong consumer spending will drive economic growth and prosperity, when the pandemic finally ends.

That has got to be the key economic lesson from five years of social and economic crisis for the BVI.

Now it is critical the British Virgin Islands Government forges the strongest possible partnership with the small business sector to ensure strong economic growth after the COVID 19 pandemic ends.

This Old Boy is certain that pent up demand for travel and tourism will drive rapid economic growth in both the local market and wider regional economy from late 2022. However, small business resilience and growth must be priority number one for that to happen, and for the average person to benefit.

Government must drive innovation in the economy and fine tune its role as small business facilitator and enabler. That will mean removing

unnecessary regulation and ensuring small business has a seat and strategic presence at the table of governance.

Adopting a culture where small business is placed at the front of the queue will drive economic and job growth which is fundamental to the BVI economy.

Economic stimulus is crucial for jump starting an economy under the burden of recession. And it is always better in the social democracy that the Virgin Islands Party espouses, that spending is focused on the poor and vulnerable, and small business sector first and foremost.

Investment at the bottom of the wealth pyramid- putting cash in the pockets of the poor and struggling small people- is a bottom up economy that will enable any economic bump to become a tidal wave of prosperity that delivers long and

lasting economic growth and prosperity. That is the essence of a consumer demand driven recovery.

Stimulus spending directed at the bottom of the social pyramid has been proven to drive strong consumer demand, leading to strong and resilient economic growth.

The poor and working classes spend on necessities, and that cash goes directly into the areas of the economy that drive economic and job growth. On the other hand stimulus spending that ends up in the pockets of the rich tends to stagnate in bank accounts or is simply used to reduce business debt.

A well - resourced and effectively managed small business sector has the

capability to pull an economy out of the ditch of recession and stagnation by touching and energizing every other component of the economy.

Top down or trickle down economies have failed miserably in driving economic growth. The poor have not benefitted from trickle-down and the beneficiaries have been the 1%, while the 90% have seen little increase in their wealth since the early 1990s. The narrative from Supply Side Trickle Down has been a massive increase in inequality with the wealthier getting vastly wealthier.

The Post COVID recovery must be driven by the small man and small businesses, while government helps small business by investing in a first rate physical and

social infrastructure that is the greatest platform for small business growth and economic prosperity.

When governments invest in adequate power supply; resilient road networks; accessible quality healthcare; good public safety, good sanitation; quality basic education; vocational and skills training; and so on and so forth, that is the best way to secure the wider economy by building resilience.

A focus on driving down poverty, empowering youths through trades and vocational skills, and ensuring robust physical and social infrastructure is the way forward Post Covid. And that means small business success, first and foremost.

Connect with Dickson Igwe on facebook and Twitter

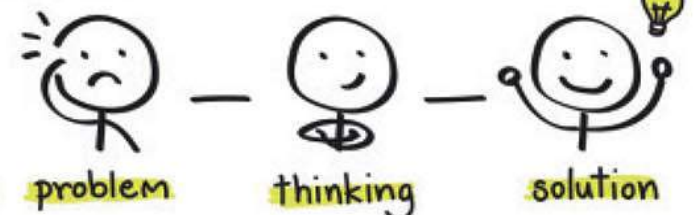
Before you discipline a child

S - stop! Calm yourself and your child

T - take a few deep breaths

O - observe the needs of your child

P - proceed in a kind but firm manner



This message was produced by the Ministry of Education, Culture, Youth Affairs, Fisheries and Agriculture in collaboration with UNICEF and funded by the UK Government.

THE 2021 Poetry Competition

Was A Success

Continued from Page 14

The following are the winners for the 2021 Poetry Competition and the title of their poems.

-- ADULTS --

1st place - Kedrick Malone, Villages of Heroes

2nd place - Linette Rabsatt

Perspectives of Our Past: The Unsung Heroes

3rd place - Nicklous Kanhai, The Unmentioned

-- 5-7 CATEGORY --

1st Place - Tianna Olivia DaSilva, Because You Care

-- 8-10 CATEGORY --

1st Place - Aliana Smith, The Legacy of Unsung Heroes

-- 11-13 CATEGORY --

1st Place - Trinity Lettsome, Hidden Gems

2nd Place - Aliyah Smith

-- 14-17 CATEGORY --

1st Place Anthony Cheltenham Jr., Unsung Heroes – Sanitation

The competition was held under the theme, "Perspectives of Our Past: The Unsung Heroes".

Honourable Wheatley extended congratulations to the winners and Dr. Flax-Archer for coordinating another successful event.

The competition was first adopted by UNESCO on March 21 as World Poetry Day during its 30th General Conference in Paris in 1999. The BVI National Commission observes the day annually by highlighting the importance of poetry.



Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



The Spats

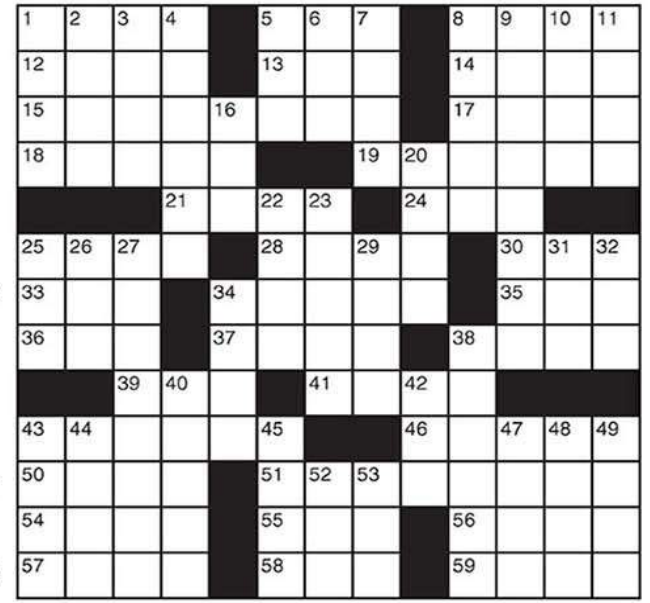
by Jeff Pickering



King Crossword

ACROSS

- 1 Zilch
- 5 Male swan
- 8 "Ditto"
- 12 Mideast airline
- 13 Glacial
- 14 "Let's go!"
- 15 Pattern
- 17 Help a hood
- 18 Old photo tint
- 19 Walks with pride
- 21 Yuletide tune
- 24 Archipelago unit (Abbr.)
- 25 Verifiable
- 28 Carton sealer
- 30 Mimic
- 33 Hostel
- 34 Goes belly up
- 35 Water tester
- 36 "Acid"
- 37 French 101 verb
- 38 Quick look
- 39 Online address
- 41 Ump's call
- 43 Steak choices
- 46 Toy bricks
- 50 Actor McGregor
- 51 Intensity
- 54 Damon of Hollywood
- 55 Essen exclamation
- 56 Grand tale



- 57 On the briny
- 58 Fish story
- 59 Take five

- 9 Walk
- 10 Champagne brand
- 11 Tolkien creatures
- 16 Thai language
- 20 Cravats
- 22 Coup d' —
- 23 Hideaways
- 25 Up to
- 26 ER workers
- 27 Move in waves
- 29 Entreaty
- 31 "The Raven" writer
- 32 "A mouse!"

- 34 Fedora fabric
- 38 Kitchen gadget
- 40 Oscar de la —
- 42 Ga. neighbor
- 43 Disaster aid org.
- 44 "As — saying ..."
- 45 Barking critter
- 47 Be slack-jawed
- 48 Elevator name
- 49 Faction
- 52 High school subj.
- 53 "Evita" role

DOWN

- 1 Tennis barriers
- 2 Sheltered
- 3 Slightly wet
- 4 Skiing style
- 5 Spy org.
- 6 Halloween mo.
- 7 Tournament passes
- 8 Surgery reminders

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Weekly SUDOKU

by Linda Thistle

4		5						9
	1		2	4				
6			3	7				8
9	3	6			1			
	7		2					5
8				9				6
	2		7			6		
		4		3			1	
1			8		5			2

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTIKOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.



Differences: Cap is reversed. 2. Star is moved. 3. Sleeve is shorter. 4. Hand is moved. 5. Cuffs are missing. 6. Shirt is different.

2	3	4	5	6	7	8	9	1
7	1	8	3	9	2	4	5	6
4	6	9	1	5	7	8	2	3
9	2	7	6	4	3	5	1	8
3	5	6	8	2	1	7	4	9
8	1	4	7	5	7	9	3	6
1	8	7	2	3	4	6	9	5
5	9	4	2	6	8	1	3	7
6	3	7	6	5	1	8	2	4

Answer

Weekly SUDOKU

N	A	D	A	C	O	B	S	A	M	E
E	L	A	L	I	C	A	L	I	C	O
T	R	A	P	E	T	A	P	E	T	A
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T
S	E	P	I	V	E	S	T	R	A	T

Solution time: 24 mins.

Answers

King Crossword

Trivia test

by Fifi Rodriguez

1. LANGUAGE: What is the word for "M" in the international alphabet code used in radio?
2. TELEVISION: What was the real first name of the character Fonzie in the comedy "Happy Days"?
3. SCIENCE: Which country has the greatest number of tornados annually?
4. GEOGRAPHY: What is the capital of Australia?
5. ANIMAL KINGDOM: What are the only two known mammals that lay eggs?
6. LITERATURE: What was the name of the first monster in "Beowulf"?
7. MOVIES: What was the name of the villain in the movie "Three Amigos!"?
8. U.S. STATES: What is the nickname of Wyoming?
9. GENERAL KNOWLEDGE: What is the color of envy, culturally speaking?
10. BUSINESS: Which country's basic currency is the sol?

MORE READERS: THE ISLAND SUN

Trivia Test Answers
 1. Mike; 2. Arthur; 3. United States, central and south regions; 4. Canberra; 5. Duck-billed platypus and the spiny anteater; 6. Grendel; 7. El Guapo; 8. The Equality State; 9. Green; 10. Peru



FRAMED! Hidden in the above frame of letters is the first line of a famous nursery rhyme. You can find it by reading every other letter in the frame as you read around it clockwise. The trick is to find the correct letter to start with. The picture is a clue.

A NUTTY CHALLENGE! Tell your friends that you have in your hand something that no one on earth has ever seen, and that after you show it to them no one will ever see it again. When they fail to figure out what you're holding, open your hand and show them a peanut shell. Open the shell and show them the peanuts inside. No one has ever seen them before. Now pop them into your mouth and chew them up. No one will ever see them again!

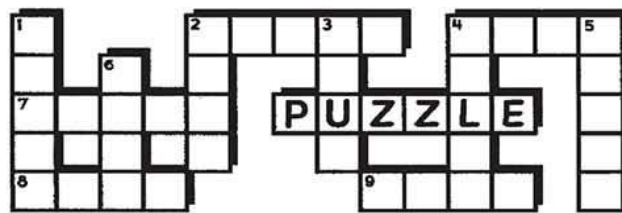
WAKE UP! No sleeping on this one. In this puzzle, all of the words get progressively longer, and they all end in COT. Use the following definitions:

1. COT (in place).
2. Native of Glasgow.
3. A broad scarf.
4. Symbol of a sports team.
5. A yellow-orange fruit.
6. Paneling on walls.

Answers: 1. Cot, 2. Scot, 3. Ascot, 4. Mascot, 5. Apricot, 6. Wainscot.

Junior Whirl

by Charles Barry Townsend



TOY STORE PUZZLE

PICTURED at left is a crossword puzzle grid with one of the words filled in.

Below are the words that you'll need to finish the puzzle. The items are all things that you might buy in a toy store. See if you can fill in the puzzle before the store closes in 10 minutes.

- | | |
|-----------------------|-----------------------|
| 4-letter words | 5-letter words |
| BOAT | DOLLS |
| DART | GLOVE |
| DRUM | SLIDE |
| MASK | TRAIN |
| NETS | WAGON |
| SLED | |

Answers: (Across) 2. Slide, 4. Dart, 7. Glove, 8. Nets, 9. Mask, (Down) 1. Wagon, 2. Sled, 3. Drum, 4. Dolls, 5. Train, 6. Boat.

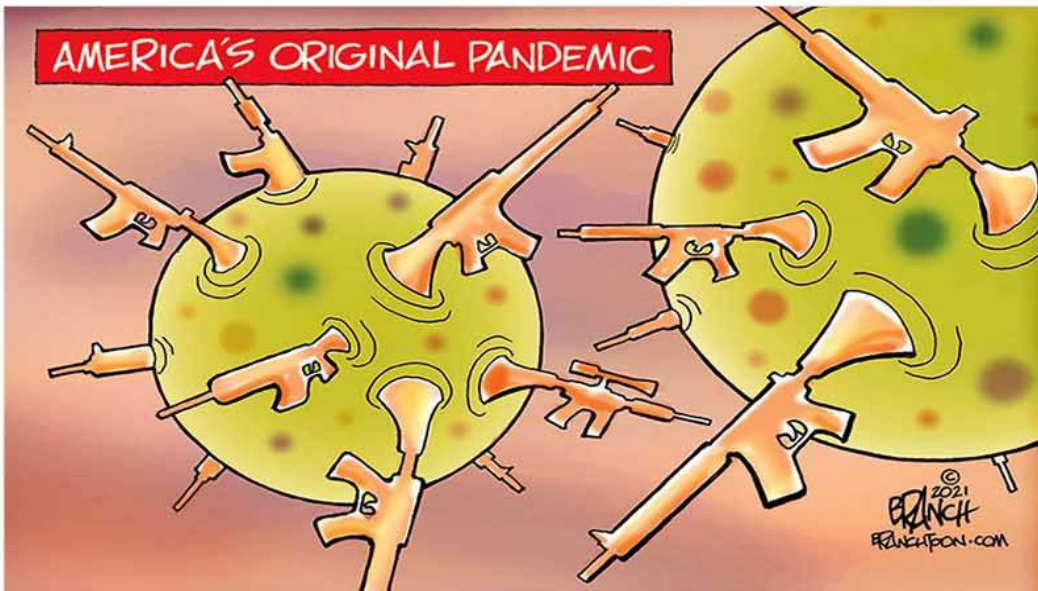
Illustrated by David Coulson

Top Ten

Comfort Foods During COVID

1. Pizza
2. Hamburgers
3. Ice cream
4. French fries
5. Mac & cheese
6. Potato chips
7. Cookies
8. Chocolate
9. Cereal
10. Fried chicken

Source: OnePoll/Farm Rich



THE ILLUSTRATED BIBLE

*Fear not, O land; be glad and rejoice, for the Lord has done marvelous things!
Do not be afraid, you beasts of the field; for the open pastures are springing up, and the tree bears its fruit; The fig tree and the vine yield their strength.*

JOEL 2: 21,22



ARIES (March 21 to April 19) It isn't always easy for the rambunctious Aries to give a second thought to their often spur-of-the-moment choices. But aspects favor rechecking a decision before declaring it final.

TAURUS (April 20 to May 20) Information emerges for the business-driven Bovine who feels ready to restart a stalled project. Be prepared to make adjustments as needed at any time during the process.

GEMINI (May 21 to June 20) Part of you wants to complete plans for an upcoming event, while your other self wants to see how things develop first. Compromise by moving ahead with your plans while being open to change.

CANCER (June 21 to July 22) An unexpected change in a relationship could open up a problem or could lead to a much-needed and too-long-delayed reassessment of a number of matters. The choice is yours to make.

LEO (July 23 to August 22) Time for the Lion to total the pluses and minuses resulting from recent personal and/or professional decisions. See what worked, what didn't and why, and base your next big move on the results.

VIRGO (August 23 to September 22) The clever Virgo can make persuasion work by presenting a case built on hard facts. Sentiment might touch the heart, but it's good, solid information that invariably wins the day.

LIBRA (September 23 to October 22) You usually can win over the most stubborn skeptics on your own. But this time you can benefit from supporters who have been there, done that and are willing to speak up on your behalf.

SCORPIO (October 23 to November 21) You win admiration for your determination to do the right thing. Don't be distracted from that course, despite the offer of tempting alternatives that might suddenly turn up.

SAGITTARIUS (November 22 to December 21) While you still need to maintain control of a dominant situation, a new development emerges, making the task easier and the outcome potentially more rewarding.

CAPRICORN (December 22 to January 19) New factors might have a positive effect on a still-pending matter, but only if the information proves to be credible. Trusted colleagues might be able to offer needed advice.

AQUARIUS (January 20 to February 18) The week favors moderation, especially if a health problem is involved. Resist the impulse to do more than might be good for you at this time. You can catch up later.

PISCES (February 19 to March 20) You could feel more than a mite upset by someone or some people who might be creating problems for you. Find out why they won't change their ways. Their reasons might surprise you.

BORN THIS WEEK: You know how to inspire others to do their best by setting a persuasive example of your own.



An Ode to Avocados

I've been preparing, eating, reading and writing about avocados for more than a decade. Never in my wildest dreams did I ever think that avocados would rise to their current heights in the culinary world. Avocados are like the child you have who goes from sitting quietly in the back of the classroom making a "C" at best, to becoming the high-school valedictorian with a full-ride college scholarship to Harvard.

Avocados are considered a fruit. They are one of the few fruits or vegetables that contain fat, but the fat is unsaturated and heart healthy. That healthy fat also is why avocados have such a creamy, delicious mouth-feel.

California avocados are in season from spring to fall, which means they will be easier to find, better quality and more affordable during that time. Avocados are one of the produce items with the least number of pesticides, so there is no reason to buy organic.

Avocados are loaded with nutrients such as dietary fiber, vitamin B6, vitamin C, vitamin E, magnesium, folate and 60% more potassium per ounce than bananas. They're also cholesterol- and sodium-free. Two tablespoons of mashed avocado (about 1 ounce) or one-fifth of a medium avocado provides about 55 calories.



Photo Credit: Depositphotos

To choose an avocado, squeeze it gently. It should be firm but give to slight pressure. Hard avocados are not yet ripe, but can ripen in a few days. Place the unripe avocado in a brown paper bag for two to five days. Apples or bananas can be added to the bag to shorten the process, because the gas they give off helps ripen the avocados. Ripe avocados can be stored in the refrigerator for two to three days.

Always wash avocados before eating to remove any dirt or bacteria. Cut lengthwise and rotate the halves to separate. Use a spoon to remove the seed and scoop out the meat or peel the skin away from the fruit. Lemon juice, lime juice or white vinegar can help prevent discoloring. You can also press plastic wrap directly on the surface and then wrap to store in the refrigerator for a few days. If the surface turns brown, just cut off the top layer and eat the rest.

Avocados can be enjoyed in a variety of ways, including mashed and spread on a sandwich in place of mayonnaise, or blending it with oil and vinegar to make a salad dressing. This recipe for Avocado Flat-Bread is yet another way to enjoy healthy, delicious avocados.

AVOCADO FLATBREAD

This Avocado Flatbread is soft, delicious and vegan. It is an easy-to-make, simple bread recipe that can be prepared in less than 30 minutes. Sprinkle the finished flatbreads with pre-packaged Everything Bagel seasoning mix for additional flavor and texture, if desired.

- 1 large avocado, or 2 to 3 small avocados, ripe, peeled and pitted
 - 1 teaspoon lemon juice • 1 teaspoon salt
 - 1 teaspoon ground black pepper
 - 1 teaspoon curry powder or garam masala powder
 - 1 teaspoon onion powder • 1 teaspoon garlic powder
 - 3 tablespoons cilantro or parsley leaves, finely chopped
 - 1 1/3 cups all-purpose flour • Water, as needed to moisten dough
 - 3 tablespoons vegetable oil (to cook flatbread)
1. Using a large bowl and a fork, potato masher or a food processor, mash the avocado until smooth. Add the lemon juice, salt, pepper, curry or garam masala powder, onion powder, garlic powder, cilantro or parsley leaves, and mix well.
 2. Add 1/3 cup of flour at a time to the avocado mixture and mix or process well after each addition. Lightly dust the counter or cutting board, and a rolling pin with flour. Knead the mixture on the counter or cutting board to form a soft, smooth dough. If the dough is too loose, add another 1/3 cup of flour. If the dough is too dry, add a tablespoon of water.
 3. Cover the dough with a dish towel or plastic wrap, set aside for 15-30 minutes. Divide dough into 8 equal portions. Roll each portion into a circle or oval shape of even thickness (about 2 inches).
 4. Place a heavy-bottom skillet or a griddle over medium-high heat until hot. Place one of the flatbread pieces in the dry skillet or a griddle. Press flatbread lightly with a spatula. After 5 to 7 seconds, when bubbles form on top of the flatbread and the bottom is light brown, spread a teaspoon of oil on top of the flatbread. Flip it over, cook it for another 5-7 seconds, then apply oil to the top of the flatbread, flip again, cook for the last 5-7 seconds. Transfer to a serving plate, cover to keep warm. Repeat process with remaining flatbread.
 5. Freeze or store in an airtight container. Serves 8.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.



Caribbean News / Regional News

Persons in Guyana to be charged, fined, for flouting COVID measures

Felecia Valenzuela April 1, 2021

As Gov't steps up enforcement to reduce transmissions

Minister of Health, Hon. Dr. Frank Anthony says citizens will have to feel the brunt of the law if they continue to disregard the COVID-19 measures, putting themselves and others at risk of contracting the disease.

During Thursday's COVID-19 update, the Minister said the National COVID-19 Task Force has discussed its next approach to dealing with this matter.

A lot of people have been charged so far with breaching these orders, and we are going to continue to do that. In fact, from the last Task Force, we are going to step up the enforcement because we are seeing people not paying heed to the warnings that we have put out, and if they don't, then we will see a rise in cases.

If you don't wear a mask and the police arrest you, you will be fined. There is a specific fine that is in the Order that the magistrates can use. They can also impose

other penalties on you. So, mask wearing is essential. If businesses breach the Covid orders, there are a set of measures there as well that can be used, and I think the magistrates have been doing that," he said.

Minister Anthony also said that as a result of breaches, increased transmissions have been recorded.

"Over the last 24 hours, we have had 126 positive cases. Most of those are coming from Region Four. There's a number of persons who are already in the hospital. We have right, now 52 persons in hospital, this is a serious thing.

So, while we are doing vaccination and that is meant to certainly help, people still have to abide by the rules that we have out there or you're going to get infected and a percentage of persons are going to end up in the hospital, and a percentage of those in the hospital are going to die."

Minister Anthony said COVID-19 is not a joke or a hoax as many



Minister of Health, Hon Dr Frank Anthony

people still believe, but an infectious disease. He said people are dying because of this disease and unless everyone takes the outlined precautions – wearing a mask and social distancing – the consequences will be dire.

The Ministry has also noted that several healthcare workers in Upper Demerara-Berbice (Region 10) have been refusing

the vaccine. Dr. Anthony urges the workers to take every precaution necessary to safeguard their health and that of their patients.

Meanwhile, healthcare workers in Upper Takutu-Upper Essequibo (Region Nine) have completed vaccination of their staff, with the other administrative regions following closely behind.

The Government of Guyana 20,000 Scholarships for Online Learning

Staff Writer, April 4, 2021

In keeping with the commitment made by His Excellency Dr Mohamed Irfaan Ali and the People's Progressive Party in its manifesto running up to the election to grant 20,000 scholarships for Online Courses, the Ministry of Education

teaming up with the Ministry of Public Service is pleased to announce and commence accepting applications for the awarding of scholarships in a variety of disciplines.

The Ministry of Education is

working on operationalizing the Guyana Online Academy of Learning (GOAL), which will house this program, within this first half of 2021. This program is for Guyanese across all communities in every region and will be made accessible accordingly.

The Ministry of Education has the responsibility of managing the academic and technical aspects of the program while the Public Service Ministry will award the scholarships.

VOA NEWS VOA NEWS VOA NEWS VOA NEWS

Police Chief Testifies Ex-Officer Violated Policy

By Ken Bredemeier, Updated April 05, 2021

WASHINGTON - Minneapolis Police Chief Medaria Arradondo testified Monday that former police officer Derek Chauvin did not follow his police department's policy when he pinned George Floyd to the street by kneeling on his neck for more than nine minutes.

Kneeling on Floyd's neck after he was handcuffed and subdued is not the department's policy or training, Arradondo said, "and it is certainly not part of our ethics or our values."

The chief said officers are trained to try to deescalate a situation and to minimize or avoid the use of force whenever possible. They also receive first-aid training, he said, adding, "And so, we absolutely have a duty to render that."

Arradondo, the city's first Black police chief, fired Chauvin and three other officers the day after Floyd's death. Arradondo later described Floyd's death last May as "murder."

Chauvin, who is white, was a 19-year police veteran until he was

fired. He has pleaded not guilty to murder and manslaughter charges in the case being heard by a racially diverse 12-member jury. Chauvin's lawyer contends that Floyd died from underlying health issues and that Chauvin followed his police training in the way in which Floyd was arrested.

Earlier, the jury also heard testimony from the Minneapolis hospital emergency room doctor who pronounced Floyd dead.

Dr. Bradford Langenfeld testified Monday that Floyd most likely died from oxygen deprivation, supporting the prosecution's murder case.

Langenfeld, who tried to revive Floyd before pronouncing him dead, said he surmised that Floyd, a 46-year-old Black man, most likely died of suffocation.

Langenfeld, testifying at the start of the second week of the trial, said Floyd's heart had stopped by the time he was brought to the

hospital. The doctor said paramedics told him they had already tried for about 30 minutes to revive Floyd. But he was not told of any other efforts by police to resuscitate him after he was arrested on suspicion of trying to pass a counterfeit \$20 bill at a convenience store.

Langenfeld said that based on the available information he was given, death by asphyxiation was "more likely than the other possibilities."

The first week of the trial was dominated by emotional testimony from eyewitnesses who watched as Chauvin pinned Floyd to the street with his knee on Floyd's neck even as Floyd repeatedly gasped that he could not breathe.

The May 25 incident last year triggered widespread protests against police treatment of minorities in the U.S. and around the world.

On cross-examination, Eric Nelson, Chauvin's attorney, asked

Langenfeld whether some drugs can cause oxygen deprivation. The doctor acknowledged that fentanyl and methamphetamine, both of which were found in Floyd's body, can do so.

In testimony later that day, Arradondo agreed when prosecutor Steve Schleicher said that some people become more vulnerable when under the influence of drugs or alcohol.

"It's recognizing that when we get the call from our communities, it may not often be their best day, and they may be experiencing something that's very traumatic," the chief said.

The Hennepin County medical examiner's office said that Floyd died of "cardiopulmonary arrest, complicating law enforcement subdual, restraint, and neck compression." A summary report listed fentanyl intoxication and recent methamphetamine use



In this image from video, witness Minneapolis Police Chief Medaria Arradondo testifies in the trial of former Minneapolis police Officer Derek Chauvin at the Hennepin County Courthouse in Minneapolis, Minnesota, April 5, 2021

under "other significant conditions" but not under "cause of death."

Shortly before the trial started, the city of Minneapolis paid \$27 million in damages to Floyd's relatives.

Details, Venues Emerge for talks to Revive Iran Nuclear Deal

By Guita Aryan, Michael Lipin, Updated April 06, 2021



Two unidentified members of an Iranian delegation walk in Vienna on April 5, 2021 as they prepare for talks the next day aimed at reviving the 2015 Iran nuclear deal. (VOA Persian/Guita Aryan)

WASHINGTON - The United States and Iran are due to begin indirect talks Tuesday in Vienna aimed at reviving the 2015 agreement that restricted Iran's nuclear program in exchange for sanctions relief.

U.S. State Department spokesman Ned Price told a press briefing Monday that U.S. Special Envoy for Iran Robert Malley will lead the U.S. delegation to the Vienna talks in which Britain, China, France,

Germany and Russia are seeking to revive the Iran nuclear deal, known as the Joint Comprehensive Plan of Action (JCPOA). The five other world powers are seeking to bring the U.S. back into 2015 agreement and to return Iran to full compliance with it.

Price said Tuesday's talks will be "structured around working groups" that the European Union will form with Iran and the other remaining parties to the JCPOA.

He said the agenda would focus on the "nuclear steps" that Iran would need to take to restore its compliance with the JCPOA and the "sanctions relief steps" that the U.S. would need to take to rejoin the deal.

Price said the U.S. would consider lifting nuclear-related sanctions that former President Donald Trump had reimposed on Iran in return for "more permanent and verifiable limits" on the Iranian nuclear program.

Speaking Monday in Tehran, Iranian Foreign Ministry spokesman Saeed Khatibzadeh reiterated that his side wants the talks to focus on the U.S. lifting what he called its cruel Iran sanctions. He said Tehran will not accept the U.S. doing so in a "step-by-step" manner in tandem with Iran taking steps to resume JCPOA compliance.

"We (seek) only one step, which includes lifting of all U.S. sanctions.

In return, Iran is ready to suspend its remedial measures and reverse actions," Khatibzadeh said. Iran has referred to its expansions of uranium enrichment and other nuclear activities as remedial measures that it asserts can be reversed. But some Western nuclear experts have said that at least some of Iran's recent advances in sensitive nuclear capabilities cannot be easily undone.

Price tried to downplay expectations for the Vienna talks, saying the U.S. does not anticipate early or immediate breakthroughs.

"These discussions, we fully expect, will be difficult," he said. "But we do believe that these discussions with our partners and, in turn, our partners (discussions) with Iran, are a healthy step forward," he added.

Khatibzadeh also repeated Iran's vow not to meet directly with the U.S. as part of Tuesday's talks. Price

said the U.S. does not anticipate direct talks with Iran but remains open to them.

The two likely venues for the talks will be the Austrian capital's Hotel Imperial and Grand Hotel Vienna, according to VOA Persian.

A VOA Persian reporter in the city identified the venues by observing Iranian delegation members moving between the two hotels, which are a few minutes' walk from each other on opposite sides of a major boulevard, and by speaking with several hotel representatives.

The Iranian delegation members seen in video clips and photos exclusively obtained by VOA Persian could not be immediately identified.

It was not clear which of the two Vienna hotels would host Tuesday's meeting of the U.S. and the five other world powers and which would host Iran's meeting with the same five nations.

This article originated in VOA's Persian Service.

SPORTS

FOOTBALL

Rogers fires Islanders past One Love, 1-0, for fifth straight win

By Dean "The Sportsman" Greenaway

After playing to a defensive 0-0 halftime tie, Deandre Rogers fired the Islanders to their fifth straight BVI Football Association Super 6 League victory with a 1-0, triumph over One Love in Greenland on Sunday.

Islanders, who won their 8th league title in December and the President's Cup in January, improved to 5-1 on the season after losing their opening match, and moved within one point of the table topping 5-0, Sugar Boys.

"Today was a rather easy game for us," Islanders Captain Ronalie Cain told Island Sun Sports. "We had a lot of chances and didn't put them away, but we still came out victorious."

Cain said his strikers had lots of chances but guessed "it wasn't their day." He added that they're looking to add the Super 6 title to the league title and president's cup.

"Right now, the aim is to take everything," he said. "We lost the first game and we want that to be our lesson. We're not losing anymore from now. We want to make it all in one."

The first loss Cain said was as a result of players not showing up to practice. He said as the champion team, they don't train together enough. Sometimes there are 10 players, sometimes four, but said players are now starting to come out.

"Today's game wasn't too bad, but we need to work on the finishing," he said.

One Love's Coach Mark Savage said his team tried its best but told Island Sun Sports that if you want to be victorious, you have to train.

"You can't come one day, two days, nah, you have to come together to win together. That's the basics of football," said the Coach of the 2019 champions who fell apart in the last league. "You got to training and there are five, six guys, you tell them if we're the defending champions, this can't work. You have to lift your head high and people look up to you," he said. "You have to put in the work to get the result, that's all it is. And if you don't train, you can't win games. Simple."

On Virgin Gorda, Lion Heart continued their surge up the table and underlined their desire to qualify for the knockout stage, by finishing in the top 6, with a 3-1 victory over the Panthers, who continued their slide and have now lost three in a row.

Janel Ferdinand put Lion Heart well on the way to victory with two first half strikes, in the 15th and 21st minutes and by the time Nigel Sanderson scored a consolation for the Panthers in the 71st minute from the penalty spot, Dwayne Smith had already made it 3-0 just after half time.

Lion Heart has now won their last three games and are sitting pretty 4th in the standings and look on

course to give the usual top three teams a wakeup call.

In the other game played, One Caribbean and Old Madrid battled to 1-1 when Fitzroy Daley equalized from the penalty spot in the 67th minute after youngster Gethin Jones had put One Caribbean ahead in the 55th minute, in a match that was 0-0 up to that point.

On Saturday Lion Heart will face the Rebels FC in Greenland, searching for another 3 points, whilst Rebels will be still looking for their first points of the tournament. That game kicks off at 4 p.m., while at the same time on Sunday at the same venue, One Caribbean FC meet Panthers FC with both teams needing a win to keep diminishing hopes of a berth in the knockout stages alive.

Meanwhile over at the Virgin Gorda Recreation Ground at 5.45 p.m. on Sunday, Old Madrid will tackle the Wolues, knowing defeat could seriously dent their chances of a top six finish and then at 8 p.m. the clash of the weekend and Virgin Gorda bragging rights, Sugar Boys against VG United in the El Classico.

Currently, VG United is well down the standings, but have games in hand over their rivals. However, they also have to play the Wolues before the season ends, so will be mindful against making any slip ups as they look to advance into the knockout phase.



One Love's goalie Taj "Chiny" Parchment, about to pounce on an opponent's shot on goal

VOLLEYBALL

32 teams participate in VIVA Volleyball Fun Day on Virgin Gorda

By Dean "The Sportsman" Greenaway

Two teams from Tortola and one from Virgin Gorda, emerged winners from the 32 overall teams participating in Sunday's Virgin Islands Volleyball Association Fun Day activities, held at Fishers Cove, Virgin Gorda.

In all, there were 14-2-on-2 female teams, 10-2-on-2 male teams and 8-4-on-4 coed teams. The Tortola quartet of Zebulon McLean, Chandi Wattley, Jacinta "JaJa" Weeks and Alston "Alo" Hanley, stopped Virgin Gorda's Taliyah Miurhead, Daphne Sprauve, Rachel Ann Nape and Jose Martinez, for the 4-on-4 division.

The Tortola duo of Onel Duncan and Khajana Callwood, took the female 2-on-2 from Virgin Gorda's Soumya "Mya" Sadananda and Rachel Ann Nape, while Virgin Gorda's Jose David Martinez and German Gonzalez, prevented a Tortola sweep by snatching the 2-on-2 males title from Akeem Johnson and Reno Morton.

"The activity held on Virgin Gorda was deemed a successful one," VI Volleyball Association President Stephen Payne, who was elected in February, told Island Sun Sports of the venture. "We were trying to build interest in the Volleyball community a couple weeks prior and we were successful in doing so. We had 52 persons from Tortola traveling to Virgin Gorda for the fun day."

Payne said because of time constraints and having to catch a 6 p.m. return ferry, the 3-on-3 segment was dropped to allow the 4-on-4 to play, giving more people a chance to participate in the event.

"We have already been hearing from the groups on Tortola about having another event, but the premise is that it's held in Tortola," he pointed out. "While on Virgin Gorda speaking to the proprietor of Fishers Cove, they were saying it was a great success on their end, 'when would you be scheduling the next one.' Obviously, Virgin Gorda is a place where when it comes to spectators coming out to view sporting events, the count is very high. I'm figuring that had it not been for the protocols in relation to numbers that can be in one space, we might have had larger numbers."

Payne said a suggestion has been put forward to having matches on Anegada to reintroduce volleyball there.

"We accomplished what we want to accomplish, in that the enthusiasm and the drive interest in the sport is being created and persons playing volleyball on a recreational level—it may be competitive—and that's where we think we're going," he said.

When asked about plans for a similar activity at Long Bay, Beef Island, Payne said he knows of a group



Zebulon McLean, left, Chandi Wattley, Jacinta "JaJa" Weeks and Alston "Alo" Hanley, won the 4-on-4 division

that plays recreational volleyball there, however they have to live with Covid and the facilities at Long Bay has some limitations in terms of coverage, where persons could go and watch games out of the sun. He added they'd need to look at running water for hygiene purposes and he knows there's a restroom close by. Payne said once the dynamics get sorted, even the placement of the court, they could probably

have beach tournaments at any beach that allows them to set up.

"One of the things we're trying to push is beach volleyball and if we can get people interested, we can even look at doing trials and fielding male and female national teams that can represent the BVI, sometime in the future," he said.

SPORTS



One Love's Taj "Chiny" Parchment, corals the ball to prevent an Islanders score



A'Keela McMaster completing the 800m Heptathlon ahead of Lia Claxton, en route to scoring 4,281 points



Kamaria "Kami" Wheatley, keeping her eyes on the ball as she goes for a backhand shot against Malaika BOWENS



Richard Francis defends his wicket during an Easter Monday morning match in Greenland



BREAK THE SILENCE...
STOP CHILD ABUSE NOW!

PUBLIC NOTICES

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

ShallowDeer Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 26th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

ZHOU Qi of

Room 10, 8/F, Block B,
Building 9, Shenzhenwan
Science&Technology
Ecological Park, No.3609, Baishi Road,
Nanshan District, Shenzhen City,
Guangdong,
China
[95/1]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

PeachEarth Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 26th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

ZHOU Qi of
Room 10, 8/F, Block B,
Building 9, Shenzhenwan
Science&Technology
Ecological Park, No.3609, Baishi
Road,

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Evelyntt Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 26th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

GU Dapeng of
No. 1, Group 4, Lingqing Village,
Rucheng Town, Rugao City,
Jiangsu Province,
China
[95/3]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Daemon Legend Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 26th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

XU Yulin of
Room 1102, No. 50, Lane 676,
Wanhangdu Road, Jing'an District,
Shanghai,
China
[95/4]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

FOREVER SATURN LIMITED
(In Voluntary Liquidation)

NOTICE is hereby given that on the 29th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

ZHANG Furong of
No. 87, West Third Ring North Road,
Haidian District, Beijing,
China
[95/5]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Merge Fun Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 29th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

SONG Yaoying of
No. 555 Longyuan Road, Songjiang
District,
Shanghai,
China
[95/6]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

MERRY REALM LIMITED
(In Voluntary Liquidation)

NOTICE is hereby given that on the 29th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

SONG Yaoying of
No. 555 Longyuan Road, Songjiang
District,
Shanghai,
China
[95/7]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Greatjob Holding Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 29th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

SONG Yaoying of
No. 555 Longyuan Road, Songjiang
District,
Shanghai,
China
[95/8]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Trans fun Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 29th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

ZHANG Furong of
No. 87, West Third Ring North Road,
Haidian District, Beijing,
China
[95/9]

Ianber Services Ltd
Company No. 1638122
(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that Ianber Services Ltd is in voluntary liquidation. The voluntary liquidation commenced on March 31st, 2021 and **Telma Fleischmann of Wengistrasse 1, 8021 Zurich, Switzerland**, has been appointed as the Sole Liquidator. Dated this March 31st, 2021

Sgd. Telma Fleischmann
Voluntary Liquidator
[95/10]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Zenevo Global Holding Limited
(In Voluntary Liquidation)

Company No. 1914235

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 31st of March, 2021. The liquidator is **Linjuan MEN of 2682 SW 87TH WAY GAINESVILLE, FL 32608-9302, USA.**

Dated: 1st April, 2021
(Sgd.) Linjuan MEN
Liquidator
[95/11]

USA INVESTING CORP.

Company No. 1707873
(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **USA INVESTING CORP.**, is in voluntary liquidation. The voluntary liquidation commenced on 1st April 2021 and **Querube Castillo de Nuñez of Paseo del Mar and Pacific Avenues, Costa del Este, MMG Tower, 23rd Floor, Panama City, Republic of Panama**, has been appointed as Sole Liquidator. Dated this 1st day of April 2021.

Sgd. QUERUBE CASTILLO DE NUÑEZ
Voluntary Liquidator
[95/12]

LIME UNIVERSAL LTD.

Company No. 1556141
(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **LIME UNIVERSAL LTD.**, is in voluntary liquidation. The voluntary liquidation commenced on 1st April 2021 and **Querube Castillo de Nuñez of Paseo del Mar and Pacific Avenues, Costa del Este, MMG Tower, 23rd Floor, Panama City, Republic of Panama**, has been appointed as Sole Liquidator. Dated this 1st day of April 2021.

Sgd. QUERUBE CASTILLO DE NUÑEZ
Voluntary Liquidator
[95/13]

GRUPO CAPYNESA, INC.

Company No. 1879203
(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 208 (3) of the BVI Business Companies Act, 2004 that **GRUPO CAPYNESA, INC.**, has been dissolved and struck off the Register of Companies with effect from 30th March, 2021. Dated this 1st day of April, 2021.

Sgd. ERNESTO LEWIN OBIOLS
Voluntary Liquidator
[95/14]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Companies Act, 2004

ABLE UPWARD HOLDINGS LIMITED
(In Voluntary Liquidation)

Company No. 1986567

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 31st day of March 2021. The liquidator is **AU SAU CHEE of NO 122 KIU TAU WAI PING SHAN YUEN LONG NT HONG KONG SAR.**

Dated: 6th day of April, 2021
(Sgd.) AU SAU CHEE
Voluntary Liquidator
[95/15]

FIRST PRIME CAPITAL LIMITED
(In Voluntary Liquidation)

Company Number 1514773

NOTICE is hereby given pursuant to Section 204, Subsection (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 1st day of April, 2021. The Liquidator is **Brian Jackson of Mandar House, 3rd Floor, P.O. Box 2196, Johnson's Ghut, Tortola, British Virgin Islands.**

Dated this 6th day of April, 2021
Sgd. Brian Jackson

Brian Jackson
Voluntary Liquidator
[95/16]

KEYSTAR GROUP INVESTMENT LIMITED
(In Voluntary Liquidation)

Company Number 1484111

NOTICE is hereby given pursuant to Section 204, Subsection (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 1st day of April, 2021. The Liquidator is **Brian Jackson of Mandar House, 3rd Floor, P.O. Box 2196, Johnson's Ghut, Tortola, British Virgin Islands.**

Dated this 6th day of April, 2021
Sgd. Brian Jackson

Brian Jackson
Voluntary Liquidator
[95/17]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

SHEEN GROUP LIMITED
(In Voluntary Liquidation)

NOTICE is hereby given that on the 1st day of April 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

LIU HONGJUN of
No. 7, Hepingli Middle Street,
Dongcheng District, Beijing,
China
[95/18]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Lydia Education & Technology Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 10th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

Xiang WANG of
202, Unit 2, Building 7,
Xinghuaxili, Dongcheng District,
Beijing City,
China
[95/19]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Bright Light Future Investment Holdings Limited
(In Voluntary Liquidation)

NOTICE is hereby given that on the 10th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

Xiang WANG of
202, Unit 2, Building 7,
Xinghuaxili, Dongcheng District,
Beijing City,
China
[95/20]

PUBLIC NOTICES

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Willson Investment Holdings Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 10th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:-

Xiang WANG of
202, Unit 2, Building 7,
Xinghuaxili, Dongcheng District,
Beijing City,
China
[95/21]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Yuandao Investment Holdings Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 10th day of March 2021, under the terms of Part XII of the BVI Business Companies Act the Company has commenced the process of liquidation.

The Liquidator is:

Xiang WANG of
202, Unit 2, Building 7,
Xinghuaxili, Dongcheng District,
Beijing City,
China
[95/22]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

JWW Holdings Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 26th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

GU Yizhe of
Room 1806, No. 1699,
Gubei Road, Minhang District,
Shanghai,
China
[95/23]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Bayes Ventures Management Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 12th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

DAI Jing of
No. 107, Building 22,
Sanfengli, Chaoyang District,
Beijing,
China
[95/24]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Captain Unicorn Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 12th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

CHEN Yan of
No. 25, Group 4,
Yangwei Village, Dagang Town,
Yandu District, Yancheng City,
Jiangsu Province,
China
[95/25]

NOTICE
BVI BUSINESS COMPANIES ACT
(NO. 16 OF 2004)

Feng Hai Holdings Limited

(In Voluntary Liquidation)
NOTICE is hereby given that on the 25th day of March 2021 under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck off from the Register.

The Liquidator is:-

ZHU Xuan of
No. 10, Lifang, Xushangyuan Village,
Yunshan Community, Lanxi City,
Jinhua, Zhejiang,
China
[95/26]

SATELLITE HOLDING INTERNATIONAL LTD.

Company No. 585515
(In Voluntary Liquidation)
NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that SATELLITE HOLDING INTERNATIONAL LTD., is in voluntary liquidation. The voluntary liquidation commenced on 10th March 2021 and **Costa Theo** of c/o MD Management Corporation 57 rue Grimaldi, Monaco, 98000, has been appointed as Sole Liquidator.

Dated this 12th day of March, 2021

Sgd. COSTA THEO
Voluntary Liquidator
[95/27]

NEW VISION SERVICES S.A.

Company No. 1992086
(In Voluntary Liquidation)
NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that NEW VISION SERVICES S.A., is in voluntary liquidation. The voluntary liquidation commenced on 10th March 2021 and **RAMÓN ORTÍZ DE TARANCO** of Ruta 8 km. 17500, Zonamerica, Local 115 A, 91600 Montevideo, Uruguay, has been appointed as Sole Liquidator.

Dated this 12th day of March, 2021

Sgd. RAMÓN ORTÍZ DE TARANCO
Voluntary Liquidator
[95/28]

FITON BUSINESS S.A.

Company No. 78191
(In Voluntary Liquidation)
NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **FITON BUSINESS S.A.**, is in voluntary liquidation. The voluntary liquidation commenced on 10th March, 2021 and **Querube Castillo de Nuñez** of Paseo del Mar and Pacific Avenues, Costa del Este, MMG Tower, 23rd Floor, Panama City, Republic of Panama, has been appointed as Sole Liquidator.

Dated this 12th day of March 2021

Sgd. QUERUBE CASTILLO DE NUÑEZ
Voluntary Liquidator
[95/29]

Notice of Appointment of a Voluntary Liquidator under Section 204 (1) (b) of the BVI Business Companies Act, 2004.

WIPRO UNZA OVERSEAS LIMITED

(In Voluntary Liquidation)
Company No. 515499
NOTICE is hereby given pursuant to Section 204 (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 26th day of February 2021. The Liquidator is **Ray A. George**, of Long Trench, Tortola, British Virgin Islands.

Dated this 7th day of April 2021.

Ray A. George
Voluntary Liquidator
[95/30]

Cloudblue Investment Company Limited

(In Voluntary Liquidation)
Company Number 1995615
NOTICE is hereby given pursuant to Section 208, Subsection 3 of the BVI Business Companies Act, 2004, that the Company was dissolved and struck off the Register of Companies with effect from the 1st day of April, 2021.

Dated this 7th day of April, 2021

Sgd. Brian Jackson

Brian Jackson
Voluntary Liquidator
[95/31]

Gemini Investment Trading Limited

(In Voluntary Liquidation)
Company Number 2020251
NOTICE is hereby given pursuant to Section 208, Subsection 3 of the BVI Business Companies Act, 2004, that the Company was dissolved and struck off the Register of Companies with effect from the 1st day of April, 2021.

Dated this 7th day of April, 2021

Sgd. Brian Jackson

Brian Jackson
Voluntary Liquidator
[95/32]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Haowu Global Holding Ltd.

(In Voluntary Liquidation)
Company No. 1981571
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd of April, 2021. The liquidator is **WANG Tingting** of Cuidongxi Group, Xueji Village, Zhangji Township, Feidong County, Anhui Province, China.

Dated: 7th April, 2021.

(Sgd.) WANG Tingting
Liquidator
[95/33]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Haowu Partners Holding Ltd.

(In Voluntary Liquidation)
Company No. 1981589
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd of April, 2021. The liquidator is **WANG Tingting** of Cuidongxi Group, Xueji Village, Zhangji Township, Feidong County, Anhui Province, China.

Dated: 7th April, 2021.

(Sgd.) WANG Tingting
Liquidator
[95/34]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Quvideo Cheng Holding Limited

(In Voluntary Liquidation)
Company No. 1859503
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd April, 2021. The liquidator is **LIAO Hanxing** of No. 2, Attachment 1, Yanggong Road, Linjiang Town, Zhangshu City, Jiangxi Province, China.

Dated: 7th April, 2021.

(Sgd.) LIAO Hanxing
Liquidator
[95/35]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Quvideo Liu Holding Limited

(In Voluntary Liquidation)
Company No. 1859495
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd April, 2021. The liquidator is **LIAO Hanxing** of No. 2, Attachment 1, Yanggong Road, Linjiang Town, Zhangshu City, Jiangxi Province, China.

Dated: 7th April, 2021.

(Sgd.) LIAO Hanxing
Liquidator
[95/36]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Quvideo Sheng Holding Limited

(In Voluntary Liquidation)
Company No. 1859499
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd April, 2021. The liquidator is **LIAO Hanxing** of No. 2, Attachment 1, Yanggong Road, Linjiang Town, Zhangshu City, Jiangxi Province, China.

Dated: 7th April, 2021.

(Sgd.) LIAO Hanxing
Liquidator
[95/37]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Quvideo Xiong Holding Limited

(In Voluntary Liquidation)
Company No. 1859502
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 2nd April, 2021. The liquidator is **LIAO Hanxing** of No. 2, Attachment 1, Yanggong Road, Linjiang Town, Zhangshu City, Jiangxi Province, China.

Dated: 7th April, 2021.

(Sgd.) LIAO Hanxing
Liquidator
[95/38]

Final Notice of Dissolution under the BVI Business Company Act.

Bangmai International Limited

(In Voluntary Liquidation)
Company No. 1668163
NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 26 February, 2021.

Dated 6 April, 2021

(Sgd.) Xu Xiwen
Voluntary Liquidator [95/39]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Blue Ocean Caribbean II, Limited

(In Voluntary Liquidation)
Company No. 1770359
NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 22 February, 2021. The Liquidator is **Harry J. Thompson** of Harbour House, P.O. Box 4428, Road Town, Tortola, British Virgin Islands.

Dated 6 April, 2021

(Sgd.) Harry J. Thompson
Voluntary Liquidator(s)
[95/40]

PUBLIC NOTICES

Final Notice of Dissolution under the BVI Business Company Act.
Vacation Better Limited
(In Voluntary Liquidation)
Company No. 1607652

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 26 February, 2021.

Dated 6 April, 2021

(Sgd.) *Michael John Nolan*

Voluntary Liquidator

[95/41]

Final Notice of Dissolution under the BVI Business Company Act.
Daycore Holdings Limited
(In Voluntary Liquidation)
Company No. 1989163

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 26 February, 2021.

Dated 6 April, 2021

(Sgd.) *Constantinos Meivatzis*

Voluntary Liquidator

[95/42]

Final Notice of Dissolution under the BVI Business Company Act.
Jubilant Investment Management Limited
(In Voluntary Liquidation)
Company No. 1668163

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 8 March, 2021.

Dated 6 April, 2021

(Sgd.) *Harry J. Thompson*

Voluntary Liquidator

[95/43]

Final Notice of Dissolution under the BVI Business Company Act.
ZXZ GROUP LTD
(In Voluntary Liquidation)
Company No. 1990403

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 31 March, 2021.

Dated 6 April, 2021

(Sgd.) *Liao Jing*

Voluntary Liquidator

[95/44]

Final Notice of Dissolution under the BVI Business Company Act.
FANGXIAOBO GROUP LIMITED
(In Voluntary Liquidation)
Company No. 2015678

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 31 March, 2021.

Dated 6 April, 2021

(Sgd.) *Liao Jing*

Voluntary Liquidator

[95/45]

Final Notice of Dissolution under the BVI Business Company Act.
FENYA GROUP LIMITED
(In Voluntary Liquidation)
Company No. 2015658

NOTICE is hereby given pursuant to Section 208, subsection 3 of the BVI Business Companies Act, 2004 that the Company was dissolved and struck off the Register of Companies with effect from 31 March, 2021.

Dated 6 April, 2021

(Sgd.) *Liao Jing*

Voluntary Liquidator

[95/46]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Indigo Landing Development Holdings, Limited
(In Voluntary Liquidation)
Company No. 1817145

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 22 February, 2021. The Liquidator is **Harry J. Thompson of Harbour House, P.O. Box 4428, Road Town, Tortola, British Virgin Islands.**

Dated 6 April, 2021

(Sgd.) *Harry J. Thompson*

Voluntary Liquidator(s)

[95/47]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Blue Ocean Catamaran, Limited
(In Voluntary Liquidation)
Company No. 1827444

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 22 February, 2021. The Liquidator is **Harry J. Thompson of Harbour House, P.O. Box 4428, Road Town, Tortola, British Virgin Islands.**

Dated 6 April, 2021

(Sgd.) *Harry J. Thompson*

Voluntary Liquidator(s)

[95/48]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Handy Mining Technology Ltd.
(In Voluntary Liquidation)
Company No. 2012790

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 4 March, 2021. The Liquidator is **CUI, Chang of 14 Houchi West Street, Chongwen District, Beijing, China.**

Dated 6 April, 2021

(Sgd.) *CUI, Chang*

Voluntary Liquidator(s)

[95/49]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Firestone Company Limited
(In Voluntary Liquidation)
Company No. 1869072

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 4 March, 2021. The Liquidator is **Harry J. Thompson of Harbour House, P.O. Box 4428, Road Town, Tortola, British Virgin Islands.**

Dated 6 April, 2021

(Sgd.) *Harry J. Thompson*

Voluntary Liquidator(s)

[95/50]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Pulsing Star Limited
(In Voluntary Liquidation)
Company No. 1972667

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 9 March, 2021. The Liquidator is **Harry J. Thompson of Harbour House, P.O. Box 4428, Road Town, Tortola, British Virgin Islands.**

Dated 6 April, 2021

(Sgd.) *Harry J. Thompson*

Voluntary Liquidator(s)

[95/51]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

REDISCOVERY HOLDINGS LIMITED
(In Voluntary Liquidation)
Company No. 1963934

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 30 March, 2021. The Liquidator is **QI HUI of Room 302, Unit 1, No.57, Huamenlou Road, Xinchang Town, Yifeng County, Yichuan, Jiangxi Province, China.**

Dated 6 April, 2021

(Sgd.) *QI HUI*

Voluntary Liquidator(s)

[95/52]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Glascom Group Limited
(In Voluntary Liquidation)
Company No. 1993364

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 30 March, 2021. The Liquidator is **Singh Rohit of 7 Tampines St 86, #15-22. Singapore 528586.**

Dated 6 April, 2021

(Sgd.) *Singh Rohit*

Voluntary Liquidator(s)

[95/53]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

WU ENTERPRISE CO., LTD.

(In Voluntary Liquidation)
Company No. 247913

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 30 March, 2021. The Liquidator is **TSAI MU CHI of No.14, Ln. 210, Junxing St., Shulin Dist., New Taipei City, Taiwan (R.O.C).**

Dated 6 April, 2021

(Sgd.) *TSAI MU CHI*

Voluntary Liquidator(s)

[95/54]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

JIA YI INTERNATIONAL DEVELOPMENT LIMITED
(In Voluntary Liquidation)
Company No. 1744350

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 31 March, 2021. The Liquidator is **ZHANG WENQING of No.45, Shangshe, Helin Village, Longuan Township, Anxi County, Fujian, China.**

Dated 6 April, 2021

(Sgd.) *ZHANG WENQING*

Voluntary Liquidator(s)

[95/55]

Ianber Services Ltd

(In Voluntary Liquidation)
Company No. 1638122

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that Ianber Services Ltd is in voluntary liquidation. The voluntary liquidation commenced on April 1st, 2021 and Telma Fleischmann of Wengistrasse 1, 8021 Zurich, Switzerland, has been appointed as the Sole Liquidator.

Dated this April 1st, 2021

Sgd. Telma Fleischmann

Voluntary Liquidator

[95/56]

ICEBLUE CAPITAL LIMITED

(In Voluntary Liquidation)
Company Number 2012225

NOTICE is hereby given pursuant to Section 208, Subsection 3 of the BVI Business Companies Act, 2004, that the Company was dissolved and struck off the Register of Companies with effect from the 9th day of March 2021.

Dated this 7th day of April, 2021

Sgd. LAI Chak Leung

LAI Chak Leung

Voluntary Liquidator

[95/57]

HORIZON PARTNERS GROUP INC.

(In Voluntary Liquidation)
Company No. 1994719

NOTICE is hereby given pursuant to Section 208 (3) of the BVI Business Companies Act, 2004 that **HORIZON PARTNERS GROUP INC.**, has been dissolved and struck off the Register of Companies with effect from 6th April, 2021.

Dated this 7th day of April, 2021.

Sgd. ALEXANDROS KAMPANIS

Voluntary Liquidator

[95/58]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

Shinger Limited
(In Voluntary Liquidation)
Company No. 1939193

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on April 6th, 2021. The Liquidator is **Liliya Vidanova with an address at Villa 3002, Green Community West, Dubai, UAE**

Dated: April 7th, 2021.

(Sgd.) *Liliya Vidanova*

Voluntary Liquidator

[95/59]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

REYMARK HOLDINGS LTD.

(In Voluntary Liquidation)
Company No. 1804789

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on April 6th, 2021. The Liquidator is **Liliya Vidanova with an address at Villa 3002, Green Community West, Dubai, UAE**

Dated: April 7th, 2021.

(Sgd.) *Liliya Vidanova*

Voluntary Liquidator

[95/60]

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

HEMANS ENTERPRISES LIMITED

(In Voluntary Liquidation)
Company No. 1644299

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on April 6th, 2021. The Liquidator is **Liliya Vidanova with an address at Villa 3002, Green Community West, Dubai, UAE**

Dated: April 7th, 2021.

(Sgd.) *Liliya Vidanova*

Voluntary Liquidator

[95/61]

PUBLIC NOTICES

Notice of Appointment of a Liquidator under Section 204 of the BVI Business Company Act.

EVERTON LOGISTIC LTD.

(In Voluntary Liquidation)
Company No. 1652478

NOTICE is hereby given pursuant to Section 204, subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on April 7th, 2021. The Liquidator is Liliya Vidanova with an address at Villa 3002, Green Community West, Dubai, UAE

Dated: April 7th, 2021.

(Sgd.) Liliya Vidanova

Voluntary Liquidator

[95/62]

LODEL INVEST & TRADE INC.

Company No. 1912793

(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that LODEL INVEST & TRADE INC. is in voluntary liquidation. The voluntary liquidation commenced on 7th April, 2021 and RAMÓN ORTÍZ DE TARANCO of Ruta 8 km. 17500, Zonamerica, Local 115 A, 91600 Montevideo, Uruguay, has been appointed as Sole Liquidator.

Dated this 7th day of April, 2021.

Sgd. RAMÓN ORTÍZ DE TARANCO

Voluntary Liquidator

[95/63]

DRAGONS 316 DIRECTOR LIMITED.

(In Voluntary Liquidation)

Company No. 1923397

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that DRAGONS 316 DIRECTOR LIMITED is in voluntary liquidation. The voluntary liquidation commenced on the 30th day of March 2021. The Liquidator is Ms Mable Law c/o Dignari Capital Partners (HK) Limited, Unit 703, Fairmont House, 8 Cotton Tree Drive, Central, Hong Kong,

Dated 31st day of March, 2021.

Sgd. Mable Law

Voluntary Liquidator

[95/64]

The Eastern Caribbean Supreme Court IN THE HIGH COURT OF JUSTICE Virgin Islands

In the Estate of LILLIAN WONG KWOK aka WONG KWOK LILLIAN aka KWOK LILLIAN WONG aka KWOK WONG LAN YING late of 205 Castenada Avenue, San Francisco, California, United States of America ("USA"), deceased

TAKE NOTICE that an application has been filed by MINETTE ANNE KWOK (in the Will called MINETTE ANN KWOK OKIMOTO) of 249 Castenada Venue, San Francisco, California, CA 94116-1446, USA and MONICE JANE KWOK (in the Will called MONICE JANE KWOK YAMADA) of 6161 Colgate Ct, Sacramento, California, CA, 95831, USA, for a Grant of Probate of the Will of the above named deceased who died on the 21st day of July 2015 wherein the applicants are the second named executors, the first named executor MAN HIM KWOK aka BARTHOLOMEW M. H. KWOK having died on the 26th day of April 1995.

Any person having an objection to the application to the Grant of Probate of the Will; shall file an objection within 14 days of the publication of this Notice.

Dated this 26th day of March 2021.

Filed by Walkers Attorneys-at Law whose address for service is

171 Main Street
Road Town, Tortola
British Virgin Islands, VG 1110
[95]

THE EASTERN CARIBBEAN SUPREME COURT IN THE HIGH COURT OF JUSTICE BRITISH VIRGIN ISLANDS

IN THE ESTATE OF YANG XIANG BO, DECEASED

TAKE NOTICE that Huang Xue Rong of House 20, Las Pinadas, 33 Shouson Hill Road, Hong Kong, the widow and intended Administrator of the Estate of the Deceased who died on the 2nd day of June 2020 domiciled in Hong Kong, has applied to the Eastern Caribbean Supreme Court in the Probate Division for a Grant of Letters of Administration in the estate of the said YANG XIANG BO, deceased.

ANY PERSONS having any objections to the Grant of Letters of Administration to the said Huang Xue Rong of House 20, Las Pinadas, 33 Shouson Hill Road, Hong Kong shall within fourteen (14) days from the date of publication of this Notice lodge with the Registry of the High Court in the Territory of the Virgin Islands a proper document setting out the said objections.

Dated the 30th day of March, 2021

Harney Westwood & Riegels LP
Solicitors for the Administrators

[95]

THE EASTERN CARIBBEAN SUPREME COURT IN THE HIGH COURT OF JUSTICE VIRGIN ISLANDS

In the estate of RODNEY SIMMONDS, late of Road Town, Tortola, Virgin Islands, deceased.

TAKE NOTICE that DEAN SIMMONDS of Lower Estate, Road Town, Tortola, Executor named in the Last Will and Testament of RODNEY SIMMONDS, who died on the 5th day of February, 2021, domiciled in the Virgin Islands (the Deceased), has applied to the Eastern Caribbean Supreme Court in the Probate Division for a Grant of Probate of the said Last Will and Testament of the Deceased.

ANY PERSON having an objection to the Grant of Probate to the said DEAN SIMMONDS, shall within fourteen (14) days from the date of publication of this Notice lodge with the Registry of the High Court in the Territory of the Virgin Islands a proper document setting out the said objections.



Filed by O'Neal Webster, Attorneys-at-Law for the Executor, whose address for service is 2nd Floor Commerce House, 181 Main Street, P.O. Box 961, Road Town, Tortola, British Virgin Islands VG 1110.

[96]

THE EASTERN CARIBBEAN SUPREME COURT IN THE HIGH COURT OF JUSTICE BRITISH VIRGIN ISLANDS

IN THE ESTATE OF EAV YIN, DECEASED

In the estate of EAV YIN, late of No. 58 Black's Link, Hong Kong, deceased.

TAKE NOTICE that an application has been filed by Lam Kim Phung of 58 Black's Link, Hong Kong, for a Grant of Probate of the Will of the above named deceased who died on the 4th day of September 2020 without revoking a Will bearing the date of the 4th day of June 2012 wherein the applicant is named sole executrix.

ANY PERSONS having any objections to the Grant of Probate to the application shall file an objection within 14 days of the publication of this Notice.

Dated the 30th day of March, 2021

Filed by Lam Kim Phung whose address for service is c/o Harney Westwood & Riegels LP, Craigmuir Chambers, PO Box 71, Road Town Tortola VG1110, British Virgin Islands

[95]

PUBLIC NOTICES

**THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
BRITISH VIRGIN ISLANDS**

IN THE ESTATE OF LINO FERRARI, DECEASED

In the estate of LINO FERRARI, late of Avenida Antônio Almeida Leite, 956, CEP: 19907-000, Ourinhos, SP, Brazil, deceased.

TAKE NOTICE that an application has been filed by Thiago Ferrari Fantinatti of Alameda Lorena, 1220 CA, Parque Trianon, CEP: 19910-467, Ourinhos – SP, Brazil, for a Grant of Probate of the Will of the above named deceased who died on the 29th day of December 2020 without revoking a Will bearing the date of the 17th day of March 2019 wherein the applicant is named sole executor.

ANY PERSONS having any objections to the Grant of Probate to the application shall file an objection within 14 days of the publication of this Notice.

Dated the 30th day of March, 2021

Filed by Thiago Ferrari Fantinatti whose address for service is c/o Harney Westwood & Riegels LP, Craigmuir Chambers, PO Box 71, Road Town Tortola VG1110, British Virgin Islands

[95]

**THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
BRITISH VIRGIN ISLANDS**

IN THE ESTATE OF LINO FERRARI, DECEASED

In the estate of LINO FERRARI, late of Avenida Antônio Almeida Leite, 956, CEP: 19907-000, Ourinhos, SP, Brazil, deceased.

TAKE NOTICE that an application has been filed by Thiago Ferrari Fantinatti of Alameda Lorena, 1220 CA, Parque Trianon, CEP: 19910-467, Ourinhos – SP, Brazil, for a Grant of Probate of the Will of the above named deceased who died on the 29th day of December 2020 without revoking a Will bearing the date of the 17th day of March 2019 wherein the applicant is named sole executor.

ANY PERSONS having any objections to the Grant of Probate to the application shall file an objection within 14 days of the publication of this Notice.

Dated the 30th day of March, 2021

Filed by Thiago Ferrari Fantinatti whose address for service is c/o Harney Westwood & Riegels LP, Craigmuir Chambers, PO Box 71, Road Town Tortola VG1110, British Virgin Islands

[95]

**The Eastern Caribbean Supreme Court
IN THE HIGH COURT OF JUSTICE
Virgin Islands**

In the Estate of WONG PHILIP KIN HANG also known as WONG, PHILIP KIN HANG also known as PHILIP KIN HANG WONG also known as WONG KIN HANG also known as PHILIP WONG also known as PHILIP K.H. WONG also known as PHILIP WONG KIN HANG also known as WONG KIN HANG PHILIP also known as PHILIP K H WONG, late of House A2, 14 Mount Kellett Road, The Peak, Hong Kong, deceased

TAKE NOTICE that an application has been filed by WONG CHENG GERTRUDE KWOK CHEUNG also known as WONG CHENG KWOK CHEUNG GERTRUDE also known as WONG CHENG, GERTRUDE KWOK CHEUNG also known as CHENG KWOK CHEUNG also known as GERTRUDE WONG also known as GERTRUDE WONG CHENG KWOK CHEUNG also known as MADAM CHENG KWOK CHEUNG of House A2, 14 Mount Kellett Road, The Peak, Hong Kong, Housewife, and WONG YING KIT, DAVID of Flat I, 7th Floor, Block IJ, Grenville House, 1 Magazine Gap Road, Hong Kong, for an Application for Grant of Probate of the Will of the above named deceased who died on the 28th day of May 2020 wherein the applicants are the named executors and the wife and son, respectively, of the deceased.

Any person having an objection to the application to the Grant of Probate of the Will; shall file an objection within 14 days of the publication of this Notice.

Dated this 15th day of March 2021.

Filed by *Walkers Attorneys-at Law* whose address for service is 171 Main Street Road Town, Tortola British Virgin Islands, VG 1110

[96]

THIRD SCHEDULE

**The Land Surveyors Ordinance, 1970
Notice of Intention to Survey**

To:

Cecil Rhymer - Parcel 13, Block 5344B
Reeial George - Parcel 14, Block 5344B
Joanne George - Parcel 67, Block 5344B
Crown - Parcel 167, Block 5344B

I hereby give you Notice that I am employed by Virgin Island Surveying Services Limited, to survey Parcels 79, Block 5344B, Virgin Gorda East & Northern Cays Registration Section, situate on the island of Tortola which adjoin lands, said to belong to you or to be in your possession. I shall commence the survey at 9:00 am on Tuesday, the 20th day of April 2021, at which time you are requested to attend by yourself or your agent as you may think fit at the survey site. In the meantime, I shall make such traverses, as I may deem requisite. You must bring any Surveys and other papers referring to your land in order to protect your interest therein.

Dated this 7th day of April, 2021

Marc Downing
Marc Downing
Licensed Surveyor

Tel. 346-1137 Email: vissltd@gmail.com

[96]

**NOTICE OF APPOINTMENT OF
VOLUNTARY LIQUIDATOR
of
HAMMERHEAD (BVI) LIMITED
1608702
("the Company")**

We hereby submit notice that Astra Penn of Dancia Penn & Co, 49 Main Street, Road Town, Tortola, British Virgin Islands was appointed Liquidator of "the Company" on the 17th day of March 2021..

Dated this 6th day of April 2021.

Sgd. Orrett Kennedy
DATRUST LIMITED
[95/65]

**Ptarmigan Marine Limited
(In Voluntary Liquidation)
Company Number 1689243**

NOTICE is hereby given pursuant to Section 204, Subsection (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 7th day of April, 2021. The Liquidator is Clive Hubbard of Second Floor, Charles Bisson House, 30-32 New Street, St. Helier, Jersey JE1 8FT.

Dated this 8th day of April, 2021
Sgd. Clive Hubbard

Clive Hubbard
Voluntary Liquidator

[95/66]

**BAYHOLDING
INVESTMENT LIMITED**

(In Voluntary Liquidation)
Company Number 644899

NOTICE is hereby given pursuant to Section 204, Subsection (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 8th day of April, 2021. The Liquidator is Brian Jackson of Mandar House, 3rd Floor, Johnson's Ghut, Tortola, British Virgin Islands.

Dated this 8th day of April, 2021
Sgd. Brian Jackson

Brian Jackson
Voluntary Liquidator

[95/67]

**Notice of Appointment of a Liquidator
under Section 204 of the BVI Business
Company Act.**

CARO YACHTING LTD.
(In Voluntary Liquidation)
Company No. 1824720

NOTICE is hereby given pursuant to Section 204 (1), subsection (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on 29th, March, 2021. The Liquidator is Corrado Senatore

c/o Transport Maritime S.A.M.
Gildo Pastor Centre
7, rue du Gabian
Monte Carlo, MC98000
Monaco

Dated: 29th day of April 2021.

(Sgd. Corrado Senatore
Voluntary Liquidator

[95/68]

Collective CARICOM voice for recovery at IMF-World Bank meetings

By Sir Ronald Sanders

The response by policy makers of the International Financial Institutions (IFIs) to the depth of COVID-19's effects on Caribbean economies needs to be urgently reviewed, particularly regarding debt.

An unduly optimistic assessment of the extent of damage to economies and an overly confident expectation of how long the effects will last, have resulted in inadequate instruments to help Caribbean countries get out of the hole into which they have been sunk through no fault of their own. Caribbean countries did not create the pandemic and they have been among the most successful in containing it at great cost to their Treasuries.

The staff of the International Monetary Fund (IMF) and World Bank Group (WBG) and the Directors on the Boards, representing CARICOM countries, deserve credit for advancing the region's interests. The inadequacy of the IFIs response is not their fault; it is entirely due to Board directors of some larger countries who remain stuck to mistaken policy positions whose failures have enlarged the harmful effects of the pandemic.

One of these continuing unhelpful policy positions is the application of per capita income as a criterion to deny high income Caribbean countries access to concessionary loans, even though these countries are subject to the same vulnerabilities as lower income countries.

Something of a breakthrough might have occurred. The World Bank Board has approved the preparation of loan documents of \$100 million each for the Bahamas and Barbados – two of the countries with the highest per capita incomes in CARICOM – “due to their heavy reliance on tourism”. This is an admission that the Board of the Bank has accepted vulnerability as a criterion, that is superior to high income, as a qualification for concessionary loans. It is to be assumed, therefore, that, if these loans are approved by the Board in the coming weeks, this criterion can now be applied to other high-income CARICOM countries such as Antigua and Barbuda and St Kitts-Nevis. CARICOM Finance Ministers at the Spring Meetings of the Bank and Fund should raise this issue collectively.

Doing so, is especially relevant since countries that might have been “high income”, according to IMF/WBG measurements, in 2019, are certainly not so today. High unemployment, resulting from the pandemic, has shaved as much as 30 % from per capita income in some countries and is likely to reduce it even more as unemployment increases and poverty expands. Amid all this, the IFIs response to high and crippling debt in many CARICOM countries that has spiralled because of the COVID-19 pandemic, has increased their debt service burdens. While the Bank and Fund have explicitly stated that debt levels were, for some, more than 100 % of GDP prior to the pandemic, the debt instruments that they have provided are burdensome.

As an example, the IMF's Debt Service Suspension Initiative is only temporary. It is also applicable only to the poorest countries. Therefore only 5 CARICOM countries qualified. The initiative is supposedly to help them cope with the economic and fiscal constraints caused by the COVID-19 crisis. But it gives only a one-year grace with repayment having to be made over 5 years. Clearly, there will be an increase in the debt service burdens

of these countries.

The duration of the pandemic's effects on CARICOM economies and its severe impact, will be longer than anticipated. Countries, such as Guyana and Suriname, with their oil and gas resources will be better placed, but Post-COVID, many CARICOM countries will have much reduced economies, high debt, diminished revenues, and little capacity to recover. The UN has already said that the Caribbean will face ‘a lost decade’ with economies and per capita income declining to 2010 levels.

They will need access to low-cost financing and grants from both IFI's and donor governments. Immediately, they need debt relief in the forms of write-offs and deferral of repayments on easier terms.

If these initiatives are not taken, Caribbean economies will be caught in a poverty trap from which they will not emerge for a generation and, even then, only if they experience no disasters such as hurricanes, prolonged droughts, or flooding – all of which have a high probability of occurring.

The governments of CARICOM countries are struggling to keep their economies afloat with policy initiatives either to revive dormant activities, such as agricultural and fisheries production, or to encourage new technology-based endeavours. These will help with economic diversification over time, but they will not be immediate large contributors to economic growth or replacements for industries such as tourism.

The Spring meetings of the Bank and Fund are an opportunity for robust presentations of the plight of CARICOM countries, always recalling they did not originate or spread COVID-19. They are in their current situation because of their vulnerability to their trading partners which, without exception, enjoy relatively large trade surpluses with the region. Some of these same trading partners are among the most vociferous in the continued application of mistaken criteria that disqualify many CARICOM countries from concessionary financing and debt relief.

At this month's meetings of the IMF/WBG, Caribbean representatives have an opportunity to advance proposals for support. One of the points that should be made is that, since the huge balance of trade surplus that rich countries enjoy with CARICOM states runs into billions of dollars perennially, giving them revenues and employment, they should regard debt forgiveness and rescheduling, as well as concessional financing, as investments in CARICOM countries from which they derive considerable benefits annually.

If the economies of CARICOM countries are not helped to recover, there will be a corresponding contraction in their ability to continue to buy goods and services from the rich. Efforts must be made to create a framework that integrates debt sustainability, growth-investment, and building resilience for CARICOM countries. Such a framework must also take full account of the region's vulnerability to destructive forces they do not create, such as Climate Change.

CARICOM countries should speak with a collective voice in proposing such a framework to the IMF/WBG meetings, omitting no country.



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Silent Killers affect over 50 percent of our population

Non-communicable diseases (NCDs) still reign supreme: diabetes, heart disease, cancer, high blood pressure, stroke, are by far the leading causes of mortality in the world, representing over 60% of all deaths.

A World Health Report identified five important risk factors for non-communicable diseases in the top ten leading risks to health. These are high blood pressure, high cholesterol, tobacco use, alcohol consumption, and overweight.

If present growth trends are maintained, NCDs will soon attribute to 7 out of every 10 deaths in developing countries, killing 52 million people annually worldwide by 2030. With statistics such as these, it comes as no surprise that international entities such as the World Health Organization & World Bank Human Development Network have identified the prevention and control of NCDs as an increasingly important discussion item on the global health agenda. Alzheimer's, which is not necessarily an NCD, is projected to affect more people in the next 10 to 20 years. Dementia cases are expected to triple causing an enormous burden on national health services and families. Risk factors for dementia are similar to those listed above for NCDs.

World Health Day was observed last Wednesday on a global scale with a special focus on the silent killer: high blood pressure. High blood pressure - also known as hypertension - increases the risk of heart attacks, strokes, and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat, and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. One in three adults worldwide has high blood pressure.

The risk of developing high blood pressure can be reduced by reducing salt intake as much as possible; eating a balanced low-fat diet; avoiding canned food; using less processed food; avoiding harmful use of alcohol; taking regular physical exercise; maintaining a healthy body weight, and avoiding tobacco use.

Government, health workers, the entire community, the private sector, families, and individuals must join forces to reduce hypertension and its impact.

PUBLIC NOTICES

THIRD SCHEDULE
The Land Surveyors Ordinance, 1970
Notice of Intention to Survey

To:
Cecilia, Wilmuth, Ernest Harrigan, Agatha George, Fedelia Creque, Laura Walters, Ethel Planket, Jane Richardson, Heirs of Herman & Joseph Harrigan - Parcel 18, Block 5344B
Virgin Islands Methodist Trust Corporation - Parcel 19, Block 5344B
Crown - Parcel 4, Block 5444A

I hereby give you Notice that I am employed by Virgin Island Surveying Services Limited, to survey Parcels 42, Block 5344B, Virgin Gorda East & Northern Cays Registration Section, situate on the island of Tortola which adjoin lands, said to belong to you or to be in your possession. I shall commence the survey at 9:30 am on Tuesday, the 20th day of April 2021, at which time you are requested to attend by yourself or your agent as you may think fit at the survey site. In the meantime, I shall make such traverses, as I may deem requisite. You must bring any Surveys and other papers referring to your land in order to protect your interest therein.

Dated this 7th day of April, 2021

Marc Downing
Licensed Surveyor

[95]

Notice of Appointment of a Voluntary Liquidator under Section 204 (1) (b) of the BVI Business Companies Act, 2004.

SABRE VENTURES LIMITED
(In Voluntary Liquidation)
Company No. 1021648

NOTICE is hereby given pursuant to Section 204 (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 16th day of March 2021. The Liquidator is **Ray A. George, of Long Trench, Tortola, British Virgin Islands.**

Dated this 8th day of April, 2021

Ray A. George
Voluntary Liquidator
[95/73]

Notice of Appointment of a Voluntary Liquidator under Section 204 (1) (b) of the BVI Business Companies Act, 2004.

Creek Shores Investment Ltd.

(In Voluntary Liquidation)
Company No. 1686419

NOTICE is hereby given pursuant to Section 204 (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 16th day of March 2021. The Liquidator is **Ray A. George, of Long Trench, Tortola, British Virgin Islands.**

Dated this 8th day of April, 2021

Ray A. George
Voluntary Liquidator
[95/74]

NOTICE
BVI BUSINESS COMPANIES ACT
EUROPEAN FINANCE
DEVELOPMENT
CORPORATION
("the Company")

(In Voluntary Liquidation)

NOTICE is hereby given that on the 6th April, 2021; under the terms of Part XII of the BVI Business Companies Act the Company has been dissolved and struck from the Register.

The Liquidator is
Marsha Corum
of Nerine Chambers, P.O. Box 905
Quastisky Building, Road Town
Tortola, British Virgin Islands
[95/75]

Notice of Appointment of a Voluntary Liquidator under Section 204 (1) (b) of the BVI Business Companies Act, 2004.

WATAMORO
INVESTMENTS LTD.

(In Voluntary Liquidation)
Company No. 309282

NOTICE is hereby given pursuant to Section 204 (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 18th day of March 2021. The Liquidator is **Ray A. George, of Long Trench, Tortola, British Virgin Islands.**

Dated this 8th day of April, 2021.
Ray A. George
Voluntary Liquidator
[95/76]



Lands and Survey Department
P.O. Box 142
Road Town, TORTOLA, VG1110
VIRGIN ISLANDS

BVILR/PRE/05/2021

NOTICE OF APPLICATION FOR REGISTRATION BY PRESCRIPTION
SECTION 135 OF THE REGISTERED LAND ACT
CAP 229 OF THE 1991 EDITION OF THE REVISED LAWS OF THE VIRGIN ISLANDS

REGISTRATION SECTION	BLOCK	PARCEL
Jost Van Dyke	1440B	27

The Registrar of Lands hereby gives NOTICE that Maxime & Co. Law Chambers, Road Town, Tortola, Virgin Islands, Legal Practitioners, on the behalf of WAYSON VANSON HATCHETT, of Great Harbour, Jost Van Dyke, British Virgin Islands have applied to be registered as proprietors by Prescription for Parcel 27 Block 1440B, Jost Van Dyke Registration Section, and have filed affidavits in support of this application.

Parcel 27 is registered to:

- Agatha Hatchett 1/5th Share
- Adina Nee Hatchett 1/5th Share
- Miriam Nee Hatchett 1/5th Share
- Norma Naomi Hendricks Bair, Vivian Idalia DeWindt and Jonathan Van Dyke Hendricks Jr. 1/5th Share
- Josefa Ivanna Patrick, Palmira Dolorita Hatchett and Hoson B. Hatchett, as Personal Representatives of Ivan Hatchett 1/5th Share

The relevant documents may be inspected at the Lands and Survey Department (Lands Unit) upon request. Copies will be provided by the applicants' Legal Practitioners.

Anyone who has just caused to object to WAYSON VANSON HATCHETT being registered as proprietor of the aforementioned parcel should submit proper document to the Registrar of Lands no later than 6th day of May, 2021.

Dated this 30th day of March 2021.

Natalie Stevens-George
Administrative Officer
for Chief Registrar of Lands

To: Agatha Hatchett
Adina Nee Hatchett
Miriam Nee Hatchett
Norma Naomi Hendricks Bair, Vivian Idalia DeWindt and Jonathan Van Dyke Hendricks Jr.
Josefa Ivanna Patrick, Palmira Dolorita Hatchett and Hoson B. Hatchett, as Personal Representatives of Ivan Hatchett

Maxime & Co. Law Chambers
Legal Practitioners for Wayson Vanson Hatchett
PO Box 4696
Road Town, Tortola, VG1110
Virgin Islands

Tel: Lands Unit: (284) 468-2017, Survey Unit: (284) 468-4321 | Email: Lands Unit: landregistration@gov.vg, Survey Unit: landandsurveydept@gov.vg | Website: www.bvi.gov.vg

THE ISLAND SUN CLASSIFIED ADS



Myett's Cane Garden Bay seeks to employ **Qualified Chef, Sous-Chef/Cook, Dishwasher, Servers, Bartenders, Maintenance Man, Grounds Man/Handy Man, Cleaner.** Apply to crhymer.hodge@yahoo.com or 284-442-4440. **Belongers Preferred** [s96]

Just Right Snackette is seeking **One Kitchen Assistant.** The applicant should possess strong knowledge of kitchen management, excellent customer service, deliver under pressure and be a team player. For further information please contact owner via email: fivcswelding@gmail.com [s96]

No Limit Construction require one procurement assistant, please call 495-9093 [s96]

WANTED: ONE DOMESTIC CLEANER to work with **Daintree Holdings Ltd.** Applicants must be very honest, clean, and organised with ability to clean all aspects of private homes and **MUST** be able to work unsupervised.

The job is located on out-island, applicants must be available on weekends and holidays. Apply in writing to P.O. BOX 508, East End, Tortola, BVI VG1120 [s96]

STAR CONSTRUCTION COMPANY has vacancy for 1 **HANDYMAN.** Must have experience in general construction field. Please call 442-3116 for more information to apply. **BVI Islanders or Belongers preferred.** [s96]

SHALOM CREEK LTD.
(In Voluntary Liquidation)
Company No. 1913801

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **SHALOM CREEK LTD.** is in voluntary liquidation. The voluntary liquidation commenced on the 1st day of April 2021. The Liquidator is **Mr. Daniel Bensimon** of 22355 Guadeloupe Street, Boca Raton, Florida 33433, United States of America.

Dated 6th day of April, 2021.

Sgd. Daniel Bensimon
Voluntary Liquidator

[95/69]

SARLES DEVELOPMENT LTD. Company No. 1706183
(In Voluntary Liquidation)

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **SARLES DEVELOPMENT LTD.** is in voluntary liquidation. The voluntary liquidation commenced on 8th day of April, 2021 and **MARIANO RODRIGUEZ** of **CONVENCION 1343 OFICINA 403, MONTEVIDEO, URUGUAY,** has been appointed as Sole Liquidator.

Dated this 8th day of April 2021.

Sgd. MARIANO RODRIGUEZ
Voluntary Liquidator

[95/71]

BRANSON CREEK LTD.
(In Voluntary Liquidation)
Company No. 1624500

NOTICE is hereby given pursuant to Section 204 (1)(b) of the BVI Business Companies Act, 2004 that **BRANSON CREEK LTD.** is in voluntary liquidation. The voluntary liquidation commenced on the 1st day of April 2021. The Liquidator is **Mr. Daniel Bensimon** of 22355 Guadeloupe Street, Boca Raton, Florida 33433, United States of America.

Dated 6th day of April, 2021.

Sgd. Daniel Bensimon
Voluntary Liquidator

[95/70]

Notice of Appointment of a Voluntary Liquidator under Section 204 (1) (b) of the BVI Business Companies Act, 2004.

Wide Open Holdings Inc.

(In Voluntary Liquidation)
Company No. 638529

NOTICE is hereby given pursuant to Section 204 (1) (b) of the BVI Business Companies Act, 2004 that the Company is in voluntary liquidation. The voluntary liquidation commenced on the 16th day of March 2021. The Liquidator is **Ray A. George, of Long Trench, Tortola, British Virgin Islands.**

Dated this 8th day of April, 2021

Ray A. George
Voluntary Liquidator

[95/72]

BVI Residents To Schedule 2nd COVID-19 Vaccine Dose After April 22

Residents who received their first dose of the AstraZeneca vaccine should prepare to schedule the second dose after April 22.

This date is in line with the newly advised ten to 12 week timeline for the administration of the second dose.

Minister for Health and Social Development, Honourable Carvin Malone during the Sixth Sitting of the Third Session of the Fourth House of Assembly on March 10, explained that the new preferred dosing interval was advised by the medical experts and the Chief Medical Officer in the Ministry of Health and Social Development.

Honourable Malone explained that this guidance takes into account the very clear and published two-fold improvement in the antibody response and 26.2 percent greater efficacy within the 10 to 12 week dose interval over the previously announced six-week regime.

The Health Minister said, "From a legal and ethical standpoint Mister Speaker, it is our hope that persons will follow the new regime, and if they are being advised otherwise or choosing a smaller dosing interval should do so with full information of the disadvantages."

Acting Permanent Secretary in the Ministry of Health and Social Development, Ms. Tasha Bertie explained that persons who received their first dose should refer to their vaccination cards and calculate at least ten weeks from the date the dose was administered. Thereafter, persons should schedule their appointments online by visiting ministryofhealth.gov.vg/vaccines.

Ms. Bertie stated, "Persons who

show up prior to the April 22 date without their vaccination cards to prove they received their first dose and to verify the date, will be assisted. Hence, residents who received their vaccinations are encouraged to secure their cards to ensure they receive their second dose at the appropriate time."

Meanwhile, Health Minister Malone continues to encourage as many persons as possible to receive their first dose and as quickly as possible. During the Sitting of House of Assembly, he stated that the first dose of vaccine affords very high efficacy against COVID-19 of the order of 76 percent in the short term against symptomatic COVID-19 and

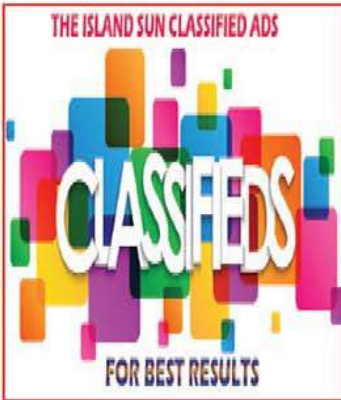
63.9 percent when including both asymptomatic and symptomatic cases.

"We are also aware that the first dose of AstraZeneca vaccine reduces infectiousness by as much as 67 percent and has also led to dramatic reductions of hospitalisation in the United Kingdom of over 80 percent and as high with just under 20 million persons out of an approximately 60 million population having been vaccinated," he said.

Honourable Malone further added that it is important for residents to get vaccinated so that the Territory can reap the benefits through the concept of herd immunity where if a sufficient number of persons

are vaccinated, it will interrupt the ability of an infectious disease such as COVID-19 to be transmitted through the population and ultimately allow for review of the current entry protocols.

COVID-19 vaccination centres are open Monday through Friday and are available to all residents age 18 and older. Persons are encouraged to register online at ministryofhealth.gov.vg/vaccines but walk-ins will also be accommodated with in-person registration on site. To find out more information on COVID-19 Vaccines, persons can also visit www.bvi.gov.vg/covid-19.



M&M Construction is seeking to recruit:
1 Procurement Specialist
Requirements: Liaises with key company employees to determine their product and service needs.
 Monitor's business trends and product availability to pay the best price for company goods and services.
 Develops and implements strategies for procuring, storing, and distributing goods or services and maintaining stock levels.
 Must be able to travel regularly to Central America and speak and write Spanish fluently. Applicant must have five or more years' experience.
 Telephone:343-3182
 [s95]



Reduce your risk of coronavirus infection:

-  Clean hands with soap and water or alcohol-based hand rub
-  Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
-  Avoid close contact with anyone with cold or flu-like symptoms
-  Thoroughly cook meat and eggs
-  Avoid unprotected contact with live wild or farm animals

 World Health Organization

PRINCE PHILIP from page 3

Queen Elizabeth II Trooping the Colour parade on June 13, 2015 in London with Prince Philip

On leave in Britain, he visited his royal cousins, and, by the end of war, it was clear he was courting Princess Elizabeth, eldest child and heir of King George VI. Their engagement was announced July 10, 1947, and they were married on Nov. 20.

When Elizabeth became queen on the death of her father, King George VI in 1952, Philip found it very difficult, says Philip Eade, author of the book "Young Prince Philip."

"He had been an extremely successful, extremely highly regarded naval officer in the British navy, and he was tipped from the very top," Eade told VOA. "He was tipped to become head of the navy and so to have to give that all up in order to become second fiddle to his wife. He was a very overtly masculine character and not one who is going to take easily to this sort of life of walking a couple of paces behind the queen."

Over seven decades, Prince Philip navigated the highs and lows of a Royal Family permanently in the public eye. He helped the family cope with difficult times in the 1990s, including the divorces of Prince Charles and Diana, and Prince Andrew and Sarah Ferguson. Diana was killed in a Paris car crash in 1997 alongside her fiancé Dodi Fayed.

Philip was known for his wry sense of humor, which came in handy whenever he had to brush aside any suggestion of his role as a secondary figure. He once said his best speech was in 1956, when he opened the Summer Olympics with eight words: "I declare open the Olympic games of Melbourne."

Prince Philip retired from official royal duties in 2017. A year later, he was involved in a serious car accident while driving near the Royal Family's country estate at Sandringham. His last public appearance was in July 2020 at Windsor Castle.

Prince Philip and Queen Elizabeth II had four children: Prince Charles, Princess Anne, Prince Andrew and Prince Edward. They have eight grandchildren and 10 great-grandchildren.

Fulfilling his roles as consort and father, Prince Philip had a lasting effect on a 12-hundred-year-old institution, a monarchy that is more visible and relevant to its people as a legacy that he forged, effectively, from his place two steps behind.



St. Vincent on red alert for 'imminent' volcanic eruption

By Tatiana Arias, AnneClaire Stapleton and Steve Almasy, CNN

(CNN) - St. Vincent and the Grenadines Prime Minister Ralph Gonsalves on Thursday declared a disaster alert prompted by a change in the eruptive activity at the La Soufrière volcano, according to the country's National Emergency Management Organization.

The island is on red alert, meaning an eruption is "imminent now," NEMO said. Evacuation orders are in place in about a dozen districts of St. Vincent, affecting roughly 6,000 to 7,000 people, a spokesperson for the University of the West Indies Seismic Research Centre, or UWI-SRC, told CNN.



St. Vincent is the largest island of the St. Vincent and the Grenadines chain in the Caribbean.

Scientists at the Belmont Observatory in St. Vincent observed a volcanic tremor on

the island at about 3 a.m. local time, according to UWI-SRC. The first band of tremors was followed by five more throughout the day. This type of seismic signal is usually associated with movement of magma and fluids close to the surface, according to UWI-SRC. "Ash venting was also observed during the most recent tremor episode," the center reported on Facebook.

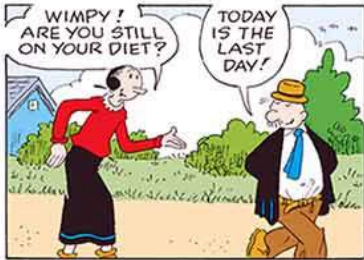
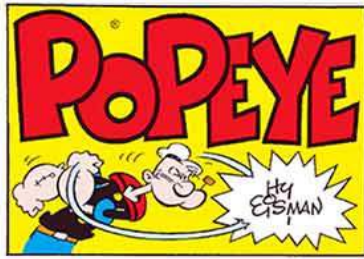
The volcano has had five explosive eruptions -- in 1718, 1812, 1814, 1902/03 and 1979 -- according to the seismic research center.

Trinidad and Tobago Prime Minister Keith Rowley has spoken to Gonsalves and offered assistance, according to the Ministry of National Security for Trinidad and Tobago.

Venezuela will send humanitarian supplies and risk experts, Venezuelan Foreign Minister Jorge Arreaza said on his Twitter account. Cruise ships are heading to the islands to assist in evacuations, NEMO officials wrote on their Twitter account. Carnival Cruise Lines is sending two ships -- the Carnival Paradise and the Carnival Legend -- to evacuate residents, a spokesperson told CNN.

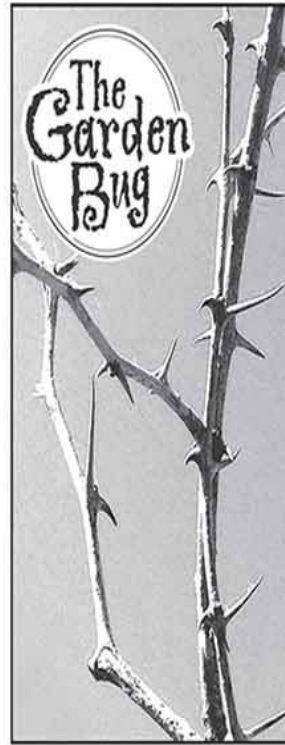
"Each ship will accommodate up to 1,500 residents who will be transported to neighboring islands which have agreed to offer refuge out of harm's way. All precautions will be taken to protect the health and safety of Carnival crew and the passengers who board the ships," the spokesperson said. The ships will arrive Friday, the spokesperson said. Royal Caribbean and Celebrity Cruises are each sending one ship and should arrive Thursday night, according to a statement from Statement from Royal Caribbean International.

CONTINUE TO PAGE 35



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



"Christ's Thorn" plant

The *Ziziphus spina-christi* is an evergreen tree found in the valleys and lowlands of countries bordering the Mediterranean Sea along its southern coasts. Wood from this plant appears to have been in use during the times of the pharaohs, as well as parts of the plant used for medicine, and its fruits were used to make a type of bread which is still made in these lands today. Traditions say that these trees are sacred, and no harm from the spirit world will befall any who sleep beneath them.

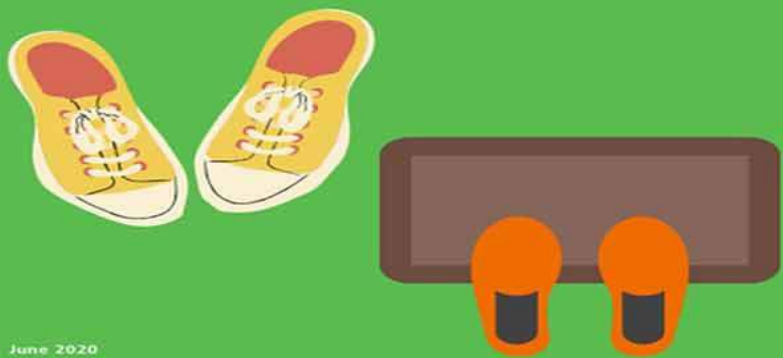
- Brenda Weaver

Source: www.ncbi.nlm.nih.gov

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Can shoes spread the COVID-19 virus?



The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

#Coronavirus #COVID19 World Health Organization

Seaports Opening will Benefit the Economy

The increased cases of COVID 19 within the Territory during the last two weeks will not determine the long-awaited reopening of the Territory's seaports Minister for Health and Social Development Hon. Carvin Malone said.

In a statement to the Territory on 1 April, the Health Minister noted the proposed seaport reopening date and mentioned that there is no thought at the moment to defer: "Our sea borders are on schedule to reopen on Thursday 15 April and all efforts are aimed at maintaining as safe a Territory as possible. I am in contact with Health agencies and Health Ministers throughout the region and the common theme is vigilance. Remember do not procrastinate: vaccinate," Hon. Malone said.

Vaccination will Restore Jobs and the Economy

The Minister's announcement that the seaport reopening date will hold came days before Leader

of the Opposition Hon. Marlon Penn issued a press release declaring that there should be no further delays concerning the reopening. The Leader of the Opposition said: "We have to be ready to open our seaports. We have to learn to live, work and manage COVID."

Hon. Penn's statement about the delay stems from the fact that there have been at least two changes to the timeline to have the Territory's s reopen. The previous date shifts have also been seen as the reason some of the Territory's sailing business migrated to the US Virgin Islands. Will they return or the USVI will do everything to keep them there: what do you think?

The seaports have been commercially closed since March last year, and with it, an affordable means for tourists to get into the Territory went out of the window. This went on to affect the BVI's tourism sector and caused many companies to operate part-time,

which resulted in a wave of underemployed and unemployed residents and citizens.

The previous reopening push backs Hon. Penn referred to as false starts, and he noted that another such deferment would be unacceptable. "We cannot afford another false start," Hon. Penn said.

Ferries Fares and Limitations

The reopening of the seaport will usher in the resumption of commercial ferry service between the BVI and the USVI. However, reports indicate the resumed ferry service will vary from the way it was before last year's closure. For instance, ferry service operators such as the Native Son will see an increased ticket price. The new cost for Native Son will be adult fare \$60 one way, children and senior citizens \$50, and \$15 for infants.

Where before the closure ferry capacity was 150 persons, now the capacity will be limited to 50 passengers.

Additionally, it was indicated that only one ferry will be operating per day when the seaports open. Initial schedules show that Smith's Ferry is expected to run on Mondays and Thursdays; while Road Town Fast Ferry makes trips on Tuesdays and Saturdays and the Native Son Ferry running on Wednesdays and Fridays. The ferries will alternate service on Sundays. It was also noted that some of the ferry companies will not be selling round-trip tickets.

Ferry Reroutings cause an issue

The Ports Authority previously announced plans to reroute the ferry traffic to the Cyril B Romney Tortola Pier Park. However, the Opposition Leader explained that there are flaws in this plan. He announced in his 5 April Press Release: "Persons living on the Sister Islands may not benefit from this change. Often shipping bulky items to the Sister Islands via ferry, this may prove to be a logistical nightmare for those persons;

adding to the difficulty already experienced in finding parking and a designated on/offloading location at the Pier Park."

While noting that there are potential logistical issues with this plan Hon. Penn further expressed his fears that the lack of an operational jetty at West End along with ferrying persons into Road Town can harm the Jost Van Dyke economy. "Businesses on the Sister Island are virtually on life support and the livelihood of the business owners and their employees would be at stake," he stated.

Further, the Opposition Leader said that precluding the option of taking a ferry to and from West End might deter visitors from traveling to the Sister Island of Jost Van Dyke where many of the businesses depend so heavily on tourism, noting that the current Administration had two years to ensure a fully functioning West End jetty be made a priority.

Commission of Inquiry Preparing for the Next Phase

The Commission of Inquiry (COI) is moving towards the next stage of the investigation – public hearings. This new phase was announced by Steven Chandler the Secretary to the COI. Mr. Chandler disclosed in a release on Tuesday that the Commissioner, Hon Sir Gary Hickinbottom, is preparing for the hearings.

It was announced that Hon. Hickinbottom is currently

considering holding some initial hearings in late April and early May. "The Commissioner will publish rules to regulate the conduct and management of the COI's hearings later this week," the release stated.

Chandler said that the Commissioner who had travelled to the United Kingdom arrived back in the BVI on Thursday 1 April. It was mentioned that the

Commissioner was accompanied by Mr. Andrew King (Senior Solicitor to the COI). All of the Commissioner's team were said to be observing 14 days quarantine.

Once out of quarantine the team is expected to continue with the information gathering and production of documents stage of the COI. It was also disclosed that additional members of the COI team are expected to join the Commissioner later this month.

At the commencement of the second stage of the Inquiry Chandler disclosed that the Commissioner was in the process of obtaining further information and documentation in response to the information already provided by members of the public. The Secretary of the COI at that time disclosed that over 100 letters of request for information/documents were sent to public officials, including elected and statutory officials.

The Commission of Inquiry was announced on 18 January by former Governor Augustus Jaspert. The objective of the COI is to look into whether corruption, abuse of office, or other serious dishonesty may have taken place amongst public, elected and statutory officials in recent years.

Commissioner Hickinbottom, was sworn in on 22 January and began his work from that date.



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WORKING OUT FOR EXTREME FITNESS

Many people think about building muscles as abandoning life outside the gym and devoting hours in the gym like a monk in a monastery. Perhaps the only way to chisel the body into a hot muscular physique is by toiling hour by hour over the rusty iron day in, day out and year in, year out.

This need not be so. Although hard work is truly required, extreme fitness demands one to be a slave of the iron weights. Full-body work outs can make one progress and it easily fits in one's schedule. This is very convenient if one is looking forward to achieving extreme fitness but finds it hard to hold on to a single work out routine.

Genuine full-body work outs done by athletes with an aim in mind makes for maximum muscle contraction using heavy weights, makes room for full recovery so one can actually grow and continue to train hard plus it also prevents burnout which is inevitable due to excess training.

So if one is ready for extreme fitness, here is all there is to know about full body work out:

Full-body work out is a time saver. The biggest plus about having the whole body trained all at once is probably having to go to the gym less frequently; perhaps around two to three times for every seven days would be enough.

Another advantage of working out the entire body all at once is that one need not spend two or more hours of strenuous exercise in the gym for every session; one only spends one hour in the gym for every session. So that's just three to four hours per week in the gym right? With full-body work outs, it is all about the quality of exercise one does for session and not the quantity, nor even the amount of time you allot per session.

Full-body work out boosts the cardiovascular system for extreme fitness. One must allot two to four sets for every body part into the one hour session. Jam packed with exercising, each one hour session then gets the heart and the rest of the cardiovascular system pumping and up to speed in a flash.

Now feeling pumped up, next find out what rules does one have to follow when engaging in full-body work outs:

Training commences only once every two to three days. This is so easy isn't it? What is great about this is that there is time spared during rest days so that one can indulge in a few cardio exercise sessions instead of depending on cardio exercises one normally does at the end of each work out session which after all, are not at all very effective.

Heavy lifting is strongly advised. Contrary to popular belief, especially among athletes. It is not true that it is good to get trapped on training lightly than one actually could so as to conserve energy for the other body parts that will come later in the routine. What is true is that one cannot achieve optimal progress if one is not training heavy, no matter which program that person is doing.

One exercise only per muscle group. This is very easy to follow and is also important. Doing basic exercises which are also intense means you do not have to do another different exercise for that body part.

Keep work out short. Resistance training affects the natural hormones of the body connected to muscle building. Intense exercising boosts the testosterone levels and long work outs increase those of catabolic cortisol. Sixty minutes of work out allows you to get the best of both worlds.

Now with this convenient and powerful work out regimen, one can now truly experience extreme fitness.

Fitness – Mantra To Live Long

Demanding careers, raising a family coupled with pressures of daily life is a daunting task for man and woman alike. Exercising or daily workout of 30 minute is the last thing on the mind, though we find time to watch TV or hang out with friends. We can come up with hordes of reason for not hitting the gym. Being fit should be a part and priority in everyone's life. Being physically fit helps you to live a longer life. It means more than looking your best on the beach and finishing first in the marathon. By keeping yourself physically fit, your body learns to deal with the stress of daily life. Incorporate going to the gym as a daily habit like brushing your teeth or taking a shower. Devote good 30 minutes to an hour for exercises or any other kind of workout for making you feel fit and look good.

Daily workout or an hour of exercise helps to relieve stress, depression anxiety, increase one's ability to concentrate, think faster and become sharper, helps reduce blood pressure, reduces the risk of life threatening diseases, increases flexibility to maintain muscular tension and tones muscles to build and maintain bones.

If you decide to shove off going to gym, you will miss out on the benefits mentioned above and much more. 30 minutes to an hour of physical fitness is major health investment.

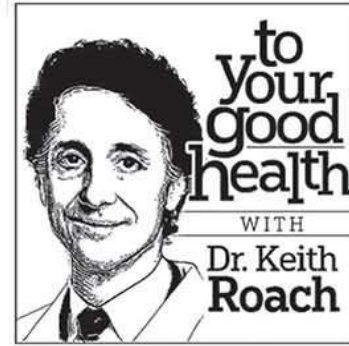
If this is your first step in the fitness world, get in touch with gyms or personal trainers to see which, what fitness plan suits you the best. You will also come across adverts with promises of keeping you in the best of shape. Learn to differentiate between the real and fake.

After you decide on your fitness plan, you have to start working on the same to stay in shape and keep fit. Don't go overboard on the first day as you might feel very exhausted or burned out. To reach your ideal level of fitness, be sincere, consistent and stick with the program.

Mornings are the best time for doing workouts. Get up an hour earlier and hit the gym. After an hour at the gym you will feel fresh all day long. If you put off doing your workouts in the morning, you are more likely to put it off later due to plain laziness or tiredness from working all day long.

Another way to enjoy your self being physically fit is to undertake some physical activities such walks, hiking, mountain biking, playing golf, etc, with your spouse, kids or friends.

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TB Test Recommended Only for Those at Risk

DEAR DR. ROACH: I am a nursing student in my 30s and originally from the Philippines. As part of my testing, I had a skin test for tuberculosis, which was positive. I had a friend in the hospital recently with tuberculosis. My doctor has recommended that I get treated for latent tuberculosis. What does this mean? —A.C.S.

ANSWER: Most people who are exposed to tuberculosis will not develop the disease. Some people will develop "latent" infection. This means there is active tuberculosis bacteria in their body, but their system is keeping it from becoming a full-blown infection. People in this situation are at risk of the latent tuberculosis escaping the immune system and developing into tuberculosis. Treatment of the latent tuberculosis is intended to reduce the risk of this happening.

Testing is recommended only for people who are likely to be treated. You have two reasons to be tested: First, as a health care worker — congratulations on becoming a nurse, we need you! — you are at risk of acquiring tuberculosis infection and should be screened. Second, people born in the Philippines are at risk for having acquired tuberculosis, often in childhood.

People in their 30s are generally at very low risk of serious side effects from the medications used to treat latent tuberculosis infection. Isoniazid (INH) and rifampin are the medicines commonly used. Since the risk of developing disease later in life is much

effect, treatment is recommended in your case.

DEAR DR. ROACH: I'm an 85-year-old woman with no major health problems. I lead an active life and exercise daily. About four years ago, I began being bothered by cold feet at night. At first, I could just wear socks to bed. Now I must put my feet in an electric heated pouch in my bed, which doesn't stay in place. When I travel, I take the heated insoles skiers use to keep their feet warm. Without some device, I'm kept awake by a feeling of icy soles. I am not diabetic. I've described the problem to a neurologist, a rheumatologist and my primary caregiver. No one has explained what causes the icy feet or if there's any cure. Is there one? —J.S.

ANSWER: There are quite a few possible causes for your cold feet, and your doctors need to first identify why they are cold. To do this, they should start by checking the blood flow to the feet. At age 85, the likelihood of blockages to the arteries in your feet are pretty high. A simple test can make the diagnosis. Since blockages in the feet predict blockages in the heart too, it's important to know. Treatment can improve symptoms as well as reduce risk of a heart attack.

Severe anemia and low thyroid levels can cause very cold feet. Nerve damage is common in diabetes and unusual without it, but a neurologist should have found physical findings for neurologic causes.

Raynaud's syndrome, which usually happens in the hands, occasionally affects the feet preferentially to the hands. Medicines, especially beta blockers, can cause cold feet.

Sometimes there isn't a known cause, and physicians are left advising on treatments to relieve symptoms. I wouldn't give up before a circulation test, however.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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celebrity extra
by Dana Jackson

Q. I've always liked Chris Noth and was happy to see him back on TV in the new version of "The Equalizer." Will he also be in the new reboot of "Sex and the City"? I heard he was but couldn't find anything definitive. —W.M.

A. The upcoming revival of "Sex and the City" on HBO Max, which will be titled "And Just Like That ...," is reportedly going to be husbandless, which means Mr. Big, played by Chris Noth, won't be part of the cast. However, Noth has hinted on social media that the rumors in the gossip columns of his absence simply might not be true, wryly stating "Well, if Page Six says it ... it must be true."

Original cast members Sarah Jessica Parker (Carrie), Cynthia Nixon (Miranda) and Kristin Davis (Charlotte) are excited to pick up where the HBO series and subsequent feature films left off, but they'll be minus one important cast member: Kim Cattrall's Samantha.

Noth won't be idle though. His new show "The Equalizer" has already been renewed by CBS for a second season.

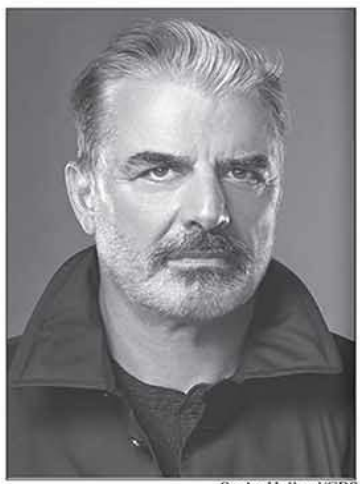
Q. Where have I seen the redheaded actress from "Zoey's Extraordinary Playlist"? It's really bugging me that I can't place her. —S.S.

A. Jane Levy plays the title character in "Zoey's Extraordinary Playlist," a musical comedy co-starring Skylar Astin ("Pitch Perfect") and Lauren Graham ("Gilmore Girls"). You've most surely seen Levy in another wonderful quirky show, "Suburgatory," which ran from 2011-14 on ABC in the timeslot after the hit sitcom "The Middle."

NBC recently moved "Zoey" from Tuesday nights back to its original Sunday night, so be sure to check your local listings in case they switch schedules again.

Q. Who's playing Captain America on "The Falcon and the Winter Soldier" TV show? —S.B.

A. The actor is Wyatt Russell, and he's part of Hollywood royalty.



Sophy Holland/CBS
Chris Noth

Wyatt is the offspring of movie stars Goldie Hawn and Kurt Russell, and it seems like just yesterday when he was born (it was 1986). Incidentally, dad Kurt had a big role in his own Marvel project, the movie "Guardians of the Galaxy Vol. 2," starring Chris Pratt.

Wyatt's first role was uncredited in his father's 1996 film "Escape From L.A.," but as an adult he's had several small roles in films and series, like "Black Mirror" and "Lodge 49." Playing the new Captain America on the Disney+ series will no doubt make him a household name and not just as Goldie and Kurt's kid.

"The Falcon and the Winter Soldier" is the second in a long line of upcoming Marvel storytelling on the Disney+ streaming service. Tom Hiddleston will reprise the title role in "Loki" next, with several more series to follow, including one on the adorable baby Groot, which is sure to rival "Baby Yoda" in terms of cuteness.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Just Like Cats & Dogs by Dave T. Phipps



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Your Eyes Have It

Your eyes demand attention whenever you are talking to someone or even glancing in their direction. They are an important feature of your face and the skin around the eyes can bring the eyes to healthy life or contribute to a dull, lifeless look.

Naturally as you age the skin surrounding the eyes develops fine lines and deeper wrinkles. This is because the delicate skin around the eyes is very different to the rest of the skin on your face. It is much thinner and in fact has very few oil glands which can keep it naturally moisturized. This means it dries out faster and being thin, if not treated gently can stretch and tear, causing bags and sagging.

For this reason is it important to treat the eye area gently and don't wipe or rub the eyes harshly, instead just patting the area without pulling is recommended.

Puffiness around the eyes is common on waking but can remain throughout the day for a variety of reasons including tiredness, smoking, drinking alcohol, diet and even hormonal changes. If you do have a problem with puffy eyes try elevating your head slightly at night on a higher pillow and drinking plenty of water throughout the day to cleanse out your blood system. One cause of puffiness can be as simple as the cream you are using. Eyes are naturally sensitive and will water continuously to cleanse them of impurities. When using creams

around the eye area make sure you don't apply them too closely to the eye and seek out natural skin care creams without harsh chemicals and additives.

The cream will 'creep' about 1 centimeter by it-



self so just apply creams on the bone below the eye area. The cream will make its way further on the skin but not into the eyes themselves. When applying eye cream place a little of the cream onto your ring finger and gently pat the cream around the eye and dab gently to absorb, do not rub. You only need to apply a tiny amount of cream around the eye to bring satisfactory results in fact too much cream can irritate and cause the puffiness you are trying to avoid.

For more information <https://www.thenaturalbeauty.blog/best-natural-organic-eye-creams/>

WRINKLES THAT FOLD AND AGE

With the media shoved in our face everywhere that we go, our visual appearance has become a huge part in our every day lives. Whether it is tanning, hair coloring, plastic surgery, or "Anti-aging cream", we can see the dominance of image in our society. Everyone wants to look young, healthy, and like Johnny Handsome, Right?

As a result of this pressure on image, Anti-aging creams are a heavily marketed and advertised product, promising to deliver healthier and younger looking skin, while reducing wrinkles. Most of

the time these creams are targeted at women, but we are now beginning to see products that are more targeted to men as well. This shift is because society is starting to more readily accept men being conscious about their looks and image.

There are several different forms of anti wrinkle treatment. The biggest advantage to using a cream over another method such as plastic surgery and botox injections is the huge difference in cost. Many critics will tell you that the marketing and advertising that goes into

these products is actually damaging, and is playing with the fears in women and men. Really there isn't huge proof that any of these products work well, if at all, which is another thing you will hear critics rave about.

Do wrinkles in our skin matter, and do these products really work? I would recommend asking yourself that first question, and spending some time to answer the question for yourself as every individual is different.

Traditional Jamaican Recipes & Food

The flavors of Jamaica are the product of the island's history combined with a verdant, lush climate. The Spanish, British, African and East Indian have all had an influence over what is today a unique island cuisine made colorful by the many tropical fruits that thrive here.



The waters off Jamaica have always teemed with fish and seafood is the primary protein source for islanders. Snapper, grouper, sea bass and other reef a deep sea fish are caught daily by the many fishermen whose boats line the beaches. Spiny lobster, shrimp and freshwater crustaceans are readily available and cooked usually in a thick sauce. Chicken and goats are well suited to the small mountainous island and are kept by many families but cattle are rare and beef is not the predominant meat.

Many of Jamaica's fruits, including pineapple, mango, banana and avocado were brought to the region by slave traders and plantation owners experimenting with crops. What were once sugar cane fields are now being used to grow fruits and ackee for export and domestic use.

Few other cuisines mix such a range of spices and tastes - sweet, hot and savory - as Jamaican cooking. Jamaican food wouldn't be the same without the spices, seasonings and colors from: Allspice, the pimento berry.

Among many of the spices grown in Jamaica are nutmeg, ginger, thyme, scotch bonnet peppers, which are integral distinct flavors of Jamaican cooking. The pungent thyme grows rampantly on the island and is found in the majority of Jamaican foods.

Favourite Jamaican foods are those for coconut cake, rum punch & beef jerky recipes. Real Jamaican food, when cooked with feeling, is a soul-satisfying experience.

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STAFF WANTED

A vacancy exists at Joy Gospel Radio FM for a Programme Director on a contractual basis. Applicants must have at least 5 years experience in media and promotions; excellent communication and organizational skills; the ability to work well with an international team and be a devout Christian. Please email Cover Letter, Resumé and two (2) Job Reference Letters to admin@joygospelradiofm.com by April 16, 2021. [s95]

Mactavious Tiny Tots Pre-School is seeking 1 Full Time Preschool Teacher, must be qualified. Please call 495-2671 on week days from 9am-5am. [s95]

GRANT'S ENGINEERING, Johnson's Ghut, Tortola needs **ONE PART TIME AUTO TECHNICIAN**. with at least 8 years in the field. Must be experienced in Diagnostics, and vehicle electronics, 3 days per week and flexible hours. Contact Spencer Grant 499-0556, email grant_137@hotmail.com [s95]

Glen Seaside Bar and Restaurant has a need for workers as cooks, waitresses, kitchen helpers, beach attendants and bartenders. Please have experience to perform the duties. Call 547-2219 for more information. [s95]

UP's Cineplex Family Food & Fun Ltd. needs Part Time Maintenance/Bartender for UP's Cineplex
 Tele: 284-494-2978 [s95]

THELMA'S HIDEOUT, Valley, Virgin Gorda have the following positions open for consideration to employ 1 Cook and 4 General Worker.

The successful applicant as **COOK** must be productive and knowledgeable in Home cooking and at least have restaurant experience in preparing and cooking local dishes; must be a team player and be able to multi-task and work unsupervised. It is the responsibility of the Cook to clean and organize the kitchen, stock items and create/set a daily menu to include sandwiches/fast food. Should be trustworthy, physically fit and be able to work a flexible shift in a hot environment to include weekends, late hours, and public holidays.

The 4 applicants as **GENERAL WORKER** must have worked previously in a bar/restaurant and is knowledgeable. This position requires a strong mature individual who is firm, polite, friendly with an out-going personality, and excellent customer service. Must be a team player and be able to multi-task and work unsupervised. Should be trustworthy, able to do simple math, take customers orders, serve, prepare tabs, physically fit and be able to lift, stretch, stand on feet for long time, work long late hours, and some housekeeping as necessary; must be willing to be flexible and work a split-shift, weekends, and public holidays.

If you are seriously interested email resume to: hi.a.grade.productions@gmail.com or write to: Hi.a.Grade.Productions, P. O. Box 1093, The Valley, Virgin Gorda VG1150 [s95]

EMCs Caribbean Ltd. Is looking for a **Plumber** with at least 5 years experience in a construction industry. Interested applicants can submit their CV/Resume with cover letter at P.O Box 386 Road Town, Tortola, BVI or call 284-494-1300. [s95]

HAIR CARE SALON needs 1 Full Time Hairdresser/Nails Tech, must have experience in required field. Please call 499-2973 for more details. [s95]

DE HUB'S NIGHT CLUB needs **ONE FULL TIME WAITRESS/BARTENDER**. Telephone 443-5400 [s95]

Kerry Thomas is seeking a gardener/ handyman for his properties. Should have at least three years experience to perform the duties. Please call 499-2061. [s95]

ABOVE & BELOW LTD is seeking a Full Time Boat Cleaner. Please call 540-9689 for further details. [s95]

Isabel's Place is seeking workers: bartenders, waitresses and cooks. Please indicate your interest and should have three years' experience. Call 341-6545 for more information. [s96]

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