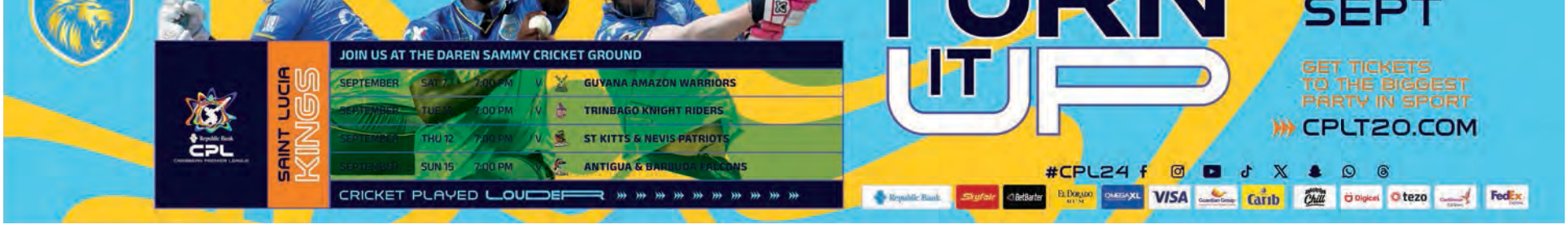
THE VOICE Weekend

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Monchy Group 'Surprises' OPM with La Rose Celebration



PRIME Minister Philip J Pierre (and staff in his office) received a wonderful surprise yesterday when Mon Repos La Rose Group showed up for the ultimate celebration – a celebration of the iconic La Rose Festival.

Though the visit was pre-planned and wasn't intended to be a surprise at all, it played out perfectly.

Music, song, and dance captured all in attendance and individuals erupted in cheers when the prime minister first appeared. Opening with "Vive La Rose!', (a chant that was quite spirited), Pierre quickly fell in line, dancing and singing songs of 'La Woz' as he went along.

"I didn't realize that I would've had a visit. As I said to them, my grandmother was born on the 30th of August and her name is actually Rose so I'm very pleased. I hope (that) I did not make them ashamed with my dancing," Pierre said good-humouredly, urging Saint Lucians to "enjoy the culture."

"I really want to wish them all the best. The 30th of August is the Feast of St. Rose (of) Lima so I want all Saint Lucians to enjoy the culture (because) that's what make us Saint Lucian: our culture, our heritage our patrimony (and) our history. The flower festivals are part of that history," Pierre added.

UNEMPLOYMENT RATE DROPS

THE latest quarterly employment report from the Central Statistical Office confirms a historic start for the job market this year.

Saint Lucia recorded the lowest unemployment rate for the first quarter in over 15 years. The unemployment rate averaged 11.4% between January and March 2024, down from 13.6% in the previous fourth quarter.

Statistical Report: The Labour Force Survey, 1st Quarter 2024

In Quarter 4, 2023, the overall unemployment rate was 13.6%, which decreased to 11.4% in Quarter 1, 2024. This indicates an improvement in the overall employment situation over this period. The decrease in the unemployment rate from Quarter 4, 2023 to Quarter 1, 2024 suggests positive trends in job availability or increased job opportunities during this time frame.

In Quarter 4, 2023, the youth unemployment rate was notably higher at 26.7%, compared to the overall unemployment rate of 13.6% during the same period. By Quarter 1, 2024, the youth unemployment rate decreased to 18.4%, showing a significant improvement.

Since July 2021, the government has implemented trailblazing initiatives like the Youth Economy Agency, MSME Loan-Grant Facility, and Community Tourism Agency to provide direct support to local entrepreneurs and help grow their businesses.

A range of targeted government policies, such as VAT amnesties, tax reforms, business incentives, and a surge in foreign direct investment under Prime Minister Pierre's leadership, continues to drive down unemployment and inspire economic growth.

1st Quarter (Q1) Unemployment Trends: 2016 – 2024

2016: 22.08%
2017: 20.10%
2018: 21.80%
2019: 15.50%
2020: 17.61%
2021: 23.13%
2022: 16.15%
2023: 16.3%
2024: 11.4%

Size of labour force in Q1 2024: 108,808

Employed labour force in Q1 2024: 96,434 (88.6%)

SLLSA Expresses Concern Over Increasing Drowning Incidents on Island

By Reginald Andrew

THE Saint Lucia Life Saving Association (SLLSA) is deeply troubled by the increasing number of drowning incidents on the island.

In response to these alarming events, the SLLSA is urging authorities to take immediate action to address this critical issue.

The organization is particularly concerned about the rising number of incidents among young males under 35 years old.

Cont on Page 2



Terrol Compton

Local Surveyors Calling for Umbrella Legislation

By VOICE Reporter

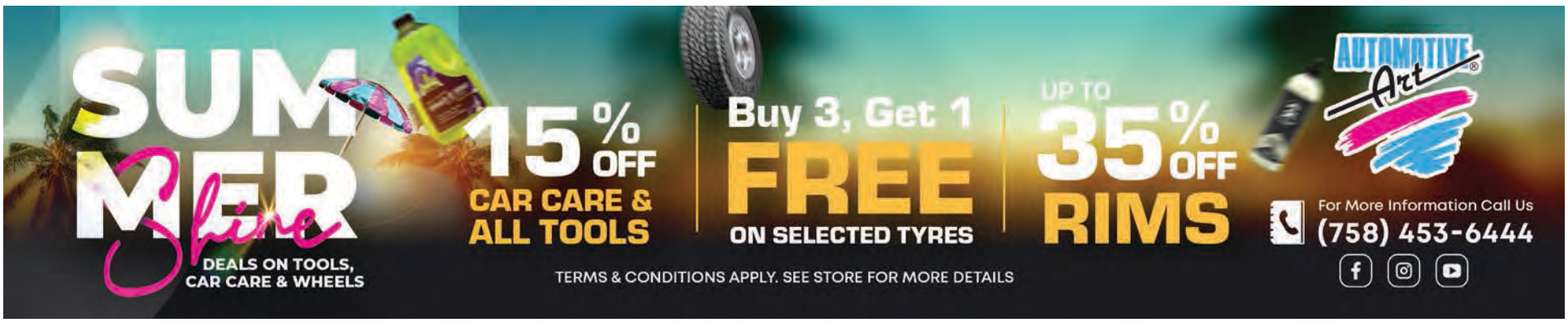
SURVEYORS are calling on the government and local legislators to take steps in parliament to upgrade the Surveyors Registration Bill to offer wider legislative cover for all surveyors operating in Saint Lucia.

That's the message from the new President and Executive of the Institute of Surveyors Inc, the local body representing all surveyors, elected at its 2024 Annual General Meeting.

One month into the Presidency since their election at the AGM on July 17 at the Financial Administration Complex in Castries, new President Clive Hippolyte says the "principal aim" of the institute's new leadership is "to upgrade our legislative cover to one that affords us umbrella status and strengthen us to better serve the public professionally."

The institute, established 21 years ago in 2003 represents Land Surveyors, as well as Quantity, Valuation and Building surveyors,

Cont on Page 15



New System to Ensure Better Mobility for Differently-Abled Persons

Gov't to provide more accessibility for disabled individuals, says King

By Marvlin Anthony



A new system will be put in place to ensure that individuals with disabilities can move around more freely, Infrastructure Minister Stephenson King said on Wednesday.

In an interview with MBC, King said no differently-abled person "whether on walking sticks, motorized wheelchairs or manual wheelchairs should have difficulty navigating any part of this country."

Additionally, "we are looking to establish a firm policy," he said.

According to the minister, under government's 'Infrastructure 2030' initiative, a number of changes will be made to accommodate those who are differently-abled.

"These are some of the things I'm looking at," he said.

In August of 2023, the minister said that the whole idea of 'Infrastructure 2030' is to put a National Infrastructure Programme in place "to deal with our primary, secondary, and tertiary road programmes."

As it stands, those who are differently-abled are unable to access the island's walkovers, and if necessary, would require the assistance of someone else to get by.

Merphilus James, President of the National Council of and for Persons with Disabilities (NCPD) recently acknowledged this, telling St Lucia Times that they must adhere to universal design principles "which cater to not just persons with disabilities, but to the elderly, to mothers with children, to people who have a temporary impairment due to a stroke or accident – all these persons should be able to easily utilise this."

"This design limits a lot of our members," he added.

But 'Infrastructure 2030' is not a merely a tagline, according to Minister King.

"It's a serious strategic plan that allows us to establish the strategy for infrastructure, develop strategic priorities, look at legislation, develop new policies and change some of the principles and policies established," he explained.

King said that government has already started working on this initiative, pointing to various projects done in the north of the island.

"Government has done a lot and I believe as ministers begin to articulate the achievements of their departments we will see the kind of achievements that the government has attained. When we came in we sat down and were able to in a very clinical manner determine which (portfolios) are the most important and we targeted health, education, national security – not necessarily in (that) order, (and) infrastructure. The government recognized that our roads were bad but felt that we (could) make some sacrifices while we fix some other areas," King said.

He noted that the Health Ministry was able accomplish "a number of things and the health programs are exhaustive. This year the prime minister said we have dealt with health, we have dealt with security, (and) we're continuing to invest in education, (so) this year we will deal with the infrastructure programme."

And whilst naysayers were attempting to discredit government, government was working throughout, King added.

For example, he said, "we did roads in Gros Islet," and that was just one aspect.

But government has much more under its sleeve, King said, and individuals will begin to see those changes are they're being implemented.

Last year, he assured reporters that "'Infrastructure 2030' will also look beyond."

Said King: "While we are going to look at where we are with our infrastructure at this time, and having an assessment of our infrastructure and plan to rehabilitate and augment the deficits that we have fallen into, we are looking at where is the country likely to be in the next 10 years or so."



Web image

RSLPF's VPT Empowers Young Cadets at Summer Camp

THE Saint Lucia Cadet Corps members received comprehensive lectures covering crucial topics such as substance abuse, sexual offenses, gun, and gang violence. These lectures were divided into two parts, tailored to the age groups of 11-18 years old.

The aim of these sessions was to ensure that the cadets are well-informed and equipped to make sound decisions, steering clear from potential dangers.

The VPT emphasized the importance of understanding the risks and consequences associated with such activities, underlining the significant impact on their lives and future choices.



A group of young cadet officers was recently engaged in an intensive and interactive summer camp organised by the Vulnerable Persons Team (VPT) of the Royal Saint Lucia Police Force (RSLPF).

Caribbean Public Health Agency
CARPHA

CARPHA now invites applications from suitably qualified individuals for the following job opportunity:

Senior Technical Officer (OECS Health Unit) – P4
Under the direct supervision of the Director Surveillance Disease Prevention and Control (SDPC), CARPHA and in close collaboration with the Programme Director – Health, Social Inclusion, and Social Protection, Organization of Eastern Caribbean States (OECS) Commission, the post holder will function in a multidisciplinary manner and be responsible for the coordination of all public health initiatives of CARPHA within the OECS Sub-region. This will include intensive liaison and collaboration with technical and management units within CARPHA, OECS Commission, and relevant regional and global levels partners as well as seeking additional funding to support the work of the OECS Commission. This programme will focus on providing support to public health programmes in the OECS Subregion. The post holder will provide coordination between OECS Commission and CARPHA to ensure the in-country needs are clearly identified, that the services to be delivered by CARPHA are contained in the Agency's work programme and that there are clearly identified 'point persons' within the relevant ministries.

Applications including Job Applicant's Profile Summary Form, Cover Letter and Curriculum Vitae and copies of relevant documents must be submitted by August 25, 2024 to:

**The Human Resource Manager
Human Resource Department
Caribbean Public Health Agency (CARPHA)
Sir Arthur Lewis Community College Compound
The Morne
CASTRIES, ST.LUCIA
E-mail: hrm@carpha.org**

To learn more about this opportunity, interested applicants are encouraged to visit our website at CARPHA > CARPHA Talent Acquisition

Caribbean Public Health Agency
CARPHA

CARPHA now invites applications from suitably qualified individuals for the following job opportunity:

Utility Officer – G4
The Utility Officer provides a variety of services to the Unit with particular focus on ground transportation and courier services.

Applications including Job Applicant's Profile Summary Form, Cover Letter and Curriculum Vitae and copies of relevant documents must be submitted by August 25, 2024 to:

**The Human Resource Manager
Human Resource Department
Caribbean Public Health Agency (CARPHA)
Sir Arthur Lewis Community College Compound
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CASTRIES, ST.LUCIA
E-mail: hrm@carpha.org**

To learn more about this opportunity, interested applicants are encouraged to visit our website at CARPHA > CARPHA Talent Acquisition

Cont From Page 1

SLLSA Expresses Concern Over Increasing Drowning Incidents on Island

The SLLSA emphasizes that regulatory agencies must urgently improve water safety and awareness across the entire country.

It is alarming to note that Saint Lucia ranks 28th globally for drowning incidents, according to the SLLSA.

This year has seen a significant increase in such incidents, revealing critical gaps in the nation's water safety policies and drowning prevention strategies.

Terrol Compton, a council member of the SLLSA, highlighted the urgency of the situation, expressing concern over the significant rise in recorded drowning cases.

"By our population and the numbers that are being recorded as it relates to drowning, there is a significant increase so far and we are only halfway through the year," he said.

Compton stressed that the SLLSA is deeply concerned and "we would like to see more happening."

The SLLSA strongly believes that more proactive measures are necessary. The organization plays a crucial role in providing lifeguard services for water-related events or activities near the seaside.

However, greater public awareness and water safety education are essential.

The SLLSA strongly recommends implementing water safety education in all schools across the island and urges parents and guardians to prioritize swimming lessons for their children.

Looking ahead, the SLLSA has announced that it will conduct refresher courses for certified lifeguards and lifesavers, as well as training programs for new applicants from August to October 2024.

The SLLSA urgently appeals to all relevant partners, stakeholders, and government agencies to support its ongoing efforts to enhance public safety and strengthen lifesaving capabilities.

The group stated that they cannot address this issue alone and need the support and collaboration of the entire community to make a significant impact.

GLOBAL BALANCED FUND LIMITED

Cricket Icon Daren Sammy Bats as UTC GBFL Brand Ambassador



Trinidad and Tobago Unit Trust Corporation (TTUTC) Executive Director and UTC GBFL Director, Nigel Edwards (left), and Omar Burch-Smith, Regional Collective Investment Scheme Manager, UTC Fund Management Services STL Limited (right), welcome former West Indies Cricket Captain and current Head Coach (Limited Overs), Daren Sammy as UTC's GBFL Brand Ambassador.

Daren Sammy, the first St. Lucian cricketer to reach international heights and current Head Coach of the West Indies Cricket Team, is proudly UTC Global Balanced Fund Limited's new Brand Ambassador. Leading the Caribbean in their respective fields, this partnership is nothing less than a perfect match!

On the heels of the Unit Trust Corporation's recent launch of UTC GBFL on the island, this partnership brings new excitement to St. Lucia's financial sector.

UTC's Executive Director, Nigel Edwards shared, "We are excited for what our partnership will bring to the people of St. Lucia."

Sammy, renowned for his leadership skills and T20 titles, is also thrilled to join UTC GBFL as Brand Ambassador, noting that their values perfectly align, emphasizing their commitment to excellence and innovation.

With the UTC GBFL, St. Lucians can now participate in capital markets similar to what UTC offered investors more than 40 years ago.

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THE VOICE Weekend

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Editorial

Time for Political Debates in Saint Lucia

A debate between the leaders of the two political parties in Saint Lucia is something many Saint Lucians have dreamed of, but which may never happen because it is not culture or tradition to do so in Saint Lucia.

And by debate we mean a political debate, which is a discussion between two or more people about one or more topics, but more particular between two candidates, preferably the leaders of the Saint Lucia Labour Party and the United Workers Party.

Such a discussion / debate is used to settle disagreements, or, if not settle at least identify the different views, of which there are many between the two parties.

Because of these differences or disputes, we believe it is imperative that a debate between the prime minister and opposition leader of Saint Lucia take place, why? because we believe it will enhance the country's political intelligence and provide voters with a clearer understanding of which party is best suited to govern the country.

Inspired by the American political system, where debates between presidential candidates are a crucial aspect of the campaign season, the benefit of such a debate in Saint Lucia is undeniable, more so now than before.

The idea of a prime minister-opposition leader debate is not new as it was proposed many years ago, reflecting the belief that the political landscape of Saint Lucia had matured significantly, making it crucial for citizens to discern which party could effectively govern the country. However, this idea failed to gain traction and quickly faded away, to the disappointment of many. It was strongly believed that such debates would have revealed which candidates lacked substance, spontaneity, and the ability to provide comprehensive answers to challenging questions.

In the past it was passionately argued that such debates would have offered voters a better understanding of the core values of each political party. Additionally, the debates would have provided insight into which party could adequately address challenging questions that were not explicitly addressed in the party's manifestos. While we acknowledge that such debates may not be conclusive in influencing voter decisions, research by the Pew Research Center in the United States unequivocally suggested that debates play a crucial role in helping voters make informed choices.

We are aware of the historical significance of presidential debates in the United States, and their potential to sway undecided voters and consolidate public perception of the candidates, which all point to the undeniable power of such debates. Tradition aside, could it be that the fear of such influence might have been a significant factor in the reluctance of the Saint Lucia Labour Party and the United Workers Party to engage in political debates among their leaders.

We strongly believe that debates between political leaders will be viewed as a highly positive step that could irrefutably strengthen and illuminate modern Saint Lucian politics. The prospect of Prime Minister Philip J Pierre and Opposition Leader Allen Chastanet sharing a platform to discuss critical issues such as the economy, crime, education, health, and unemployment, youth unemployment, and more, in a controlled atmosphere could only be a win, win for the country.

We emphatically emphasise that this can very well fundamentally alter the perspective of Saint Lucian politics and create significant moments that could potentially reshape or influence the course of political leadership and campaigns.

Looking at the debate issue from all sides, we unequivocally believed that Saint Lucia would significantly benefit from the introduction of such debates. It would be undeniable evidence of the maturing of our democratic process.

Crisis in Healthcare: A Personal Account of Suffering and Neglect

By James Stanislaus

THIS morning I cringed in disbelief and horror as I read an account on Facebook of a young man's experience at St. Jude Hospital. I am compelled to share the harrowing tale of a healthcare system in crisis. The dire situation at our hospitals is a stark reminder of the neglect and mismanagement that has plagued our healthcare system for far too long. This young man loved one's recent admission to the hospital was a sobering experience, one that exposed the harsh reality of a system on the brink of collapse.

Upon arrival, he was met with a scene that defied comprehension. The hallways were filled with patients awaiting beds, while firefighters stood by, holding stretchers with critically ill individuals, waiting for what seemed like an eternity for a bed to become available. The desperation was palpable, and the sense of hopelessness was overwhelming. His loved one, in a fragile state, was forced to spend the night in a chair, a stark reminder of the deplorable conditions that have become the norm in our healthcare system.

The staff, though dedicated and compassionate, were stretched to the breaking point, moving from ward to ward in a desperate search for available space to accommodate the influx of patients. He was forced to leave his loved one in the early morning, his heart heavy with worry and concern. It was only later, after a few hours, that a bed became available, and his loved one was finally able to receive the care they so desperately needed.

This is not an isolated incident. The crisis in our healthcare system is a long-standing issue, one that has been exacerbated by years of neglect and mismanagement. The St. Jude Hospital, a vital institution, remains incomplete, a testament to the lack of commitment and vision of successive administrations. The original location, abandoned, and the "box" project, a symbol of bureaucratic inefficiency, stand as stark reminders of the squandering of resources and the lack of accountability.

Dr. Merle Clarke, President of the St. Lucia Medical and Dental Association, has repeatedly sounded the alarm about the critical state of our healthcare system. In a recent letter, Dr. Clarke highlighted the dire situation at the OKEU Hospital, citing a lack of basic medical supplies, including gloves, syringes, and medications. The hospital's laboratory is also severely understaffed, with only two technicians available to handle the workload of five. The radiology department is equally crippled, with only one functioning X-ray machine and a severe shortage of film.

The situation is further compounded by the lack of adequate staffing, with many positions remaining unfilled for extended periods. Dr. Clarke notes that the hospital's emergency department is often forced to function without a doctor, leaving nurses to make life-or-death decisions without proper medical supervision. The OKEU Hospital's operating theatre is also in a state of disrepair, with equipment in disarray and a severe shortage of anesthetists. The government's response to this crisis has been woefully inadequate. The imposition of a 2.5% Health and Citizen Security Levy, ostensibly to raise additional revenue to improve healthcare in the country, has only served to further exacerbate the problem. According to Dr. Clarke, healthcare in St. Lucia is the worst it has ever been in the country's modern history. The question remains, what has the government done with the revenue derived from the levy? The lack of transparency and accountability is staggering. The government's failure to provide a clear breakdown of how the revenue has been allocated has only served to fuel speculation and mistrust. It is imperative that the government provides a detailed account of how the revenue has been utilized, and what measures have been taken to address the critical issues plaguing our healthcare system. The time for talk is over. The time for action is now. We must demand that our leaders take responsibility for the crisis in our healthcare system, and that they take immediate action to address the critical issues that plague our hospitals. We must demand that our healthcare system be transformed, and that our citizens be given the care they deserve. The future of our healthcare system hangs in the balance. It is time for us to take a stand, to demand better, and to fight for the right to quality healthcare. The time is now

Northern businesses digging-out our eyes!



By Carlton Ishmael

IT is sad when business is always only about making maximum profits.

I still find time to visit a bar or two, seeking entertainment or some pleasure, leisure, or just somewhere to chill out. But what is noticeable, is the skyrocketing cost of drinking and eating products.

In the heart of the city or county side bar, one can purchase a drink or meal next to supermarket prices, but for some unknown reason, purchasing these same items in our Northern bars costs an arm-and-a-leg.

Without mentioning the specific bars, I find it outrageous to buy a bottle of water that costs about one dollar in a supermarket, for five dollars in Gros Islet.

A shot of Black & White scotch whisky is also sold for $12 - double the cost at a city or other regular bars. A Guinness costs $10 - and the least you can get a meal for is $25.

I know that the North represents a tourist hub, but it is the locals that patronize most of the time, especially during the off season.

I know that rental and, in some cases, overheads could be high, especially since the state is soon to introduce a minimum wage. But, it is greed and a capitalist mentality that have business persons milking the nation to gain profits.

Day to day most people and patrons have to strive to make ends meet with food, transport, rental, mortgages, school feeding children, taxes, VAT, insurance, licensing etc, and at the end of the day, one tries to wind-down, only to find out that social living is a nightmare when it comes to cost.

Locals are not tourists, not everyone gets a hefty salary, some people can barely make ends meet and to find out the cost to relax and have some fun or entertainment in the North is cruel and becoming prohibitive.

Now we have another problem on the horizon: Will employers get value for money when it comes to fair days' work, for the new dictated minimal wage.

We as a people always have an excuse for not showing up to work on time (the 'rain' or 'transport' is still an excuse), or if we should spend more time on our personal gadgets like cell phones, or have to be told what to do over and over again, because nobody uses their initiative.

Everybody is right nobody takes advice or cares about the bottom line, as it's always about them and not us.

In life we need a balance, it cannot always be about getting and not also giving, in our local parlance we call that getting a 'bwa'. Everybody is trying to rip off someone else, in every way possible.

Lawyers, doctors, banks and other financial institutions, tradesmen, government institutions, food markets and supermarkets, everywhere you purchase items, it's the same khaki pants. I have even been made to understand that most killings are about bad deals and rips-off, one of another, that forces a kind of revenge or 'justice'.

The country folks also deal in bribes, scams, deceiving, conning, rip-offs and selfishness.

The road ahead is going to worsen if we don't deal with the present. The government, in many ways, is trying to give more to the needy, or the underprivileged, but the culture of the day needs to be investigated because prices have gone out of hand.



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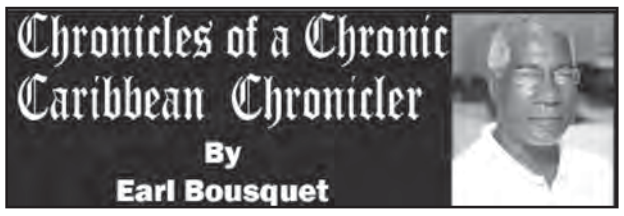
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It's Back-to-Business in the Bolivarian Republic!



NEVER mind the huffing-and-puffing in opposition circles at home and abroad, a fortnight after the July 28 presidential elections, Venezuela is quickly returning to normal after yet-another failure to hound President Nicolas Maduro out of office.

Peace has returned to the streets of Caracas, the National Assembly has met, new laws are being passed, the Supreme Court is reviewing elections -- and more nations continue renewing their diplomatic ties, including The Holy See (Vatican).

Washington continues to give succour to yet-to-be-proven claims by Opposition Leader Edmundo Gonzalez Urrutia and his ultra-right-wing alliance that Maduro and the ruling United Socialist Party of Venezuela (PSUV) 'stole' the election, recognizing him as an 'alternative president' -- appointed by The White House.

While the declared losers continue to fret in cold war-sweat abroad, the new administration has been exposing an ongoing coordinated cyber war against Maduro and Venezuela, alongside a thwarted plan to create electricity blackouts in eight states -- part of a rolling plan to ultimately prevent or delay electronic communication of results before and on Election Day.

But even though the arrested plotters paraded on TV confessed who paid them and how much (US $150 per day), on July 28, while voters voted, a hurricane of cyber hack-attacks targeted at least ten-each of entities associated with the Government, PSUV and the National Electoral Council (CNE).

Venezuela also revealed use of 'bot farms' involving dissemination of millions of messages, through thousands of cell phones, to propagate opposition messages ahead of, during and after the election -- one involving over 30 million hits and slowing-down transmission of results on Election Day.

Caracas has also exposed coordinated efforts by major online information traffickers -- including platforms belonging to Elon Musk ('X'), Bloomberg, BBC, CNN, Fox and CBC, etc. -- while Edison, a US-based firm with a long record of overt and covert cooperation with official US agencies, provided confusing and illegal 'exit polls' throughout Election Day, all claiming Gonzales was leading Maduro.

Among first acts of the new National Assembly were bills for discussion of new laws outlawing the fascism that led to the death of 25 PSUV activists and President Maduro signed National Cybersecurity Commission to investigate the ongoing hack attacks and other cyber-based violations of institutional order.

While Gonzales and his backers in Washington, Canada and London continue to seek international support for a case they haven't even started to prove, President Maduro filed a formal request for the republic's Supreme Court of Justice to investigate the results announced by the CNE.

The court summoned all parties and former candidates to submit their figures for assessment by its Electoral Chamber and 33 of 38 parties and nine out of ten candidates attended the hearings earlier this week – all, except Gonzales and the parties he represents.

Nonetheless, even while Washington and the opposition don't recognize and indeed disrespect Venezuela's law and institutions, the Supreme Court's decision will be final.

While Gonzales and his overseas backers and financiers continue to point to Brazil, Colombia and Mexico also seeking clarifications about results, Mexico's President Andres Manuel Lopez Obrador has said that Washington has no role interfering in Venezuela's internal elections.

Maduro has indicated Venezuela will formally meet with Brazil, Colombia and Mexico's leaders to address their concerns, while the anti-Venezuela 'Lima Group' at the Washington-based Organization of American States (OAS) continues to fail to find ways to join the imperial post-election plot by mobilizing it to take a united position against Venezuela.

Gonzales et al continue to reject Maduro's pre-election invitation to post-election political dialogue among parties, but as seen in their attendance at the Supreme Court, all other parties than the five with Gonzales prefer a peaceful end to the post-election conflict imposed by his handlers and supporters after being declared losers a peaceful election.

Peace has returned to the streets of Caracas and the security forces have rounded-up those who had roles in the death of 25 persons killed (but never reported by the international press) in the post-election violence unleashed by Gonzales' supporters, after false poll results were released on Election Day.

The paid goon squads attacked government schools and universities, hospitals and health centres, food distribution centres, political and electoral offices and other state entities – and pulled-down national symbols, including statues of Simon Bolivar and Hugo Chavez, as well as religious statues, cheered online by Elon Musk on his X platform.

Most of those detained and charged have criminal records and none voted -- and all were paid by anti-Maduro forces.

Unable to gain traction or attraction at home, Gonzales and his backers have called for anti-Maduro rallies 'around-the-world' this weekend, to hopefully farm enough cannon fodder for their ongoing media and cyber wars against the Chavistas re-elected to continue governing the Bolivarian Republic.

The usual suspects at Musk's 'X', YouTube, Tik-Tok and other platforms this week pulled-down a channel operated by PSUV Vice President Diosdado Cabello (after congratulating him for reaching 100,000 viewers) and President Maduro's Tik-Tok account was also downed for forwarding 'violent images' downloaded from the same (Tik-Tok) platform.

Vanquished again, the Venezuela bashers abroad are hastily-changing from foiled plans to far-fetched plots.

But it's back to business in Caracas, where voters opted to continue trusting an administration that successfully defended the country's sovereignty through 31 elections in 25 years, despite 936 US-led sanctions in 2024, when the national economy is ticking again – even though president Maduro has been ticked-off by Tik-Tok.

Meanwhile, this weekend, friends of Venezuela and defenders of the Bolivarian Revolution in Barbados, Saint Lucia, St. Vincent & The Grenadines and other Caribbean Community (CARICOM) member-states will on Saturday (August 17) host solidarity activities supporting Venezuela and condemning external interference in its internal affairs.

The pro-Venezuela activities will also coincide with the 137th anniversary of Marcus Garvey, the legendary Jamaican and Caribbean hero who paved the way for the modern struggle for recognition and respect for people of African Descent worldwide.

Youth and Violence: Government to Halt Deviant Behaviours (Part 3)



PRIME Minister Philip Pierre proclaimed at the 36th Annual General Meeting of the Castries East Constituency, that his government will implement programmes to get young people out of their deviant behaviours.

Now, it must be understood clearly, that deviant behaviour among young people is very prevalent in our society. Let me refer very quickly to a situation which was drawn to my attention.

On Tuesday, 13th August, I went to a Restaurant to buy a snack. As I entered, I heard the restaurant owner in conversation. She was saying to another customer, that she sat in her business and saw a about three very young boys coming in the direction of her restaurant. One of the boys was brandishing a gun in the open, unconcerned about who was watching at the time. The restaurant owner further indicated that it was only a few days ago that a shop, a few buildings away, had been broken into. She insisted that she was ready for any eventuality, and was ready to put up a fight should the boys decide to enter her restaurant.

Indeed, these boys were young adults between the ages of 19 to about 22 years.

Now, let me hasten to point out that the population of St. Lucia is about one hundred and eighty-five thousand people. About 72% of that population are young people.

Now what are the programmes that the government has already introduced to get young people out of their deviant behaviour?

This article is intended to focus on two programmes as follows: The Technical and Vocational Educational and Training programme (TVET), and The Youth Economy Programme.

As an educator, I wish to point out that our education system has a structure that prepares students for the academics. By academics I mean the schools prepare the students to enter secondary schools, colleges and universities, usually to become doctors, lawyers and so on.

Yes indeed, school will continue with its academic curriculum or programmes. However, for the academic or school year 2024 to 2025, the education system will include four technical and vocational institutions ready to provide training which will carve out a unique space in the general economic system of St. Lucia.

Indeed, in the (TVET) schools, practical skills are the focus. Let me point out that many of our students can pursue an academic programme, but many more would perform a lot better if they are provided with a hand-on curricular programme.

Now a (TVET) programme will provide students with a Global Education. That is, the skills which they will acquire will enable them to utilize those skills in St. Luca, the Caribbean, or in the world.

Indeed, a (TVET) will provide flexible class schedules which would help students to bring their passions to life. The programmes will provide hands-on experience with the context of providing more direct training. No doubt, these programmes will be adaptable and allow students to make choices that would suit their needs.

Now, finding a job will be a lot easier for the students on graduation.

Very recently, I heard a contractor lamenting the fact that he has work to offer young people, in fact anyone, but they do not have the skills to fill the jobs, and that he has to look for the skills that he needs overseas.

But I can tell you, that the time is fast coming, when the technical skills will be available in St. Lucia.

The Youth Economy Programme has already been introduced in St. Lucia.

The Youth Economy Programme is managed by an Agency. And from the information which I have received, the programme is progressing by 'leaps and bounds. The young people are taking advantage of a programme which is intended to carve out a unique space for them in the general economic system of St. Lucia.

The Youth Economy Programme provides an opportunity for young people to become entrepreneurs and grow their businesses. State resources in the form of finance and training are being provided to young people to create and grow their businesses.

Indeed, if a poll is taken now, it would reveal that the youth of our various communities are extremely happy with the Youth Entrepreneur Programme.

PM Pierre to Employers - Not to lay-off workers because of new Minimum Livable Wage law

PRIME Minister Philip J. Pierre has invited employers to consider the effects on workers in laying-them-off instead of paying the new legal Livable Minimum Wage – but he has not declared that any local employer who takes such action would amount to "treason".

Instead, according to government officials, he has urged employers not to lay-off workers because of the new Minimum Wage law passed to increase their minimum daily salaries.

The Prime Minister, who is also Minister for Finance, Economic Development and The Youth Economy, issued the plea with employers on August 1, as he launched this year's Emancipation Month celebrations under the theme 'Enkindling Our Consciousness'.

According to the PM, "Our forebears would be proud, if we can build a society of equity and justice, which is why, as of today -- 1st August 2024 -- my Government is implementing the first-ever new Minimum Wage for the workers of this country."

As a result, he added, "effective 1st October 2024, no worker in this country will earn less-than $1,130 a month, or $52.00 daily, or $6.52 an hour."

The Prime Minister pointed out that "13,000 people are expected to benefit immediately with salary increases as a result of this policy."

He warned employers too, that the Minimum Wage "does not include any other renumeration that an employee is entitled to, such as overtime, share of service charge, commissions, bonus or profit-sharing."

The Prime Minister, who's also Minister for Finance, urged and encouraged "all employers" to "accept this act for greater equity in our society."

He observed that "There are whispers that some employers are planning to do otherwise", but "I want to discourage you from attempting to lay-off workers instead of rewarding their years of hard work with this minimum wage."

"To do this," he added, "would be to sow the seeds of discord, disgruntlement and probably criminal activity, which would be counterproductive for us all in the long run."

PM Pierre said, "A contented workforce is a productive work force and a productive workforce advances the development of the entire country."

He further explained, "We understand the profit motive of businesses, (but) I want to appeal to you to give equal consideration to the welfare of your employees and your social responsibility to the wider community."

He added, "Let us therefore all embrace this minimum wage in the spirit with which it is being implemented today – the spirit of emancipation from injustice."

PM Pierre thanked members of the Minimum and Equal Wages Commission, comprising of all social partners, for their hard work and dedication in arriving at the minimum wage, which, he said, "according to their calculations, is a Livable Wage."

He said similar reasons belie "why we have ensured that, as of this day 1st August 2024, the monthly payments for our pensioners who have contributed so much to our development, will increase to $725 -- so that, from today, no government pensioner will receive less than that amount."

"Likewise," he added, "no National Insurance pensioner will receive less than $500 monthly, which amounts to an increase in payment for 3,438 pensioners -- from today…"

Special Operations Team Recovers Firearms and Ammunition

THE Royal Saint Lucia Police Force (RSLPF) says it remains steadfast in its commitment to ensuring the safety and security of all citizens. The statement comes in the wake of a discovery of illegal guns and ammunition of various calibers in the Dennery valley.

Found by police officers were: Two Glock 25 pistols, fifteen rounds of .380 ammunition, one round of 380 ammunition, one round of 45 ammunition and one round of .22 ammunition

No arrests have been made in relation to this discovery, however, an active investigation is underway.

Police say that This successful operation in the Dennery Valley is a testament to our dedication to combat crime and illegal firearm possession. The RSLPF will continue to employ innovative methods and work tirelessly to protect our communities.

Another Road Fatality

ON Monday July 8, 2024, at approximately 12.20 am., a report of a collision involving a pedestrian, and a motor vehicle was received by the Gros Islet Police Station. This collision was reported to have occurred in Grande Riviere, Gros-Islet.

The male pedestrian sustained injuries and was conveyed to the Owen King European Union Hospital (OKEU) by Saint Lucia Fire Service Personnel for medical treatment. The pedestrian remained admitted at the hospital, where he passed away; he was pronounced dead by a medical doctor.

A post-mortem examination revealed the cause of death was multiple bruises to the brain. The deceased has been identified as fifty-year-old Christopher Augustin, a resident of Norbert, Gros-Islet.

Chamber Holds successful "Listening Session" with former IRD Comptroller

On August 14th, 2024, the St. Lucia Chamber of Commerce hosted a significant "Listening Session" with Mr. Trevor Brathwaite, former Comptroller of Inland Revenue and current Consultant to the Government of St. Lucia. The session aimed to gather feedback from Chamber members on their experiences and interactions with the Inland Revenue Department (IRD), as part of an ongoing review to enhance the department's service delivery.

During the meeting, Mr. Brathwaite shared insightful updates, including the Inland Revenue Department's plans to migrate to a new software platform. This new system is expected to integrate property taxes, offering a more holistic and streamlined service to taxpayers.

The proposed upgrade is part of the government's broader effort to modernize the department's operations and improve overall efficiency.

However, the session also brought to light several concerns from the business community. Chamber members expressed frustrations regarding the ease of doing business with the IRD, citing instances where employees appeared to misplace documents, categorised filings with incorrect suffixes, lack sufficient training in new legislation or lack awareness of the appropriate contacts for specific matters. This, they noted, often leads to inefficiencies within the department, which could potentially result in unnecessary audits for compliant taxpayers.

Another critical concern raised was the protection of taxpayer data, particularly when using the IRD's online platforms. Members emphasised the importance of ensuring that the new software and existing systems safeguard sensitive information and maintain public trust.

The feedback gathered during this session will be instrumental in shaping the Consultant's recommendations to the government. Mr. Brathwaite expressed his appreciation for the candid input provided by Chamber members and assured them that their concerns would be thoroughly considered in the forthcoming report.

The St. Lucia Chamber of Commerce remains committed to advocating for a business environment that is both efficient and secure, and we look forward to continued collaboration with the government and other stakeholders to achieve these goals.

Guinness Launches Bike Life Under the Crown Promotion

GUINNESS, known for some of the most exciting promotions and giveaways here in Saint Lucia, this week unveiled yet another such campaign.

On Tuesday August 13, 2024 Heineken St. Lucia, under the Guinness brand, rolled out the new promotion. Brand Manager for Guinness, Rohan Lovence provided the details of the latest Under the Crown Promotion, which will see two winners literally riding away with the top prizes, while thousands will win instant prizes.

"We are back again with a truly exciting promotion with Guinness and when we speak about Guinness we are speaking about Guinness regular and Guinness smooth as well and we are excited about this latest under the crown promotion, " Lovence says.

"We have done this promotion a couple of times before, the last one was about seven years ago which went very well. So we went back to the drawing board and asked how can we improve on that, how can we do something that Guinness consumers will love so much? The exciting part is that we now have Guinness Smooth that we can add to this and make it an additional attraction. So, this year, we are launching once again the Guinness under the crown promotion, featuring one Suzuki GSX 750 Motorbike and a Suzuki LT 400 ATV. This is what we call our bike life promotion, which starts on the 15th of August all the way to the 15th of October," Lovence announced.

To win any of the prizes all consumers need to do is purchase Guinness from their favourite bars or supermarkets island-wide and collect the Guinness crowns with the corresponding symbols.

"When you purchase the regular Guinness, you may see a right or left bike symbol. You simply collect three of the left bike symbols and three of the right bike symbols, place them in an envelope with your contact information and you then place in a box at our warehouse, SDI, St. Jude's Highway Vieux Fort or warehouse Heineken sales depot, Union Castries," Lovence explained.

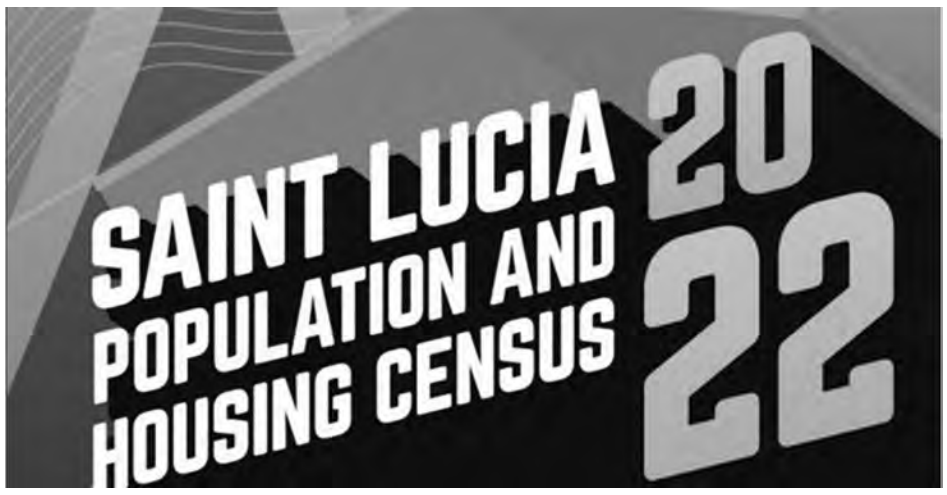
"For the ATV that is via the Guinness smooth crown so under the Guinness smooth crowns you may get the left side of the ATV or the right side of the ATV. You need to collect six crowns and follow the same procedure for your chance to win that ATV," he went on to say.

Additionally there is an instant bonus prize of EC$5,000 as well as several other instant prizes.

"Customers also have the opportunity to win flat screen TVs, Ear-pods, Blue tooth speakers, merchandize, grocery vouchers and fuel vouchers. If you get any of the crowns with any of those instant prizes you simply bring them to our locations to claim those prizes, which also include free Guinness and free Guinness Smooth," the Guinness Brand Manager disclosed.

The draw for the Grand Prizes will take place on October 22, 2024 and according to Rohan Lovence, several activities will be held at various locations island wide for the duration of the Guinness Bike Life under the crown promotion. He also encouraged consumers to drink and live responsibly while enjoying Guinness.

CSO Releases 2022 Population and Housing Census Report



THE Central Statistical Office (CSO) of Saint Lucia has released the first comprehensive report from the 2022 Population and Housing Census (PHC).

This census represents a historic transition for the CSO, being the first in the region to utilize the Computer Assisted Personal Interview (CAPI) approach instead of the traditional Paper Assisted Personal Interview (PAPI) method.

The shift has enabled more efficient and accurate data collection, leveraging advanced technologies and methodologies as outlined in the UN ECLAC User Guide for Population and Housing Censuses—Rev 3.

Director of Statistics at the Central Statistical Office (CSO), Sean Mathurin noted: "The provisional report marks a milestone in our ongoing efforts to understand and analyze the social and economic and demographic dynamics of our nation."

He emphasized that the 'Provisional' report indicates the department's commitment to finalizing data publication by the end of the year.

The report includes several significant enhancements, such as an infographics section, improved disaggregation of tables, enhanced analytical analysis of key findings, and the inclusion of several CARICOM-recommended tables. The goal is to make the report available to the public as soon as possible.

Key findings from the 2022 National Population and Housing Census include a decrease in average household size from 2.8 individuals in 2010 to 2.6 in 2022, as well as a high prevalence of diabetes and hypertension in the Castries and Gros Islet regions. The age dependency ratio has declined from 48.6 in 2010 to 44.5 in 2022, indicating reduced pressure on the working-age population.

Notably, while Saint Lucia's population increased from 166,526 in 2010 to 172,948 in 2022, the growth rate has declined from 5 percent to 3.9 percent.

Mathurin explained that while Saint Lucia's population is increasing, it is happening slowly.

The Director of Statistics encourages the public and stakeholders to utilize the information contained in the census. This census report is the first release, with subsequent thematic publications providing more detailed analyses and tables.

The preliminary census report can be downloaded from the website of the Central Statistical Office of Saint Lucia.

SPCs Upgraded to the Ranks of Police Officers

SEVERAL Special Police Constables (SPCs) have been promoted to the rank of Police Constable (PC) due to their outstanding performances.

SPCs play a crucial role within the Royal Saint Lucia Police Force (RSLPF). One notable distinction between the two ranks is their uniforms. SPCs wear blue shirts and black police trousers with blue outer seams, while PCs wear white shirts and black trousers with white outer seams.

In light of these promotions, the RSLPF started a six-week training course on Monday, August 12, specifically tailored to meet the needs of the upgraded officers.

The training programme was led by Assistant Commissioner of Police (ACP) Dr. Mashama K. Sealy, who oversees Corporate Services and Strategic Operations within the force, along with the training team.

Currently, twenty-three law enforcement officials are enrolled in the programme.



Newly upgraded Police Constables at a training session

Mongogue, Choiseul Homicide

ON Thursday August 15, 2024, at approximately 8:20pm., the Choiseul Police Station received and responded to a report of a homicide at Mongouge, Choiseul.

At the scene, the responding officers observed one male lying motionless and unresponsive on the left side of the Mongouge Road, bearing signs of apparent gunshot injuries.

Saint Lucia Fire Service personnel, who also responded to the incident, attended to the victim. The victim was later pronounced dead at the scene by a medical practitioner. The deceased has been identified as thirty-four-year-old Bernard Joseph of Mongouge, Choiseul.

The Royal Saint Lucia Police Force (RSLPF) is urging persons with information regarding this homicide to contact the Choiseul Police Station at 456-3635. Additionally, the Crime Hotline (555) and the RSLPF Crime Hotline App are available for anonymous reporting.



CAREER OPPORTUNITY

Job Title: Dive Instructor
Job Type: Full-time

Job Purpose: Teach resort course diving for guests or certification diving for those interested in becoming certified. The role is also responsible for conducting dive excursions with guests.

Specific Responsibilities

- Fosters good relations with guests, and fellow colleagues by promoting positive attitudes, good will, cooperation, and providing high standards of service.
- Able to train and supervise all dive classes and excursions with guests while ensuring adequate training and skills, safe and healthful diving practices, and the compliance of all relevant diving rules, regulations and standards.
- To train employees as divers.
- To be able to organize and secures all dive equipment in a safe and healthful manner according to set policies and Standards of operation.
- To assist in the maintenance and basic repair of all dive equipment
- Ensures that dive equipment maintenance reports, dive logs and dive schedules are maintained. etc.
- To maintain and operates all assigned equipment ensuring all safety and operating procedures are maintained.
- To maintains the current status as a Dive Instructor.
- To ensure diving skills, teaching skills, and continuing education on all diving practices, techniques, and procedures pertinent to the health and safety policies.
- To report any abnormalities, diving safety and health concerns to the manager.
- Maintains a valid driver's and boat captain license.
- To performs other related duties as assigned

Qualification / Experience Standards:

- High School Leaving Certificate or equivalent
- Able to read and write English proficiently enough to read and interpret menus.
- Computer skills
- CPR and First Aid Certification
- PADI certification
- 2-3 Years Experience in the field

Interested candidates should submit their applications by August 26th with a curriculum Vitae.

Email to
The Human Resource Manager
Sugar Beach a Viceroy Hotel and Resort

SUGAR BEACH

Email address:
sb.vacancies@viceroyhotelsandresorts.com

Please state the job title in the subject field of your email. We thank all applicants for showing an interest however, only suitable candidate will be contacted.

LUCELEC
ST. LUCIA ELECTRICITY SERVICES LIMITED

DIRECTORS' REPORT TO SHAREHOLDERS FOR THE PERIOD ENDED JUNE 30, 2024

The Directors are pleased to report on the unaudited consolidated results for St. Lucia Electricity Services Limited (LUCELEC) for the six months ended June 30, 2024.

Results of Operations

The following analysis is based on the consolidated results of St. Lucia Electricity Services Limited and its subsidiaries: LUCELEC Cap-Ins. Inc. and Energyze Holdings Inc.

The total unit sales for the period ended June 30, 2024 (201.9M kWhs) were higher by 9.0% (16.7M kWhs) compared to the same period in 2023 (185.2M kWhs). This was due to increases in sales in the Domestic (11.0%), Commercial (10.4%), Hotels (6.6%) and Industrial (10.1%) sectors, despite the reduction in sales in the Street Lights (16.7%) sector.

Total revenue for the period ended June 30, 2024 (EC$196.7M) was higher than the corresponding period in 2023 (EC$184.2M) by 6.8% (EC$12.5M), due to increases in the average price of electricity (EC$2.3M), sundry revenue (EC$0.2M) and unit sales (EC$15.8M or 9.0%), despite the decrease in unbilled sales provision (EC$5.8M).

Fuel costs for the current period (EC$108.6M) were 2.6% (EC$2.8M) higher than the costs incurred for the same period in the prior year (EC$105.8M) due to an increase in fuel usage (EC$11.8M), despite the reduction in fuel prices (EC$9.0M).

Transmission and Distribution (T&D) costs for the current period (EC$19.7M) were higher than the same period last year (EC$18.6M) by 5.9% (EC$1.1M). This variance was due to the increase in payroll costs (EC$1.1M), T&D maintenance (EC$0.4M) and customer service requests (EC$0.1M) despite the reduction in disaster restoration costs (EC$0.1M) and insurance costs (EC$0.4M).

Generation costs for the six months ended June 30, 2024 (EC$13.6M) were lower than the same period in the previous year (EC$14.4M) by 5.6% (EC$0.8M). This was driven by the decreases in engine maintenance costs (EC$1.2M) and solar farm maintenance (EC$0.1M), despite the increases in depreciation (EC$0.2M), insurance (EC$0.1M) and payroll costs (EC$0.2M).

Administrative expenses for the current period (EC$19.4M) were higher than the prior year's expenses (EC$16.8M) by 15.5% (EC$2.6M) due to increases in payroll costs (EC$0.4M), repairs and maintenance (EC$0.2M), training and conferences (EC$0.3M), amortization and depreciation (EC$0.2M), insurance (EC$0.6M), bad debt provision (EC$0.4M), public relations and sponsorships (EC$0.4M), assets not capitalized (EC$0.2M) and security (EC$0.1M), despite the reduction in other employee costs (EC$0.2M).

The investments held by the subsidiary, LUCELEC Cap-Ins. Inc., in regional mutual funds and international equities are classified as Fair Value through Profit and Loss (FVTPL) financial assets. The unrealised fair value gain recorded on these investments for the period ended June 30, 2024 (EC$21.0K) was 98.2% lower than the unrealised gain recorded in the prior year (EC$1.1M).

Profit before taxation for the six months ended June 30, 2024 (EC$34.6M) was 20.6% (EC$5.9M) higher than the prior year (EC$28.7M) due to the increase in gross income, despite the increase in administrative expenses.

Net profit for the period ended June 30, 2024 (EC$24.8M) was 17.5% (EC$3.7M) higher than the prior year (EC$21.1M) due to the increase in gross income, despite the increases in administrative expenses and taxation.

Earnings per share for the second quarter of 2024 (EC$1.08) was 17.4% higher than the prior year's results (EC$0.92).

Technical Operations

The reliability of the electricity network as measured by System Average Interruption Duration Index (SAIDI) and System Average Interruption Frequency Index (SAIFI) at the end of June was not as good as the same period last year. This was due to an unplanned outage at LUCELEC's Cul De Sac Substation in January, three forced generation plant outages for the half year, as well as outages caused by the passage of Hurricane Beryl.

SAIDI for the month of June was 0.83 hours compared to 0.46 hours last month and 0.33 hours for the same month last year. Year to date SAIDI was 3.26 hours compared to 2.17 hours for the same period last year and the prorated target for 2024 of 2.79.

SAIFI for the month of June was 0.58 compared to 0.18 in the previous month and 0.41 for the same month last year. Year to date SAIFI was 2.62 compared to 1.84 for the same period last year and the prorated target for 2024 of 2.72.

For the first time on record, consecutive system peaks were recorded in each month of a quarter. The peak demand at the end of the second quarter was 67.61 MW compared to 64.18 MW for the same period last year and was recorded on June 17, an increase of 5.34% compared to the same period last year.

Generation Average Available Capacity in June was 85.12% compared to 89.92% last month and 80.01% for the same month last year. The year to date Average Available Capacity was 87.03% compared to 85.78% for the same period last year.

Fuel efficiency for June was 4.29 kWh/litre which was higher than the previous month (4.27 kWh/litre), and more than the figure reported for June last year (4.28 kWh/litre). The year to date fuel efficiency at the end of June was 4.27 kWh/litre compared to 4.33 kWh/litre for the same period last year and the target for 2024 of 4.32 kWh/litre. The installation of the fuel monitoring system is now expected to be completed by November 2024, due to delays with the supplier. This system is expected to provide insight into the parameters affecting fuel efficiency, and hence provide a means for improving fuel efficiency.

Monthly System Losses as a percentage of units generated for June was 4.92% compared to 8.2% last month and 3.77% for the same month last year. Year to date System Losses at the end of June was 6.19% compared to 5.55% for the same period last year. Moving Annual Total (MAT) losses as of the end of June 2024 was 6.03% compared to the MAT for the same period in 2023 of 5.78% and the 2024 target of 5.75%. One of the contributing factors for the increase in year to date losses is likely the increase in year to date sales over the same period last year by 9.27%.

The All Injury/Illness Frequency Rate (AIFR) year to date at the end of June was 0.00, same as that of March 2024. The target for 2024 is 1.0.

Strategic Initiatives

The 7.5 MW/3MWh battery energy storage system (BESS) project at La Tourney continues to be delayed because of the high market prices. LUCELEC is closely monitoring the market trends and evaluating alternative solutions that would satisfy the financial and technical requirements of this project.

LUCELEC continues to explore alternative sites for proceeding with a 10MW solar farm. The expectation is that a deal with a landowner will be reached before year-end, following which the company will seek approval in principle from the Development Control Authority (DCA).

Despite the challenges that LUCELEC faces in increasing the share of renewable energy in the energy mix, the Company has made significant progress in creating the enabling environment and processes that will allow it to realise the planned outcomes of its 2035 Strategic Plan.

Outlook

Management anticipates an increase in unit sales for 2024. The execution of some of the Company's planned initiatives will be delayed due to key resourcing and other challenges. The increase in unit sales, along with the delay in executing planned initiatives and the expected savings due to reduced costs will result in an anticipated increase in net profit for 2024.

Mr. John Joseph
Chairman

Consolidated Statement of Financial Position
As at June 30, 2024

	Unaudited June 30, 2024 EC$'000	Unaudited June 30, 2023 EC$'000	Audited December 31, 2023 EC$'000
Assets			
Non-Current	431,336	413,536	427,946
Current	176,701	186,263	189,439
Total Assets	**608,037**	**599,799**	**617,385**
Shareholders' Equity and Liabilities			
Shareholders' Equity			
Stated capital	80,163	80,163	80,163
Retained earnings	231,842	211,993	221,347
Fair value reserve	(1,269)	(2,032)	(1,350)
Revaluation reserve	59,862	59,862	59,862
Self insurance reserve	54,150	51,801	52,017
Total Shareholders' Equity	424,748	401,787	412,039
Liabilities			
Non-Current	113,854	122,611	120,498
Current	69,435	75,401	84,848
Total Liabilities	**183,289**	**198,012**	**205,346**
Total Shareholders' Equity and Liabilities	**608,037**	**599,799**	**617,385**

Director

Director

Consolidated Statement of Comprehensive Income
For the six months ended June 30, 2024

	Unaudited June 30, 2024 EC$'000	Unaudited June 30, 2023 EC$'000	Audited December 31, 2023 EC$'000
Revenue	**196,688**	**184,227**	**386,972**
Operating expenses	141,904	138,768	291,873
Gross income	**54,784**	**45,459**	**95,099**
Administrative expenses	(19,403)	(16,827)	(37,294)
Operating profit	**35,381**	**28,632**	**57,805**
Investment income	820	718	1,611
Fair value gain on FVTPL financial assets	21	1,075	1,741
Gain on disposal of FVTPL financial assets	28	75	218
Other losses, net	(2)	(18)	(18)
Profit before finance costs and taxation	36,248	30,482	61,357
Finance costs	**(1,603)**	**(1,750)**	**(3,581)**
Profit before taxation	34,645	28,732	57,776
Taxation	**(9,848)**	**(7,654)**	**(16,179)**
Net profit for the period	**24,797**	**21,078**	**41,597**
Other comprehensive income/(loss):			
Items that may be reclassified to profit or loss:			
Fair value gain/(loss) on FVTOCI financial assets	60	(32)	(14)
Items that will not be reclassified to profit or loss:			
Re-measurements of defined benefit pension plans, net of tax	-	-	29
Other comprehensive income/(loss) for the period	**60**	**(32)**	**15**
Total comprehensive income for the period	**24,857**	**21,046**	**41,612**
Earnings per share	**$1.08**	**$0.92**	**$1.81**

Consolidated Statement of Cash Flows
For the six months ended June 30, 2024

	Unaudited June 30, 2024 EC$'000	Unaudited June 30, 2023 EC$'000	Audited December 31, 2023 EC$'000
Net Cash Generated from Operating Activities	23,520	34,897	61,894
Net Cash Used in Investing Activities	(18,319)	(15,036)	(46,937)
Net Cash Used in Financing Activities	(21,667)	(11,233)	(30,461)
Net (Decrease)/Increase in Cash and Cash Equivalents	**(16,466)**	**8,628**	**(15,504)**
Cash and Cash Equivalents - Beginning of Period	**22,304**	**37,808**	**37,808**
Cash and Cash Equivalents - End of Period	**5,838**	**46,436**	**22,304**

Flow expects US$44m payout for Beryl

By: Ashminnie Moonsammy

HURRICANE Beryl triggered insurance payouts for Flow's operations in Jamaica and select islands, equating to an estimated US$44 million, the parent company of the regional telecommunications services provider has said.

"The overall impact is manageable," said Liberty Latin America CEO Balan Nair, regarding the insurance coverage.

Liberty Latin America owns Flow through subsidiary Cable & Wireless Communications Plc, otherwise referred to as C&W Caribbean.

In July, the hurricane caused damage to Jamaica, Grenada, St Vincent and Grenadines, markets in which Flow operates, said Nair.

"In our impacted markets, over 90 per cent of fixed and mobile coverage is online and continues to grow," he said about the recovery.

Hurricane Beryl triggered the company's "weather derivatives" and it "expects to receive net third-party proceeds of approximately US$44 million that will be reflected as a derivative gain" in its financial statements, Liberty said in its newly released second-quarter earnings report. The figure equates to around $7 billion in local currency.

"We are still in the process of assessing the impact of Hurricane Beryl on our homes … and subscribers," the company said.

The weather derivative reflects a quantum related to the severity of the Category 5 hurricane, rather than proof of damage.

Jamaica, which houses the bulk of Flow's regional telecoms assets, accounts for 1.2 million mobile subscribers, representing 60 per cent of the network's 1.95 million subscribers across the Caribbean.

"In connection with Hurricane Beryl, we expect to experience adverse subscriber and financial impacts during the remainder of 2024," Liberty said.

C&W Caribbean generated US$733 million in revenue over six months, from January to June, reflecting a four per cent improvement at the top line.

The company estimates that its revenue and OIBDA, that is, adjusted operating income before depreciation and amortisation, will be negatively impacted by between US$10 million and US$20 million for the rest of the year. This financial strain will be most pronounced during the third quarter, and depends largely on how quickly power is restored to the affected areas.

Separately, the company expects to incur capital costs for property and equipment of about US$10 million to US$20 million. These costs are necessary to "replace infrastructure and equipment that has been damaged beyond repair or to enhance network resiliency" for future natural disasters, it said. The extent of the damage underscores the vulnerability of telecoms infrastructure in regions prone to hurricanes and other extreme weather events.

The derivative payout is expected to happen quicker than other forms of insurance, thereby facilitating a speedier recovery. **(Jamaica Gleaner)**

Father, son dead following Carnival Tuesday shooting

A family in Antigua and Barbuda is currently grieving the tragic loss of both a father and son due to gun violence on Carnival Tuesday.

Malachi Martin passed away from his injuries at the Sir Lester Bird Medical Centre, one week after his father was fatally shot near the East Bus Station on Carnival Tuesday.

18-year-old Malachi became the most recent victim to die from gunshot wounds inflicted by an unidentified assailant who fired multiple shots at a group of individuals gathered under a tent near the East Bus Station during the Carnival festivities.

Authorities have interviewed several witnesses as part of the ongoing investigation, but no charges have been filed thus far.



Deceased father, Kergus Martin

Malachi was pronounced dead at 1:01 a.m. on Wednesday, having sustained two gunshot wounds to the chest.

He was among four individuals injured in the shooting on August 7. His passing follows the death of his father, 43-year-old Kergus Martin from Liberta, who was declared dead on the night of the incident.

Kergus Martin was one of two suspects in police investigations of the murder of two Dominicans in Antigua, in 2013. He had escaped custody but later turned himself in.

Additionally, a 29-year-old man named Wayne Knowles remains hospitalised with a gunshot wound to his abdomen.

Law enforcement in St Johns continues to search for the individual responsible for the fatal shootings of both father and son, which occurred last Tuesday around 11 p.m.

The assailant is described as wearing dark-coloured clothing and a mask.

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE(CIVIL)
SAINT LUCIA
Claim No: SLUHCV2024/0282

FILED
HIGH COURT
SAINT LUCIA
Submitted Date:05/08/2024 14:28
Filed Date:05/08/2024 14:28
Fees Paid:0.00

Between:
NATIONAL INSURANCE CORPORATION
Claimant
and
TRACEY CHARLEMAGNE also known as
TRACEY CHARLEMAGNE-RAYMOND
Defendants

TO: Tracey Charlemagne also known as Tracey Charlemagne-Raymond whose last known address was QSR 38 Mabouya Valley Tomazo, Dennery, St Lucia.

NOTICE

TAKE NOTICE that the Claimant National Insurance Corporation has filed a claim against you and your Company in the High Court of Justice, Saint Lucia in **Claim No. SLUHCV2024/0282.**

AND SERVICE pursuant to Rule 5.13 of the CPR 2000 of the Claim Form and Statement of Claim and all other proceedings in this matter will be effected on you through advertisement in two consecutive issues of the Official Gazette and in two consecutive weekend publications in a newspaper circulating in Saint Lucia.

IF YOU DESIRE to defend this action or to be heard you must within twenty-eight (28) days of the last publication file an Acknowledgement of Service and you must within forty-two (42) days after the last publication file a Defence at the Registry of the High Court of Justice, La Place, Carenage, Jeremie Street in the City of Castries in the State of Saint Lucia.

IN DEFAULT of filing such Acknowledgement of service and Defence within the time stipulated, the Court may hear the case in your absence without further notice and judgment may be granted in favour of the Claimant.

A copy of the Claim Form and Statement of Claim, Supporting Documents and Authorization Code can be obtained at the office of the National Insurance Corporation, 1st Floor Francis Compton Building, John Compton Highway, Castries Saint Lucia, telephone Number 452-2808, Fax Number 451-9882. Email: legaldepartment@stlucianic.org The office is open between 8:00 and 4:00 on Mondays to Fridays except public holidays.

Dated this 5th day of August, 2024

Candace Polius
Legal Practitioner for the Claimant

The court office is at La Place Carenage, Jeremie Street, Castries, Saint Lucia, Telephone number (758) 468-7500 and Fax number (758) 468-7543. The office is open between 9:00 a.m. and 2:00 p.m. Monday to Thursday and 9:00 a.m. to 3:00 p.m. on Fridays except public holidays. The office can also be contacted via email at stluhco@ecourts.org.

This Notice is filed on behalf of the National Insurance Corporation by Candace Polius, Legal Practitioner for the Claimant whose address is 1st Floor, Francis Compton Building, John Compton Highway in the City of Castries in the State of Saint Lucia, telephone Number 452-2808, Fax Number 451-9882, email: legaldepartment@stlucianic.org

Gov't offers millions in bounty for Clarendon massacre



Prime Minister Andrew Holness (left) and National Security Minister Dr Horace Chang in discussion before the start of a news conference at Jamaica House on Wednesday morning at which the Government announced millions of dollars in rewards for information leading to the arrest and charge of suspects in Sunday's mass murder at Cherry Tree Lane, Clarendon. (Photo: Joseph Wellington)

THE Government has committed to putting millions of dollars into the hands of Jamaicans who provide the security forces with cogent intelligence that can help snag those behind Sunday's slaying of eight Jamaicans at Cherry Tree Lane, Four Paths, Clarendon, and the injury of nine others in what law enforcers say is gang-related.

Prime Minister Andrew Holness, making the disclosure during a press briefing at Jamaica House in St Andrew on Wednesday morning, said the commitment was part of the Administration's strategy to "erode the gangs" by creating an environment where citizens can provide information.

"It is information that is going to destroy the network of the gangs… we have now established a fund of J$25 million in the Ministry of National Security and it is focused primarily on this incident," Holness told journalists.

Under the arrangement, $6 million has been provided for those who can give "credible information leading to the arrest and charge of any suspect involved, particularly those involved in pulling the trigger; up to a maximum of $1 million per person".

Five million has been set aside for information aiding in the investigation, arrest and charge of facilitators of the act, up to a maximum of $1.5 million per person.

"We are particularly interested in the facilitators and the organisers," the prime minister emphasised.

Holness said the authorities will also give a reward for the provision of information and intelligence leading to the recovery of the firearms that were involved, up to a maximum of $500,000 per firearm.

"We will provide $5 million for the supply of information resulting in the securing of evidence against the gangs that were involved, a maximum $250,000 per case. Lastly, we will provide a fund of $5 million for the supply of information leading to the arrest and charge of anyone harbouring criminal gangs and their associates, up to a maximum of $800,000 per case," he said.

Individuals with details to share are being urged to do so using various tip lines namely: Crime Stop at 311, the Jamaica Constabulary at 119, the National Intelligence Bureau at 811, the Major Organised Crime and Anti-Corruption Agency (MOCA) at 888-6622-847 and the Jamaica Defence Force tip-line at 837-8888.

The Government also announced that a State of Emergency has been declared for the entire parish as the security forces strive to restore calm and flush out the perpetrators.

In the incident, which has been widely denounced, men armed with high-powered rifles aboard a white motor car attacked birthday celebrations being held by a 31-year-old bar owner for her boyfriend, a 23-year-old mechanic from the area, at 8:45 pm. After the shooting ended it was discovered that eight individuals had been killed and nine others injured. Amongst the casualties lay a seven-year-old boy, while a baby of one year and eight months was wounded.

The prime minister, at an emergency press briefing at Jamaica House on Monday morning, after a meeting of the National Security Council, in declaring a "total assault on gangs" across the island, pledged that the "Government will use this opportunity to deal with the gangs once and for all".

THE VOICE
SPECIAL EDITION AUGUST 17TH , 2024

THE FASTEST WOMAN ON THE PLANET

JULIEN ALFRED

100M - 10.72 SECONDS- GOLD MEDALIST - PARIS OLYMPICS 2024
200M - 22.08 SECONDS- SILVER MEDALIST - PARIS OLYMPICS 2024

WE SALUTE YOU!

(PHOTOS BY GETTY IMAGES)

THE PRIDE of a Nation

Sagicor proudly congratulates
Julien Alfred on her historic
100m Gold and 200m Silver
at the 2024 Olympics.
Your triumph brings immense
pride and glory to St. Lucia.

We celebrate your golden
achievement and the light
you shine on our nation.



Sagicor

Who is Julien Alfred?



THE women's 100-meter dash at the Olympics is an event where legends are made and legacies are forged.

The race, simple and straightforward as it is, is one of the most compelling and highest-profile events at every Olympics, with the winner claiming the hard-earned and prestigious title of "fastest woman in the world."

Julien Alfred got to realize that dream and experience the thrill that so precious few in Olympic history have.

The Saint Lucian track star won the finals of the women's 100 Saturday at the Stade de France at the 2024 Paris Olympics, holding off American Sha'Carri Richardson to cement her place in the history of her sport and her country. Alfred's triumph gave Saint Lucia its first-ever Olympic medal.

In the aftermath of her groundbreaking achievement, here's more about Alfred, including her background, career, college and more:

Who is Julien Alfred?

Though Alfred's accomplishment at the Olympics instantly transformed her into an international sports star, she entered the 100 finals as a relative unknown, at least among the casual sports fans who tune in to watch the Olympics.

In the world of track and field, however, she has been a decorated figure for several years, including at the University of Texas, where she competed from 2018 through 2023.

Over the 2021-22 and 2022-2023 athletic seasons — her final two years as a college athlete — Alfred won the 100-meter and 4x100-meter events in the 2022 NCAA Outdoor Championships and the 60-meter and 200-meter events in the 2023 NCAA Indoor Championships.

Following the completion of her college career, she then beat Richardson in the 100 at the Istvan Gyulai Memorial in Székesfehérvár, Hungary.

At the 2023 World Athletics Championships in Budapest, Hungary that August, she qualified for the women's 100 finals and finished in fifth place, 0.28 seconds behind Richardson, who won the race. Additionally, she finished fourth in the 200, behind, in order, Jamaica's Shericka Jackson and Americans Gabrielle Thomas and Richardson.

That success carried over into 2024.

She won the 60 at the World Athletics Indoor Championships in March, posting a time of 6.98 seconds that gave Saint Lucia its first medal ever at the competition. At the Prefontaine Classic in Eugene, Oregon in May, she finished second in the 100, just one-tenth of a second behind Richardson.

Once it came time for the Olympics, she was ready to fulfill a lifelong goal.

"Growing up, I always said I wanted to be one of Saint Lucia's first medalists ... first gold medalists," she said to Olympics.com in August 2023. "I'm really looking forward to going to the Olympic Games and trying to deliver at that level for my country."

In a fateful 11-second burst, she was able to do just that.

Country

Alfred was born and raised in Saint Lucia, an island nation in the Caribbean with only about 180,000 residents. Alfred is from Castries, Saint Lucia's capital and the largest city.

College

Though she grew up in Saint Lucia, Alfred came to the United States for college, where she attended and competed for the track and field team at Texas.

She ran for the Longhorns from 2018-23. Over the course of her college career, she was an 11-time USTFCCCA All-America selection. After collecting her final NCAA championships, Alfred was named the 2022-23 Big 12 female athlete of the year.

The 100m time

Alfred won the 100m with a time of 10.72, setting a Saint Lucian national record. She finished ahead of Richardson and bronze-medalist Melissa Jefferson, both Americans who had times of 10.87 and 10.92, respectively.

Age

Born on June 10, 2001, Alfred is 23 years old.

Family

Alfred is the daughter of Joanna Alfred and the late Julian Hamilton. She also has a sister, Juliana Hamilton, and two brothers Daniel and Chad Alfred.

Born in Ciceron, Castries, Alfred moved to Jamaica in 2015 to attend St. Catherine High School.



Cont on Page 4



Who is Julien Alfred?

Cont from Page 3

Early Life and Education

She faced significant challenges in her early life, losing her father when she was just 12 years old. This incident profoundly impacted her upbringing and motivated her to excel in athletics.

Alfred began her education at Leon Hess Comprehensive Secondary School in Saint Lucia, from 2013 to 2015. She then moved to Jamaica to further her education at St. Catherine High School from 2015 to 2018.

In 2018, she moved to the United States to attend the University of Texas, where she pursued a Bachelor's degree in Youth & Community Studies. At Texas, she stood out as an athlete, breaking records and winning numerous accolades in collegiate track and field.

Julien Alfred's career features a series of remarkable achievements and milestones that highlight her talent and dedication as a sprinter. Below is a detailed overview of her career highlights:

2015: Alfred showcased her potential at a young age by winning the Central American and Caribbean U15 Championship, emerging as a promising athlete.

2017: She established herself as a top junior athlete by winning the Commonwealth Youth Games 100-meter title in Nassau, Bahamas.

2018: Alfred secured a silver medal in the Youth Olympic Games held in Buenos Aires, Argentina, finishing behind Nigeria's Rosemary Chukwuma.

Recognition and Awards

Alfred was named Saint Lucia's Junior Sportswoman of the Year in 2015 and 2017. She received the Bowerman Award in 2023, honoring the top collegiate track and field athlete in the United States.

Julien Alfred's rise from a young athlete in Saint Lucia to an Olympic champion and record-breaking sprinter exemplifies her talent and dedication. She has historic achievements to her name, including winning gold at the 2024 Summer Olympics and setting records in the 60 and 100 meters, making her a prominent figure in athletics and a source of pride for her nation. As she continues to compete at the highest levels, she is poised to inspire future generations and solidify her legacy in the sport.



Alfred in 2024

Personal information

Nickname Juju
Born 10 June 2001 (age 23)
Ciceron, Castries, Saint Lucia

Education Leon Hess Comprehensive Secondary School, St. Catherine High School, University of Texas
Height 1.70 m (5 ft 7 in)

Sport
Country Saint Lucia
Sport Track and field
Event Sprints
College team Texas Longhorns
Coached by Edrick Floreal

Achievements and titles

Personal bests
100 m: 10.72 **NR** (Paris 2024)
200 m: 21.86 **NR** (London 2024)
Indoors
60 m: 6.94 = **AR** (Albuquerque 2023)
200 m: 22.01 **NR** (Albuquerque 2023)

Medal record
Women's athletics
Representing Saint Lucia

Olympic Games
G 2024 Paris 100 m
S 2024 Paris 200 m

World Indoor Championships
G 2024 Glasgow 60 m

Central American and Caribbean Games
G 2023 San Salvador 100 m

Commonwealth Games
S 2022 Birmingham 100 m

Youth Olympic Games
S 2018 Buenos Aires 100 m

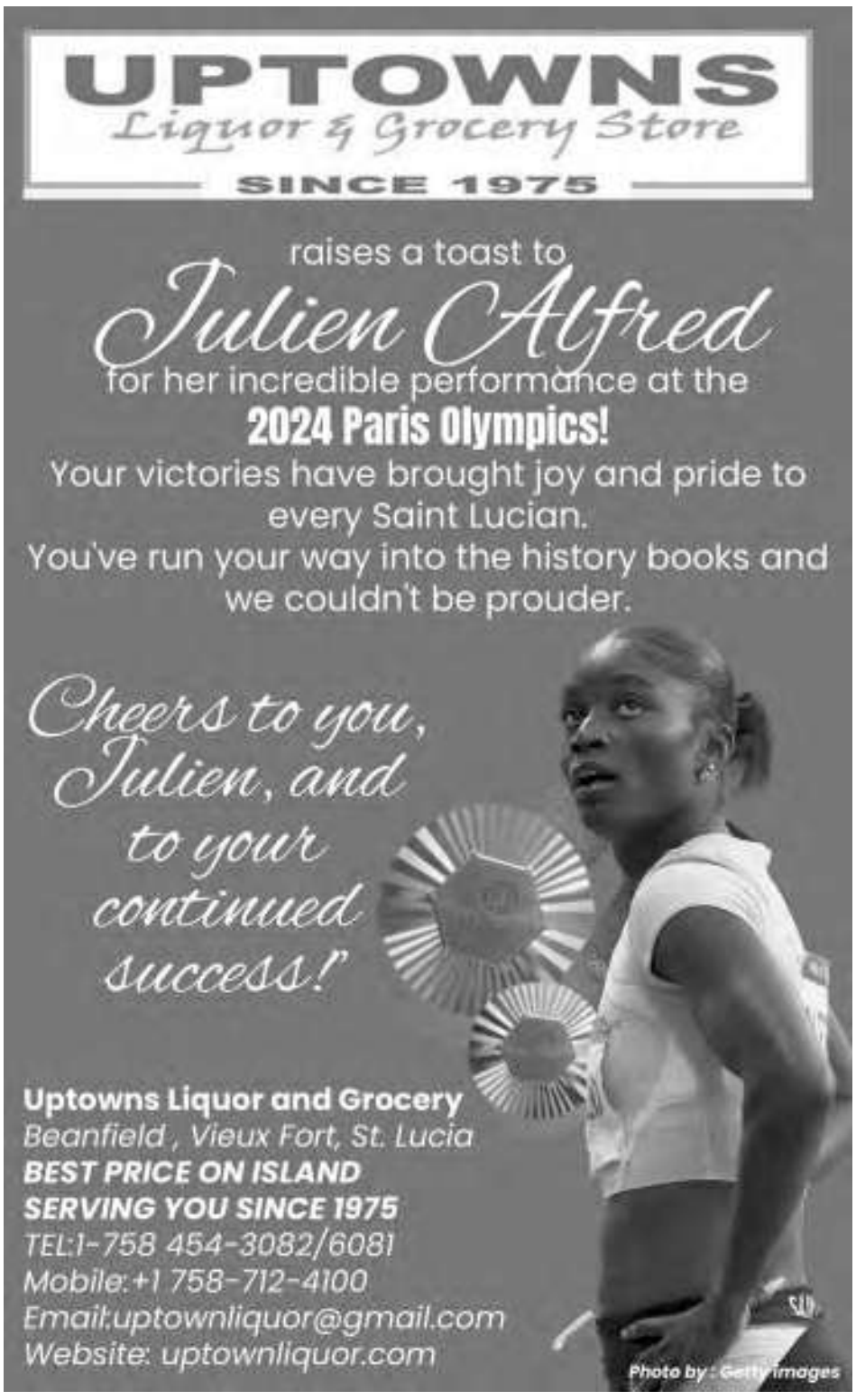
Commonwealth Youth Games
G 2017 Nassau 100 m

Achievements

International competitions

Representing Saint Lucia

Year	Competition	Venue	Position	Event	Result
2016	CARIFTA Games, U18 event	St. George's, Grenada	5th	100 m	11.90
			5th (h3)	200 m	25.34
2017	Commonwealth Youth Games	Nassau, Bahamas	1st	100 m	11.56
	CARIFTA Games, U20 events	Nassau, Bahamas	5th	100 m	11.68
2018	Youth Olympic Games	Buenos Aires, Argentina	2nd	100 m ev.	23.22
	Caribbean Games, U23 events	Basse-Terre, France	1st	100 m	11.07
	World Championships	Eugene, OR, United States	– (sf)	100 m	DQ
2022	Commonwealth Games	Birmingham, England	2nd	100 m	11.01
			–	200 m	DNS
	Central American and Caribbean Games	San Salvador, El Salvador	1st	100 m	11.14
2023			5th	100 m	10.93
	World Championships	Budapest, Hungary	4th	200 m	22.05
2024	World Indoor Championships	Glasgow, Scotland	1st	60 m	6.98
	Olympic Games	Paris, France	1st	100 m	10.72 NR
	Olympic Games	Paris, France	2nd	200 m	22.08





DILLY'S SUPERMARKET
& SUPERSAVERS WHOLESALE

proudly salutes **Julien Alfred** for her incredible performance at the 2024 Paris Olympics! Your energy, strength, and perseverance are an inspiration to all of us. You've shown the world what Saint Lucian excellence looks like, and we couldn't be more proud.

Tel: 452-2132 • Fax: 456-0280 • e-mail: dillyslimited@candw.lc

Julien Alfred ascends to legendary status

Originally published on June 13, 2023

KEY POINTS

- **Julien Alfred cemented her legacy as the greatest sprinter in Texas history with gold medals in the 100, 200 and 400-meter relay.**
- Stanford pitcher Quinn Mathews threw 156 pitches Sunday night, a decision that drew heavy criticism in college baseball circles.

Julien Alfred is the next big thing.

By blitzing the field in three different events at the NCAA outdoor track and field championships — including a defense of her 100-meter national title — she cemented her legacy as the greatest sprinter in University of Texas history.

That's the thing about track. The clock isn't biased. Doesn't lie. It's simply the clock. Alfred leaves the school as the fastest woman ever to lace them up. She holds school records in the 60, 100 and 200, and her 60-meter time of 6.97 seconds is an NCAA record.

Not to mention being part of the record-setting 400-meter relay team.

Texas football/track legend Eric Metcalf made the trip from Seattle to bear witness to the greatest weekend by an individual athlete in school history. Track athletes don't have jersey numbers, but some way, somehow, athletic director Chris Del Conte will have to find a way to honor Alfred, who was the linchpin in the Longhorns' capturing a fifth national title.

"She was great because she was able to deliver when there was all the pressure of being the leader on a team trying to win a national title at home," Metcalf told me over the weekend. "I'd have to say she's No. 1. We have had a lot of great track athletes on the Forty Acres, but she has led the team to national titles, won titles as an individual, and set collegiate records as an individual and on relays. No one has done what she has."

The great Sanya Richards-Ross won gold in the 400 meters at the 2012 London Olympics and captured three more in her career in the 1,600-meter relay — she benefited from being part of the world's deepest pool of quarter runners — but Alfred has an opportunity to be even greater. Coach Edrick Floréal, who just posted a second national track title in two years, said she doesn't really like the 200 — even though Saturday's 21.73 is the fastest all-conditions time in NCAA history — so expect her to concentrate on the 100 at the World Championships in Budapest later this summer. She will be a real threat against our own Sha'Carri Richardson and the Jamaicans in a few months and at the Paris Olympics next year.

Better yet, expect her to go faster because he limited her races in the second half of the season knowing there is bigger game to hunt on an international level.

She's already an icon in Texas track and is a member of my Texas female Mount Rushmore along with softball's Cat Osterman, basketball's Clarissa Davis and volleyball's Logan Eggleston, who represented the school at the White House on Monday as part of College Athlete Day.

Alfred will undoubtedly show up at the Worlds ready to add to her growing list of accomplishments.

She's that great.

And getting better.

– Story by Cedric Golden via statesman.com



Julien Alfred leaves Texas as the greatest sprinter in school history after winning the 100 and 200 meters and being part of the victorious 400 relay team at the NCAA outdoor track and field championships, which the UT women won Saturday night. Aaron E. Martinez/ American-Statesman



How Julien Alfred went from running barefoot in Saint Lucia to the fastest woman in the world

Jeff Eisenberg

JULIEN Alfred awoke at 5 a.m. on the morning of the Olympic 100-meter final feeling like she needed some extra inspiration.

The St. Lucia sprinter opened her journal and wrote the words, "Julien Alfred, Olympic champion." She also pulled up videos of some of Usain Bolt's Olympic victories.

"I was picturing myself coming across the line and being an Olympic champion," Alfred said.

Only hours later, Alfred's vision became reality. Alfred burst out of the blocks and ran away from American pre-race favorite Sha'Carri Richardson with startling ease, winning in a blazing 10.72 seconds to secure her tiny Caribbean nation's first Olympic medal.

As a smiling Alfred streaked across the finish line, she ripped off her bib and started pointing at her name. It's a name that is now etched in history after the 23-year-old ran the eighth-fastest women's 100 in history Saturday night on Stade de France's rain-soaked purple track.

"It means a lot to me," Alfred said. "I definitely knew that Saint Luciens would be watching and hoping that they could get their first Olympic medal. I'm sure they're celebrating right now."

All week, the path to Olympic gold seemed to be clearing for Richardson, the reigning world champion three years removed from a positive marijuana test that cost her the chance to vie for a medal in Tokyo. When Shelly-Ann Fraser-Pryce was scratched before Saturday's semifinal with a hamstring injury, it ensured that not a single one of the Jamaicans who swept the Olympic podium in Tokyo would contend for the final in Paris.

In retrospect, it was Alfred whom Richardson should have feared most. The two-time former NCAA champion in the women's 100 seemed unbothered by the Paris downpour, her winning margin of 15 hundredths of a second the largest in an Olympic final since 2008.

"My coach's message was to go out there, warm up confident and just trust myself and trust the training that I've done," Alfred said. "Yesterday, I was a bit nervous. I didn't know what I was doing to be honest. Today, I had to go out there and just have fun."

Alfred's victory is the culmination of a journey that she said began in St. Lucia's capital city, Castries, with her running barefoot in her school uniform. She eventually secured the attention of her school teachers when she began beating the boys in her first- and second-grade classes.

Bolt was Alfred's childhood hero

"I just wanted to be just like him," she said.

With tears welling up in her eyes Saturday night, Alfred described the heartbreak of her beloved father's death when she was 12. For months, she quit running after he passed, unable to bear the thought of doing their shared passion by herself.

"He'd always be so boastful of his daughter being a future Olympian," Alfred said.

By age 14, Alfred had rediscovered her love for sprinting, but she felt like she needed a different environment to fully tap into her potential. In 2015, she moved to Jamaica to attend St. Catherine High School and "to see how far I could go with the sport."

The answer was far, unimaginably far for someone who grew up humbly on an island with fewer than 200,000 people and little tradition of athletic success. In 2018, she accepted a scholarship to Texas. In 2022, she won the first of two NCAA titles in the 100. In 2023, she swept the 100 and the 200 at NCAAs, turned pro and signed with Puma.

Failing to medal in either the 100 or 200 at World Championships last year shook Alfred's confidence. Her legs were weary from a long college season and she didn't have enough left to compete with elite sprinters who had trained only with World Championships in mind.

At that point, she said she didn't believe she could become an Olympic champion in Paris. She credits coach Eldrick Floreal with instilling confidence and helping her turn the pressure she felt into motivation.

"He has been my rock," she said. "He has been there through the ups and downs, through the hard times. I'm happy he never gave up on me. He's like a dad and a mentor to me."

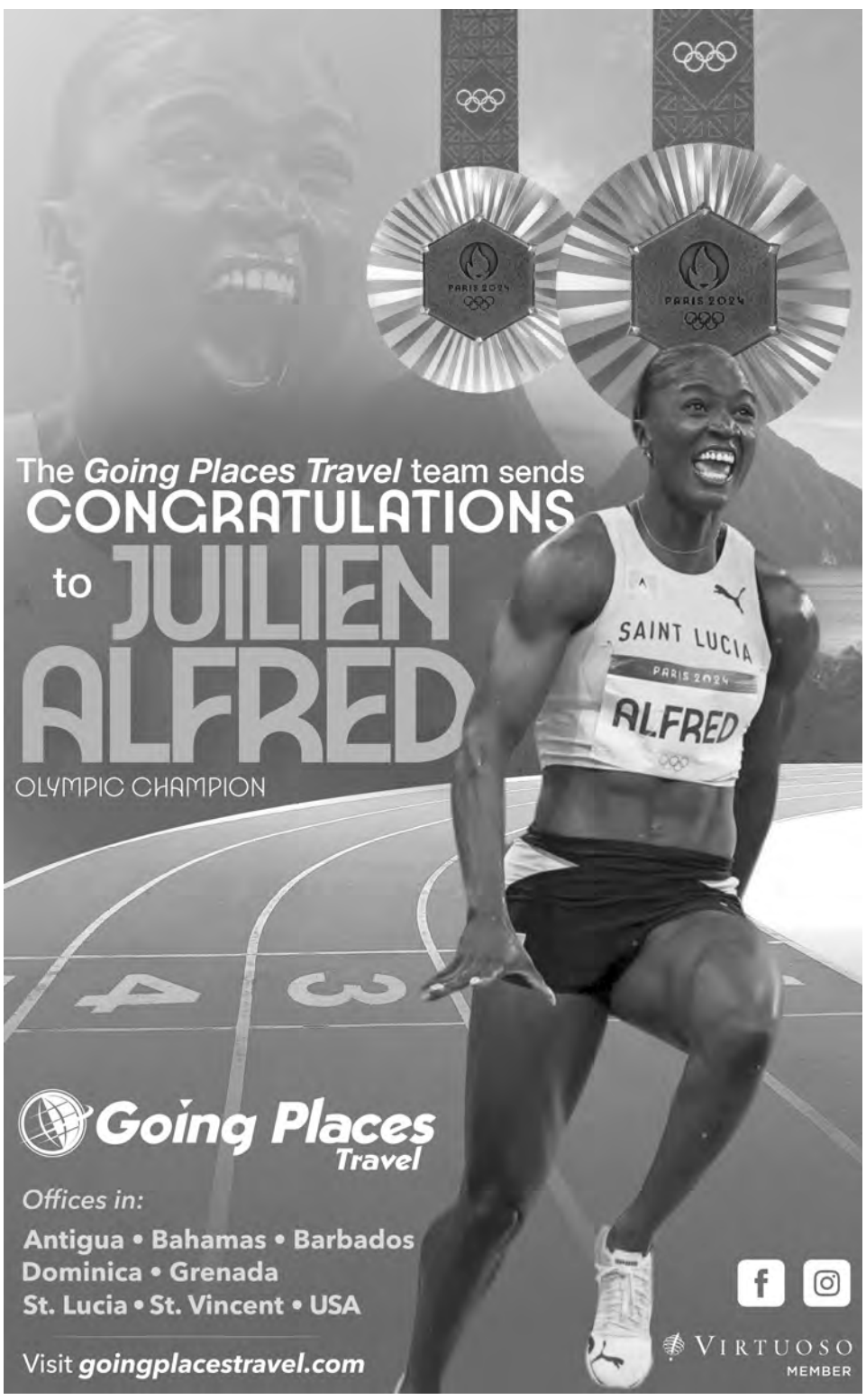
Sometimes, when Alfred will meet new people, someone will hear her accent and ask where she is from. When she says St. Lucia, they'll inevitably ask, "Where's *Saint Lucia?"*

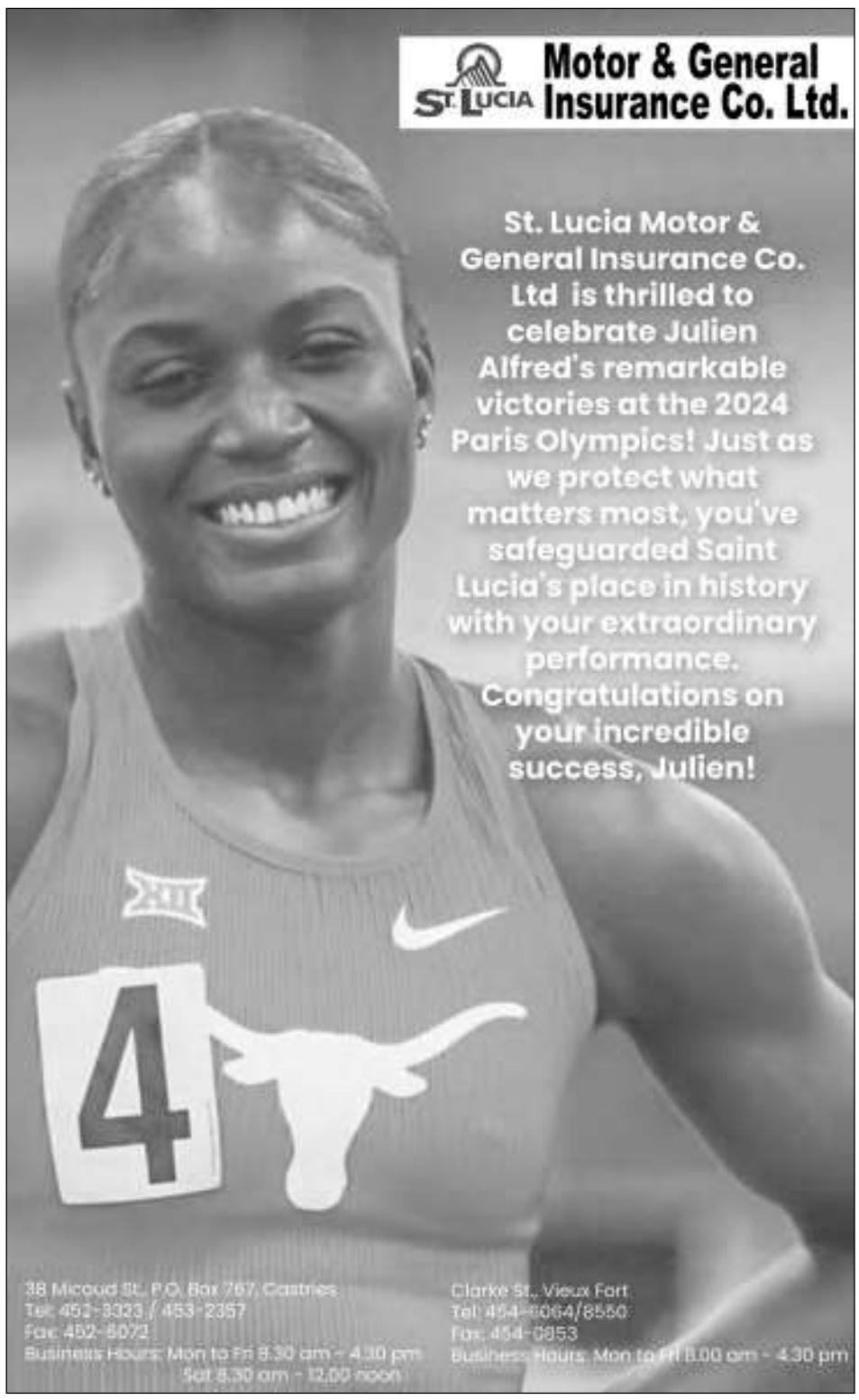
Sometimes, when Alfred will meet new people, someone will hear her accent and ask where she is from. When she says St Lucia, they'll inevitably ask, "Where's le for them.

"I'm really hoping that we can get a new stadium," Alfred said. "I'm really hoping that we can help the youth in the country believe that they can get out of the ghetto, help them believe that they can make it here.

"We can come from a small place but also be on the biggest stage."







Joanna Alfred Talks About Her 'Star Athlete' Daughter Julien



Joanna Alfred, Club Sandals Agent at Sandals Grande Saint Lucian Spa & Beach Resort (left) and her daughter, track star Julien Alfred.

JOANNA Alfred, Club Sandals Agent at Sandals Grande loves talking about her four beautiful children. She loves them all equally, but is especially proud of what her daughter, star track athlete Julien Alfred, has been able to achieve.

"It feels really good to be Julien's mother," she says. "She has worked hard to become a star athlete. Julien attended the Ciceron Primary School in Saint Lucia and the teachers discovered how talented she was. They told me that I needed to get her into a sports programme. At the time she was about eight going on nine years old."

Joanna has been with Sandals for the past 16 years. She credits the support she receives from Sandals Grande Saint Lucian Spa and Beach Resort as a major reason why she has been able to support her daughter's sporting career.

"Mr Anderson (Managing Director of Sandals Saint Lucia) has always been so supportive. I actually started in the Stewarding Department, and took the challenge to move to Club Sandals as soon as I got the opportunity." The stability Joanna found at her workplace afforded her the chance to help Julien pursue a track career.

She met with Coach Cuthbert Modeste which made it a little easier to move forward with plans for Julien's future.

"He is Saint Lucian and wanted to train Julien at the Mindoo Phillip Park," she says. "I met with the coach and I liked him. He really looked after her."

Once Julien sat the Common Entrance exam it was uphill from there. She attained a place at the Leon Hess Secondary School, and after two years was able to transfer on full scholarship to continue her education in Jamaica and be trained by a Jamaican coach.

At the time she was just finishing form two, and her mother Joanna was very nervous.

"We discussed it then I went to Jamaica to visit. It was a long process but we got approval and finally she left on a full scholarship to Jamaica. She ended up finishing third form and completing fifth form in Jamaica. She did not do the sixth form programme, but instead won a full four-year track scholarship and has been studying in Texas."

When Joanna is not talking about her children, she cannot help but talk about Sandals. Today, Joanna stands head and shoulders above the rest as the only female in a department traditionally dominated by men. She hauls her cart around the resort, delivering supplies to the rooms as required.

Joanna says, "My biggest struggle is trying to be involved in everything my daughter does. I almost gave up. If you want to succeed you have to keep going. Their father passed away during the process and so it was harder for me because I had to be both mother and father. But my family keeps me here at Sandals and I have to say thanks to them. The company has treated me very well, and the children have gotten scholarships to assist with their education."

Julien "Juju" Alfred Hailed a Legend Amid Jubilant Celebrations

By Reginald Andrew

JUBILANT supporters extended a warm welcome to the island's sensation and ace-sprinter Julien "Juju" Alfred on her return home, last Friday, after capturing a gold medal (60m) at the recently concluded World Indoor Championships in 2024.

Alfred's momentous achievement as the island's first Global Medal winning champion was also celebrated across the diaspora.

On home soil, it was a scene to behold in the compound of the Hewanorra International Airport at Vieux Fort, as Julien came out of the airport lounge to greet the many fans that lined up outside the facility.

Earlier, a host of government officials, representatives of sporting associations, media representatives and other guests met with Alfred at the HIA's VIP lounge to exchange brief greetings.

Sports Minister Kenson Casimir cited the significance of Alfred's accomplishment and its impact, particularly on young people aspiring for greater heights in life.

"She has been a transformative figure for both male



and female (athletes) in this nation," declared Casimir, at a media briefing on Monday.

"And having her on display like this will only motivate young people to see when you accomplish something for your country, how much they would appreciate you," he told reporters.

He said it was amazing to witness a number of cultural



presentations involving dancers and drummers who performed in Alfred's honour.

After leaving the HIA , a well-orchestrated motorcade took Alfred through several communities along the way. She was warmly greeted by residents and fans, young and older folks, amid a crescendo of cheers, hugs and photo opportunities.

The sports minister also recalled that Julien was rather emotional when she got to Ciceron.

Casimir said the government supports the overall welfare and development of young people "and we believe when young people achieve good things we have to acknowledge it."

The Gros Islet MP adds that while so many "negative things" are being said about the behaviour of young people in the communities, "we have one young person doing so well so its only incumbent upon us to ensure that the whole world knows that Saint Lucia fully appreciates the efforts of Julien Alfred and we as a government will ensure we continue to do that as much as possible."

President of the Saint Lucia Athletics Association (SLAA) Brendalyn Descartes said it was heartening to welcome Julien home after her world winning feat.

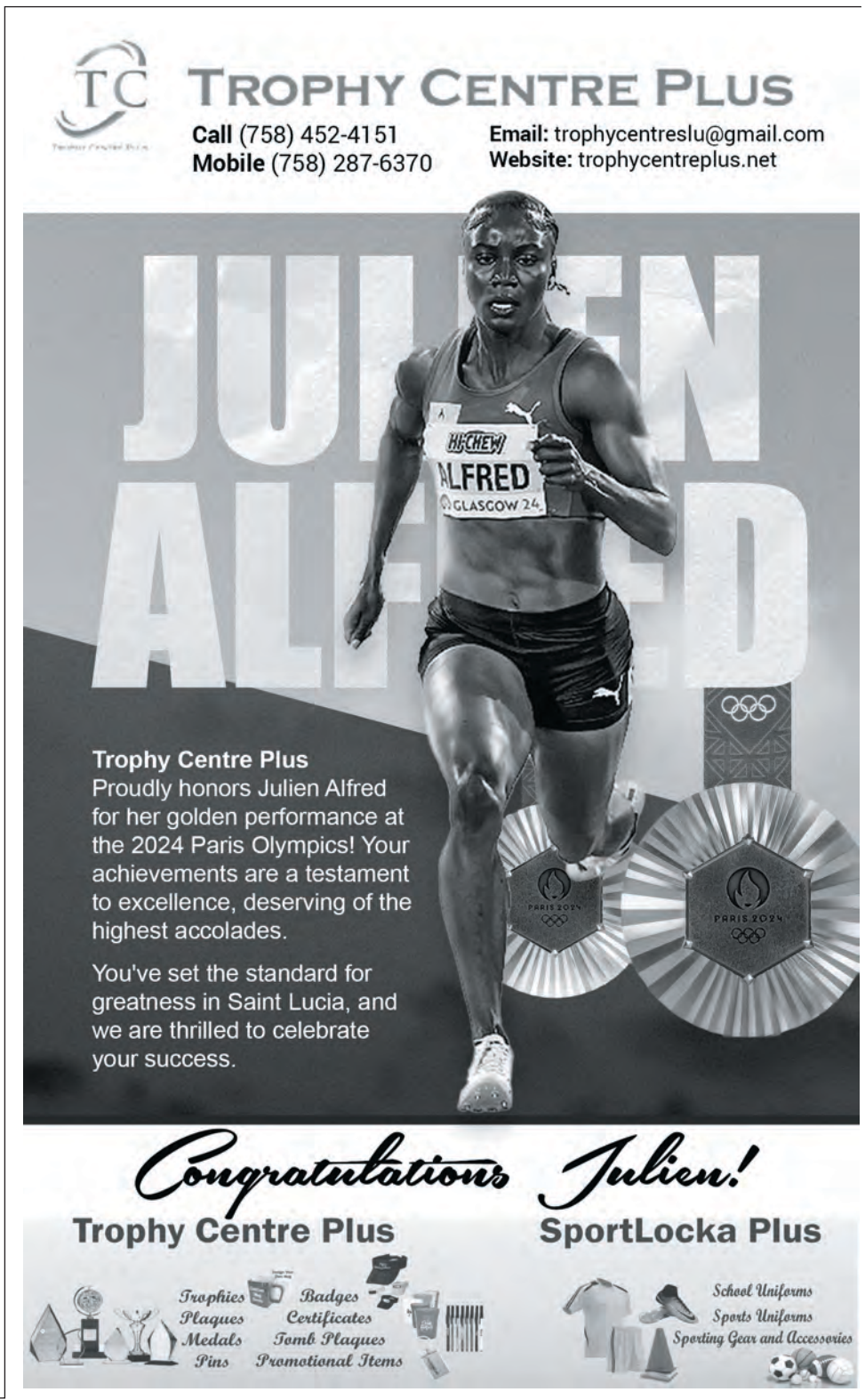
On behalf of the wider Saint Lucian athletic fraternity, Descartes acknowledged Alfred's efforts in representing the country very well at the highest level "and for carrying the Saint Lucian umbrella with you as a Brand Ambassador and showing the world what Saint Lucia has to offer."

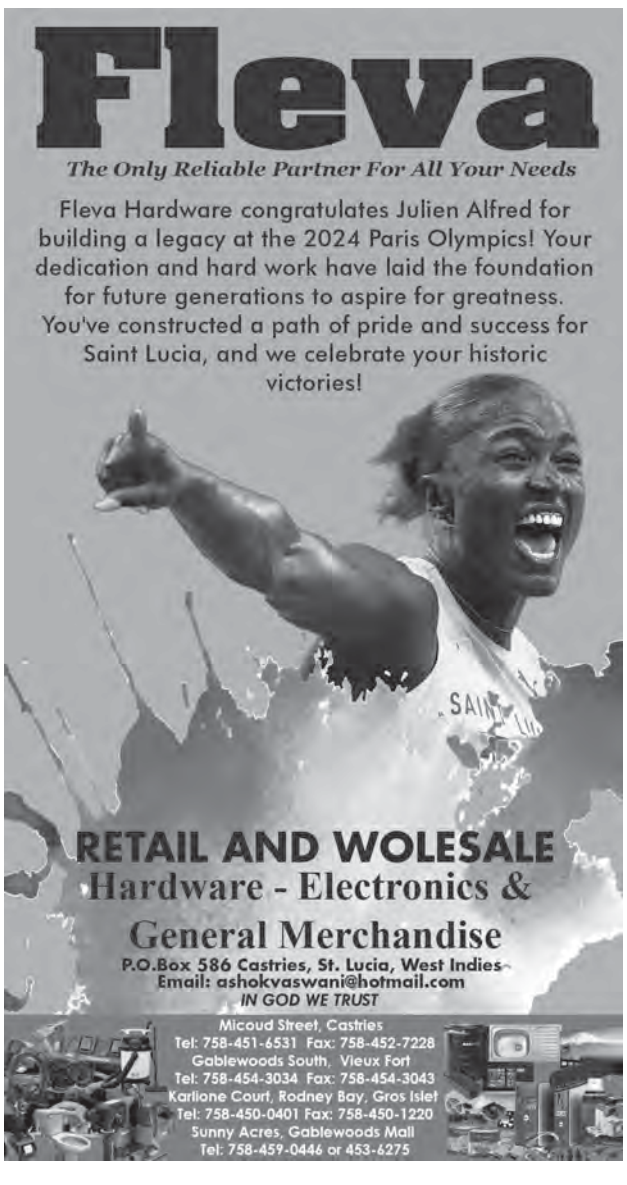
Saint Lucia's indigenous 1st National Bank has played a pivotal role in nurturing Alfred's career into her teenage years and more, and were proud to boast the dynamic 22-year-old athlete's latest feat.

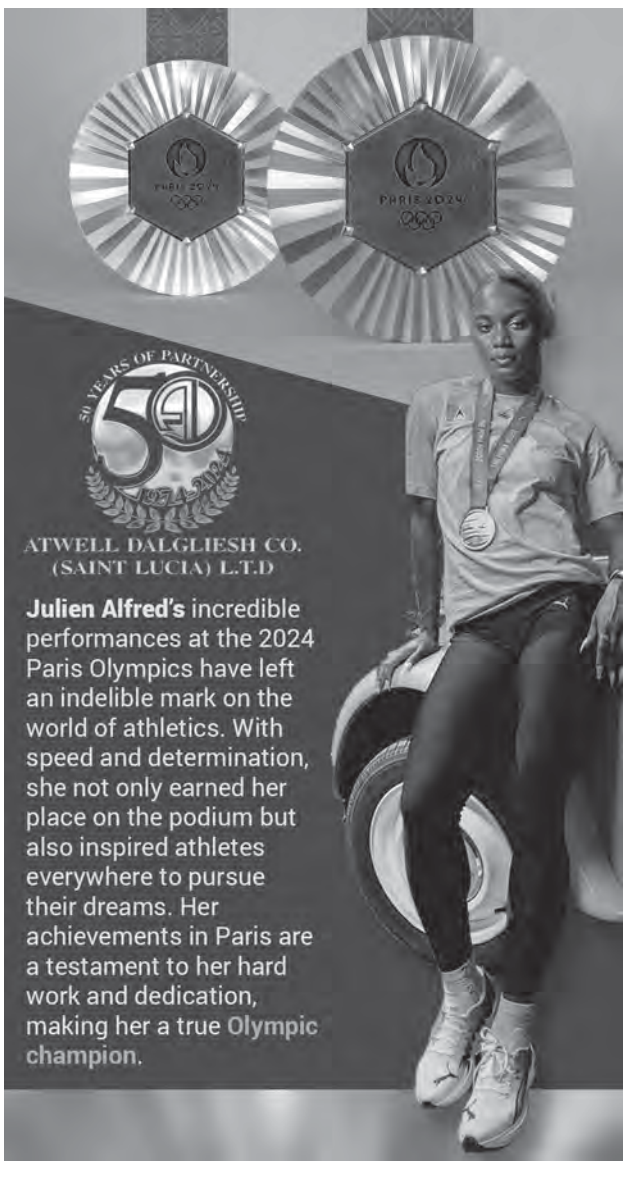
Addressing the gathering, Tishina Jeffers, Marketing and Communications Manager at 1st National Bank, remarked that the entity was aware of "the flight that Julien was about to take …and we decided to snatch you up, even before the world saw that."

Sports Minister Kenson Casimir recognized the input of 1st National Bank in supporting Julien on her journey, and also for its support towards sports development in Saint Lucia.

He added, "This young lady from the community of Ciceron was able to achieve what no other athlete has been able to achieve in our history. We know we have a couple of athletes on the fringes … so let's support track and field. Let's support youth development, let's support sports and let's all appreciate the Legend that is Julien Alfred."







Julien Alfred on a mission: 'I have the potential to be one of the best.'

The NCAA champion in both the 100m and 200m, Alfred has her sights set on Olympic glory for Paris 2024. She wants to win Saint Lucia its first-ever Olympic medal but first up are the World Athletics Championships. Find out in our exclusive interview how it all started and how her win over Sha'Carri Richardson changed things.

JULIEN Alfred is well aware that her home country, the tiny Caribbean island nation of **Saint Lucia** (population: 180,000), has never won an Olympic medal.

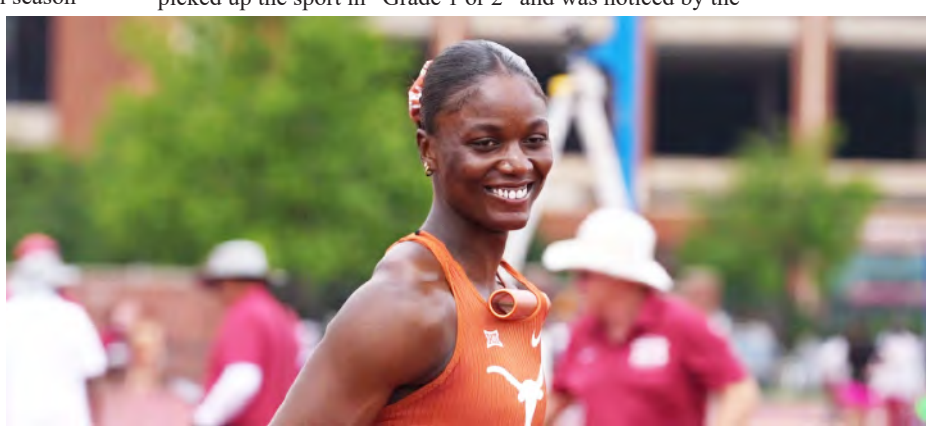
That's a fact she'd like to change.

"Growing up, I always said I wanted to be one of St. Lucia's first medallists... first gold medallists," she told **Olympics.com** in an exclusive interview. "I›m really looking forward to going to the Olympic Games and trying to deliver at that level for my country."

The potential is there: In June, Alfred swept both the 100m and 200m NCAA athletics national titles in her final season at Texas, and weeks later scored a high-profile win over American champion **Sha'Carri Richardson** in the 100m.

The 22-year-old is shy and under-stated in person, but has a quiet confidence burning underneath.

"I know how hard I've worked to get to this level," Alfred explained. "I'm really proud of myself for being here and being at this level... [and] be in the top five in the world. I'm really proud of myself and how far I've come just seeing how life has led me to being here today."



Julien Alfred: Youth Olympic Games influence

It was five years ago that Alfred had what she calls a life-changing experience: Competing at the **Youth Olympic Games** Buenos Aires 2018. While her silver medal in the 100m boosted her confidence, it was being on a truly global stage that helped her dream bigger.

"I think that was the beginning of something great," she said. "It influenced my choices in going to college, as well, so I think it was a really good experience for me."

In the months after Buenos Aires, Alfred committed to running for the **University of Texas** after meeting with "coach Flo," **Edrick Floréal**, who Alfred said has been pivotal in her upward trajectory as an athlete.

"He›s been like a dad, a mentor and a coach," Alfred said of Floréal. "I think at this level sometimes there can be so much pressure [around a team] and I really appreciate all that he has done not just from a coaching standpoint, but also just being a human like I am. He's seen me as a human and not just an athlete. He's been a great help in making me into the person that I am, and have the mindset that I have."

That mindset helped Alfred sweep the two sprint events in front of home fans at the **NCAA Championships** in Austin, Texas, having also won the 100m title in 2022.

"The years that I've spent at Texas have helped me mature into the person that I am," Alfred said. "It has made me into this Julien and all the successes that I've had."

From primary school to the pros

"My times got recognised because I was running against the young boys in my class," remembered Alfred, who said she first picked up the sport in "Grade 1 or 2" and was noticed by the school's librarian.

Having lost her father at age 12, Alfred briefly gave up the sport before starting up again, buoyed by the coach from her very first running club.

She spent high school in Jamaica, but did not tap into her true potential until she was under the direction of Coach Floréal. Earlier this season, she had the world lead time in the 200m, and still maintains a top five time for the year internationally in both the 100m and 200m.

"I'm sure my younger self would be proud; I would have never imagined in my life," Alfred explained with a smile. "Growing up and seeing all those big athletes at this level, sitting on my couch and watching them, I never imagined myself being here. As life has progressed, I've realised that I have the potential to be one of the best, among the best. Being here now is really helping my confidence... I'm really proud of myself."

Alfred said the next year will be an "interesting" one for her as she readies for the **Olympic Summer Games** Paris 2024 and tries to make her mark on the international stage. She's still unsure if she will focus on the 100m or 200m, though the 100m has been her stronger event. Or perhaps both.

"My life is going to be changing, for sure," she said. "I'm no longer going to be [competing for] Texas. I think that's a challenge that I'm ready for. I'm going to Budapest [for Worlds] and will be trying to make decisions at a pro level."

She added: "If it's in the plan to be one of the best in the world then I'm looking forward to that."

Julien Alfred and Paris 2024

"I'm proud to represent St. Lucia internationally," Alfred said. "I put my name out there [in competition] and am proud to say I'm from St. Lucia."

Since making its debut with an Olympic team at **Atlanta 1996**, St. Lucia has had 31 Olympians in total, including five at **Tokyo 2020** in 2021.

But no medals -yet.

"I think it would be a proud moment not just for me and for my family but also for my country," Alfred said of her podium dreams.

Alfred's win over Sha'Carri Richardson in mid-July was at a small meet in Hungary, but it also came as the St. Lucian was making her official pro debut - and marked the first time that Richardson had lost in the event all season.

The two are likely to meet in what is set to be a stacked women's 100m in Budapest for the **World Athletics Championships**, an event where St. Lucia has never won a medal, either.

It's a moment that could well and truly put Alfred on the international map, but "Juju" as she's known, wants people to understand the pathway she's taken – and how it's shaped her.

"I want people to know first where I'm from... [and] that it took a lot for me to get where I'm at," she said. "I didn't just get here just like that. It took a lot of hard work and perseverance. I gave up many times. Injury-wise, I wanted to give up and go home and just quit.

"I am a strong woman of God and a hard worker," she added. "And that's made me who I am. That's why I'm here today."





Building on Alfred's success, something we must do

JULIEN Alfred's remarkable achievements at the Paris Olympics have reignited the island's focus on sports and the potential of our young people to become world champions, just like herself. Recently, we've heard political leaders touting their support for sports development and their plans to advance it in Saint Lucia.

But with the new school year starting in just three weeks, it would have been ideal to hear from the government about the sports curriculum for the 2024/2025 school year. We know that a review of the Saint Lucia Education Act began two years ago due to concerns that it no longer aligned with the vision for education in Saint Lucia or the needs of a modern education system.

Such a review will certainly raise questions about the government's sports programme, which, according to reliable sources, may not be as robust or comprehensive as it is portrayed. While there are independent grassroots programmes in various sports supported by the government and an elite sports programme that doesn't cater to everyone but has government backing, it seems that we still lack a clear vision and strategic plan for a national sports programme and its implementation locally, regionally, and internationally.

It would be beneficial to understand the current state of sports from a government perspective: whether grassroots participation needs improvement, how our international sports success is perceived now compared to the past, the stability of funding for sports activities, and the condition of our sporting facilities.

We must highlight that a solid sports programme offers numerous benefits to a country, leading to a healthier and more successful nation. Let's not forget as well that many young people in Saint Lucia are passionate about sports, both as players and fans, a passion that has intensified since Alfred's recent successes. Alfred has demonstrated that sports can be a powerful tool for achieving ambitious goals beyond personal enjoyment and fulfillment.

To harness this potential, we need a comprehensive national sports programme with detailed proposals for increasing participation and high-performance sports. Alfred's success shows that world-class sporting achievements are possible, and with a comprehensive programme, our athletes can strive for even greater heights.

The government must prioritise sports and conduct a thorough analysis of the current state of sports on the island. The future of sports in Saint Lucia is bright if the government commits to prioritising the nurturing of young people's skills and ensuring that a significant percentage of children have the opportunity to participate in high-quality sports and physical education daily. The government must be ambitious for our young people and sports enthusiasts, demonstrating their commitment through actions, not just words.



Why Julien Alfred's 100-meter win over Sha'Carri Richardson was no fluke



By Mookie Alexander

American sprinting star Sha'Carri Richardson entered the 2024 Paris Olympics as the clear favorite to win the gold medal in the 100 meters, but she was denied not by any of the Jamaican trio of Shelly-Ann Fraser-Pryce (withdrew from the semifinals due to injury), Elaine Thompson-Herah (injured and not in Paris), or Shericka Jackson (only racing in the 200 meters). Instead, it was another Caribbean athlete from the eastern island of Saint Lucia who made history for her country by becoming their first Olympic medalist in any sport.

Julien Alfred led virtually from start to finish on her way to an emphatic victory at the Stade de France, defeating Richardson by 0.15 seconds in the largest winning margin in an Olympics men's or women's 100m final since Shelly-Ann Fraser-Pryce and Usain Bolt both won their respective gold medals by 0.2 seconds back in 2008.

The ease of Alfred's win may be surprising given Richardson's performances dating back to last year, but the win in itself is far from an inconceivable fluke result. She may not have the name recognition of Richardson or the Jamaican stars, but she has been a sprinting sensation for years, and she's only getting better.

Alfred was a phenomenal athlete at the University of Texas, winning The Bowerman award (track and field's Heisman Trophy equivalent) and Big XII Women's Athlete of the Year in 2023. In that tremendous senior season, she set collegiate records in the 60 meters (6.94 seconds in the high elevation of Albuquerque) and 200 meters (22.01 seconds) to win a pair of NCAA indoor titles.

Shifting to the outdoor season, she tripled up by winning the 100m, 200m, and the 4x100m relay in one day for an incredible five NCAA titles in one year. Texas won the team national title for the first time since 2005, largely due to Alfred's performances. Alfred also won the 100m and the 4x100m relay in 2022.

Alfred won the gold medal at the 2024 World Indoor Championships in the 60 meters

Earlier this year in Glasgow, Scotland, Alfred won Saint Lucia's first World Athletics Indoor or Outdoor Championship medal when she bested Poland's Eva Swoboda in 6.98 seconds. Being great in the 60 meters does not guarantee high-level success in the 100 (and vice-versa), but when you consider that Alfred has the range to run the 400 meters, her wicked acceleration combined with her endurance and power makes her a special talent.

For context, Sha'Carri Richardson's personal best in the 60m is 7.20 seconds, and she's not competed in the event since 2020. She typically excels in the back-half of the 100 meters, which makes her start so critical.

Alfred beat Sha'Carri Richardson in her pro debut

After wrapping up her time at Texas, Alfred entered the professional track circuit and made her pro debut in the 100 meters in Hungary. Facing off against Richardson, Twanisha Terry, and Paris bronze medalist Melissa Jefferson, Alfred dominated the field and won in 10.89 seconds, 0.08 faster than Richardson. It was the first loss of the season for Sha'Carri.

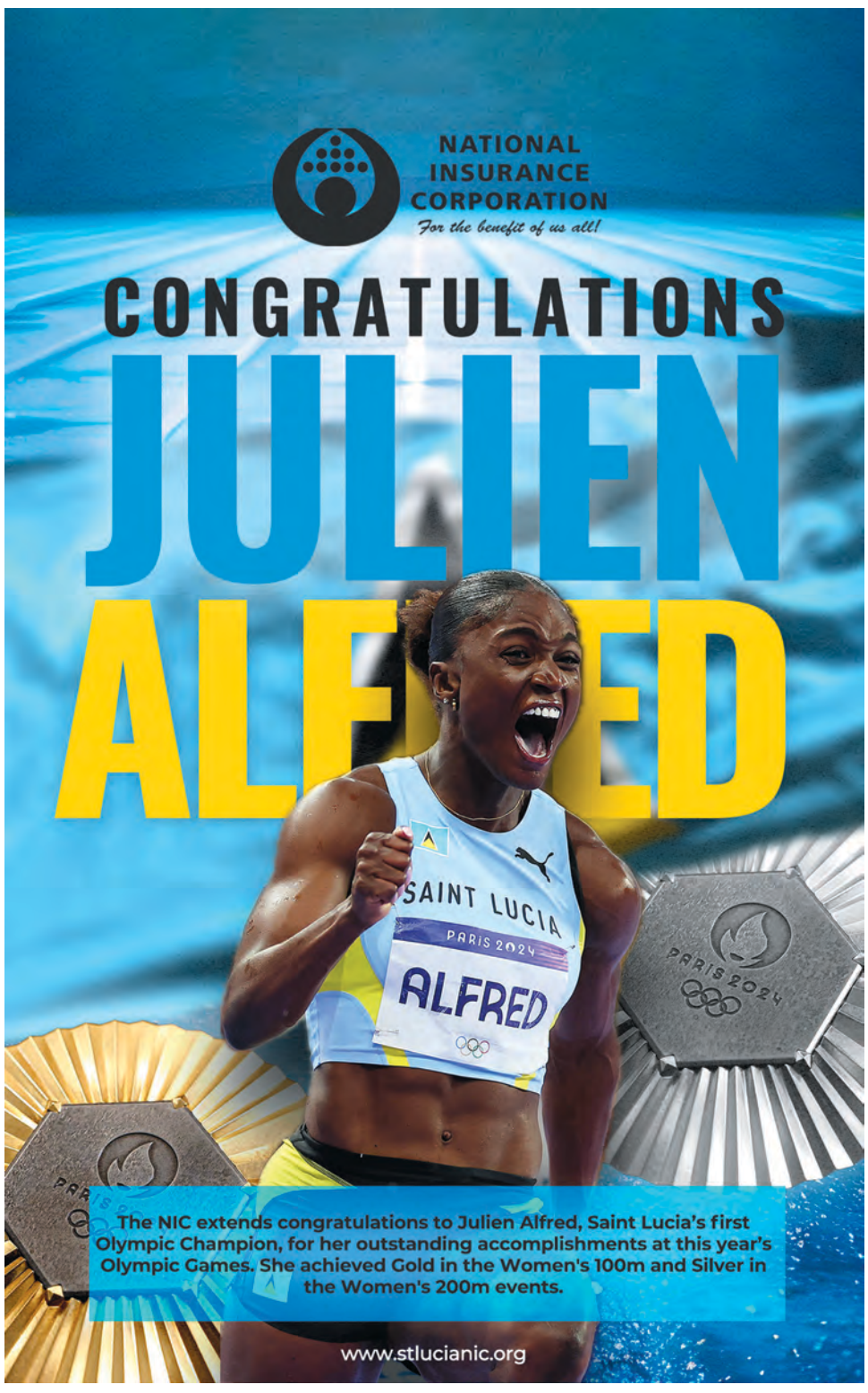
Richardson would win the 2023 world title in Hungary just one month later, with Alfred missing out on the medals and finishing in 5th. Their next meeting prior to the Olympics saw Richardson win against Alfred in the Prefontaine Classic in Oregon by 0.1 seconds, but Alfred now has the 3-2 edge in the series following her semifinal and Olympic final wins.

Sometimes, it really is how you start

Arguably the biggest area of vulnerability for Sha'Carri Richardson has been her start—particularly her reaction to the gun. At last year's Worlds, Richardson had a scare in the semifinals after not finishing in an automatic qualifying spot following a slow start, but her time was good enough to reach the final anyway.

In the opening round of qualifying, Richardson's reaction time was 0.2 seconds, the fourth-slowest of all 72 entrants, but she still won comfortably. Her semifinal reaction time of 0.191 seconds, the slowest in her heat and tied for second-slowest among all 26 semifinalists, and she lost to Alfred. In the final itself, Richardson's reaction time dropped to 0.221 seconds, which is unrecoverable even for someone with her elite top-end speed.

Alfred didn't have a great semifinal start (0.171 reaction time), but in the final she improved to 0.144, tied for fourth-fastest with Melissa Jefferson. The disparity in start quality gave Alfred an early lead that she was determined to not relinquish.



The 2023 Bowerman Award Goes to Julien Alfred and Jaydon Hibbert

Hibbert broke the NCAA record in the triple jump as a freshman, while Alfred set the NCAA record in the indoor 60 meters.



By Abby Carney

THE prestigious Bowerman Award went to University of Texas sprinter Julien Alfred and Arkansas' freshman jumper Jaydon Hibbert. For those who are unfamiliar, The Bowerman is basically the Heisman Trophy of track and field-the highest accolade given to the year's best collegiate athletes in track and field.

Named after famed Oregon track and cross country coach Bill Bowerman, and awarded by the US Track and Field and Cross Country Coaches Association since 2009, the honour has been given to such greats as Galen Rupp, Athing Mu, and Sha'Carri Richardson.

Alfred, a St. Lucia native and 14-time All American, has won five NCAA titles (four individuals, one relay) and has set two individual and three relay collegiate records. This year, she won both the 100- and 200-meter titles at the NCAA DI Outdoor Championships and was victorious in the 60- and 200-meter at the NCAA DI Indoor Championships as well. The 22-year-old, coached by former Olympian Edrick Floréal, has lowered the 60-meter college record five times, bringing it down to rest—for now—at 6.94, and has accomplished eight of the top 11 marks in collegiate history. Her indoor 200-meter college record of 22.01 is the all-time second fastest in the world.

In her acceptance speech, Alfred teared up thanking Coach Flo—as he's known to his athletes—saying, "You have molded me into the person I am today. …You've been a dad, a mentor, a friend, a coach. And I'll always be grateful for you taking me under your wing."



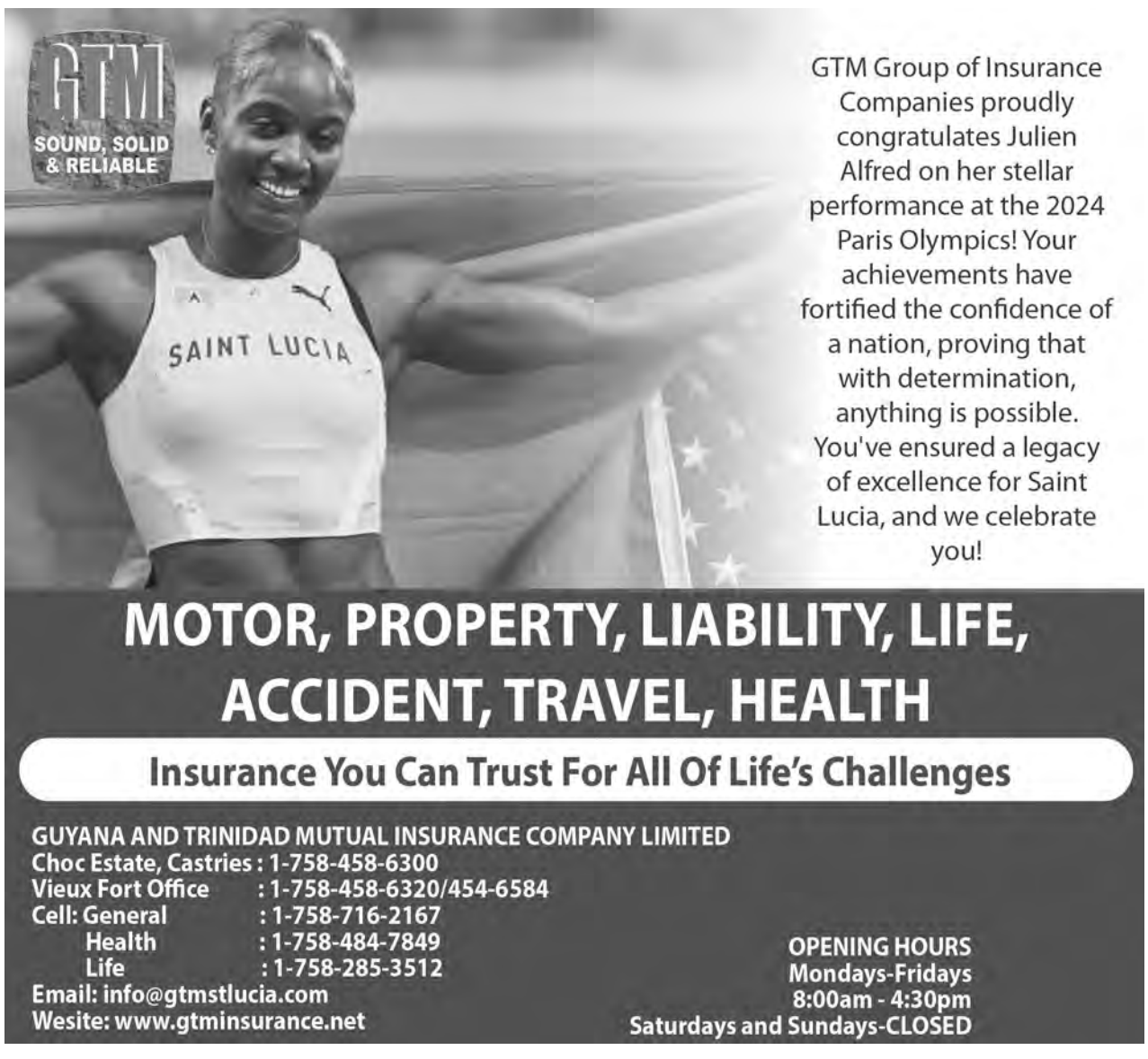
The graduate student has now become the second female athlete from Texas to win The Bowerman, alongside 2016's winner, Courtney Okolo.

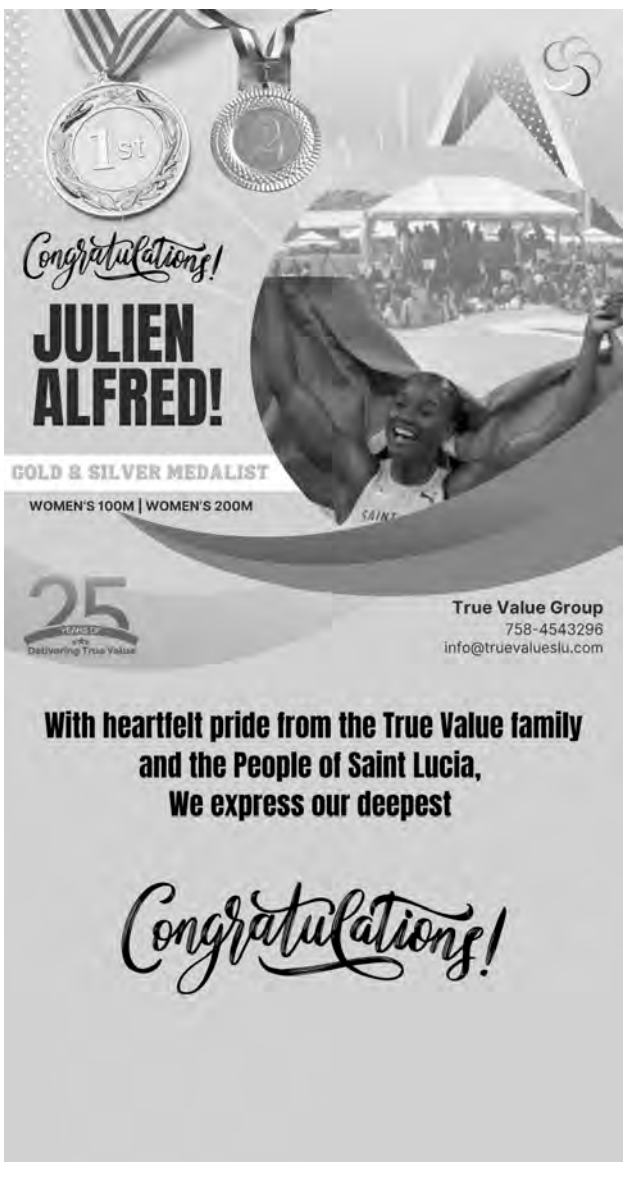


This year's men's winner, Hibbert, is the youngest athlete to ever receive The Bowerman, and is also the first male freshman to ever do so. The 18-year-old Razorback from Jamaica has also had a year for the record books, sweeping the NCAA triple jump titles and breaking collegiate records indoors and outdoors that had stood for 35 years, with jumps of 17.54 meters indoors, and 17.87 meters outdoors at the SEC Championships. Both performances also broke World U20 records, and his outdoor jump was the world's best this year.

Hibbert is the second male Razorback to win The Bowerman, in good company with Jarrion Lawson, the 2016 winner. Wearing a fitted light pink suit with a stylish gold lapel chain to accept his award, "This moment is truly a dream come true," Hibbert said, "and I could say that it definitely made up for what happened in Budapest"—a reference to the disappointment he faced at this year's World Championships, when he was forced to withdraw from the triple jump final due to injury. "As I look on the surface of this prestigious award," he continued, "I see a reflection of a kid that God did not and will not give up on, and is also a reminder of how he can transform you from nothing to something great."

– Story: via runnersworld.com





Saint Lucia sprinter Julien Alfred turns tragedy into track triumph

Women's 100m runner Julien Alfred takes silver in a week shaded by family loss as Argentinian shot putter stirs home crowd emotions.

Originally published on October 15, 2018



WHEN Saint Lucia sprinter Julien Alfred won the women's 100m silver medal on Monday, her thoughts turned to the loved ones who were unable to witness her Buenos Aires 2018 success: her late father, and the aunt who died days before Alfred's arrival in Argentina. The 17-year-old crossed the line in her second-stage race in 11.23 seconds, for a combined 23.22, losing out to gold medallist Rosemary Chukuma by just two hundredths of a second. But her feelings were mixed as the results sank in.

"My dad passed away five years ago and he always hoped to see me compete here today," she said. "His birthday is on the 17th of October - on Wednesday - and right before I came to the Youth Olympics my aunt passed away at the hospital, which was tough for me and my family. I'm stronger - I've been through things that have broken me down and I've got over it. Before I (celebrate at home) I'm going to my aunt's funeral to dedicate my medal to her."

On an emotional day, Argentine Nazareno Sasia thrilled the home support by winning the men's shot-put gold medal. Finishing the event's two stages with an impressive 1.45m lead over his nearest rival, China's Xing Jialiang, 17-year-old Sasia announced he was passing the spoils of his hard work to his coach, Marcelo cesar Borghello.

"I going to have an asado (an Argentinian barbecue) and I'm going to give my medal to my trainer," he said. "Everything is because of him. He deserves it more than me."

There are some drawbacks to Sasia's powerful physique, however: living with his mother, grandmother and sister means he is often called upon for any heavy lifting around the house. "I usually have to help my grandmother (to move furniture)," he said. "But my family tend to help me to relax because I'm always training and I'm not too much fun at home. My grandmother is my inspiration. She raised me, I'm really thankful for what she's done."

– via olympics.com

Puma Welcomes Julien Alfred to Its Athletics Family



ST. LUCIAN sprint sensation Julien Alfred has signed a deal with sports company PUMA, becoming the latest addition to its athletics family.

The 22-year-old, who will compete in PUMA products starting from this week's Diamond League in Monaco, has been dominating the track scene over the past 18 months, winning seven NCAA titles, a Commonwealth Games silver medal, and a Central American and Caribbean Games gold medal. She also made history by becoming the first woman in NCAA history to run under seven seconds at 60 metres indoors, and the second fastest of all time at both 60 and 200 metres.

"I feel that together we can achieve great things on and off the track." Alfred said in a statement. "PUMA has such legendary status in athletics, so the decision to join their family was an easy one."

PUMA's Head of Sports Marketing Pascal Rolling said he was thrilled to have Alfred join the PUMA family. "Julien is an incredible athlete, one we believe will continue to make history on the track," he said. "She is the true embodiment of Forever Faster and our ambition to be the fastest brand on the planet."

Alfred, who is ranked in the top four at both 100 and 200 metres, will wear PUMA's evoSPEED TOKYO NITRO track and field spikes.

PUMA is one of the world's leading sports brands, designing, developing, selling and marketing footwear, apparel and accessories.



Youth Olympian back home: Hero's Welcome for Julien Alfred

Originally published on October 25, 2018



Mother's love, Big Kiss for Julien Alfred from Diana Alfred (Mother) while her sister and aunt look on. *(PHOTO: Anthony De Beauville)*

THE VIP lounge at the Hewanorra International Airport in Vieux Fort was a hub of activities on Saturday, as two government officials, one member of the Saint Lucia Athletic Association, three media personnel joined friends and family members in welcoming home the island's hero, Youth Olympian and Silver Medalist Julien Alfred, from Buenos Aries, Argentina, where she just participated in the 100 metres for women.

Present were Acting Prime Minister – Lenard Montoute, Minister for Youth Development and Sports – Edmund Estaphane, Saint Lucia Olympic Committee 1st Vice President – Lyndon Cooper, SLOC Treasurer – Joyce Huxley, Permanent Secretary in the Ministry of Sports – Donavan Williams, Chef de Mission – Liota Charlemange – Mason, along with Team Saint Lucia, family members of the three athletes, Julien's Coach – Cuthbert Modeste and members of the Media.

There was a buzz of excitement momentarily, "That's my girl!" proudly exclaimed Julien's mother – Diana Alfred, as she finally made her way to the VIP Lounge.

Speaking at the ceremony, SLOC 1st Vice President, Lyndon Cooper standing in for President Fortuna Belrose, sincerely welcomed and congratulated the returning athletes.

Sponsored | Article continues below

The SLOC Deputy Chief reassured not only the returning athletes but all athletes who go under the SLOC banner that they have the support of the SLOC President and the entire executive and as customary, the SLOC will always pledge its commitment to the athletes.

"While we may not be able to see our own athletes competing at home in international events this year, but we have the confidence at the SLOC, not too soon from now, that will see the construction of international size facilities to ensure our athletes both home and overseas continue to bring the success story". He noted.

Sports Minister, Edmund Estaphane who attended the games in Buenos Aries, said, In Argentina we had a team representing Saint Lucia, this is what you call a team, there was unity, encouragement, togetherness and that inner spirit".

Estaphane took the time out to commend the Chef de Mission and the coaches for a job well done.

In congratulating the team, the Sports Minister said, "The athletes are very dedicated individuals and our future looks bright for sprinting, swimming and the other sports in Saint Lucia".

When it comes to the sporting structure in Saint Lucia, Estaphane said, "The structure of all the clubs, the Department of Youth Development and Sports and the different national sports federations we will have to improve on them; at present we are doing some serious work and in the not too distant future it will be futile and the future will look bright for Saint Lucia".

In terms of parents, he went on to congratulate Jayhan Odlum Smith's mother for making the trip all the way to Argentina. He said, "If you have that attitude, your children will go very far in life".

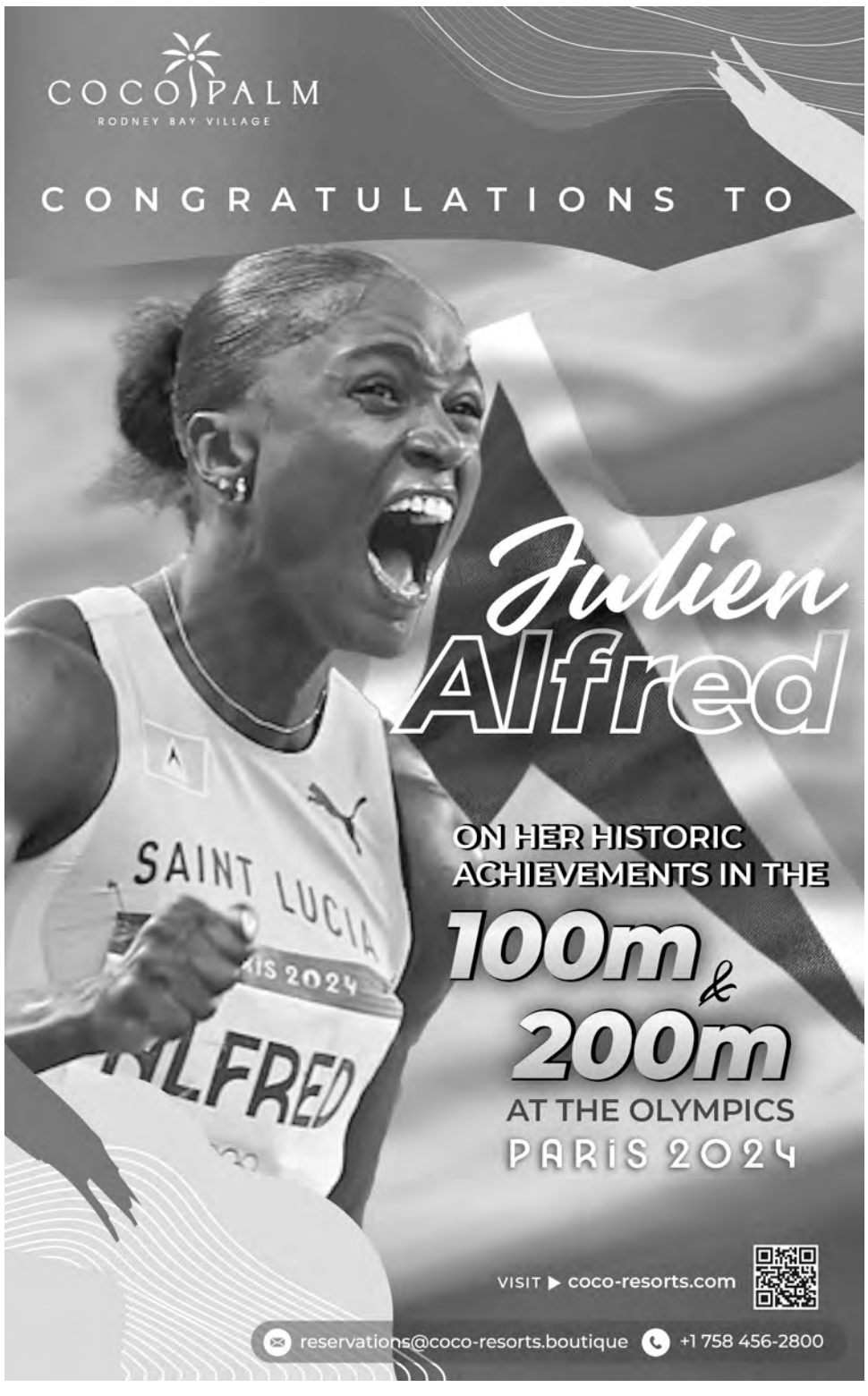
According to the Minister, Jayhan's mother said she and her husband had to make a decision and one of them had to go to Argentina to give Jayhan all the support and encouragement he needed.

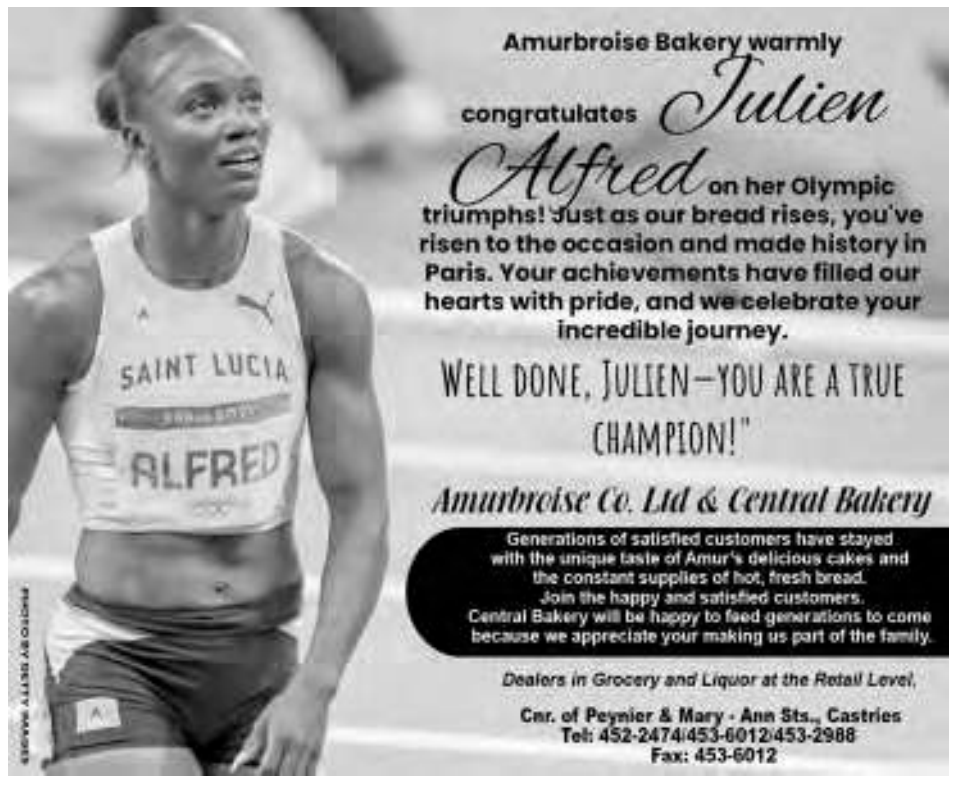
Acting Prime Minister, Lenard Montoute said, "On behalf of the government and people of Saint Lucia, I extend a hearty welcome back home to the entire team that represented Saint Lucia at the Youth Olympics Games in Argentina and to say congratulations to Julien Alfred on her accomplishment; your accomplishment Ms Alfred is a national achievement and for us as a nation we are very proud of you".

Montoute said he sees Alfred's performance as an inspirational, motivational and a beacon of hope.



Proud moment for Team Survivors track and field club, Head Coach – Cuthbert Modeste 1st from left and Youth Olympian – Julien Alfred. *(PHOTO: Anthony De Beauville)*





Social media reactions

Thaddeus M. Antoine

Damn Proud Lucian!



I attended London Olympics 2012, there supporting our very own Levern Spencer in High Jump along with the indomitable Usain Bolt and Team Jamaica (One Caribbean). I was proud of Bolt and how amazing the British and indeed Jamaica was there for him, what a proud Caribbean moment. I wondered when I would have such a moment to celebrate an Olympic Champion from my homeland, Saint Lucia.

Then came Julien Alfred, natured in Saint Lucia, then matured in Jamaica (again one Caribbean) and then made into this mean sprinting machine (or is it a PUMA) by University of Texas (UT). We saw her form and her hunger and knew she was on the right projectory and Saint Lucia was there for her. Then in 2024 we had Julien Alfred at the Paris Olympics leading the charge for Saint Lucia, confident that she would medal…but Damn to win the Gold so convincingly was remarkable and historical.

I froze during the race and then awaken just before the tape… I was ecstatic….Juju had secured the 1st Olympic medal for Saint Lucia and indeed herself and it was Gold… yes Gold and I was there in Paris to be part of this historic moment. I cried tears of joy, knowing what that meant to Julien, Saint Lucia and indeed the Caribbean.

Leaving the stadium with the Saint Lucian flag in the air, was greeted by congratulatory messages, high fives and pure excitement… Saint Lucia was top of mind and Julien was being celebrated by the World.

Well done Julien Alfred …from a Damn Proud Lucian

Daren Sammy



Big up Julien Alfred you gave us an Olympic Gold and Silver medal. One for Gros Piton and one for Petit Piton. I am overwhelmed with joy. And so Damn Proud

Ernest Hilaire



The hearts of Julien's family, friends, neighbors, and myself were content on Saturday, August 3rd, following her qualification into the finals, and then to bring home the Gold.

We can guarantee you, and you could probably tell from



the pictures that no one celebrated more than us in Ciceron! The home of Olympic Gold Medalist: Julien "JuJu" Alfred.

Alens Y Plante

We didn't have it all as children but we made the best with the memories that we created. We all had big dreams and there was nothing better than bearing witness to Julien's own becoming a reality.



Like the MP put it, "From the depths of Ciceron, Saint Lucia to the pinnacle of an Olympic Podium in Paris, France. This is the inspiring story of Julien Alfred."

A community is proud!

Chocolates Alive Berthier



Our leading Caribbean Woman did it again!

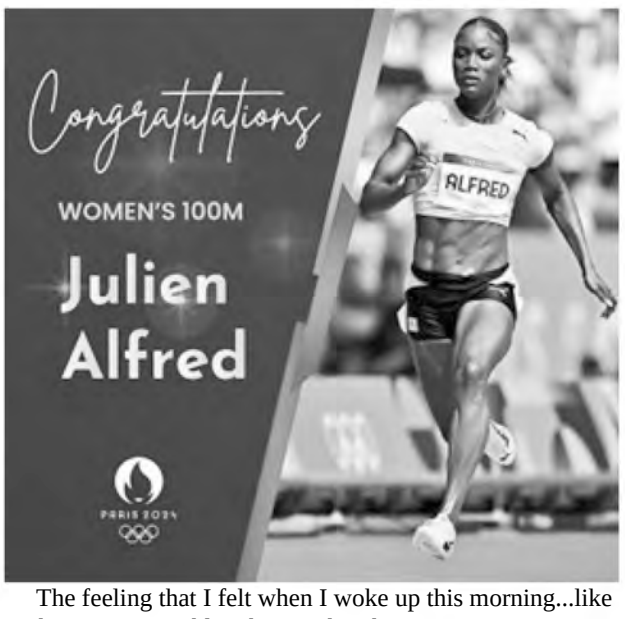
With a time of 22.08, We taking the silver!!! We taking the GLOBAL SILVER! Wow wow WOW

WHAT A TIME OF JUJU-BILATION

History made and our children were here to witness it!

Our lightning girl did it again

Nigela St Clair-Daniel



The feeling that I felt when I woke up this morning...like nothing is impossible.. that is what this means to a nation. Thank You Lord. Thank you Ju Ju. Wish I was home right now to celebrate

Rochelle Gonzales

Don't EVER make the mistake and ask me where I bad from, coz the 2 Nobel Laureates and the Olympic Gold is too hot for y'all to touch



Teddyson John



You cannot tell me that dreams don't come true. Don't never let anyone tell you what you can or cannot do. Julien Alfred what you have done is the biggest example of that. Every child will look at you as someone who simply followed their dreams, worked hard and watch it come true. We are super proud of you @ julien.alfred . Our hearts are full ….. AYE !!!!! Saint Lucia has an OLYMPIAN WITH GOLD!!!!!! Her name is JULIEN ALFRED AKA JU -JU !!!!!!

I am a DAMN PROUD LUCIAN !!!!!!!!#proudlucian

Orlando Satchell



Congrats to Julien Alfred on winning 100M gold for Saint Lucia- Man she was fast!!, sharing the love, I Am a Damn Proud Lucian, st [redacted] all the way

Mantius Cazaubon

Our national anthem was played for the first time at the Olympics. I'm in tears.

Arthur Allain

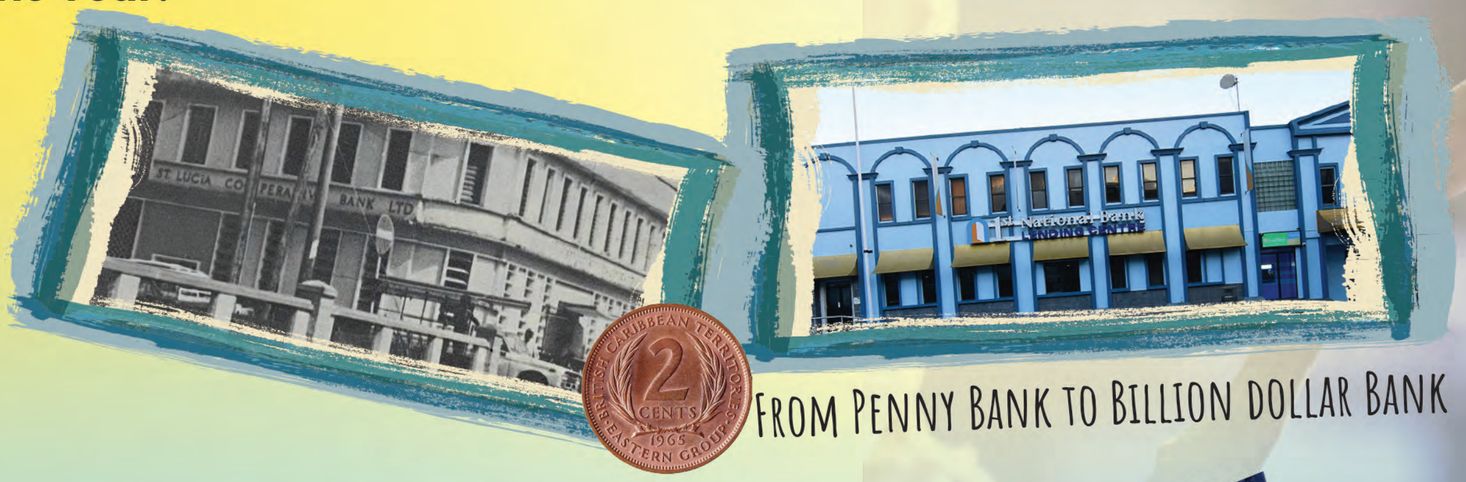


Can we get statistics on how many times Saint Lucia / Julien Alfred was googled after winning that Gold? Do you see how many people in feeds all over social media are asking where is Saint Lucia? We are a dot on this huge globe. This feat by Julien is an incredible one. She deserves all that comes her way. Let her be an inspiration for generations to come!

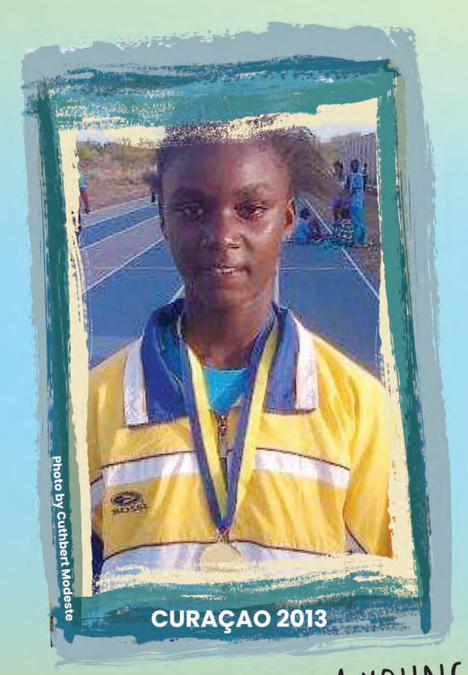
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LIVING HER GOLDEN DREAM!

Julien Alfred nursed her Olympic Dream and 1st National Bank Saint Lucia was there for her. Now, she's delivered: Two Olympic Medals in One Year!



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Youth Olympic Games 2018: Julien Alfred Creates History in Buenos Aires for Saint Lucia



(L-R) Youth Olympic Games Gold Medalist, Nigeria's Rosemary Chukuma (11.17 seconds) and Silver Medalist Saint Lucia's Julien's (11.23 seconds) at the finish. (PHOTO: IAAF)



(L-R) Julien Alfred (Saint Lucia), Rosemary Chukuma (Nigeria) and Gabriela Anahi Suarez (Ecuador). (PHOTO: IAAF)

WITH just four months before Saint Lucia celebrates its 40th Independence from Great Britain, another young female athlete has put the Island on the map - for the second time in as many years -participating in a global event, this time around capturing Saint Lucia's first-ever Youth Olympic Games medal.

Julien Alfred won her second international podium finish when she finished second in the women's 100 metres with a time of 11.23 seconds on Monday 15th October 2018 at the Parque Polideportivo Roca Stadium, in Buenos Aires, Argentina.

Julien, who turned 17 on June 10th, is the reigning Junior and Senior Sportswoman for 2017; she is a former student of the Ciceron Infant and Primary Schools, Leon Hess Comprehensive Secondary and St. Catherine High School in Jamaica. She is a multiple national record holder and the Commonwealth Youth Games 2017 Bahamas women's 100 metres champion.

Julien's 11.23 seconds, added to her 11.99 seconds in the preliminaries, left her just two-hundredths of a second behind the 2018 YOG champion, Nigeria's Rosemary Chukuma.

Chukuma (Nigeria) was able to better that result in the women's 100 metres; she finished third in the first stage of the race with a time of 12.03 seconds, but cut almost a second off her second try, crossing the finish line at 11.17 seconds and claiming the gold.

Gabriela Anahi Suarez from Ecuador got the bronze.

Up to press time yesterday, Julien's silver medal has positioned Saint Lucia to 76th place overall on the medals table (tied with Ireland, Philippines and United Arab Emirates). Powerhouse Cuba 13th, 4 gold, 2 bronze, the Dominican Republic 53rd, 1 gold, 1 bronze; while Jamaica 72nd, tied with Hong Kong, Puerto Rico and Zambia with 1 silver, 1 bronze.

Russia topped the points table with 25 gold, 15 silver, 12 bronze (52), China: 18 gold, 9 silver, 9 bronze (36), Japan: 14 gold, 8 silver, 12 bronze (34); while host Argentina 6th, with 9 gold, 6 silver, 6 bronze (21).

This is the third edition of the YOG. The YOG was previously held in Nanjing, China 2014 and Singapore 2010.

It must be noted, of the nations that won medals at these Games, two had not won an Olympic medal before; Honduras and Saint Lucia. Iceland, Malaysia and Mauritius won their first gold medal at an Olympic event, having previously only won silver and bronze medals. Afghanistan, Algeria, Kosovo, Mauritius, Niger, Philippines, Sri Lanka and United Arab Emirates won their first ever Youth Olympics medals.

Reporter Anmar Goodridge Boyce spoke to Alfred after the event, she said, "Yes, This is a proud moment. This is the third Youth Olympic Games, and I am the first medallist for Saint Lucia, and I am nothing but proud. Had the wind been lower, I would have a new national record".

"I knew I was going to medal anyways. Not to be boastful, but like, I came to these championships positive, and I delivered very well. We hoped for gold, but I am still thankful for the silver medal".

"Going into the race, I was positive, I was relaxed. During the race I felt like the last 40 metres I was trying to fight, I didn't hold my form properly, but my start was good, compared to Stage 1."

Team Saint Lucia is expected back on Island at around 2.30 p.m. on Saturday 20th October 2018 via the Hewanorra International Airport in Vieux Fort and according to Saint Lucia Olympic Committee, Fortuna Belrose, who spoke to the VOICE, said, "I am indeed happy, it's all about perseverance, hard work and dedication".

Belrose in her brief stay on the telephone with the VOICE reporter also took the time out to congratulate Cuthbert Modeste, Alfred's coach for the hard work he has put in over the years.

The VOICE also spoke to Coach Cuthbert Modeste, "I am proud of her, she is very focus when she is on her mission. Julien believes in me when I told her she is ready and we will medal, she agrees we are a perfect team, Survivors".

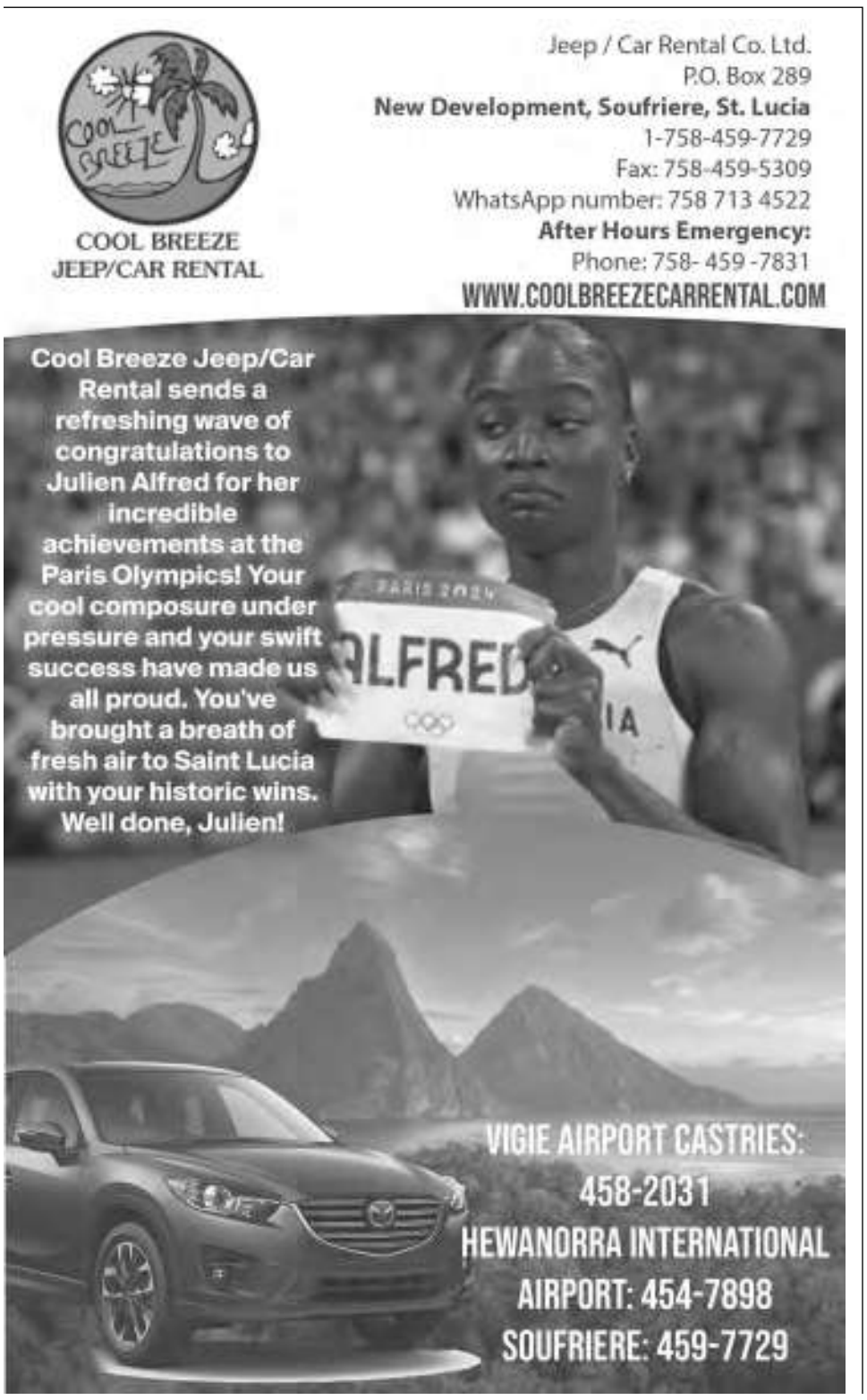
He said, "I am looking for a 30-seater to take my entire team to the airport to welcome her back home, we will be wearing our Survivors shirts and waving our national flag to the Sprint Queen".

It must also be noted that the three medals Saint Lucia has won at the Commonwealth Youth Games, all come from athletes coached by Cuthbert Modeste of the Survivors Track and Field Club; Julien Alfred (gold in the 100 metres), JeanelleScheper (silver in high jump) and Rochelle Etienne (bronze in Javelin).

Meanwhile, a welcome reception is planned for the silverware winner Julien Alfred and the rest of the team headed by Chef de Mission, Liota Charlemange – Mason upon arrival in the VIP Lounge at the HIA.



Julien Alfred celebrate with members of Team Saint Lucia in the back, (l-r) Brian Charles (Swimming Coach), Alfred Emmanuel (SLOC General Secretary), LiotaCharlemange – Mason (Chef de Mission), JayhanOdlum – Smith (swimmer), Sheldon St. Rose (Athlete) and Edmund Estaphane (Minister for Youth Development and Sports), missing in photo, Denise Herman (Athletic Coach). (PHOTO: IAAF)



Julien Alfred wins 100 meter for St. Lucia's 1st Olympic medal, dedicates victory to her late father

By Pat Graham



THE memories flooded back as Julien Alfred rang the victory bell at the end of the track to signify that she was indeed an Olympic 100-meter champion.

A sound that made everything really feel real.

She remembered running barefoot all over the place as a kid growing up in St. Lucia. All those who helped her along the way, too. And the most powerful memory, the one that made her burst into tears, the thoughts of her late father, who believed this sort of moment was possible.

That's who this was for, Alfred said, after powering through the rain to hold off Sha'Carri Richardson, Melissa Jefferson and the rest of the field Saturday night to win the first Olympic medal for her island country.

"He believed I could be an Olympian. That I can be here," Alfred said after winning in a time of 10.72 seconds. "To come out with the win, happy I was able to do it. I want to attribute it to (my father). ... He'd be so boastful of his daughter being an Olympian."



No doubt, Alfred was a medal contender. But Richardson was the heavy favorite. The rain didn't dampen Alfred, only energized her. She got out fast and never looked back, beating Richardson by .15 seconds.

"As long as you just run your race and try to execute what you have to do, then you're fine," the sprinter from the eastern Caribbean island said.

Alfred's been doing that since she was spotted by the school librarian as a kid. She was fast, too, but walked away from the sport after losing her father when she was around 12. Her coach convinced her to return. To give it another chance.

Alfred moved to Jamaica as a teenager to train, then attended the University of Texas, where she became a mulitple NCAA champion.

Now, Olympic gold medalist. She liked the sound of that.

"It means a lot to me. It means a lot to my coach. It means a lot to my country," the 23-year-old Alfred said. "I'm sure they're celebrating right now."



To get ready for the race, Alfred spent the morning watching footage of Jamaican sensation Usain Bolt.

"I just watched how he just executed," Alfred said.

She then put what she watched into motion. Her favorite part of the evening, of course, was celebrating like Bolt would. She relished ringing that bell that winners get to ring.

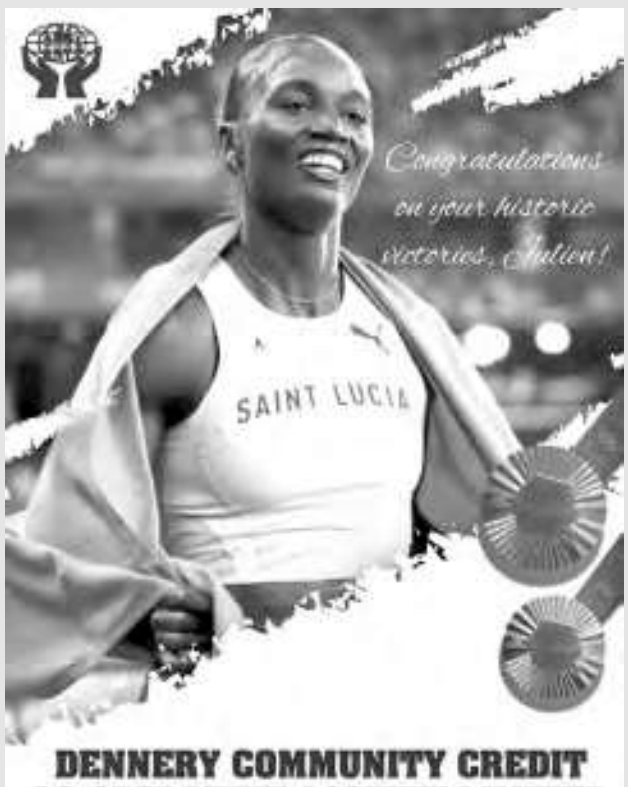
"You don't ever see me get to celebrate like that ever," Alfred said. "I'm just really happy, it happened on the biggest stage of my career."

– via The Associated Press



J&B Enterprises Ltd warmly congratulates **Julien Alfred** on her incredible achievements at the 2024 Paris Olympics! Your dedication and hard work have brought immense pride to Saint Lucia, and your success has uplifted our entire community. We celebrate your historic victories and the inspiration you've provided to all of us.

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Julien Alfred wanted to become like Usain Bolt, now she is as famous as St Lucia's Nobel prize winners

On the day of the final, Julien Alfred watched race videos of Usain Bolt.



SAINT Lucians flaunt their Nobel prize distinction. The country has the highest number of Nobel laureates per capita, the writer Derek Walcott and economist Sir Arthur Lewis. What it did not possess was an Olympic medallist - one among the 70 countries that had never medalled in the Games. That was until Saturday night though, before Julien Alfred ripped past the finish line in 10.72 seconds, like a straight-lined blur, an apparition dressed in sky blue jersey to claim gold.

The sprinter she bolted ahead to win the gold was none other than World Champion Sha'Carri Richardson of the United States.

The sprinter from Ciceron, five kilometres from the business town of Castries, the capital of the country likened to Helen of Troy for the numerous wars the British and French waged to conquer it, began her day watching Usain Bolt's London run, a routine since she began to run. When she was young, she would scribble in her diary: "I want to be like Bolt."

On Saturday, she would then note in her diary: "Julien Alfred, Olympic champion".

After the race - a near perfect exhibition of controlled acceleration and impossible composure from the moment the pistol fired - she attempted a Bolt-like slingshot act and flunked it, perhaps realising that she was too emotional to pull off a rehearsed piece of celebration, when her tears of joy and torrent of sweat blended with Parisian showers on the purple tracks of the Stade de France in Saint Denise.

She ran to a corner, took the bib off and pointed to her name to the audience of the packed arena. She soon wrapped herself in her country's flag and drowned in the pounding rain.

Gasping for breath, not out of exhaustion but out of disbelief, she groped for words to capture the moment. Memories rolled back to her childhood: "Growing up I used to be on the field struggling with no shoes, running barefoot, running in my school uniform, running all over the place."

All she knew when she was a child was to run. Her mother, Joanna, would narrate her journey to MBC Television: "My late husband and I used to leave her and the other kids at home, and the neighbours used to tell us that they would see Julien running really fast past their houses. But there was nothing like an academy or something like that in the neighbourhood. Moreover, we didn't have the money either. We wanted her to study so that she can live a dignified life."

Paris 2024 Olympics - Athletics – Women's 200m Round 1 – Stade de France, Saint-Denis, France – August 04, 2024. Julien Alfred of Saint Lucia crosses the line to win heat 1 with Gemima Joseph of France and Julia Henriksson of Sweden behind her. (REUTERS/ Fabrizio Bensch)

But the physical education teacher, Simeon Stephen, at the Leon Hess Comprehensive Secondary School - her senior was the West Indies swashbuckler Johnson Charles, who has a stand named after him in the Darren Sammy Stadium - saw a burning spark in her. "He saw the potential in me and made me run with the boys. He would teach me the technique and the importance of mental strength, to keep fighting and never give up," she would say of Stephen, who died two years ago.

Running barefoot

The family couldn't afford high-quality running shoes. But she was made to do with those from her seniors, or when there was none, she would run barefoot. But Stephen would give her the first pair of proper shoes, before she joined an athletics club run by a former athlete Cuthbert Modeste. "Aunt Karen too was another big influence. She always encouraged me and used to tell my parents to support me," Alfred would tell St Lucia Times.

Her aunt too didn't live to see her niece's moment of glory, but the most shocking death of her life was her father's, when she was only 12. "I decided to quit running, because I felt it was not viable. I had to help my mother out, besides we didn't have much infrastructure here," she would tell the world athletics website.



Stephen insisted on her applying for a scholarship at the St Catherine High School in Kingston, Jamaica, where former athlete Marlon Jones coached. She did and flew to the island of her idol Bolt in 2015.

The Island country of only 180,000 people, starved of sportsmen and sporting glory but for cricketer Darren Sammy, who has an entire stadium and an avenue beside it named after him.

The other main sports venue it possessed was the skeleton of a stadium. With Chinese investment, construction had begun to repurpose the George Odlum National Stadium, a football arena into a multipurpose facility, but the work has been stalled for nearly decades. But under Saudi Arabia's initiative work has resumed.

"We barely have the facilities. The stadium is not fixed. I hope this gold medal will help St Lucia build a new stadium, to help the sport grow," Alfred would say.

Setting NCAA circuit on fire

Two years later, she would make another big leap and joined the University of Texas to train under the legendary Edrick Floréal. He not only polished her technique, especially her head position at the starting position, but also worked on her fitness.

A piece of advice became her guiding light too: "Being the fastest woman doesn't play as much of a role as being the strongest woman." He made her work so hard at the gym that she could run three rounds of the 60m race a day with the same energy. I got better because I dedicated myself to running more with longer workouts, which I hated before." Soon, she would set the NCAA circuit on fire, setting the 60m indoor world record, besides a clutch of marks at the collegiate level in the USA.

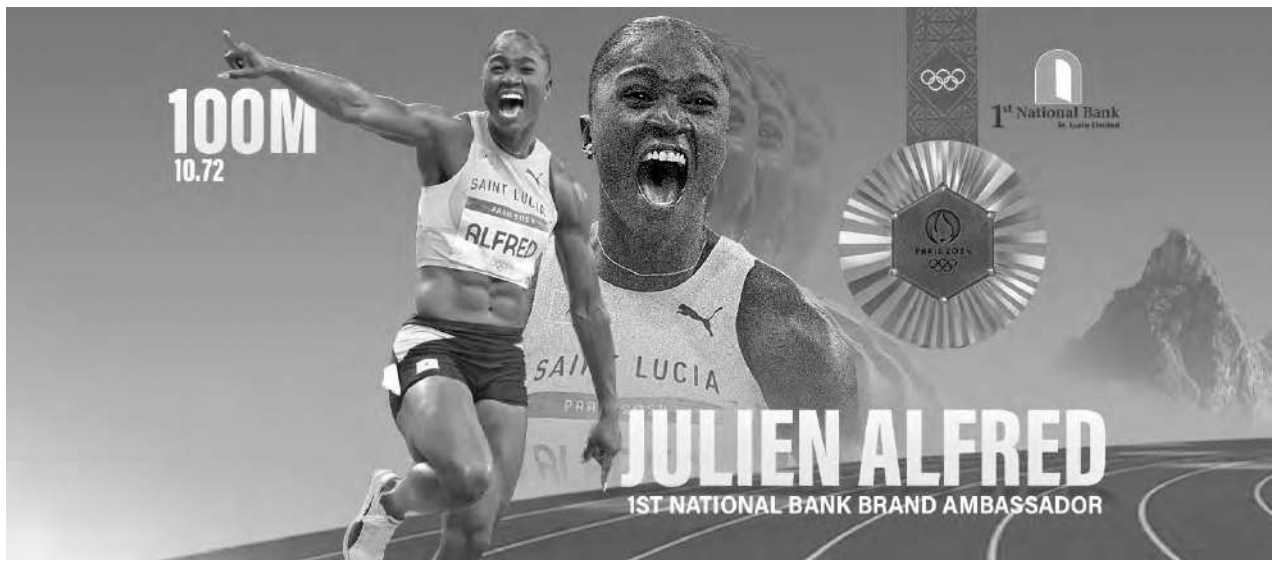
The World Championship in Budapest was a disappointment - she finished fifth in the 100m and fourth in the 200m. "Iron sharpens iron," she would say. A year later, the iron lady from Castries won her country its first Olympic medal, of golden hue no less. The girl who wanted to be Bolt has transformed into a Bolt-like figure of inspiration in her island too. And would occupy a space as hallowed in their history as the two Nobel Laureates.

– story via indianexpress.com



Bank's investment in Julien Alfred has paid heavy dividends for Saint Lucia!

International Athlete Launches Local Foundation



SAINT Lucia-born World Athletics Indoor Championships 60-meters Gold-medalist Julien Alfred, has been roundly-congratulated for establishing a local foundation dedicated to empowering youth through education, sports and community development initiatives.

The Julien Alfred Foundation was launched on April 6 with enthusiastic public gestures and has been getting rave reviews ever since.

The global sporting star received a Hero's Welcome Home on April 5 at the Hewanorra International Airport, where Sports Minister Kenson Casimir and President of the Saint Lucia Athletics Association Brendalyn Descartes welcomed her with glowing and flowery praise.

1st National Bank has been her proud sponsor since 2022, and followed her career successes since then, including her college graduation in Dallas, Texas in April 2023.

Julien's connection with the bank is also highly-appreciated by her family – and her mother represented 1st National Bank in the February 2024 Independence Baton Relay in the City of Castries.

In recognition of her sterling performances, the sponsoring bank's Marketing and Commercial Manager, Tishanna Jeffers, noted at the airport welcome ceremony that her bank had wisely-invested in the budding athlete long before she became a national icon.

The 23-year-old Alfred is Saint Lucia's latest sporting gem - and bank officials are not thrifty with words acknowledging the high-value returns its investment in her has brought Saint Lucia and Saint Lucians.

Chief Investment Officer Samuel Agiste told the Foundation's media launch last Saturday the bank had "recognized a star in Julien early-on in the game" when "we saw someone who would be First - and we wanted to align her with Our First."

He recalled the bank approached the budding young athlete about sponsorship in 2022, "and thankfully she said yes."

Thereafter, the sponsor undertook a nationwide marketing strategy that saw it "plaster Julien's image across Saint Lucia," because, he explained, "we felt that Saint Lucia needed to know her, to be more aware of her greatness and her potential to be even greater…"

Mr. Agiste publicly reiterated the bank's assurance to the home-grown global athlete from Ciceron – in keeping with its national tagline: "1st National Bank will always be here, for you!"

1st National Bank, he added, was "very excited to be part of this new initiative with you, as you seek to give back to the community…"

"As a community-based bank," he noted, "we grow when you grow; and we always want to give-back to foster further development."

The Chief Investment Officer sealed his delivery saying, "We believe now, that we are no longer sponsoring Julien Alfred, but rather – Julien Alfred is sponsoring 1st National Bank."

Saint Lucia's global Sprint Queen told well-wishers she doesn't wish that any other local athlete would encounter the difficulties she (and others) faced on their ladder to the top.

Alfred recalled not having any sponsorship at all, until 1st National Bank knocked on her door long before her name started making news headlines.

She was "honoured" to be Saint Lucia's first global medalist, but also noted that "it takes a village to raise a child…" and hoped the Foundation "will encourage the country to get on board and start supporting the youth."

The world champion said: "We can have so-many-more Darren Sammys and Levern Spencers, but we need to come together and encourage future athletes."

1st National Bank officials say its early investment has yielded profitable rates-of-return for Saint Lucia – and Ms. Alfred can continue to rest assured of its support, as the island's latest global brand ambassador.

"You Have to Learn to Lose": Before Julien Alfred Made Saint Lucia Proud with her Olympic Gold, Coach Edrick Floreal Imparted an Invaluable Lesson in 2019

By Radha Iyer



THE Paris Olympics have unveiled unexpected victors and underdog stories across various sports. Track and field events, in particular, have seen medalists emerge from small towns and provinces, setting inspirational precedents.

One such athlete is Julien Alfred from Saint Lucia, who clinched gold in the Women's 100m sprint with a surprising lead. Alfred's triumph was celebrated by fans as both an impressive sprint performance and a testament to the rise of underdogs on the track.

The 23-year-old demonstrated her continued prowess by securing a close second place in the 200m sprint. However, Alfred's journey to becoming a champion wasn't always smooth sailing, especially during her freshman year at the University of Texas.



It was then that retired Olympian and Texas Longhorns' coach Edrick Floréal played a crucial role in guiding her development. A video from 2019 has recently resurfaced online, showcasing Coach Flo (as he's affectionately known) offering encouragement to Alfred after a challenging race.

The footage, taken at the Big 12 Indoor Championship in 2019, shows a disheartened young Alfred in the corner while the coach delivers a motivational speech to help her overcome a disappointing finish.

"This is just one and done for you. You didn't have a chance afterwards. Really. So what you have to learn, and what we're trying to get done, is make you a star."

An experienced coach who has worked closely with numerous athletes understands the importance of timing and content in their communication. Coach Flo delivered an inspiring message to Alfred, which was straightforward yet effective.

It appears that Alfred internalized and successfully implemented the advice.

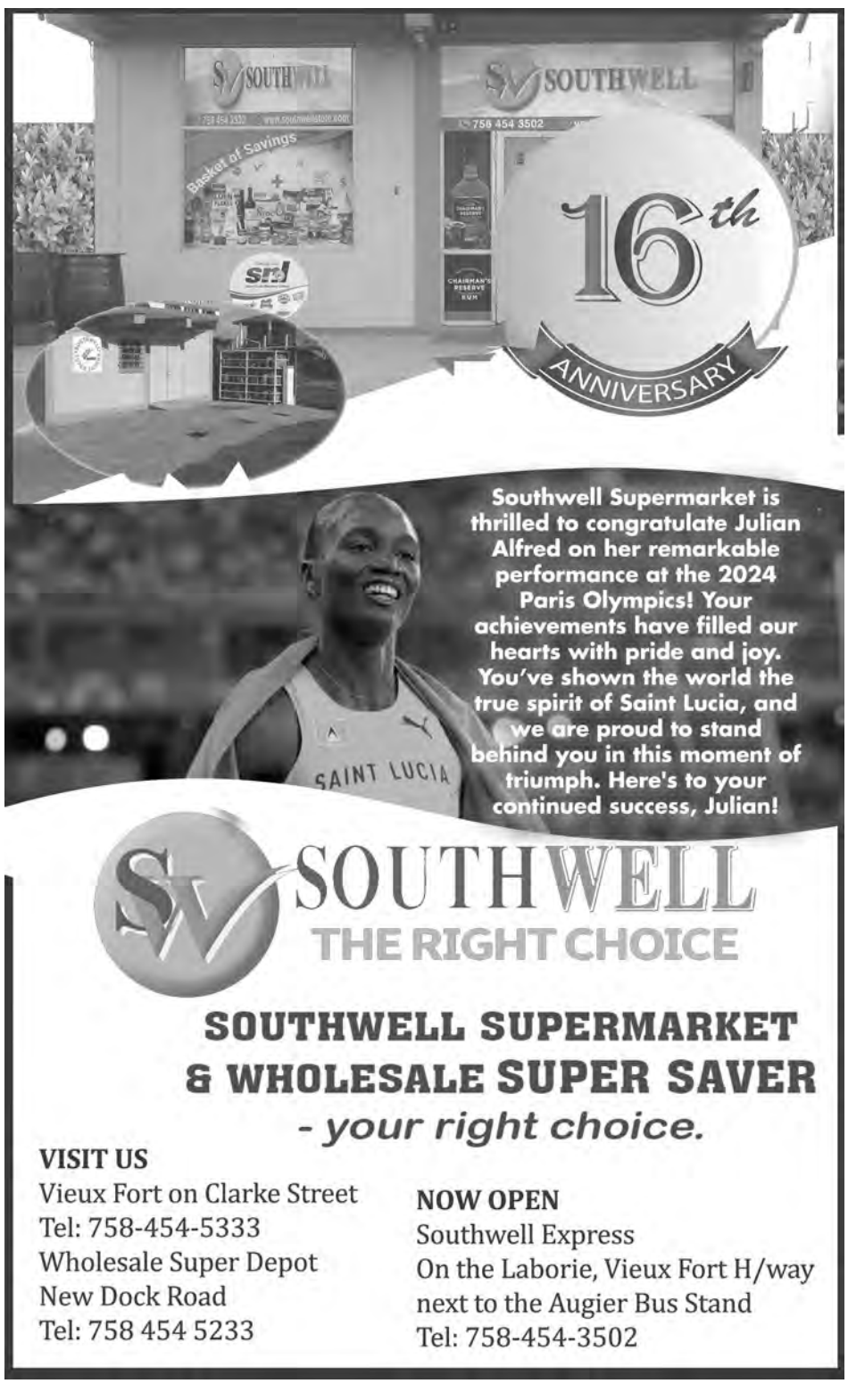
"You have to learn to lose. Bounce back. So now, what happens after that? It depends on what kind of person you're going to be."

Alfred's decision to pursue the Olympic gold medal proved transformative. The impact of a good coach resonated with many fans who understood its importance in an athlete's journey.

Julien Alfred has since made history as St. Lucia's first-ever Olympic champion, securing the nation's inaugural gold medal. Videos of her hometown erupting in celebration after her stunning victory in the 100m sprint have circulated widely online.

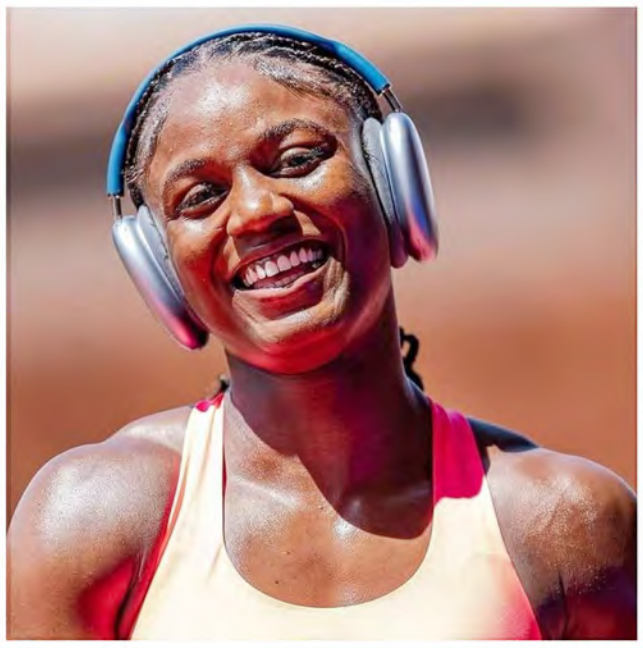
For the St. Lucian sprinter, this achievement marks just the beginning. She may now set her sights on preparing for another season to match or surpass her current success.

The Paris Olympics served as a platform to showcase her nation on the global stage, and Alfred is poised to deliver more remarkable performances in future competitions. – *story: via thesportsrush.com*



Julien Alfred in Photos













British
High Commission
Castries

Congratulations, Julien Alfred!

Our entire team at the British High Commission in Castries is absolutely thrilled to celebrate your incredible achievements at the Paris Olympics! Winning two Olympic medals, a gold in the 100 meters, along with a silver medal in the 200 meters, showcases your extraordinary talent and dedication.

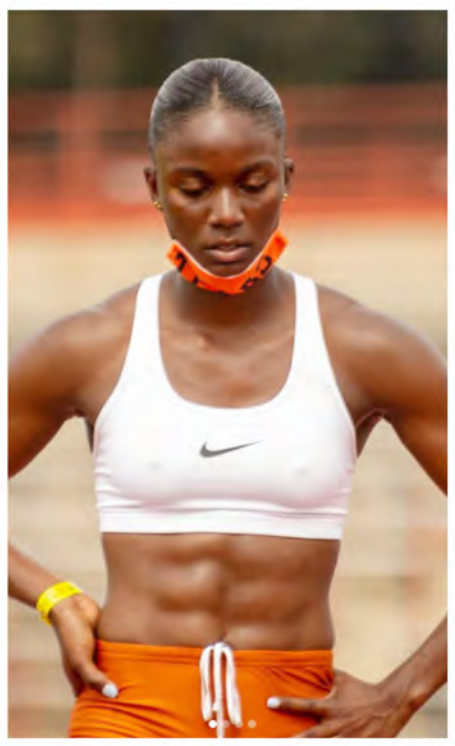
Your journey from your first gold medal, in Glasgow, to this monumental triumph is truly inspiring. You have made your country proud and ignited hope in the hearts of countless fans and aspiring athletes.

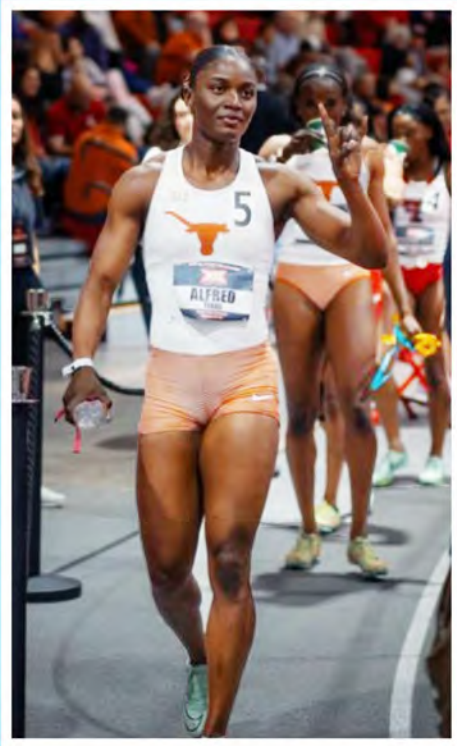
Enjoy this well-deserved success- you've truly earned it!

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Cont on Page 24

Cont from Page 15

Social Media Reactions...

Schreffler Germal Maxwell



You have made many proud and also encouraged them because now they know it can be done. Big up Julien Alfred

Tii Blackss



You have undoubtedly made us all PROUDDDD Julien Alfred !! COMEEE HOMEEEE NOW!!!
We await you

Stan Bishop



Big shoutout to my former colleagues, the management and staff of The Voice Newspaper for this! This is how it's done. Blessings

Jeremiah Norbert



Oh, what a moment I had at the watch party in Ciceron, while we watched the 100 meter final. Oh, what a moment watching our very own, Julien Alfred bring home the gold for our country, our first gold ever in the Olympics. Built on a foundation by Levern, Julien has taken the world and dominated. We couldn't be more proud of you! Saint Lucia this is your moment

We continue to punch above our weight in global events and fora.

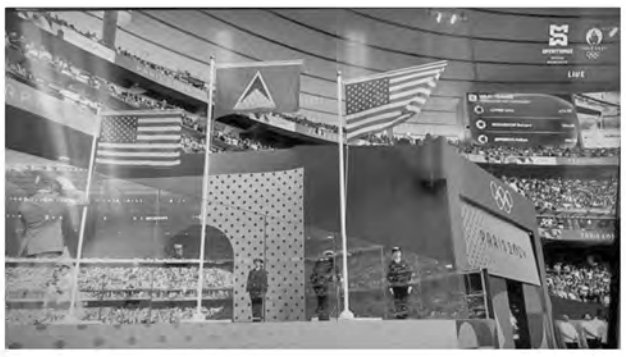
Congratulations Julien! We are so so proud of you! Your country is proud of you and we cannot wait for you to be home to have a big celebration.

I am a Dam Proud Lucian

Scady Dotp

I FINALLY HEARD MY ANTHEM AT THE OLYMPICS!!!

Philip J. Pierre



Thank you once again Julien Alfred for this historic moment. Your first Olympic medal and a gold! We are honoured to share this victory with you.

This was a very proud and emotional moment for me and I am sure, for all Saint Lucians.

Congratulations once again on your sweet victory.

Allen Chastanet



Words cannot express the immense pride and admiration we feel for you, Julien. To not only claim one Olympic medal, but to double your triumph is beyond extraordinary. You've etched your name in history as a beacon of inspiration for our nation.You are not just an athlete; you are an inspiration, a symbol of what sheer talent, unwavering dedication, and the indomitable spirit of Saint Lucia can achieve. Words cannot express the depth of our admiration and gratitude. Thank you for carrying our flag with such honor and glory. You are a true champion in every sense of the word.

Kenson Casimir



Sweet Success! You ran six times while the others ran three. You stand in the elite pantheon in the world! A Lucian. Olympic Gold & Silver!

From Ciceron, to the World! Words can never express what you mean to us all! You are undoubtedly, the GREATEST! #julienalfred

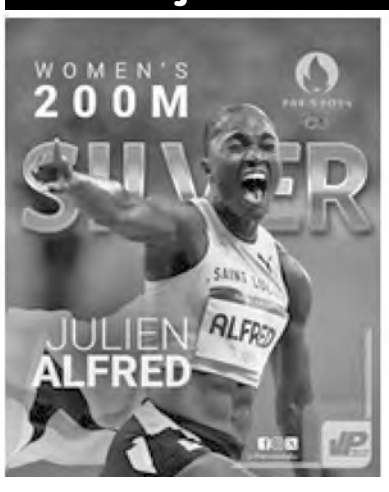
Rhyesa Joseph

An important take away from the career of athletes and their sustained success, isn't merely their performance on the tracks but the coverage that they received in the media, endorsements and ensuring that both are sustained.

Sometimes the world tells your story. Other times, you and your people must tell it for you so that people pay attention.

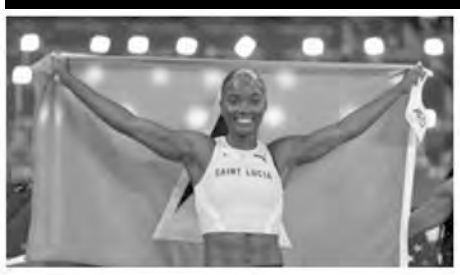
It is our national duty to share Julien Alfred's story and to create the paths where others can cause others to recognise that things that come in small sizes and give massive surprises.

Ajani Lebourne



What an achievement like this can do for young people who've felt limited by circumstance - the community you're from, your last name, economic situation, education and more. The next step matters more. Future generations will thank you Julien!

Jallim Eudovic



To those of us who've represented the blue, black, yellow and white, we know the trials and pitfalls, we know the struggle is real out there, we know the loneliness and at times the seemingly insurmountable tasks ahead, we know the feeling of hopelessness but we strive anyway for love of country. We've faced time and time again the penance of our tiny square mileage and the angst of being relegated because of our invisibility on the globe.

And that's why you're so important to us Ms Julien Alfred, and that's why we love you Juju, because we know that the immense pride and glory you've brought to us all, comes at the expense of immense sacrifice, discipline, focus, passion and love. A country can be a heavy burden to carry, but you've carried us with humility, grace, dignity and poise… You are St. Lucia!

Thank you for making us relevant on the world map, they'll know who we are now and where we're from.

We may be a dot but we're the dot that dots the ' I' in "win".

Cathy Daniel Sammy

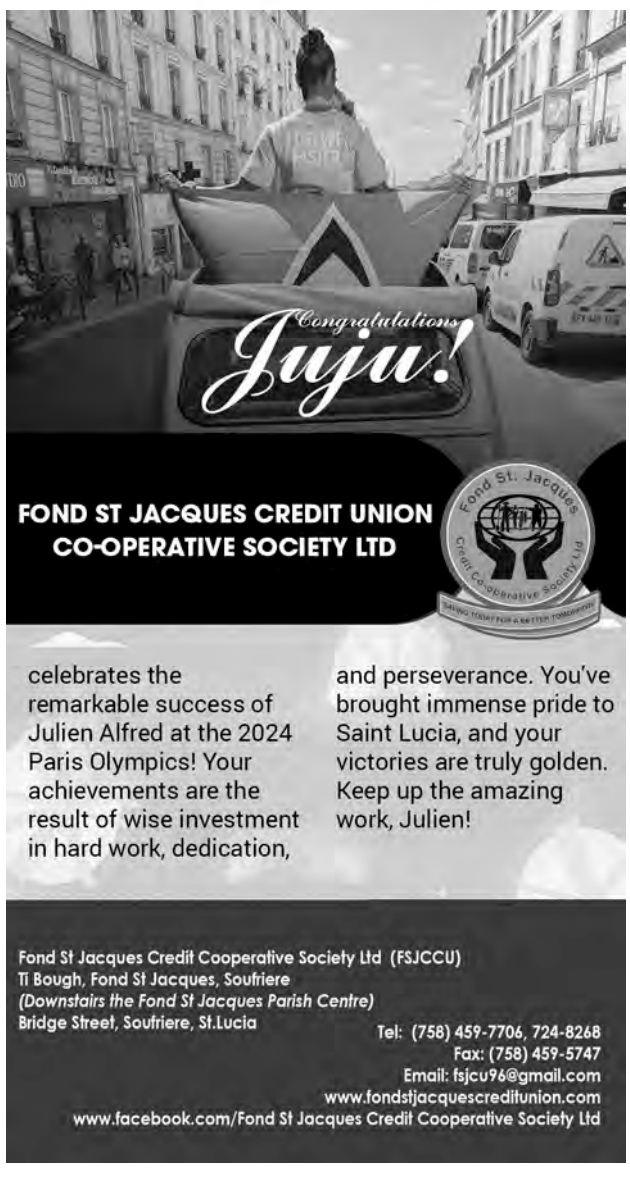
Two moments etched in history by a daughter of the soil. We are and forever will be proud of you our National Hero @julien.alfred. Our hearts are full of Joy. Still I Rise #LHCSS



Michael Robinson

You have made our nation extremely proud and for that we are grateful Julien Alfred ! It is only up from here.





Julien Alfred in Photos



















TAI

Total Auto Inc proudly salutes Julian Alfred for her outstanding accomplishments at the 2024 Paris Olympics! Just as we strive for peak performance in every vehicle, you've reached the pinnacle of success on the track. Your victories have set a new standard for excellence, driving Saint Lucia forward. Congratulations on your well-deserved wins!

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Julien Alfred Speeds to World-Leading Times at Albuquerque Indoor Meet

Originally published on January 25, 2023

SAINT Lucian female ace sprinter – Julien Alfred has again set the tracks ablaze with record-breaking performances in the US track and field college circuit alongside her team-mate Rhasidat Adeleke.

The two Texas Longhorns sprinters ran the world's fastest times in their respective events this women's indoor track season at the Dr. Martin Luther King Jr. Invitational last Saturday, held at the Albuquerque Convention Center.

According to Knax Sports, Alfred, a graduate student from St. Lucia and defending NCAA 100-meter dash champion, ran the world's best race this season in the 60-meter dash with a blazing time of 7.02 seconds, equalling her personal best she set at the 2022 NCAA Indoor Championships. She made her season debut at the distance with a time of 7.05 in the preliminary round.

Alfred has three of the top-four 60-meter times in NCAA history and all of the top-five fastest times in school history. She currently holds the title for the three fastest sprints in the 60-metre dash, held by a female in NCAA history; at 7.02secs, 7.04 secs, and 7.05secs respectively.

Adeleke, a junior from Dublin, Ireland, captured the win in the 200-meter dash with a world-leading time of 22.52 seconds. She beat her previous indoor personal best of 22.85 and set a new Ireland national record in the process. The time gives her the No. 3 spot in school history behind Bianca Knight and Sanya Richards-Ross.

Alfred finished second in the 200 with a time of 22.71, and Adeleke finished second in the 60 with a time of 7.20.

Alfred was named to the pre-season watch list for the Bowerman Award, given to the most outstanding men's and women's NCAA track athletes. The award is presented by the US Track and Field and Cross Country Coaches Association.

Sports pundits view last Saturday's victory as a continuous and impressive triumph in her opening season events. Julien won her season opener in the 300-metre dash at the Commonwealth College Opener, in a time of 36.36; and then went on to win the 200-metres at the Cardinal Classic with a time of 23.10; and helped Texas run the thirteenth fastest 4×4100 time in UT history with a time of 30:30:55.

Julien Alfred puts Saint Lucia on the Map with a stunning win in the women's 60m

By Deji Ogeyingbo
Originally published on March 6, 2024

As Julien Alfred realized she had won the women's 60m final at the world indoor championships taking place in Glasgow, she ran over to meet a man who held a St. Lucian flag. It might have been seen as routine at these events, but the Caribbean Island nation of less than 200,000 people doesn't usually win medals for these events. All it took for Alfred was 6.98s to make history.

With all the heats, semis, and finals taking place on the same day, Allred's strength, which she had developed in the 200m, proved important as she knew not only being the fastest but the strongest on the day would play a crucial part in who became the winner. Her major rival was Poland's Ewa Swoboda. Another of her rivals, US champion Aleia Hobbs – the second-fastest woman in history at this distance – picked up what looked to be a calf injury on the startline just moments before the gun sounded. At that moment, only one woman stood in front of her and victory.

Swoboda surged ahead with impressive speed as the starting gun went off, maintaining a slight lead over Alfred, Italy's Zaynab Dosso, and New Zealand's Zoe Hobbs. Swoboda exhibited exceptional form throughout the race, but Alfred remained composed and determined, making a decisive charge in the final stretch to secure victory.

Crossing the finish line just behind Alfred, Swoboda claimed the silver medal with a time of 7.00s, marking her first senior global medal achievement. Dosso secured the bronze medal with a time of 7.05s, narrowly edging out Hobbs by 0.01s.

"It wasn't a perfect race for me as I didn't have a great start as I felt that it could have been much better, but I'm glad I was able to pull through to win the race in the end."

Alfred, who became the reigning NCAA indoor champion over 60m and 200m and the reigning NCAA outdoor champion over 100m and 200m, feels she has finally grown into a woman and can challenge some of the very best in the game outdoors. She's also the 2023 Bowerman Award winner, the prize given to the outstanding collegiate track and field athlete each year.

This win for Alfred serves as an indicator that she's moving in the right direction. Between all these successes, she has seen her fair share of tribulations. There was the loss of her father, Julian, when she was 12. There was moving away from home to Jamaica at just 14. There was the death last December of her old PE teacher, Simeon Stephen, who first discovered Alfred's talent and convinced her to remain an athlete as she was on the verge of giving up.

Before these Indoor Championships, St. Lucia had never won a medal. Its best result was a fifth-place finish in the high jump for Levern Spencer in 2016. Alfred was elated, and hoisting the flag meant so much to her. "It feels good to be the one to do this. I'm very overwhelmed, as I've been dreaming of this for a long time in my career."

Saint Lucia has never won an Olympic medal in any sport, and Alfred knows the hype is building as the Games approach this summer. It might be a tall order, but it's one she's looking forward to.

"I don't really pay attention to the media, but I do have a lot of supporters back home who send messages to my family, and they transfer to me. This win will definitely spur me on. I definitely want a medal in Paris—a gold, silver, or bronze in the 100m and 200m."

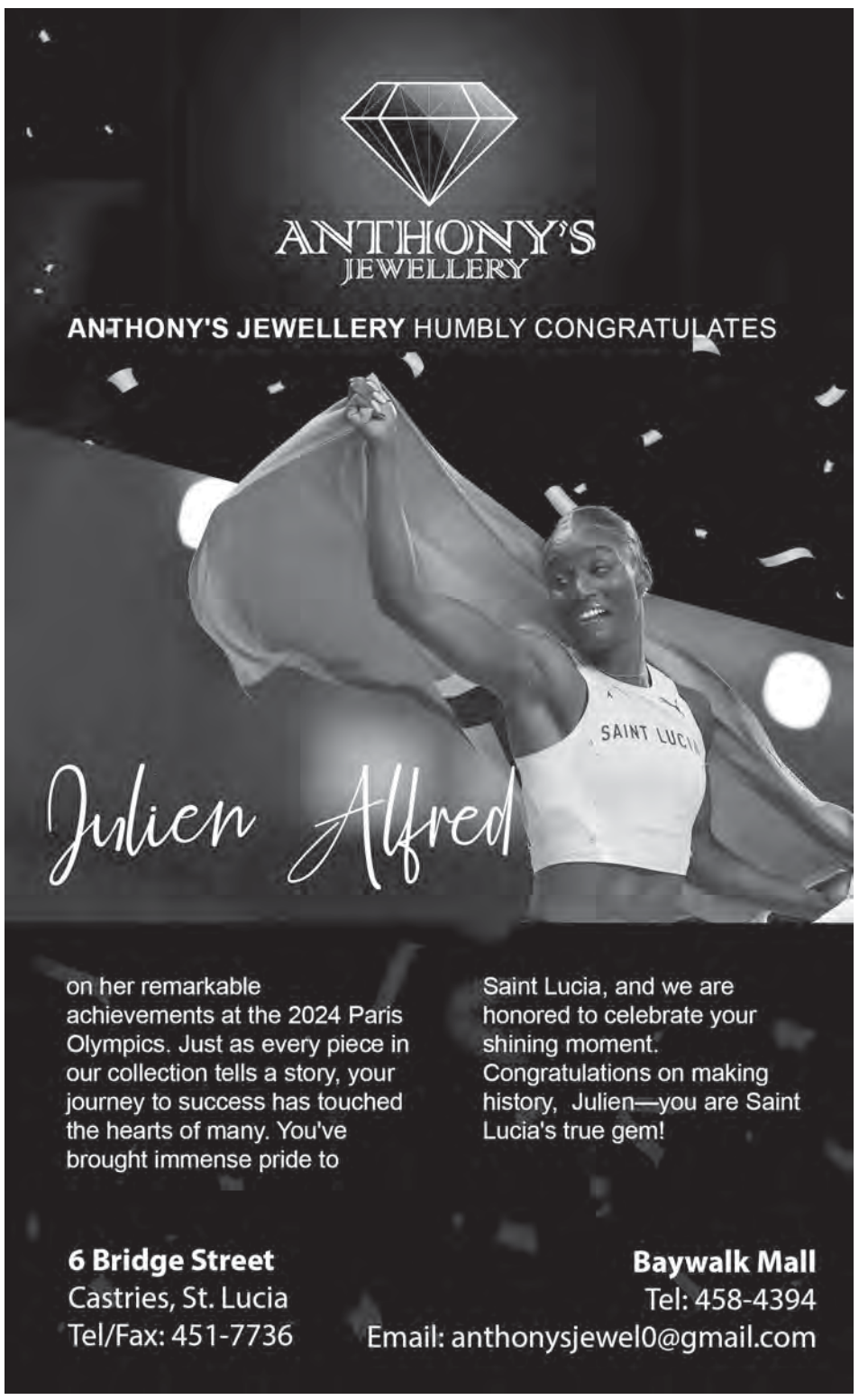
– via runblogrun.com



Ewa Swoboda, 60m, photo by Martin Bateman



Julien Alfred takes the 60m art by World Athletics.



Julien Alfred in Photos

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congratulates **Julien Alfred** on her incredible achievement at the 2024 Paris Olympics! Winning Gold in the 100m and Silver in the 200m. Your achievements have inspired a nation, showcasing the strength and determination that define Saint Lucia. Congratulations, Julien, for making history and proving that dreams are within reach!"





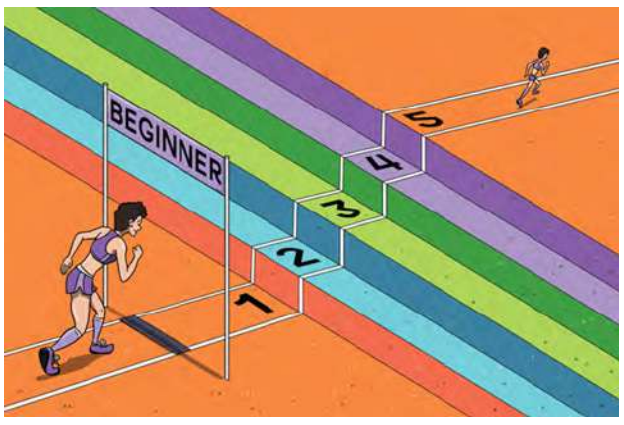
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Five pieces of advice all new runners need to know



TO ensure the millions of new runners across the globe are - quite literally - setting off on the right foot, we'll bring you five key pieces of advice that every new runner needs to know.

This guidance comes from exercise physiologist Dick Telford, who has coached many of Australia's greatest distance runners, including 1988 Olympic marathon silver medallist Lisa Ondieki, double Commonwealth marathon champion Mike Shelley, Commonwealth 5000m gold medallists Andrew Lloyd and Kate Anderson to name but a few.

A former top-level Australian rules footballer turned 2:27 marathon runner, Telford also worked as Head of Physiology and Applied Nutrition at the Australian Institute of Sport and as Research Director of the 'Lifestyle of Our Kids' project.

In short, what Telford doesn't know about running or exercise isn't worth knowing.

"Running is a great way to get exercise, because you get a lot of physical activity and energy output in a short period of time," he says. "It's different now to the 'old days' when we wanted to conserve energy. Now we know, as clearly set out by the World Health Organization, that lack of physical activity is a major cause – not just a link or correlation – of diseases like type II diabetes and heart disease, as well as some cancers. And evidence is continually emerging now linking physical activity and mental health.

"Physical activity makes us feel good," he adds. "And muscle-brain 'talk' through nerves and hormones explains why running is a great way to keep sane in times like the current one."

Tip 1: treat change with caution

This applies to experienced runners too, not just beginners. I have a 'minimal change' policy with my



running group, which ranges from fun-runners to Olympians.

Starting up jogging from scratch is a change, a new challenge to your chassis and power supply. So start gradually, feeling your way. There is no need to puff; just a steady controlled breathing rate is all you need. This will get you fitter, and gradually you can run a bit faster with controlled respiration.

It doesn't have to hurt, and it shouldn't. Leave that to later on, when you want to run a big personal best in the local fun run. Running faster, or running longer, or running up and down hills are changes which need to be introduced gradually.

Always start off well within your capacity. We often overestimate this. Even top runners do, and pay the penalty with a chassis problem, a running injury.

When starting a running programme, feel your way, just as top runners do. In other words, unusual tiredness and soreness means more time is required between your runs. Your nerves are sending a message to your brain on behalf of your muscles and joints, telling you to wait a bit longer before you ask it to do that again.

Tip 2: think of running as a contact sport



Along with impatience, one of the biggest mistakes made by new runners is an unwillingness to recognise that running is a contact sport.

Time after time, stride after stride, a runner will make contact with the ground with a force that is greater than their body weight. Respect that and adhere to the 'minimal change' policy (tip 1).

Put your toe in the water before plunging in. Avoid too ambitious changes in running distance, speed, frequency, surfaces, hills temperatures, shoes styles – each of which can lead to a tissue problem. It's not a 'no pain, no gain' policy for those of us starting out.

Allow time for your muscles, bones, tendons, heart and lungs to adapt between your jogging sessions. Adaptation doesn't happen in five minutes; it may take one day or two days to allow the body to adapt and become 'fitter' for the task.

Tip 3: minimise upper body movement

Advice on running technique is not straightforward by any means. We all have our own individual styles, and it's only when very obvious flaws stand out should we look to make radical changes in the way we run. After all, changes in the way we feel natural can cause problems in themselves.

But there are always a few things to think about. Firstly, think about symmetry. It makes sense for your arms and legs to be moving symmetrically to maximise efficiency and minimise rotational discrepancies which can cause injury in the long term.

One thing I like in my distance runners is minimal upper body and arm movement, just enough to counteract the rotational forces of the lower body, but no more. We run with our legs, and our arms are there for balance.

Teaching any skill is going to be easier in the early days while the brain and body are developing fastest together. However, in running, I've found that changing a running technique – even in a relatively experienced runner – is also very doable. This has worked well on many occasions, although I'm never sure that looking better as a runner contributed to that runner performing better. We have to be careful that changing a technique doesn't amount to a new stress on a joint that isn't prepared for it, which can lead to an injury.

Tip 4: maintain flexibility and listen to your body

The amount of flexibility required by a runner depends on the distance and speed they are targeting. Sprinters are the quickest runners, of course, and have the greatest range of motion around their joints involved in running and need the most flexibility. Distance runners are the slowest and have the least range of motion.

Interestingly, the most efficient distance runners I've measured over many years of assessments at the Australian Institute of Sport at the University of Canberra are those with lower levels of flexibility, and there are good explanations for this in terms of the way muscles contract during each stride. So it's horses for courses, and while we need regular stretching, we only need to do enough to maintain the level of flexibility suited to our event.

As a warmup, it's a jog, some race pace strides and some stretching – in that order. By all means, do some post-run stretching if it makes you feel good, otherwise just go for a warm-down jog.

If you experience niggling injuries at any point, it's an early warning sign that the training stress has been too great.

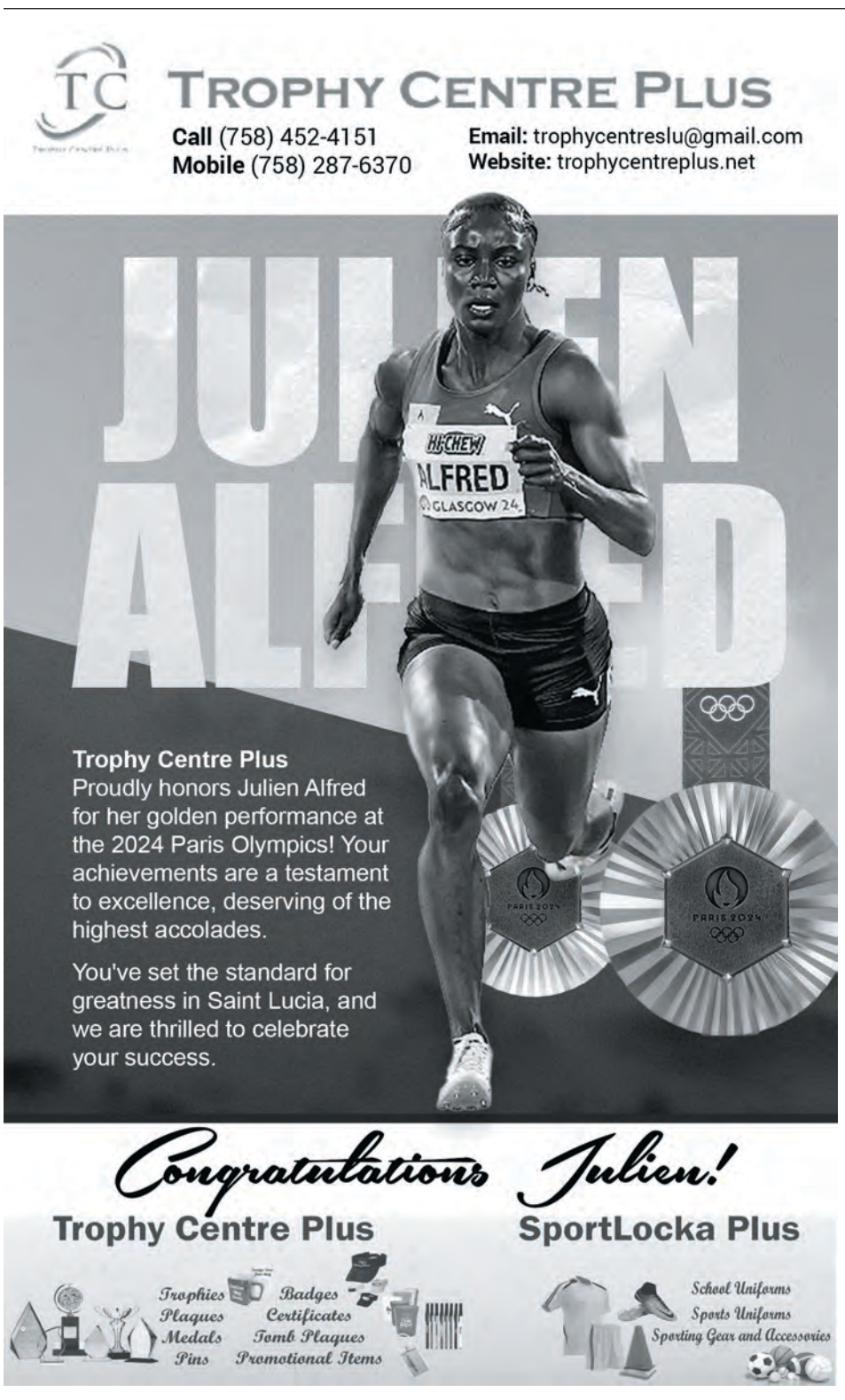
Any sort of pain, even in the early stages, comes from pressure on a nerve, which may arise from inflammation arising from some form of disruption of normal tissue function so should be regarded as a minor injury. Nipping it in the bud is the way to go.

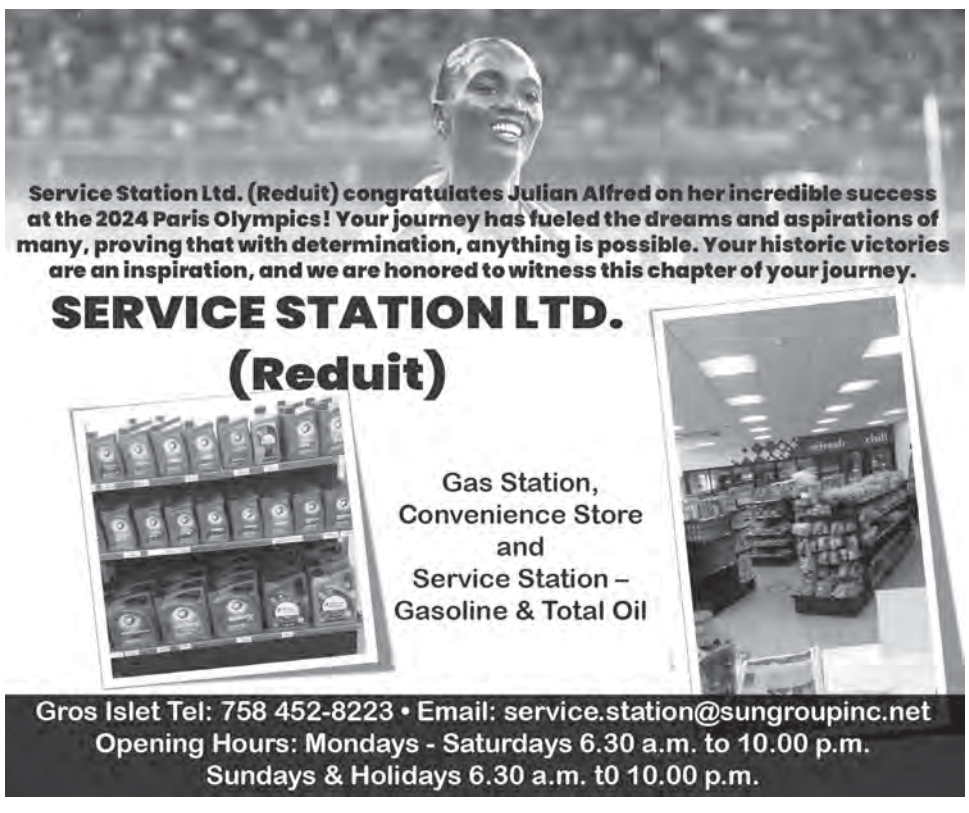
Tip 5: find the right balance with when and how to fuel

For an easy morning run, if you've eaten well the night before, and don't feel perilously hungry, then running on an empty stomach has its advantages. It forces our liver to control the blood glucose level and developing better blood glucose control is one of the big benefits of running. On the other hand, a slice of toast and a drink before a morning run is commonplace in our seasoned runners who know from experience what suits them best.

Interestingly, some marathon runners like to go out for their long runs without any food prior to the run, as they believe that will teach them to conserve their muscle glycogen (glucose) supply. However, a small pre-run snack makes little difference to the training effect in the long run.

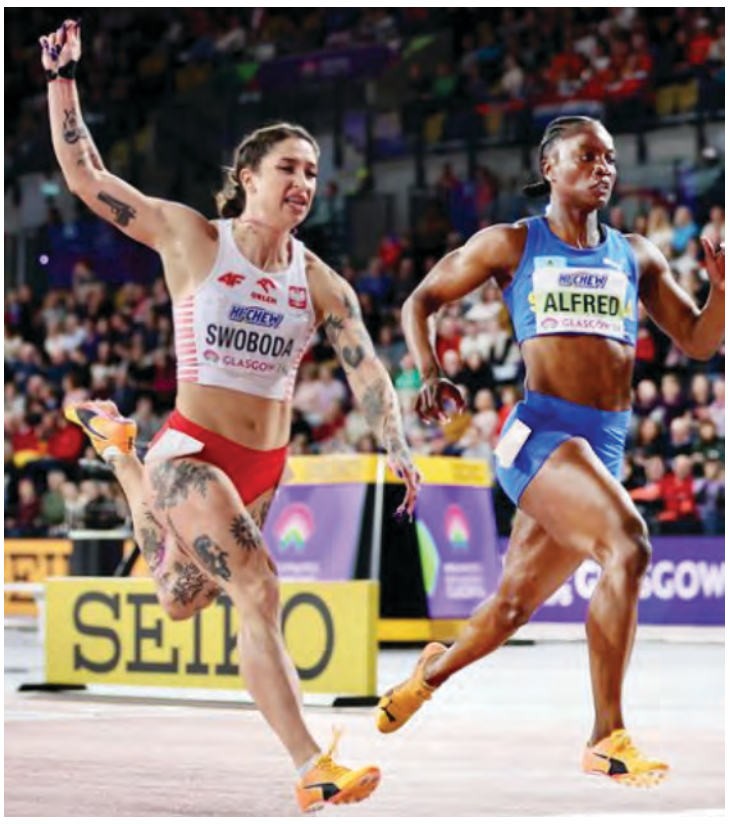
In short, running is best done when the blood supply is not being simultaneously challenged by digestion requirements. If you plan well, you will have a relatively empty stomach before you run, around three or more hours after a light meal, or in the morning after a good meal the night before. – *via worldathletics.org*





How to get into track running

By George Mallett



AS many parts of the world start to see the first signs of summer and the outdoor season gets under way, many will see it as a perfect time to make their own introduction to track running.

Taking those first steps can be a daunting task but there are some steps you can take to make the process easier.

How to find a club, coach and track races

Finding an athletics club can be an intimidating prospect but most clubs throughout the world are eager to increase their membership so you will likely be far more welcome than you first think.

Finding local athletics clubs can often be done by going on to the website of your national athletics federation where information is often contained about affiliated clubs as well as the registered coaches who train the athletes.

This is a good way of ensuring the club you are joining is properly trained, qualified and monitored.

Qualifications alone, however, may not show exactly what you're looking for from a club and coach. Nowadays most clubs (and many coaches) will have various social media channels. Check them out and these may well provide a good idea of whether that club would be a good fit for you.

These pages will also often highlight any changes to training times or the right people to get in touch with to ask some questions. These channels are often much more regularly updated than websites so may be the best place to start.

While it is possible to find athletics competitions online, coaches at these clubs will be able to match your level to the appropriate competition. This means when you first decide to compete, you will be competing against people of a similar standard, making the whole experience more enjoyable and getting those competitive juices flowing.

Getting the right footwear

Athletics spikes are generally lighter than those you would use on the road, with a lower stack height and less support. That said, there do exist variances with some models offering more support than others.

The first times you wear spikes can cause a lot of pressure on your legs, especially the calves which are normally more cushioned by less aggressive road shoes.

When training on the track, many will choose to train in lighter road shoes, gradually introducing the spikes when their legs start to get used to the different impact of the track.

Speak to your coach and footwear specialists to decide what's right for you and take time to introduce track spikes into your shoe rotation.

When taking part in competitions, it is important to note that many federations have adopted World Athletics' guidance on what shoes are eligible for competitions.

Whether your federation has adopted different rules will be something you should be able to find out from your coaches or the federation website.

Track etiquette

Often it can be intimidating knowing what to do on the track and you may feel self-conscious at the start but it is not as complicated as you might think.

The rules may vary from one facility to the next, but generally speaking if you are doing a workout on a track, you have just as much right as anyone else to use the inside lane (lane one) when carrying out your efforts.

If you are passed by someone, don't feel the need to step into an outside lane as this may confuse the person running behind. Instead, stay on your line and the person approaching behind will normally run outside to overtake.

Equally, if overtaking someone, try not to undercut them and if you feel you might surprise them going past, a gentle call of "track" may alert them to your presence.

When warming up, it is generally good etiquette not to use the inside lane, instead using the outer lanes and paying attention to anyone else who may be using the track. When you've finished your session, try to find a spot outside the track to change your shoes or clothing, making sure that if it is on the inside that it does not interfere with anyone practicing their field events.

Basic strength and conditioning exercise to avoid injuries associated with first stepping on a track

As discussed, the less support provided by lighter track spikes can increase the pressure on your calves and other leg muscles. As well as building up gradually, ways of increasing the strength in your calves can include calf raises.

This exercise involves finding something for your hand to hold for balance and then slowly rising to the tips of your toes, and then slowly back down to the ground. This can start with both legs together and when you start to get stronger you can move to a single leg. Try four sets of 10-16 repetitions and build up the volume as and when you begin to get more comfortable.

Some athletes choose to use a calf raise machine, which can be found in some gyms, or alternatively carry weights in their hands to add difficulty and build further strength. With both of these make sure you don't increase the weights too quickly and ensure this is at a weight you can manage.

There are many other exercises that can help get your body used to the extra demands of track running. Speak to a coach or a physiotherapist for more detailed information.

– Story via World Athletics



Julien Alfred launches foundation to empower Saint Lucian youth

By Leighton Levy

Originally published on April 4, 2024



ST. Lucia's beloved track sensation, Julien Alfred, World Indoor 60m champion, is poised to make a triumphant return to her homeland on Friday, April 5th, 2024, for a deeply significant purpose - the launch of the Julien Alfred Foundation.

Driven by a deeply rooted commitment to give back to her birthplace, Alfred, in an exclusive interview with Sportsmax. TV, revealed her heartfelt motivation behind the foundation's creation. Supported by her generous sponsors, Puma and First National Bank, along with her personal funds, the foundation aims to provide critical support to the island's youth, addressing pressing needs for school supplies and athletic equipment.

Reflecting on her own humble beginnings, the 2023 Bowerman Award winner expressed a burning desire to provide opportunities she lacked during her upbringing. "I just wanted to give back to the youth," she explained, "whether it's academically or sports-wise, I want to provide them with opportunities I wish I had at their age.

"I grew up without much, sometimes running without shoes or having to depend on like (Commonwealth champion) Levern Spencer; like one time she donated her shoes to me and some equipment as well.

"Growing up in poverty, you have some children that struggle with going to school; they are not able to go to school or seeing their companions with things they don't have, so I think it would be a good idea to give back to the youth, just doing things that I wish I had at a young age, to help them grow in the sport or whatever they want to do."

Her journey from running barefoot to becoming the second-fastest woman of all time over 60m has instilled in Julien a profound sense of responsibility to uplift her community. Drawing inspiration from her studies in Youth and Community Studies at the University of Texas in Austin, she is determined to make a meaningful impact, starting with her alma mater, Leon Hess Secondary School, where many children face daunting challenges.

"It was something I always wanted, studying Youth and Community Studies. Doing community studies, I learned a lot about starting a foundation and working with the youth as well. Lots of children from my community who attend Leon Hess really struggle," she revealed.

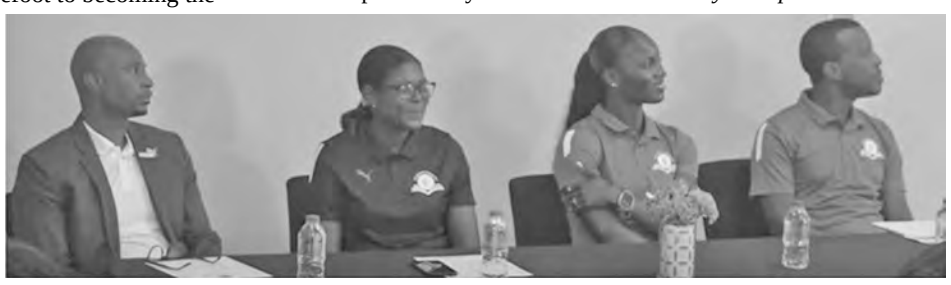
She also intends, through the foundation, to support local track clubs with equipment.

Originally intending a quiet launch, Julien's plans were swiftly altered as news of her impending arrival spread across the island. Despite the sudden spotlight, Julien remains humbled by the overwhelming support of her fellow St. Lucians.

"I was hoping to go home and launch silently but now that everybody knows that I am coming home, it's completely different. It is a bit overwhelming. Getting the amount of support I get from St Lucians, I really appreciate it," she remarked.

"It's kind of hard to believe what has been happening in my life, knowing where I came from."

Upon her arrival at Hewanorra International Airport, Julien will be greeted with an official welcome, followed by a motorcade to Castries, where she will meet with Prime Minister, The Honourable Philip J Pierre, and his Cabinet at the prime minister's official residence. The foundation's official launch is scheduled for Saturday morning, marking the beginning of a new chapter in Julien's journey to uplift and empower the youth of St. Lucia. – *Story via Sports Max*



New runners - five essential tips for fuelling your run

CONGRATULATIONS on taking up running! It's an enjoyable, exhilarating and inexpensive sport, so you've made a good decision! I have been running on and off for nearly 40 years, and I hope you enjoy it as much as I have, and still do.

You'll soon discover that running makes you hungry... sometimes very hungry! Running burns calories fast, so you'll need to make sure you are eating enough to fuel your runs. But what are good things to eat before a run?

Of the three main macro-nutrient food groups – protein, fats and carbohydrates – the latter two are the best for providing energy. Protein also provides calories but is a less efficient source. Rather, its main role is building and repairing tissues like muscle fibres, so it's ideal for after running. I am not a dietician but I made sure I learned as much as I could about nutrition while I was competing, to stay healthy and support my training.

Here are my five top tips for how to fuel yourself before running.

1. Provide energy

Any food that provides energy for your run, ideally as carbohydrate and/or fats, is ideal. Our bodies also store energy, but foods consumed and digested before a run will offer a readily available source of energy. Examples include bananas or a cheese sandwich.

2. Make digestion easy

The purpose of eating before a run is to make energy available for your exertions, so easy digestion is a must. Simple foods are therefore better than anything too heavy, oily, spicy or fibrous. Having to stop mid-run for the toilet is something we all want to avoid!



3. Allow enough time

Digestion takes time, so leave plenty of time between eating and running. How long depends on how much you eat, what you eat, and how well you can run after food. For a small snack, one hour before a run is a good start. Then you can adjust this according to how you feel.

4. Remember hydration

Dehydration makes you feel drowsy and out of sorts, and won't help your run. So try to make sure you're topped up with fluids at least two hours before a run. Snacks like smoothies, which include fluid as well as calories, are a good choice.

5. Low GI

GI stands for glycaemic index, which means how quickly glucose is absorbed from your gut into your bloodstream. High GI foods (eg sugar, white bread, white rice) absorb quickly and give a glucose boost which doesn't last long. Low GI foods absorb more slowly and supply glucose for longer. A lower, sustained glucose supply is a better source of energy for running. Protein, fats and fibre all lower the GI of any carbohydrate source.

Recipe: malt loaf

When I was a full-time athlete, I often spent time in Albuquerque, New Mexico, doing altitude training. At the local supermarket, they had aisles displaying what they called 'international foods'. There were aisles for Chinese, Thai, Mexican and Indian, but to my surprise they also had a 'British' aisle. I was intrigued to see what foods they considered typically British. Of course there was tea, but also shortbread and custard cream biscuits, HP sauce, custard powder – what you might call the 'usual suspects'.

But they also had malt loaf, a unique half-bread, half-cake, squidgy, slightly sweet, fruity loaf. The most distinct characteristic of malt loaf though is that all runners seem to love it. So here is my recipe for a home-made version. Malt loaf on its own would be relatively high GI, so I eat it spread with nut butter on top to lower the GI.

Ingredients

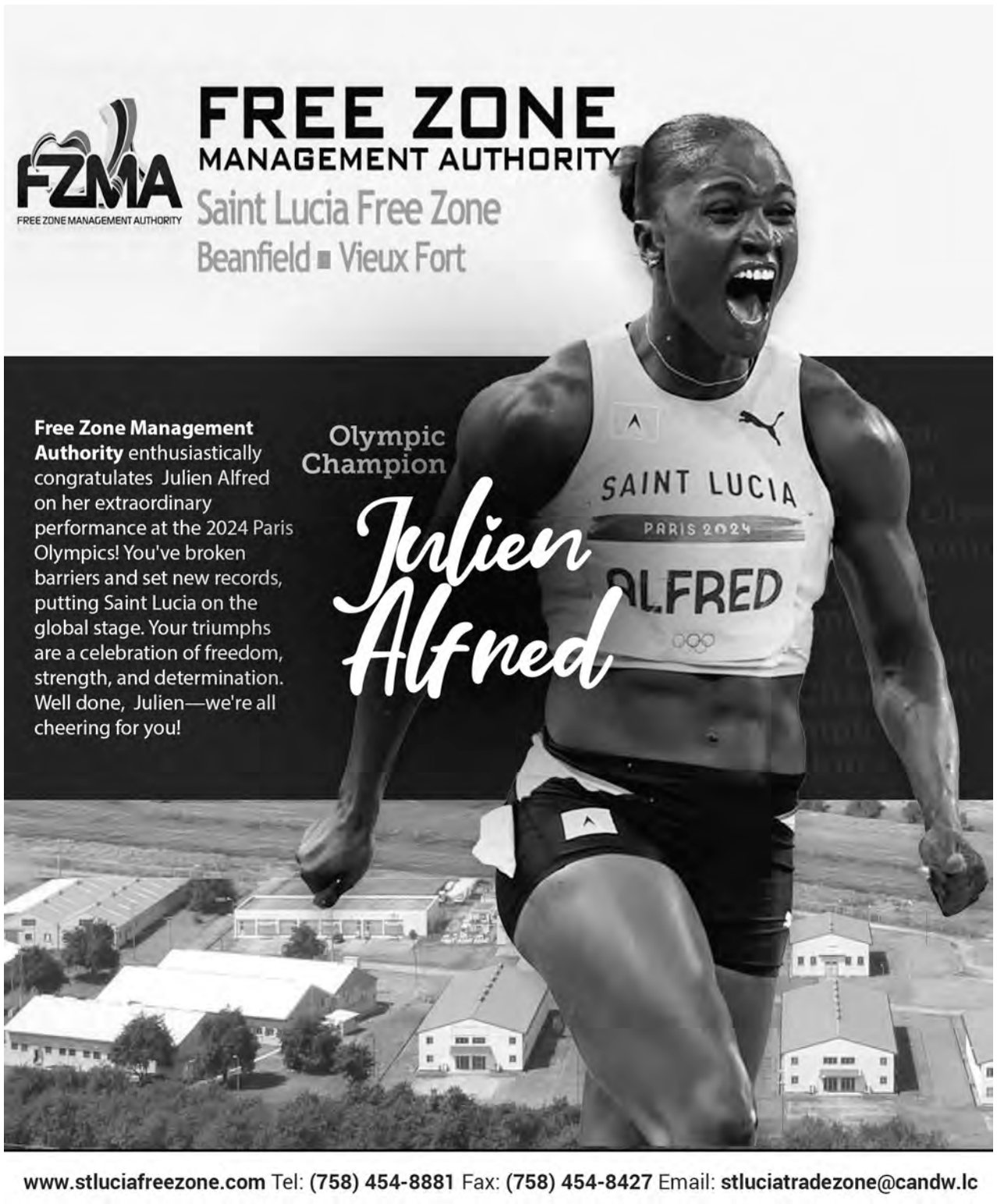
150ml hot black tea
180g malt extract
85g muscovado sugar
300g sultanas
2 eggs, beaten
250g plain flour
1 teaspoon baking powder

Method

• Grease and then line a loaf tin with baking paper. In a large bowl, mix the tea, malt extract, sugar and sultanas. Beat the eggs and add them too, stirring everything well.

• Add the flour and baking powder and mix well. Pour into the lined tin and cook at 150C for about 50 minutes until risen and a knife inserted into the loaf comes out clean.

– Mara Yamauchi for World Athletics





New runners – advice for finding the right shoes

WHATEVER your level of ability, it's important to find suitable shoes to run in – especially if you plan on spending more time in your running shoes.

Research has shown that runners are at a higher risk of injury if they aren't wearing the right shoe for their foot type. A comfortable running shoe is a shoe that fits, but finding one is not always easy. The first step is getting to know your personal running style in order to find a pair of shoes that fit you perfectly.

"Buying running shoes can be complicated and confusing," says sports podiatrist Mick Habgood. "But buying the right pair for you is vital to avoid injury when running."

What is pronation and why does it matter?

Pronation is the natural movement of your foot as you walk or run. Your foot is a complex structure with many bones, joints, ligaments, muscles and tendons. When you run, forces are applied from the ground, which in most cases causes your foot to roll in (pronate) to absorb the shock. Other runners, however, will supinate (foot rolls outwards), while some are neutral.

"I'd always recommend that runners have a gait analysis before buying a pair of shoes to ensure that they end up with the right shoe for them," adds Habgood. "Not only could this help to reduce the risk of injury, but it could also help to improve their overall comfort and performance."

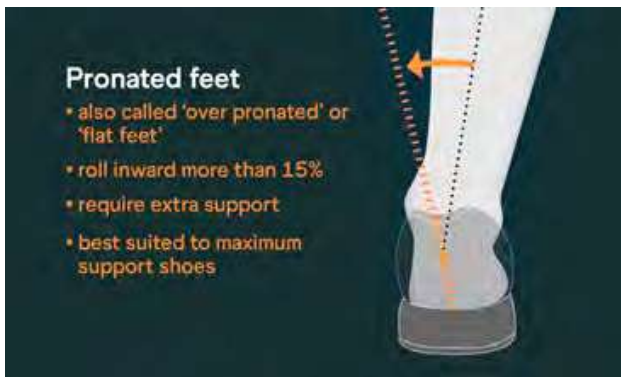
A gait analysis isn't just for top runners. Apart from analyzing it will also tell you if you need a neutral or a stability shoe.

"We're not all built the same and we all have different running techniques, but I definitely see a lot more runners who over-pronate in my clinic," says Habgood. "It's for these runners that I'd prescribe a stability shoe."

Clifton Bradeley, a sub-four-minute miler and specialist musculoskeletal sports podiatrist, explains what each type of running shoe means.

Pronated feet = maximum support running shoes

This category is the most supportive and controlling and are designed to slow down excessive pronation. They tend to have a carbon rubber outer sole for durability and offer maximum ground contact and stability.



Neutral feet = cushioned / neutral shoes

Cushioned shoes generally have no motion control features and are lighter. They encourage faster movement and feel softer under-foot. These shoes are great for neutral foot types who are less than 82kg in weight and orthotic wearers. If you have a neutral foot type but are over 82kg in weight, consider structured cushioning shoes, which offer a little more support.



Supinated feet = structured cushioned / stability shoes

These shoes offer a good blend of motion control and cushioning. They are not as heavy and controlling as maximum support running shoes, but still offer excellent support. This is the most popular category of training shoes.



Other considerations

Purpose

Will you be road running, running on a purpose-built track or perhaps on a forest trail? All these surfaces require a different kind of shoe. Another basic distinction is between racing and training shoes.

Another important factor when choosing the correct running shoe for you is to think about the sort of distances you'll be covering. If you're training for a marathon, then you'll require a more cushioned shoe that can withstand all those hard miles and provide maximum protection from impact injuries. If you want to run at a faster pace over shorter distances, then lightweight running shoes, which weigh less and come with more flexible cushioning, are incredibly comfortable and can decrease your fatigue during a run.

Fit

Keep an open mind with your shoe size and remember the following: The more you run, the more room you need. The further you run, the more your foot will naturally expand. This means it's wise to have just a little extra room in your shoe.

The width of your shoe is equally as important as the length when it comes to a good fit. People are not always built in perfect proportion and often have wider or narrower feet than the 'norm'.

When to replace

It's generally recommended that runners replace their shoes every 500-800km (300-500 miles). That's very roughly the kind of distance you'd cover when training for one marathon. After this distance, most running shoes will experience a fairly significant amount of wear and tear and no longer offer the kind of support you need. If you're a heavier person, you'll likely need to replace them more often than someone with a lighter frame.

The **ASICS website has further advice** on choosing the right running shoe.— *via worldathletics.org*



6 Track Workouts to Improve Your Speed

By Christine Luff, ACE-CPT



READY to ramp up your running speed? These track workouts are for you. They are a way to intensify a running workout and are designed to help develop speed in your running. They can also rejuvenate your running routine with the introduction of a new pace, new milestones to pay attention to, or new people to train with.

If you are new to track running, make sure to follow some common track rules of etiquette. Run in the right direction for the track you are using, reserve the inner lanes for the fastest runners and the outer lanes for the slower joggers or walkers, and never stop in the middle of the track.

Your track workout efforts should pay off. One study showed that trained distance runners who participated in speed work had significantly improved 3,000-meter runs and increased the time it took for them to reach exhaustion.

Track Workouts

Add some of these fun workouts and you're sure to see improvements in your race times. Below, you will find details on the following:

- Push the pace on straightaways
- Ladder intervals
- Timed mile test
- Fartleks
- Mile repeats
- Tempo runs

Push the Straightaways

This is a great intro workout for those who are new to track workouts. It's simple. After a couple of laps at a leisurely pace to warm up, start to push the pace on the straight sections of the track (known as the straightaways) and then recover (at an easy pace) on the turns.

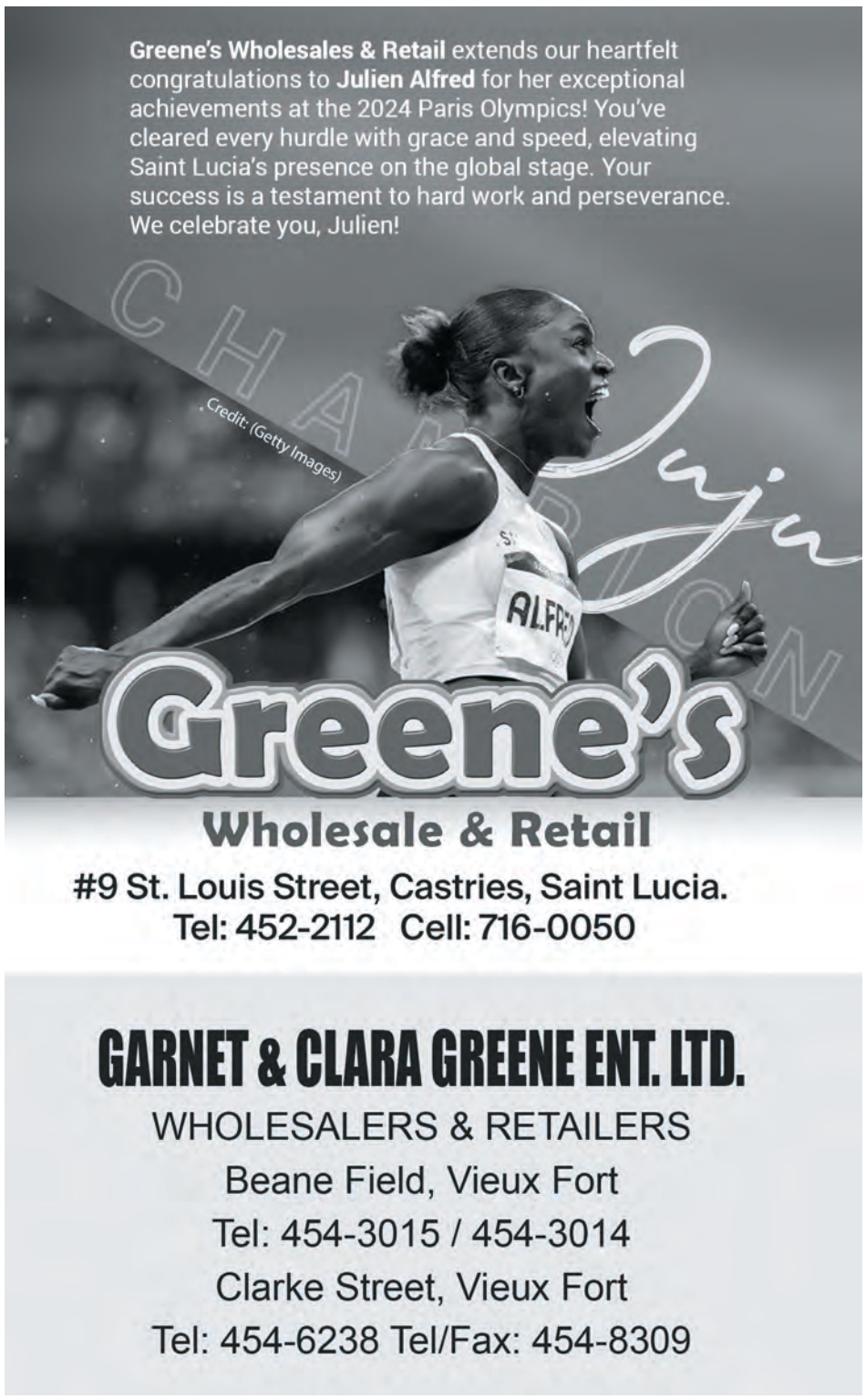
If you're training for a specific race, such as a 5K, you can do your race pace on the straightaways. Start with four laps and add another lap each week until you work your way up to 10 laps.

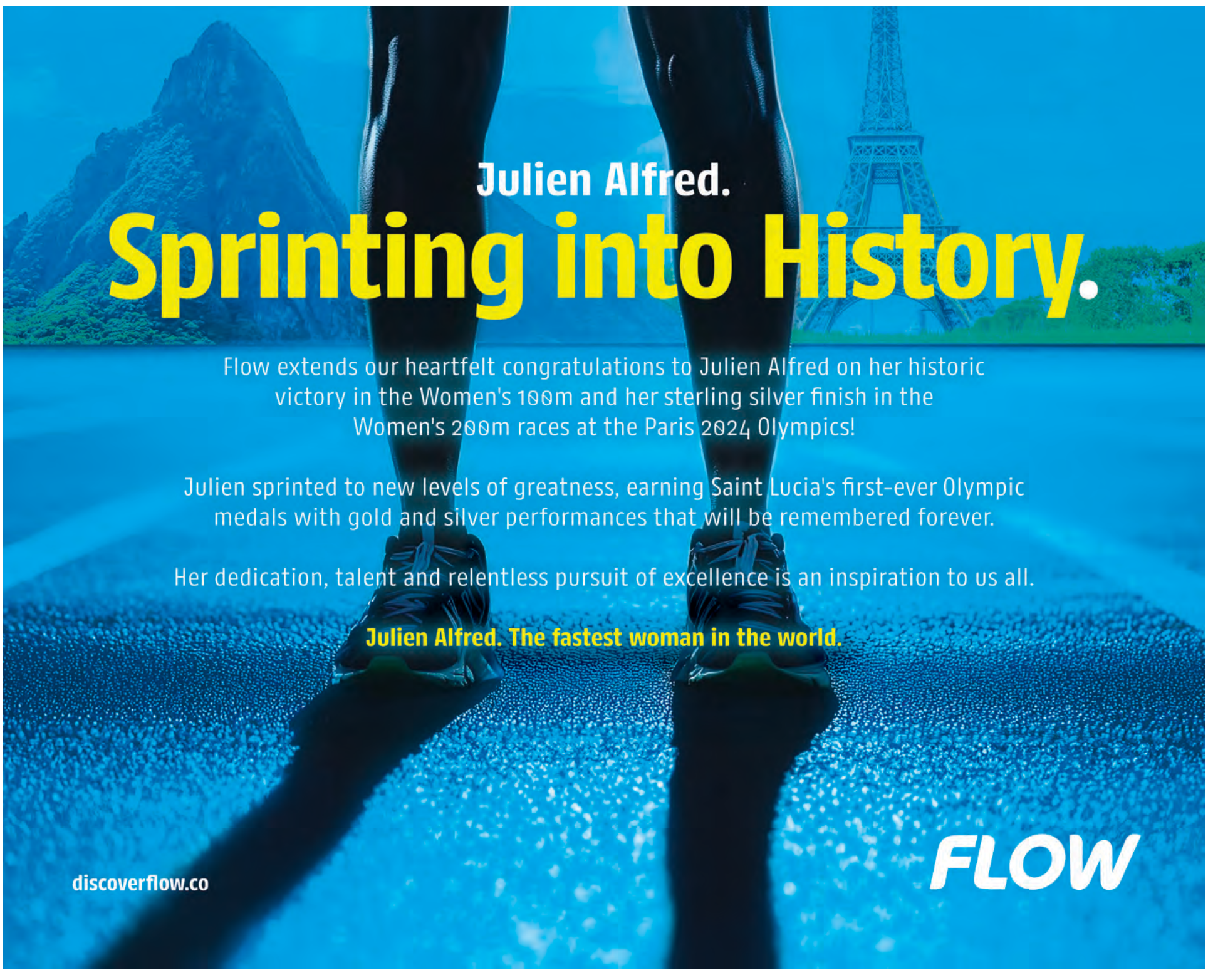
Ladder Intervals

This track workout will help build your speed, confidence, and endurance, no matter what race distance you're training for. If you're not sure what your 5K (3.1 miles) race pace is, use a race pace estimate calculator. Beginners should start with one sequence, while more advanced runners can repeat the sequence once they've worked through it.

1. **Warm-up**: Five minutes at a walk/slow jog
2. **Work interval**: 400 meters (1 lap) at 5K race pace

Cont from Page 32





Julien "Juju" Alfred's Feat Serves as an Inspiration to the Nation

By Reginald Andrew

EVER since Saint Lucian sprint sensation Julien Alfred's amazing feat at the Paris Olympics - winning Gold and Silver medals at the recently concluded event, government ministers have spoken out in glowing terms about this historic national achievement.

The stage is set for a hearty welcome to greet the young athlete on her return home, as the congratulations and tributes continue to pour in.

Minister for Gender Affairs and Labour Dr. Virginia Albert-Poyotte spoke to the magnitude of Julien's accomplishment and the impact it can have on other young people and citizens generally, to aspire for higher heights.

Dr. Poyotte emphasized the need for Julien to continue being a role model for young people in Saint Lucia and highlighted her dedication not only to athletics but also to academic excellence.

Furthermore, Dr. Poyotte commended Julien for her initiative in giving back to her country through the establishment of a foundation and stressed the importance of Saint Lucians keeping up with Julien's achievements to continue improving the nation.

The minister stated that she feels, "We have to take it one step further, as Levern Spencer was the one that paved the way for getting at the level of the Olympics…and I am very pleased that Julien Alfred has followed and taken it to a higher level, where she has attained gold (medal) for Saint Lucia."Dr Poyotte added: "I hope that she continues along that line to be a role model for young people in Saint Lucia. Because many times they (young people) put their energy into negative activities, and here we have a young woman…who has invested her time and energy into improving herself. Not just on the tracks, but she has also improved herself academically to put Saint Lucia on the map."

She continued, "So, I applaud her …for wanting to give back to her country, for the support that she has been getting so far. I know that Saint Lucians are all excited, they are elated and they were celebrating even before she got the gold."

Dr. Poyotte urged citizens to continue to keep pace with Julien's feat "so that we continue to improve Saint Lucia."

Additionally, Minister for Commerce Emma Hippolyte highlighted the need for confidence in oneself and the importance of nurturing the skill set of the country's people. She also emphasized the potential for marketing Saint Lucian brand products and the economic benefits of supporting athletes in pursuing their athletic dreams.

"What is manifesting itself now is what we've been saying all the time, is that we need to have confidence in ourselves. What we have been taught is to work hard and you can be as successful as the rest," the minister noted, after a victory celebration at a Watch Party, on the Derek Walcott Square.

She added, "What this is showing us, is that we need to identify the skills set in our people, we need to nurture it and we need to give them positive support to move on."

Noting that August is recognized as Emancipation Month, will the magnitude of this celebration resonate with the populace as a staple historical occasion.

"You can see the reaction of the rank and file, not only in Castries but in every community …everywhere you go, people are excited. The 'Saint Lucianess' in us is great, we are proud to be Saint Lucians."

Despite the country being beset by social ills, crime, political upheavals and squabbling, Saint Lucia has made some substantial progress over the years. Julien's feat symbolizes a 'Beacon of Hope' and 'A Ray of Light' towards the upliftment of the nation.

"It's unifying our people …we are happy and proud that Saint Lucia has achieved such great success," Hippolyte declared.

Minister for Housing and Local Government Richard Frederick expressed his gratitude for Julien's outstanding performance and emphasized her role as an inspiration and a role model for the youth, showcasing the potential for upward mobility and global recognition from humble beginnings.

"It's her (Julien) first time at the Olympics …and to come back with a gold and silver medal is almost unimaginable," the Castries Central MP exclaimed.

He asserted: So, Juju has definitely placed us on the map and I'm extremely grateful, the government is grateful …and the people of Saint Lucia will not shy from basking in the glory that Juju has brought to this 238-sq. mile rock. I am indeed elated,"

Overall, this amazing feat highlights the tremendous impact of Julien Alfred's achievements and the positive influence she has become for the nation's youth.

Frederick adds that from humble beginnings, Julien worked her way up the social ladder "and now she is enjoying a global spotlight. It just tells you that if any of our children can put their mindset in that regard, they too can do it."



6 Track Workouts to Improve Your Speed

Cont from Page 31

4. **Work interval:** 800 meters (2 laps) at 5K race pace
5. **Rest interval:** Recover (reduced pace) 400 meters
6. **Work interval:** 1,200 meters (3 laps) at 5K race pace
7. **Rest interval:** Recover (easy pace) 400 meters
8. **Work interval:** 1,600 meters (4 laps) at 5K race pace
9. **Rest interval:** Recover (reduced pace) 400 meters
10. **Cooldown:** Five minutes at a slow pace

Mile Test

Doing a timed mile on a track is a great way to assess your fitness and give yourself a goal to work toward. Run a hard mile (4 laps) at a fast but steady pace. You want to go as fast as you can but maintain an even pace for each lap.

For example, if you are aiming for a 6-minute mile, your goal would be to run each lap in 90 seconds. Make a note of your time and use it as a benchmark to test yourself against every month as you train to run a faster mile. Try to run all four laps at the same pace instead of starting out too fast and slowing down.

Fartleks

Fartlek is a Swedish word that translates literally to «speed play.» While other track workouts are more prescriptive, fartlek workouts can be more intuitively guided and based on how you feel in the moment. Try to be creative in the challenges you set up for yourself. You can decide to run at near-max exertion for one lap and then slow down to rest for another lap. Or you could run as fast as possible until the dog across the park stops barking.

Try to really push yourself during the hard intervals, as if you're in your final kick to the finish line.

Mile Repeats

Mile repeats are one of the best speed workouts you can do to improve your race times and build your running confidence. Here's a workout you can do once a week:

- **Start with 2-mile repeats** (1 mile equals four laps) in the first session. Run each mile at your 10K or half-marathon pace.
- **Recover (at an easy pace) for a half-mile** (2 laps) in between repeats.
- **Make sure your breathing and heart rate have recovered** before you start your next repeat.
- **Add another mile and repeat the following week**. Try to maintain that same pace (10 to 15 seconds faster than your realistic goal marathon pace) for each one.
- **Try to work your way up to six repeats** if you›re an advanced runner; intermediate runners may want to stop at four or five repeats.

Tempo Runs

Designed to help you run faster with more endurance, tempo running involves running at a consistent effort and speed over a longer mileage. After you warm up, begin running at a pace just under the pace you want to perform at on race day. Unlike other more variable track workouts, tempo runs should fall into a rhythm. Continue at this pace for 20–40 minutes. Don›t forget to cool down.

Getting Started With Track Workouts

A track is the perfect setting for speed workouts. The surface is ideal for speed, and you can easily set up workouts based on laps. Adding track workouts to your training routine can boost your speed and enliven your regimen.

To start, do only one-speed workout per week. You can add a second one as you build fitness. If you've never done any kind of speed training, make sure you first understand the rules for speed training. You will want to first establish a good running base. Always warm up, and when you pick up the pace, don't start too fast.

Focus on your running form as you do your speed work. Be sure to do a cooldown at an easy pace, and enjoy the next day as a rest day.

Running track workouts is a challenging and enjoyable way to shake up your routine and experiment with different pacing, which can lead to increased speed on all your runs. If you're just starting out, build up a base level of fitness before embarking on speed workouts. You certainly don't need to be a speed demon in order to achieve a variety of fitness goals with running. For those more advanced runners, speed workouts could be your ticket to a new PR.

If you have any questions or concerns about how running fits into a balanced fitness routine for you, talk to a healthcare provider.

Frequently Asked Questions

Where can you do track workouts?

The obvious choice is a running track, either in your community or at a local school. But if you don't have access to a track, don't fret! Fartlek workouts are ideal for road running, as you can challenge yourself to run fast based on landmarks like street corners or lamp posts. Treadmills allow you to precisely measure distance as well as a track would. Even running on a level field would give you a natural interval set for many track workouts.

How can you have better track workouts?

One key to getting the most from track workouts is making sure you have adequate rest. Performing track workouts should probably not be an everyday habit because you need time to rest for optimal performance. Warming up is also a key to getting the most from your track workouts. Fuel your workouts with adequate nutrition, avoid too much alcohol or caffeine, and make sure you are well hydrated.

What are some indoor workouts for track runners when the weather is bad?

You can approximate many of these workouts on a treadmill by using the odometer to measure distance for straightaways and ladder workouts, or calculate rough distance with a pace calculator. You can also try tempo running with surges of effort to intensify the tempo workout. – *story via verywellfit.com*

Sanitation workers discover dead newborn boy inside Houston trash compactor

Saman Shafiq
USA TODAY

A newborn baby boy was discovered inside a trash compactor by sanitation workers in Houston, authorities said.

Waste collection workers were servicing a residential neighbourhood in northwest Houston when they "discovered what appears to be a deceased newborn male infant amongst the collected trash waste," Harris County Sheriff Ed Gonzalez said in a post on X Wednesday morning.

Deputies with the Harris County Sheriff's Office were alerted of "sanitation technicians finding what they believe to be an infant baby in the back of a trash compactor inside the truck" around 9:30 a.m. Wednesday, Gonzalez said, speaking to the media.

The baby's body was discovered when the workers stopped to compact the trash after they had done collections over several streets, Gonzalez said.

Authorities arrived on scene to find the infant, believed to be between one and 30 days old, inside the bottom of the trash compactor, Gonzalez said. The sheriff said the child was not a miscarriage and appeared to be full term. It is not clear how long the child had been dead before it was discovered.

Investigation ongoing

An investigation into the incident is ongoing and the sheriff said investigators were canvassing the area to collect surveillance videos and talk to potential witnesses as they attempt to develop a timeline to understand who may have left the baby there.

The sheriff added investigators will be "knocking on probably every door out here until we can hopefully get some leads from that." The truck, meanwhile, was moved to a secure location and Gonzalez said all items in it would be inspected for leads.

Gonzalez said the sheriff's office was waiting for the Harris County Medical Examiner's Office to determine the cause of the newborn's death.

"We're waiting for the medical examiner's office to come out and do their investigation," Gonzalez said. "We're going to be combing through the trash of the truck to try to get some clues as to where this trash may have originated from with the baby and then kind of go from there."

Senior Deputy Thomas Gilliland, in an update Thursday, said the "Institute of Forensic Science has collected the infant and an autopsy will be conducted to determine cause and manner of death."

Moses Law

Gonzalez stressed that a Moses Law is in effect, under which a child 60 days old or younger can be dropped off to any fire station or hospital without any questions asked if you unable to manage or care for it.

"We're asking anybody out there if you're in that type of situation to please do that," Gonzalez said.

WHO Director-General declares mpox outbreak a public health emergency of international concern

WHO Director-General Dr Tedros Adhanom Ghebreyesus has determined that the upsurge of mpox in the Democratic Republic of the Congo (DRC) and a growing number of countries in Africa constitutes a public health emergency of international concern (PHEIC) under the International Health Regulations (2005) (IHR).

Dr Tedros's declaration came on the advice of an IHR Emergency Committee of independent experts who met earlier in the day to review data presented by experts from WHO and affected countries. The Committee informed the Director-General that it considers the upsurge of mpox to be a PHEIC, with potential to spread further across countries in Africa and possibly outside the continent.

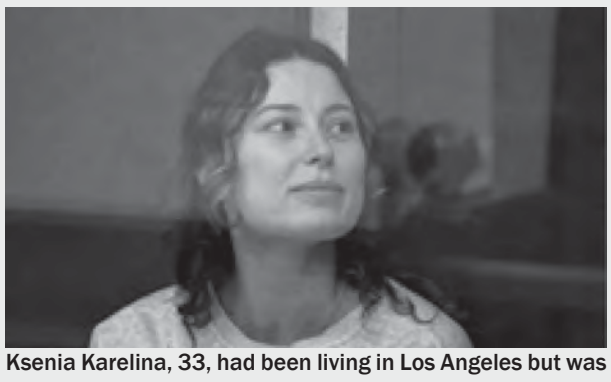
The Director-General will share the report of the Committee's meeting and, based on the advice of the Committee, issue temporary recommendations to countries.

In declaring the PHEIC, Dr Tedros said, "The emergence of a new clade of mpox, its rapid spread in eastern DRC, and the reporting of cases in several neighbouring countries are very worrying. On top of outbreaks of other mpox clades in DRC and other countries in Africa, it's clear that a coordinated international response is needed to stop these outbreaks and save lives."

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US-Russian woman jailed for 12 years for $51 charity gift

Paul Kirby & Brandon Drenon
BBC News



Ksenia Karelina, 33, had been living in Los Angeles but was arrested during a family visit to Russia

A Russian court has sentenced amateur ballerina Ksenia Karelina to 12 years in jail for treason for donating $51 (£39) to a charity supporting Ukraine.

Karelina, who has American and Russian citizenship, pleaded guilty last week after a trial held behind closed doors.

She had been living in Los Angeles and became a US citizen in 2021. She was arrested during a family visit last January in Yekaterinburg, about 1,600km (1,000 miles) east of Moscow.

Prosecutors had sought a 15-year jail term. The court in Yekaterinburg found her guilty of high treason and sentenced her to imprisonment in a general regime penal colony.

Karelina had been accused by Russia's FSB security service of raising money for a Ukrainian organisation providing arms to the Ukrainian military.

Russian human rights activists said while living in the US she had made a single transfer of $51.80 on the first day of Russia's full-scale invasion of Ukraine on 22 February 2022. The FSB is thought to have discovered the transaction on her phone.

Her lawyer, Mikhail Mushailov, said Karelina had only admitted transferring the money and believed the funds would help victims on both sides. He told Russian media she would appeal against the sentence.

The charity, Razom for Ukraine, said earlier this year it was "appalled" to hear of the amateur ballerina's arrest and denied raising money for weapons or ammunition. It said it was a US-founded charity focused on humanitarian aid and disaster relief.

Karelina went on trial in June in the same court as Evan Gershkovich, the Wall Street Journal reporter who was jailed for espionage but freed earlier this month as part of a major prisoner swap with the US and other Western countries.

The cases in Yekaterinburg were heard by the same judge, Andrei Mineev.

Ksenia Karelina's boyfriend, boxer Chris van Heerden, said on Thursday that he was very angry with the situation.

"I woke up to the news this morning. I'm still sitting here processing what's happening," he told CBS News, the BBC's media partner.

"There was a prisoner swap two weeks ago, and Ksenia was not on that list," he said, adding that he had been pushing for her to be sent home for the past eight months.

"Ksenia should be home, and I'm angry, and I'm trying to hold my composure."

Since the start of Russia's full-scale invasion of Ukraine in February 2022, Russia's authorities have clamped down on dissent and human rights groups say more than 1,000 criminal cases have been opened against anti-war dissidents.

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Case Number :SLUHPB2024/0087

FILED
HIGH COURT
SAINT LUCIA

FORM 7

THE EASTERN CARIBBEAN SUPREME COURT

IN THE HIGH COURT OF JUSTICE
(PROBATE DIVISION)

SAINT LUCIA

Claim No.: SLUHPB2024/0087

ADVERTISEMENT OF APPLICATION FOR GRANT OF LETTERS OF ADMINISTRATION-
(Rule 15)

In the Estate of The Deceased Irene Louisy aka Irine Louisy aka Alfresia Louisy aka Alfrasia Louisy aka Alfresia Irene Louisy aka Irene Alfiesia Louisy aka late of Desruisseaux in the Quarter of Micoud in the State of Saint Lucia.

TAKE NOTICE that an application has been filed by (1) VICTOR LOUISY Divorcee and Building Contractor of New Dock Road in the Quarter of Vieux Fort in the State of Saint Lucia and (2) NICHOLSON LOUISY, Married man and Mason of Marchand in the Quarter of Castries in the State of Saint Lucia for a Grant of Letters of Administration in the Estate of The Deceased to The Applicants who are two (2) of the Heirs-at-Law, Beneficiaries and Personal Representatives of The Deceased who died intestate on 14th March, 2007 in the District of Desruisseaux in the State of Saint Lucia.

Any person having an objection to the Grant of Letters of Administration in the Estate of The Deceased to The Applicants (1) VICTOR LOUISY and (2) NICHOLSON LOUISY shall file an objection within fourteen (14) days of the publication of this Notice.

Dated this 16th day of May, 2022

Andra Gokool-Foster

ANDRA GOKOOL-FOSTER
Legal Practitioner for The Applicants

This Advertisement of Application for Grant of Letters of Administration is presented for filing by Chambers Andra Gokool-Foster whose business address for service is No. 5 High Street, Castries, Saint Lucia. Tel/Fax No. 758-451-9300; E-mail: agokoolfoster@yahoo.co.uk

Caribbean
Public Health
Agency

CARPHA

CARPHA now invites applications from suitably qualified individuals for the following job opportunity:

Office Attendant – G1

The Office Attendant reports to the Administrative Assistant and provides housekeeping services to the Unit including preparation for meetings and events.

Applications including Job Applicant's Profile Summary Form, Cover Letter and Curriculum Vitae and copies of relevant documents must be submitted by August 25, 2024 to:

The Human Resource Manager
Human Resource Department
Caribbean Public Health Agency (CARPHA)
Sir Arthur Lewis Community College Compound
The Morne
CASTRIES, ST. LUCIA
E-mail: hrm@carpha.org

To learn more about this opportunity, interested applicants are encouraged to visit our website at CARPHA > CARPHA Talent Acquisition

FORM P7: ADVERTISEMENT OF APPLICATION FOR GRANT

Rule 15

The Eastern Caribbean Supreme Court

IN THE HIGH COURT OF JUSTICE

SAINT LUCIA

CLAIM NO. SLUHPB2024/0253

In the Estate of **VICTOR SABAS REYES** late of Sunny Acres, Castries, Saint Lucia deceased

TAKE NOTICE that an application has been filed by **Mario Gerard Julian Reyes** also known as **Mario Reyes** of La Toc, Castries for a Grant of Probate of the Will of the above-named deceased who died on the 17th day of April 2022 without revoking a will bearing the date of 9th day of June 2015 wherein the applicant is named sole executor.

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

Dated this 14th day of August, 2024.

Presented for filing by: FOSTERS, Legal Practitioners for the Applicant, whose address for service is: Robin Kelton Bldg., Choc Bay, Castries, Saint Lucia. Tel. No.: 758 453-1100, Fax No.: 758 452-4940, E-mail: contact@fosters.law

The Court Office is at La Place Carenage, Jeremie Street, Castries, Saint Lucia, Tel. No.758 468 7500, Fax No. 758 468 7543, e-mail: stluhco@eccourts.org. The Court Office is open between 9:00 a.m. and 2:00 p.m. Monday to Thursday and between 9:00 a.m. and 3:00 p.m. on Fridays except public holidays.

Saint Lucia Prime Minister maintains:

Colonialism Had No Conscience!

By Earl Bousquet

SAINT Lucia's Prime Minister Philip J. Pierre has again blasted the ridiculous notion that "Colonialism had a conscience!" – this time as he launched the third annual observance in Saint Lucia of Emancipation Month.

Speaking on August 1st at the launch of Emancipation Day and Month on Soufriere, he noted it was "also a day of immense importance for our nation and descendants of enslaved Africans throughout the Caribbean – and a powerful reminder of the abolition of slavery, a brutal and inhumane system imposed on our ancestors for almost-400 years."

The Soufriere rally was coordinated by the Cultural Development Foundation (CDF) and a National Emancipation Committee and was part of the national calendar for this month.

The Prime Minister further described the occasion was "a reflection on Saint Lucia's sacrifices and triumphs" and remembrance of "the pain and suffering endured," as well as "our shared history, identity and heritage that signifies the rich legacy of our ancestors."

He therefore urged Saint Lucians to "remember it was our ancestors' long struggles and fights for freedom that brought us the freedom and dignity we now enjoy."

No Conscience

"If we could hear the voices of our emancipated ancestors today," PM Pierre added, "I believe they would remind us that colonialism had no conscience, because freedom is not just the absence of chains, but the presence of opportunity, good governance, respect and justice for all."

He also said, "Our ancestors would expect us to challenge oppression in all its forms, and promote a message of hope, resilience and responsibility; they would urge us to embrace education, to empower ourselves and our communities; and to build a society where every person can realize their full potential."

Enkindling Our Consciousness

Three years ago, in his first address to the nation on August 1, 2021 – six days after being elected on July 26 – Prime Minister Pierre declared his incoming administration would observe three consecutive Emancipation Month celebrations (2022, 2023 and 2024) under the theme 'Enkindling Our Consciousness'.

Placing the continuing theme in a historical context, he quoted a 1901 issue of the 'Jamaican Advocate', which declared that: 'Emancipation Day is the day on which to recall the history of our fathers and to contemplate the destinies of our children.'

The Prime Minister suggested, "If we accept this as the self-evident reason for observing Emancipation Day, then our theme of 'Enkindling our Consciousness' has indeed served its purpose."

That is so, he explained, because "there is no doubt that with the success of the three Emancipation Day activities to date, these celebrations have made us realize and recognise that the annual holiday is too-important for appreciating our past, understanding our present and planning our future, to be spent in idleness and irrelevant activities."

The Emancipation Project

The prime minister said Emancipation Month observances over the last two years "have made us think about its significance and we have come to realise that Emancipation was not just an event of 1834, but a process that began then - and that continues today."

He also opined: "The 1833 Emancipation Act was the commencement of a social and nation-building project that is our inheritance to continue and advance."

PM Pierre said his government, through these celebrations and the governance policies it's been implementing, "is playing its part in this advance."

He "firmly" believes that "The governance mantra of my administration – 'Putting People First' - encapsulates the very essence of the Emancipation Project", because, "it also means ensuring the rights and freedoms our ancestors fought for are upheld and respected," as well as "creating opportunities for everyone, regardless of their background, to thrive and succeed."

The Prime Minister added: "It is about recognizing the aspirations and potential of every Saint Lucian," as well as "a call to action, for our country to advance the well-being and upliftment of all members of our society, that requires us to address the systemic inequalities that persist in our society and to work to dismantle them."

Government's Actions

He explained further, "That is why my administration begun these celebrations two years ago, to 'enkindle' in ourselves the appreciation of and desire to honour the sacrifices of our enslaved ancestors" and "to instil in us the obligation to continue building the new post-emancipation society in a manner of which they would be proud."

The Prime Minister said "our ancestors would be proud if we build a society in which the engines of our economy are in our hands" -- which is why his administration "has been the first government to establish programmes like The Youth Economy and the MSME Small-business Loan/ Grant Facility, that empowers our young people, and the aspiring business class, to become successful and prosperous entrepreneurs and business people on whom our economy will depend."

Satisfying our Ancestors

Continuing his theme of 'Satisfying our Ancestors," Prime Minister Pierre said: "Our ancestors would also be very proud if we continue to agitate and demand Reparations from the countries which enslaved them so-brutally for 400 years.

"As we celebrate this Emancipation Day and complete this theme of 'Enkindling our Consciousness'," he added, "let us resolve to always remember that period of our history when the sacrifices of our enslaved ancestors laid the basis for the freedoms that we take for granted today."

He urged attendees: "Let us always remember that Emancipation Day is not just a celebration of the past, but a beacon for the future."

"Together," he added, "let us strive to build a future that reflects the dreams and aspirations of those who came before us and fought for our freedom; and let us do so with pride, unity, purpose and unwavering determination."

It was indeed a fitting start-off for the last of the first three Emancipation Months designated by the Prime Minister even before parliament was summoned and his Cabinet was appointed in 2021 – and from the look of things, 2024 won't likely be the last!



Philip J. Pierre

ECAMC

VACANCY NOTICE
Position: Support Services Agent
Location: St. Lucia

Overview: The **Eastern Caribbean Asset Management Corporation (ECAMC)** invites suitably qualified persons to apply to fill the post of **Support Services Agent.** Headquartered in Antigua and Barbuda, ECAMC was established by the member Governments of the Eastern Caribbean Currency Union (ECCU) in response to the increase in non-performing loans (NPLs) within the commercial banking sector. The statutory purposes of the ECAMC are to:

(1) Carry on the business of asset management, including acquiring the whole or part of, dealing with, managing, and disposing of assets or liabilities of approved financial institutions in an expeditious manner; and

(2) Act as the receiver for a financial institution whenever appointed by the Central Bank under the Eastern Caribbean Central Bank (ECCB) Agreement and the Banking Act.

In this role as an independent contractor to the ECAMC, you will play a key role in supporting our operations in St. Lucia, ensuring smooth coordination of property management activities and administrative tasks. This position is ideal for someone with a strong background in property management, real estate, or administrative support who is looking for a flexible and dynamic work environment.

Key Responsibilities:

- Support ECAMC's Monitoring and Maintenance of Collateral Properties: Regularly obtain video and photo footage of collateral properties (at least quarterly or as needed) to support ECAMC's monitoring of their condition and where necessary, identify and recommend suitable service providers to effect repairs and maintenance works, ensuring that all approved works are completed effectively.
- Support ECAMC's Disposition Activities: Assist with local marketing initiatives, arrange viewings of collateral properties, and support the execution of property transactions, ensuring smooth conduct of all related activities.
- Liaise with Third Parties: Liaise as directed with third parties, including debtors, law firms, real estate agents, valuers, and contractors, to support the ECAMC's efficient management and expeditious disposition of acquired assets.
- Manage Document Handling: Oversee the secure and timely delivery, collection, and transmission of documents between local parties and the ECAMC's headquarters in Antigua, ensuring efficiency and professionalism at all times.
- Ensure Effective Communication: Maintain consistent communication with ECAMC's headquarters, providing written reports as necessary, timely updates, addressing issues, and coordinating next steps to ensure seamless conduct of ECAMC's affairs in Saint Lucia.

Requirements:

- **Educational Background:** A High School Diploma or equivalent is required. Additional qualifications or certification in property management or business administration will be considered an asset.
- **Experience:** Previous experience in property management, real estate, or administrative support is preferred.
- **Equipment:** Access to a laptop is mandatory for this position.
- **Transportation:** Must have a valid driver's license and access to a reliable vehicle (mileage will be reimbursed).
- **Skills:**
  - Proficient in reading and interpreting site maps and property boundaries.
  - Excellent communication skills, both written and verbal.
  - High attention to detail and accuracy, particularly in managing documents and scheduling appointments.
  - Professional demeanor and appearance, with the ability to represent ECAMC effectively.

Compensation:

- **Hourly Rate:** A competitive fixed hourly rate will be provided for services rendered, ensuring fair compensation for your expertise and efforts. All compensation will be in Eastern Caribbean Dollars.

Application Process:

Interested persons are encouraged to apply detailing their qualifications, experience, and why they are an ideal fit for this role.

A Letter of application, together with a Curriculum Vitae and two (2) references, should be submitted, addressed to:

The Eastern Caribbean Asset Management Corporation
Woods Center
Suite 23
Friars Hill Road
P. O. Box W660
St. John's, Antigua and Barbuda

Please send your letter of application and supporting documents to **info@ec-amc.com** by **August 30, 2024**.



What Do We Contribute?

"For I am not ashamed of the gospel of Christ; for it is the power of God unto salvation to every one that believes;" (Romans 1:16).

SAINt Lucia, like the world, is going through times of turbulence and all kinds of changes. While we continue to celebrate Emancipation Day and other national holidays to place our history into perspective, as we honour the great achievements of athletes like Julien Alfred and Daren Sammy, our Nobel laureates and many other persons, there are numerous aspects of daily life that disturb and are cause for great concern. Top of the list must be crime, violence, indiscipline among students, drivers and others, the stubborn refusal to dispose of garbage as directed, noise pollution and many things can be added to this list.

Saint Lucia, like all countries where liberal democracy is practiced, has become increasingly pluralistic in religion, philosophies, political ideologies. and social life choices. These make for much quarrelsome division and contentiousness. In this column, I am interested in the contribution of essential Biblical Christianity to our lives, even as I am aware of the historical crimes of political and capitalistic Christendom. It is a religious article not a sociological analysis of the influence of the Church in its many manifestations. Not even concerned with differing denominational viewpoints within church groups. And certainly not with the positions of other religions. We are a liberal democracy where each citizen is free to choose how they live their lives.

Those who accept the Bible as revelation from God the Creator acknowledge that "the whole world lies under the sway of the wicked one." (1 John 5:19). As converted believers, they can no longer abandon themselves to the ways of the world since they know that everything in it, "the lust of the flesh, the lust of the eyes, and the pride of life- is not of the Father but is of the world." (1 John 5:16). For the committed Christian, there is a necessary, discerning separation from life-styles of the surrounding society. They are commanded to "not be conformed to this world, but be transformed by the renewing of your mind." (Romans 12:2).

Yet, Christians are not to disappear into self-centred isolation. The Lord Jesus was criticised for being friendly with sinners, and He responded that He had not come "to call the righteous but sinners to repentance." (Matthew 9:13). He declared Himself "the Light of the world", encouraging His followers to be "the salt of the earth and the light of the world." Our Risen Saviour calls His disciples in every generation to a deliberate, responsible, identifiable position in their communities. "Neither do people light a lamp and put it under a basket, but on a lamp-stand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven." (Matthew 5:15,16).

The Biblical Christian proposition is that God, through Christ Jesus, is Light, Love and Truth. This world is filled with darkness, hate, deception. It is an abnormal, fallen cosmos of sin and rebellion against God. While we point to social conditions of deprivation as a major cause of crime, yet the Biblical position is that man's hatred of God and His commandments is the ultimate explanation of cruelty, abuse, murder and all crime. Sin is the ultimate lawlessness.

Since Christ's historical Ascension, it is through His faithful Church, standing on the authority of Scripture, that God chooses to enlighten the world. Despite the visible fragmentation and denominationalism of Christian religion, despite its failures, the true Church is one and undivided. This Bible-founded Church, with a commission from Christ, brings a message of hope and salvation. "..we are ambassadors for Christ, as though God were pleading through us; we implore you, on Christ's behalf, be reconciled to God." (2 Corinthians 5:20).

It is the Church, imperfect in its earthly members, that is the custodian of the Holy Scriptures, the revelation of God the Creator, originally given to prophets and apostles. Despite all the criticisms that can be made, faithful believers are responsible for demonstrating the power of the Gospel, whose centre is the Lord Jesus Christ, the Saviour, the Incarnate Son of God. Where Christ of the Bible is not the absolute centre of the local church's life and teachings, there is apostasy and no true church. "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved." (Acts 4:12).

Serious Christians are exhorted to make a worthwhile contribution to our communities, according to Bible standards. In word, thought and deed, to be faithful to family, friends, employers, social acquaintances. To hold religious and political opinions without making them cherished idols and weapons of division. We pray for courage to speak against obvious sin, injustice, religious hypocrisy, to encourage higher moral standards, even as we try continually to practice what we preach.

A new generation must be taught to find and hold the eternal Biblical Christian standards of attitude so lacking today. Worldliness, secularism, religious shallowness, state-and-church complicities have marked our modernisms. We should abhor arrogance, a cultural confidence that equates to bad manners, obsession with popular entertainment pornographies, reject degeneration of respect for constituted authorities; economic poverty is no valid excuse for the terrible spiritual poverty so much in evidence. The ultimate reality of life does not rest on political partisanships, religious and class factions, economic disparities. These are finally superficial, temporary, vain, worthless, disappearing into the grave when eternity is announced for each individual.

Ultimately, Christians must remember and proclaim "Fear God and keep His commandments, for this is the whole duty of man," (Ecclesiastes 12:13). Saint Lucia may be a Christian nation by religious nominal majority but not by practice. Biblical standards do not control our lives for the most part. And they probably never have. One can make a case for a clear decline of regard for religious and moral standards. We can only hope that there are enough serious Christians to make a valuable difference. They have a responsibility before God to re-dedicate themselves to setting a true Christian example in life and work. Not easy!!

The issue is the spiritual life of citizens. What do we contribute? The Bible sets out a systematic and logical view of the human condition. It is unsparing in describing man's sinful state. The Person of Christ is proclaimed as the Incarnation of God the Creator, man's only hope of salvation and deliverance from present evils. The most enduring and necessary contribution of the Christian church to our society has been the teaching and preaching of the good news, the Gospel of the Risen Lord Jesus Christ, the loving Saviour we desperately need more than ever today. The sobering Biblical revelation also promises that historical time has an end, and God "has appointed a Day on which He will judge the world in righteousness by the Man He has ordained. He has given assurance of this to all by raising Him from the dead. (Acts 17:31).

The Race with Eternal Rewards

1 Corinthians 9:24-27

By Jeremiah C. Riley
From
New Creation Ministries



IF I were to ask you to look at your calendar and pinpoint June the tenth, would anything notable come to mind. On that day, in the year two-thousand and one, Julien Alfred was born. Fast forward to August third two-thousand twenty-four, Julien wins the gold medal in the one-hundred meters on the greatest athletic stage of the world. It was the first Olympic medal for her beloved country Saint Lucia. The media coverage could hardly capture the sense of pride and accomplishment felt by her family, friends and countrymen (I assume there is still a celebration taking place). She beat the best and is now known as the best! This is the fruit of years of preparation, dedication and sacrifice. I'm sure there were countless hours invested in training, exercising, visioning and modifying nutrition. We may not all become world class athletes like Julien Alfred but we are all running a race with a chance to receive a reward. Indeed, the same disciplines are required to win the race before each of us. The race for our soul's salvation.

Run to Win

In first Corinthians 9:24 the question was asked and the admonishment given: "Do you not know that in a race all the runners run [their very best to win], but only one receives the prize? Run [your race] in such a way that you may seize the prize and make it yours!" The Christian life is like the journey of an Olympian. During the time of Paul's writing, the Olympic games had become a spectacle in Ancient Greece where the best athletes near and far competed for little more than bragging rights. Each athlete entered the games expecting to win and this is the same attitude we are to have as Christians. It isn't one of self-confidence in our own abilities, but of steadfast reliance on our Saviour who has proven to be reliable. Sometimes, Christians support a somber mentality that cries "woe is me" as the theme song of their life. I've been guilty of complaining about trials and uncomfortable circumstances too. As we examine the life of Jesus and His apostles, we would see a pattern of stubborn determination to perform the will of God. They were committed to the mission of presenting the report of His government to their fellow countrymen. They were willing to be misunderstood, ridiculed, imprisoned and even killed for their service to Christ.

Jesus told His followers, according to Luke 10:20, "Rejoice because your names are written in heaven." Here, as consistent throughout His recorded teachings, the Son of God was encouraging a mind fixed in devotion, commitment and assurance. He didn't leave them to wonder in doubt about finishing the race before them. He wanted them to know that if they remained in connection with Him their final victory was certain. As we are in constant competition with the carnal nature, the lies of Satan and the battles of everyday life, let's remain in our lane and be assured that the living God can complete His redeeming work within us. Our trust is in the One who has already defeated the enemy. Therefore, as we follow Him, we do so with a mind that is set on winning!

The Eternal Reward

First Corinthians 9:25 continues with: "Now every athlete who [goes into training and] competes in the games is disciplined and exercises self-control in all things. They do it to win a crown that withers, but we [do it to receive] an imperishable [crown that cannot wither]." During the Olympic games in Greece, the rewards weren't anything like they are today. Today's Olympians can establish generational wealth through endorsements but no so back then. According to worldhistory.org: Each winner received a "…victory crown of wild olive leaves and an olive branch cut from the sacred tree... The olive was significant because the trees of Olympia were believed to have been originally planted by Hercules …However, the real prize for athletes was glory, fame and, in a very real sense, historical immortality." Yes, you read that correctly, the winners of the games walked away with a crown made from an olive tree and bragging rights.

Question, how many names do you remember of the athletes who competed until exhaustion and near death during those games? With time, the memory of their sacrifices and victories faded as all else does. Even today's athletes must confront the reality of one day being forgotten by men. So, what's the point of competing at all? In the race that God has called us to, the reward will last for eternity! The greatest reward Christians can look forward to is unbroken fellowship with our Creator and the redeemed! Regarding our fellowship with God: Revelation 21:3 gives us a glimpse into our future reality: "See! The tabernacle of God is among men, and He will live among them, and they will be His people, and God Himself will be with them [as their God,]." And regarding our fellowship with the redeemed 1 Thessalonians 4:16-18 states: "For the Lord Himself will come down from heaven with a shout of command, with the voice of the archangel and with the [blast of the] trumpet of God, and the dead in Christ will rise first. Then we who are alive and remain [on the earth] will simultaneously be caught up (raptured) together with them [the resurrected ones] in the clouds to meet the Lord in the air, and so we will always be with the Lord! Therefore, comfort and encourage one another with these words [concerning our reunion with believers who have died]."

Our names will forever be remembered in Heaven but our greatest satisfaction will be celebrating the name of the One who demonstrated such a matchless love for us. Hallelujah!

Gonaïves residents mobilise in sit-in to demand police action against gang-led insecurity

Dozens of people gathered to ask the Haitian police to accompany them in confronting the gangs directly



Departmental director of the Haitian National Police (PNH), Jean-Louis Paul Ménard, addresses the crowd gathered in front of the Toussaint Louverture police station, in Gonaïves, August 14, 2024. [Photo by Onès Joseph/The Haitian Times]

TAKING the form of a sit-in, dozens of Gonaïves residents voiced their discontent to the departmental director of the Haitian National Police (PNH), Jean-Louis Paul Ménard, and demanded that the police accompany them in their plan to fight the notorious Kokorat San Ras gang, which has been particularly terrorizing the communities of L'Estère, Liancourt, Gros-Morne, and Terre-Neuve.

GONAÏVES — A crowd, mostly composed of young men, gathered in front of the departmental police station in Gonaïves, initiating a mobilisation movement on Wednesday to request support in confronting the gangs that have been sowing terror in the Artibonite region for the past three years.

Taking the form of a sit-in, dozens of residents voiced their discontent to the departmental director of the Haitian National Police (PNH), Jean Louis Paul Ménard. They demanded that the police accompany them in their plan to fight the notorious Kokorat San Ras gang, which has been particularly terrorizing the communities of L'Estère, Liancourt, Gros-Morne, and Terre-Neuve.

Since 2021, residents have lived in fear as the Kokorat San Ras gang has disrupted daily life, particularly affecting those who travel along National Route 1 through the towns linked to Port-au-Prince, the Haitian capital. Protesters, speaking to the Haitian Times, expressed their frustration and desperation over the ongoing violence.

Joberd Jeannite voiced his determination to confront the gangs directly despite the danger they represent.

"The National Police has done nothing to eradicate acts of banditry in the region," Jeannite said. "The residents of Gonaïves and surrounding areas are unable to conduct their daily activities due to Kokorat San Ras' presence, which blocks roads and even occupies farmers' passages to their farms, creating major food insecurity for us in the department."

Throughout the day, protesters blocked Grand Rue, the main street leading to the Toussaint Louverture police station, with flaming barricades, halting vehicle traffic for several hours.

Police Response and Challenges

Jean-Louis Paul Ménard, the departmental director of the PNH in the city, addressed the crowd, acknowledging the police's limitations. He stated that the police lack the resources, including an armored tank, to confront the heavily armed gangsters in the Kokorat San Ras group. Ménard expressed hope that higher authorities within the Haitian police institution would provide the necessary support to address the security needs of the Artibonitians.

"We are fed up and tired of excuses from the Haitian authorities while people continue to be victimized by gang terror," said Dolguens Joseph, a community leader and political activist.

Joseph described the insecurity in Haiti as unacceptable. He accused political authorities of complicity with the gangs to maintain power during elections.

Similarly, Armand Willame, a motorcycle taxi union leader, called on the police to take responsibility for ensuring the safety of residents and their properties. "I urge senior police officers to step down if they cannot address the widespread insecurity," he said.

Out of Haiti's 10 geographic departments, Artibonite and West have been the most affected by gang violence, resulting in thousands of people being killed or injured and nearly 600,000 being displaced from their homes, according to the International Organization for Migration (IOM). A recent United Nations Integrated Office in Haiti (BINUH) report indicates that 3,900 people were killed or injured by gangs during the first six months of 2024 alone.

"We are fed up and tired of excuses from the Haitian authorities while people continue to be victimized by gang terror."

DOLGUENS JOSEPH, COMMUNITY LEADER AND POLITICAL ACTIVIST IN GONAÏVES

Haitians had expected that the arrival of a Kenya-led Multinational Security and Support (MSS) mission at the end of June would help improve security in the country, particularly in Port-au-Prince. However, despite the presence of 400 Kenyan police officers in the Haitian capital, gang violence has resurged and started to spill over into larger territories, spreading outside the metropolitan area of Port-au-Prince.

Gonaïves, the capital city of the Artibonite Department, faces numerous challenges beyond gang-fueled insecurity. Residents have long struggled with inadequate electricity, healthcare, drinking water, and other essential services. During their sit-in in front of the police station, protesters took the opportunity to highlight these issues, urging central authorities to address the difficult situation in the region.



Residents gather in front of the departmental police station in a sit-in to ask for support in confronting the Kokorat San Ras gang in the Artibonite Department, Gonaïves, August 14, 2024. Photo by Onès Joseph/The Haitian Times

The situation in Gonaïves underscores a persistent reality for ordinary Haitians, who are becoming increasingly impatient in the face of inadequate responses or inaction from the government. They are often willing to take matters into their own hands to resolve issues.

The mobilisation of people in Gonaïves to counter the gangs themselves reminds observers of the bwa kale phenomenon that started in Port-au-Prince and quickly spread across the country in recent years as demands for change intensified. Many protesters from all walks of life demonstrated in the streets and began to confront violence in a movement that claimed the lives of many suspected gang members.

Literally, bwa kale means to "shave or peel off tree bark" in Creole to indicate the high level of intensity driving protests or actions. It was a call at the time for people to bring their machetes, sticks, axes, and other tools that could be used as weapons to defend themselves against suspected bandits. Many began using the term after a video of a demonstrator screaming it, while banging on an aluminum bowl with a spoon, went viral in October 2022.

"This is just the start of our mobilization against insecurity, high cost of living, lack of healthcare, blackouts, clean drinking water, and more," said Joseph. "We are Gonaïves; we will remain steadfast until the nation is free from acts of banditry, where we can live without fear."

ENVIRONMENT

Florida is building the world's largest environmental restoration project

Lucy Sherriff

THE Everglades is one of the most important ecosystems in the US, responsible for providing millions of Floridians with drinking water (Credit: Lucy Sherriff)

Florida is embarking on an ambitious ecological restoration project in the Everglades: building a reservoir large enough to secure the state's water supply.

In February 2023, a large digger broke ground on a multi-billion dollar project that has been decades in the making: building a reservoir the size of Manhattan Island.

The reservoir, which is part of an historic restoration of the Everglades ecosystem, is intended to help bring a secure, long-term supply of clean drinking water to Florida's residents.

The Everglades Agricultural Area (EAA) reservoir will be located south of Lake Okeechobee, the largest freshwater lake in Florida, and conservationists have dubbed the project "the crown jewel" of the Everglades' restoration.

"It is the single most important project to store, clean and send water from Lake Okeechobee to nourish the Everglades and supply clean drinking water to millions in South Florida," Meenakshi Chabba tells BBC Future Planet. Chabba is an ecosystem scientist at the Everglades Foundation, one of the non-profit organisations that advocated for the project.

As well as protecting the drinking water of South Floridians, the reservoir is also intended to dramatically reduce the algae-causing discharges that have previously shut down beaches and caused mass fish die-offs. (Read more about the pollution causing harmful algal blooms).

Bigger than Manhattan and Staten Island combined, the reservoir will stretch over 10,100 acres large (4,090 ha), and, in addition, have a 6,500-acre (2,630-ha) stormwater treatment area. It will be able to store 78 billion gallons (295.2 billion litres) of water – enough to fill 118,000 Olympic-sized swimming pools.

"The water will help recharge the aquifer that provides drinking water to millions of people in South Florida," says Jason Schultz, a spokesperson for the South Florida Water Management District (SFWMD).

The reservoir, a joint project between the US Army Corps of Engineers and the SFMD, is a small cog in a large initiative to restore the Everglades. The multi-billion dollar Comprehensive Everglades Restoration Plan was passed by Congress in 2000, and includes 68 infrastructure projects across Florida. The Everglades Foundation tells the BBC the restoration plan is the "largest environmental restoration project" in the world.

The infrastructure projects range from rehydrating carbon-sequestering wetlands, to building a complex network of stormwater treatment areas, smaller reservoirs and water control structures – and they're at varying stages of completion. The whole project is due to be completed in 2029.

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PM says persons resorting to violent crime are:

‘Failing Our Ancestors’

PRIME Minister Philip J. Pierre says: “Our ancestors would be proud if we can build a society that is free from the type of violence that was inflicted on them by their slave-masters for almost four hundred years.”

Addressing the launch of Emancipation Month in Soufriere on August 1, the PM said: “Slave society in the Caribbean -- and even in the immediate post-emancipation period -- was a violent society; and that is why, when we engage in the violent acts like the senseless murders and gun violence, domestic violence and child abuse, we are failing in our duty to our ancestors.”

He also said our ancestors “cannot be proud of what our societies have become in this regard, so I urge all St Lucians to come together to build a kinder, more caring society.”

The PM called upon upon “our young men, in particular, to emancipate yourselves from the slavery of criminal gang activity, which is a fast-track to nowhere…

“Let us, therefore, take concrete steps to support one-another by volunteering in our communities, mentoring young people and assisting in programs which empower the youth, women and persons with disabilities.”

He further urged Saint Lucians: “Let us strive to build a stronger and more inclusive society” and “to engage in more acts of friendship and community building, to foster an environment of peace, shared prosperity and togetherness.”

“Let us reject political divisiveness and acrimony,” he urged, adding: “There are opportunists amongst us promoting hatred and revenge, who will join hands and plot with anyone who plans to destroy our country.”

“They expect us to destroy ourselves and our country in senseless political tribalism for their own benefit”, he said, “but instead, we’ll choose civil discourse, tolerance and peaceful neighborly relations.”

He said, “We must always remember that our strength lies in our unity and our commitment to one another.”

“And that is why,” he concluded, “in our quest for a just society, we have embarked on the building of the new Halls of Justice so that justice can no longer be delayed and therefore be denied.”

Statement on mpox

By Vice-Chancellor of The University of the West Indies (The UWI), Professor Sir Hilary Beckles issues the following statement.

The University of the West Indies (The UWI) has noted the declaration by the World Health Organization (WHO) on August 14, 2024 of mpox as a Health Emergency of International Concern (HEIC). As the leading university in the Caribbean, The UWI commits to dedicate its considerable research expertise for the public good working with regional partners to help face this challenge. The UWI acquired cutting edge virus sequencing technologies during the COVID-19 pandemic which can now be redeployed against mpox to provide strong early detection mechanisms. We currently have the capabilities in our laboratories to make rapid and accurate diagnosis of mpox and will work closely with regional Ministries of Health, the Caribbean Public Health Authority (CARPHA), and the Pan American Health Organization (PAHO) to respond to any introduction of the virus in the region.

Saint Lucia Distillers and Folk Research Centre Advise on Securing and Protecting Historical Records Against Fires

TWO local entities that have lost all their valuable historical records are urging local businesses and entities, public and private, governmental and non-governmental, including community organizations, to always take steps to secure their historical records against fires.

The advice is coming from the Managing Director of St. Lucia Distillers and the Executive Director (Ag.) of the Monsignor Patrick Anthony Folk Research Center (FRC), both of which lost all their valuable historical and research records as a result of devastating fires.

The two Executives were attending last weekend’s launch of a book (‘Stories of Roseau Valley’) at the St. Lucia Distillers compound in Roseau, when both made separate references to the importance of saving historical records for occasions and events like compiling history of communities and companies.

St. Lucia Distillers Managing Director Margaret Monplaisir said in her welcome remarks: “Our involvement in this project is especially meaningful to us because we understand the importance of preserving history.”

She recalled that “On May 2, 2007, St. Lucia distilleries faced a devastating fire that resulted in the loss of all our historical records.”

Mrs Monplaisir, who’s been with the company for over 30 years, explained that “while we had computerized our financial information, we had not yet digitized our historical records.”

She recounted that “This loss was deeply-felt and it underscored for us the critical importance of documenting and preserving our past.”

The Managing Director further recounted that recently, “while conducting research for a geographical indication application for Saint Lucia Rum, we struggled to find specific information about St. Lucia Distillers.”

“This experience,” she confessed, “brought home to us, once again, the value of preserving history – and we did not hesitate when the opportunity arose to assist in documenting the history of the Roseau Valley, our home…”

FRC’s Acting Executive Director Melchoir Henry, in his remarks, noted that “we also lost 40 years of records” when the FRC’s historic building at Morne Plaisance, Calvary Road, in Castries in 2018 burned.

He said, “The fire was devastating, badly affecting the building and destroying all the historical records” stored at the spacious historic building, also of colonial architectural vintage.

Henry said, “We are working on building back better,” but apart from encouraging other communities to follow Roseau’s example by research and documentation, he also encouraged they keep their historical records safe.

Tourism Minister Updates Business Community on CIP status

DR. ERNEST Hilaire, Saint Lucia’s Minister for Tourism, Investment, Creative Industries, Culture, and Information, addressed the business community during an executive luncheon hosted by the Saint Lucia Chamber of Commerce.

Minister Hilaire emphasised the importance of clarifying and reinforcing the credibility of the CIP. He urged everyone, regardless of political persuasion, to avoid damaging the country’s reputation.

The minister outlined the mechanisms that make the CIP resistant and reliable. He stressed the need for accurate and credible information.

To ensure reliability and transparency, Saint Lucia’s government manages CIP legislation and has signed a Memorandum of Agreement (MOA) with the OECS/CBI. The MOA defines common procedures, including pricing, information sharing, security screening, and agent regulation.

Recent improvements include transparent requirements for CIP citizenship. Saint Lucia also complies with principles aligned with the United States.

An international third-party firm will conduct an audit of Saint Lucia’s CIP, demonstrating the commitment to maintaining high standards.

Executive Director Brian Louisy highlighted the importance of obtaining verifiable information from credible sources to prevent speculation, rumors, and misinformation.

The executive luncheon serves as a forum for members to access reliable information

Cont from Front Page

Local Surveyors Calling for Umbrella Legislation

but according to Mr Hipployte, “The legislation only covers Land Surveyors and our principal aim is to seek to secure full legislative support for all surveyors.”

The bill is currently in drafting review with the Department of Planning and the Attorney General’s Chambers and the institute is hoping the process will end with the widening of its representational scope.

Mr Hippolyte, a Quantity Surveyor with 44 years’ experience, says such a move “will also advance the interests of members and the general public and also provide more space for equal and better professional representation and service to clients based on a common legislative environment.”

According to the new President, the institute feels such a legislative umbrella will allow the organization “to strengthen ties with international bodies and get professional accreditation.”

The Institute also tends to “increase its advocacy profile on matters of (what Hippolyte described as) “the built environment.”

Other members of the institute’s new Executive are: Vice President Andre Mathurin; Immediate Past President, Mrs Tryce Loctar-Polius; Treasurer, Ms Margaret Ann Charles; Secretary, Mr. Conrad Emmanuel; Director (Land Surveying), Mr Lynn Holstien; Director (Valuation Surveying), Mr Keegan Preville; Director (Quantity Surveying), Mr. Andy Alfred-Actie; Director (Public Relations and General Members Relations), Mr Tedbert Theoblads.

Fatal Collision in Mon Repos: Pedestrian Killed

ON Friday, August 16, 2024, around 2:15 a.m., the Micoud Police Station received a distressing report about a fatal vehicular collision on the Mon Repos Highway. The incident involved a pedestrian and an unidentified motorist.

Upon arriving at the scene, officers discovered the lifeless body of a male who had suffered fatal injuries. The victim has been identified as Shervon James, also known as “Shankal” or “Cocoboy,” from Church Street in Dennery.

Tragically, the motorist responsible for the collision fled the scene, leaving authorities with no immediate leads. The Royal Saint Lucia Police Force (RSLPF) is urgently appealing to anyone with information about this incident to contact the Micoud Police Station at 456-3670. Additionally, anonymous tips can be submitted through the Crime Hotline (555) or the RSLPF Crime Hotline App.

Ana Barbosu is given Jordan Chiles' Olympics bronze medal after US gymnast was controversially stripped of it after court battle

ANA Barbosu was awarded her Olympic bronze medal on Friday morning after the Romanian gymnast bumped USA's Jordan Chiles off the podium thanks to a bombshell court ruling.

The 18-year-old initially finished third in the floor exercise final in Paris, only for Team USA to successfully appeal the score awarded to Chiles.

The American's score was upgraded, putting her ahead of Barbosu who dropped her Romanian flag and broke down in tears.



Romanian gymnast Ana Barbosu was awarded her Olympic bronze medal on Friday morning

However, the Court of Arbitration for Sport later ruled that the US appeal came outside the permitted one-minute window.

The controversy has continued beyond the end of the Games, with Chiles this week slamming the 'unjust' decision and the 'racially-driven attacks' that have followed.

Barbosu is now back home in Romania and on Thursday, the country's gymnastics federation confirmed that the medal ceremony would finally take place at 3.30pm local time on Friday.

The medal was handed to Barbosu by Octavian Morariu, Romania's representative on the International Olympic Committee, and Mihai Covaliu, president of the Romanian Olympic and Sports Committee.

According to local reports, the gymnast then thanked the lawyers who had fought to put her back on the podium. She also sent a heartfelt message to Chiles and her teammate Sabrina Maneca-Voinea, who finished fourth.

'I can't help but think about Sabrina and Jordan right now,' Barbosu said. 'It's a difficult situation for us, with so many uncertainties and overwhelming emotions. I hope everyone understands that we have not done anything wrong at the Olympics.'

02:2ad More

She added: 'It's an emotional moment for me... this result came after many years of work in the gym and I thank the coaches without whom I would not have succeeded... this situation was possible thanks to the federation and the law firm that did not give up on us, the sportswomen.'

Morariu, meanwhile, claimed 'justice was done'. He said, per Observator: 'It was a fight against the clock because the procedures are very strict.'

The event was held at Olympic House in the capital Bucharest, with local reports claiming the country's Prime Minister Marcel Ciolacu also took part.

The Romanian federation confirmed it was not the same medal given to Chiles on the podium in Paris.


Jordan Chiles 'still has her Olympics bronze medal'

'Thank you for coming to this ceremony today. It's an emotional moment for me,' Barbosu said, per reports.

'Hearing the champions say that the medal is very heavy, until now I didn't realize how heavy it is.'

She added: 'I am glad that I am in possession of this medal and I hope to represent Romania as well as possible in the future and to bring as many medals as possible.'

Her comments come a day after Chiles released a statement hitting out at the 'unjust' decision - and slamming those who have subjected her to abuse.

'I am overwhelmed by the love I have received over the past few days. I am also incredibly grateful to my family, teammates, coaches, fans, USAG and the USOPC for their unwavering support during this difficult time,' Chiles wrote.

'While celebrating my Olympic accomplishments, I heard the devastating news that my bronze medal had been stripped away. I had confidence in the appeal brought by USAG, who gave conclusive evidence that my score followed all the rules. This appeal was unsuccessful.

'I have no words. This decision feels unjust and comes as a significant blow, not just to me, but to everyone who has championed my journey.

'To add to the heartbreak, the unprompted racially driven attacks on social media are wrong and extremely hurtful. I've poured my heart and soul into this sport and I am so proud to represent my culture and my country.'

CAS dismissed accusations of 'bias' and Chiles insisted she would fight to ensure that justice is done. The gymnast also said she was confident that 'the people in control will do the right thing'.

'I will never waver from my values of competing with integrity, striving for excellence, upholding the values of sportsmanship, and the rules that dictate fairness. I have taken pride in cheering on everyone regardless of team or country,' her statement continued.

'Finding joy again has been a culture shift and I love seeing others embrace it. I feel like I have given everyone to be authentic to who they are.

'I am now confronted with one of the most challenging moments of my career. Believe when I say I have had many. I will approach this challenge as I have others - and will make every effort to ensure that justice is done. I believe that at the end of this journey, the people in control will do the right thing.'

6 non-takeaways from the Paris 2024 Olympic Games

1. Opening Ceremony controversies

While the opening ceremony on July 26 was no doubt a unique and iconic spectacle, it was undoubtedly dogged by controversies and avoidable commotion.

From a decapitated Antoinette to a much-criticised Last Supper parody scene, some parts of the opening ceremony received instantaneous backlash and criticism for causing insult resulting in an official apology from the International Olympic Committee.

In the end, it proved chaos that was perhaps better left avoided as many involved, particularly, Barbara Butch who was depicted with a halo above her head during the much-maligned Last Supper scene, reported cyberbullying and threats.

2. The South Korea and North Korea mixup

Although it might be ambitious to hope an event of such a scale as the Olympic Games goes without error, some moments seemed all too clumsy and more at home in a comedy than the largest sporting spectacle in recent years.

The first apology from the organisers came early on in the opening ceremony when the boat carrying the South Korean athletes appeared on the Seine and was incorrectly introduced in both French and English as "the Democratic People's Republic of Korea" aka North Korea.

Given South Korea and North Korea's tense and fragile relationship, it was one of the more sensitive issues that could and should have been easily avoided.

The International Olympic Committee released a statement apologising saying, "We deeply apologise for the mistake that occurred when introducing the Korean team during the Opening Ceremony broadcast" while IOC President Thomas Bach also called South Korean President Yoon Suk Yeol to apologise after Yoon said that the people of South Korea were "very shocked and embarrassed" by the mistake.

3. One job mishap

That wasn't the only mishap, however, as a little later that evening Olympic officials were again left red-faced over a very avoidable blunder.

At the end of the three-and-a-half-hour spectacle, the famed five-ring Olympic flag was carried into Trocadero and was then raised as is tradition before the games are declared open, but it was done so upside down.

Rather than the normal image of three rings above and two below, the iconic flag was embarrassingly hoisted up by officials in an obviously incorrect way with the three rings beneath the two.

4. Sustainability woes

Something else that dogged the Olympics, albeit further from the media frenzy, was its failed attempt to be identified as the most sustainable Olympics ever.

Organisers infamously provided cardboard beds while also making one-third of the food plant-based with a lack of meat options but then needed to ration various foods like eggs and meat when they realised athletes had certain dietary requirements.

The lack of air conditioning in sometimes sweltering conditions was also criticised and at one point with some teams opting for hotels or other solutions.

Organisers then came under fire for continuing to work with Coca-Cola who have consistently been accused of "greenwashing" as plastic bottles of Fanta, Sprite and Coke were consistently poured into reusable cups during the games.

Olympic sponsor Coca-Cola under scrutiny for "greenwashing". Environmental protection charity France Nature Environment (FNE) slammed the firm for "unjustified plastic pollution" stating that the US company deserved the "gold medal for greenwashing" during the Olympics.

Health experts also called out organisers for the affiliation with Coca-Cola saying that promoting such unhealthy products has no place in sport.

5. Unfriendly falls and clumsy cameramen

There were inevitably some collisions and falls throughout the Olympics as athletes went head to head across various sports but a particularly chaotic day in the men's 5000m was marred by bizarre scenes.

In one heat, George Mills of Team GB was brought down by France's Hugo Hay as the two entered the last stretch and consequently finished 30 seconds after the leader. The two had an ugly moment after the race exchanging heated words over what happened.

"I was about to kick into the straight and boom: The French lad took me down," said Mills. "I was like, 'Nobody in this field can run away from me at this pace', so I was just sitting, waiting, biding my time, gonna kick off the home straight then bang, hit the deck. What can you do?"

In the other 5000m heat, a similar scenario nearly unfolded just 10 minutes into the race as an absentminded cameraman strolled across the track requiring the athletes to dart around him to avoid a tumble.

6. Dark waters and sick athletes

Another controversy that polluted the games was that of the Seine River. France reportedly spent €1.4 billion in an attempt to make the Seine safe to swim in but ultimately failed.

Events were consistently scrapped due to unsafe levels of pollution and after they eventually competed several athletes fell ill.

35-year-old Belgian triathlete Claire Michel was hospitalised with an E. coli infection the day after competing in a chaotic triathlon event while Belgian competitor Jolien Vermeylen told reporters "While swimming under the bridge, I felt things and saw things that you shouldn't think about too much."

Ominous reports followed and it began getting all too vicariously visceral when Bettina Fabian of Hungary said "I saw some brown things; I hope it's not what I thought it was."



By
Cletus I. Springer

From Cellar to Celestial

"THE heights of great men and women reached and kept were not attained by sudden flight, for they, while their companions slept, were toiling upward in the night." ~ Henry Wadsworth Longfellow.

Cellar Despondency

My emotions were in the cellar from the moment I received the heart wrenching news of the murder of 13-year old, Melchizedek Gilbert Tixcy of Desruisseaux, as he slept in his bed. It sank even lower when I learned that he was the eyes of his visually impaired father, and that he was a ward of the "Our Boys Matter" programme managed by the Ministry of Equity, Social Justice and Empowerment. All week long, my mind was flooded with thoughts of how Mel's father would fare in his absence. So distraught was I, that it seemed impossible my spirits would be lifted anytime soon.

Then, I received a text from a friend, inquiring about the scheduled time for the 100-metre women's final at the Paris Olympics. Miraculously, my somber mood was replaced by heart-thumping expectancy. There was an "Air Jordan" spring in my step as I raced to complete as many chores as possible, before the start of event. As I did so, I reflected on what it would mean for Julien and for Saint Lucia, if she earned a medal in this high profile, and brutally competitive race, before a global audience of millions, that included her coach, family, sponsors, and 180,00 of her people at home, and countless more in the Diaspora.

Before Julien secured her gold medal in the 60-metre dash at the World indoor Championships, in Glasgow in March this year, Saint Lucia had only Rick Wayne's "Mr. Europe," "Mr. World," and "Mr. Universe" titles between 1964 and 1970, and Levern Spencer's High Jump, medal hauls in the Commonwealth, Pan American and CAC games, respectively, to rave about. And so, understandably, we were all giddy at the prospect of Julien medaling in arguably the biggest event of her life. Saint Lucia had taken part in the Games since 1996 but had never earned a medal.

Anticipation to Elation

After her runs in the Heats and semi-finals, I felt confident that physically, Julien was in great shape. Yet, I wondered about her state of mind as she went through her warm-up routine. As a student of athletics, she would have known that races are won or lost in the mind. I hoped that by the time she lined up for the most important race of her nascent career as a professional athlete, that somehow, she would have shed the heavy burden of expectation of those rooting for her and think only of herself. To do otherwise would have been tantamount to courting failure. As the athletes appeared from the processing room, I found Julien's calm demeanor to be deeply reassuring. It made me feel that the stars had moved into alignment and that Julien was ready to achieve something celestial. And so, she did, crossing the finish line in 10.72 exhilarating seconds, to not only win the Gold Medal, but also to become the eighth fastest woman in history. Trailing her, was pre-Games favourite and current world champion, Sha'kari Richardson, who took silver in 10.87 seconds, and another American, Melissa Jefferson, who took bronze in 10.92 seconds.

If I had the most complete English dictionary at my command, it would be impossible to describe the emotions that assailed me as Julien ripped her name tag from her chest and held it up to the crowd, as if to say, I AM JULIEN ALFRED! REMEMBER THE NAME! The roof-raising screams from homes in my neighborhood would speak my joy far more eloquently than I ever could. As Julien draped herself in our country's National Flag, my eyes would give fresh expression to my sense of national pride, releasing tears that nourished my appreciation of how far our small country has journeyed from vassal to victor. Only sport could have created that effect. Only sport could have delivered such instantaneous and unbridled joy to so many, from the success of one individual.

Digging Deep

The next morning, Julien would reemerge after less than 3 hours sleep, to compete in the Heats of the 200 metres. While she easily won that event and later the semi-final, I had convinced myself that another gold medal would be too much to expect. After all, this was not Julien's favourite event. Moreover, I reasoned that her main rival, Gabby Thomas of the USA would have more gas in her tank, having run fewer races than Julien. I was right! Eventually, Thomas would take gold in that race with a time of 21.83 seconds. So far back was Julien after the first 100-metres of the race, that a medal seemed nigh impossible. However, the near, super-human effort that she put in, to earn the silver medal, in a time of 22.08 seconds, spoke volumes about her Gibraltic determination, as she drilled deep into her energy reserves to give herself and her country its best outcome ever at the Olympics, with gold and silver medals.

For Julien and for Saint Lucia, the "high" generated by this feat will last a lifetime. The ignominy of not having earned a medal at the Olympics has been erased and replaced by countless memes that proclaimed our collective pride and joy. And that is all good. When our athletes excel, we claim them and rejoice with them. But going forward, we must ask ourselves: how do we treat our sportsmen and women before they attain global acclaim. How do we behave if/when they fail? Do we leave them to deal with their failures on their own? How do we treat them when they really need our help?

Lessons

Julien's journey from her days as a "nobody athlete, "…struggling with no shoes, running barefoot, running in my school uniform, running all over the place," to her triumphs as an elite, medal winning athlete, provides a welter of potent lessons. Julien was extremely fortunate to have had Cuthbert "Twa Ti Né" Modeste, as her first "coach" when she was 9 years old. Modeste was not a qualified coach, but that did not matter as much as the fact that he cared enough to commit himself to assist Julien to develop her obvious talent. Critically, his lack of credentials did not prevent her from heeding his advice. Here, we see the value of caring and mentorship. Julien could easily have gone "off track" in the mode of hundreds of young, gifted, athletes before her, who struggled with little or no support from family, community, employer and State. As I reflected on this reality, my mind returned to the tragic murder of Mel Tixcy. Could it be that his alleged 18-year old murderer was once a promising athlete, who did not get the mentorship he needed at a critical juncture in his life?

Facilities

In a post-event interview, Julien observed, that "Saint Lucia barely has the right facilities, and that the stadium is not fixed." She shared her hope that her gold medal "…will help St Lucia build a new stadium, to help the sport grow." Every Saint Lucian would be familiar with the plight of the George Odlum Stadium. After its construction, there were high hopes it would catalyze the rebirth of track and field in Saint Lucia. Alas! Due to an unpardonable sequence of acts of maladministration by successive governments, details of which need not be rehashed here, the stadium only briefly served its intended purpose. The Pierre Administration has vowed to correct this appalling situation and has secured financing to end the use of the Stadium as a hospital, and return it to our young people, after its renovation.

The Champs

Hopefully, when this happens, we could look forward to regular, organized, inter-schools track and field events, along the lines of the GraceKennedy/ISSA Boys' and Girls' Athletics Championships, in Jamaica, more popularly known as "The Champs." Still, such a development is not guaranteed to give us more Julien Alfreds.

It is instructive that the Champs, which began as a boys-only event in 1910, is but one part of a culture of excellence in Track and Field (T&F) in Jamaica. Unlike inter-schools T&F events in other Caribbean countries, the Champs is a 5-day event, beginning with field events and ending with relays. Also, it is noteworthy that most of Jamaica's athletes who have competed at the Champs, have gone on to global success. The list includes Usain Bolt, Veronica Campbell-Brown, Asafa Powell and Elaine Thompson. This is the standard we should aim to reach.

Another critical contributor to the culture of excellence in T&F in Jamaica is the sustained support of the private sector, spanning many decades. Companies in Jamaica prioritize support for sports development, over sponsorship of fetes, carnival and other public entertainment events. Hopefully, Julien's success will inspire Saint Lucia's private sector to emulate the example of its Jamaica counterpart. Beyond financial sponsorship, our companies can resolve to do simple things, such as giving sportsmen and women in their employ, time-off WITH PAY to take part in sporting events. Their failure to do so in the past, has been a huge barrier to the development of sports in Saint Lucia.

Our Schools

Another lesson from Julien's success is the importance of establishing our school system as the nucleus of a national culture of excellence in sports. Consider that when Julien moved to Jamaica at the age of 14, following the passing of her father, two years earlier, she entered St Catherine High (SCH)—the equivalent of the Leon Hess Comprehensive School—which had an improving track and field programme and had been competing regularly in The Champs. By that time, Julien had already built a big reputation following her record-breaking performances at the 2015 Sagicor Central American and Caribbean (CAC) Age Group Championships in the heptathlon. However, her time at the SCH was hugely transformative, as it helped to build her physical and mental strength and exposed her to regular high-class competition. So foundational was her time at SCH, that she was able to make a seamless transition to Texas in 2018. During her five years in the programme, she won numerous "Big 12" indoor and outdoor championships and National Collegiate Athletic Association (NCAA) indoor championships. Her graduate season was rated as one of the best in Texas and NCAA history, earning her the 2023 Bowerman Award, the highest honour of college track and field in the USA.

Priority Setting

With all the will in the world, it will take us some time to establish a national T&F culture that approximates that of Jamaica and the USA. However, we will not make any progress towards that goal, if we don't set the right priorities. Julien's journey ought to have given us clear evidence of the many, priceless, tangible and intangible benefits we can derive from successful participation in elite global sports events. At no point in Saint Lucia's history has it received such international exposure. At no time in our country's history have we been as united as a people, as we were during the second week of the Olympics when Julien did her thing. At no time has our sense of national pride been so full, to overflowing.

Will we heed the many potent lessons from Julien's accomplishments?

Culture of Excellence

I return to Longfellow's highly motivational quote, which was often recited by my father in our home. For all the benefits that have flowed and will likely continue to flow from Julien's incredible feats, it would be a tragedy if we should fail to recognize and replicate her sterling example, in our daily lives. Our failure to do so would render us undeserving of the inestimable honour she has bestowed upon us.

Truth be told, we have not made the most of the example of our Nobel Laureates. Most of us gleefully cite their achievements, without fully appreciating that they were not attained by "sudden flight." Perhaps it is this patent lack of appreciation of the fact that success is the outcome of hard work, sacrifice, focus, and discipline and commitment, that explains our envy of other's success, and the prevalence of a lowest common denominator disposition in our country. Consider that the Nobel Laureate Committee was established to draw on the example of Sir Arthur Lewis and Sir Derek Walcott, to promote a culture of excellence in our country. Yet, the money the Committee has received from the Government has never been adequate, thus requiring it to go begging for funds to do its vital work. I am advised that the curators of the "Bam-Bam Wall" have no such challenges. It is unlikely we will produce more elite athletes of the ilk of Julien Alfred and Levern Spencer in a setting where a fete culture trumps the pursuit of a culture of excellence.

Julien Alfred has made us aware of the rich dividends that can accrue from sustained investment in establishing a culture of excellence in sports, education and other wholesome areas of national endeavour. What we do from here on, will say a lot about where we wish to go as a country.

SPELLATHON

Today's Ratings:
04-average | 05-good | 06-outstanding



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

JUMBLE



JUMBLE Answer for AUGUST 10

JUMBLES: WHOSE, HABIT, PLACID, OUTFIT
ANSWER: COOL WITH THAT

Funny Tombstones by People with an Undying Sense of Humour

I told you so

In Princeton, New Jersey, you'll find the gravestone of one William H. Hahn Jr, who ordered his tombstone himself a week or two before his demise. With its simple and to-the-point phrase, "I told you I was sick," it gives the distinct impression that Hahn may have been a cantankerous sort of fellow, albeit one with a pretty darn good sense of humor.



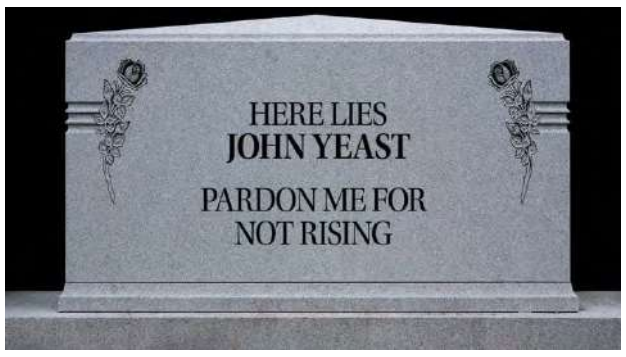
The final commercial break

Are you obsessed with trying to answer *Jeopardy!* questions? You have Merv Griffin to thank for that. The host of the talk show, which aired from 1962 to 1986, also created *Wheel of Fortune*. It's said he often joked that he wanted one particular phrase inscribed on his tombstone: "I will *not* be right back after this message." That's precisely what he got.

Pardon the pun

"Here lies John Yeast. Pardon me for not rising."

How many bread puns do you think John heard (and used) over the course of his life? In case you were wondering, this cheeky tombstone is in Ruidoso, New Mexico.



The final word

By the time author Edward Paul Abbey died in 1989, he had published 19 books. Despite the fact that Abbey was a man of many words, his epitaph reads simply, "No comment."

Political statement

"He never voted for Republicans and had little to do with them."

Died a Mann

"Here lies Ann Mann, who lived an old maid, but died an old Mann."

Hard to disagree

One person had the words 'Well this sucks' engraved on their tombstone

Live from the afterlife?

One tombstone reads: 'Damn it's dark down here'

"That's all folks"

One man chose the Looney Tunes closing line as his epitaph.

Taking calls

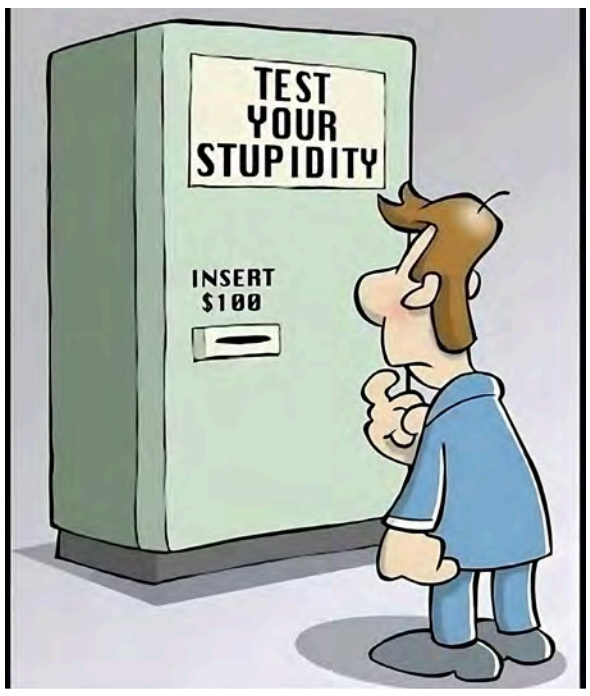
A woman named Kim went for an eye-catching illustration of herself picking up the phone above the words: 'Jesus called and Kim answered'

Now you're just bragging

One person went for 'Now I know something you don't'.

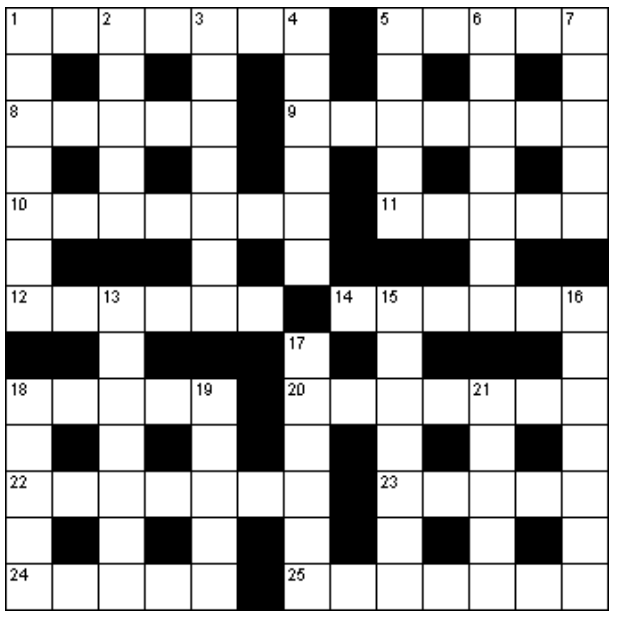
– via Readers Digest, Bored Panda, billhigh.com and Daily Mail

CARTOON CORNER





CROSSWORD



Across

1 Custodian of a museum (7)
5 Flavoured milk drink (5)
8 Adhesive (5)
9 Large wave (7)
10 In addition (7)
11 Poised for action (5)
12 Less burdensome (6)
14 Edge (6)
18 Put into words (5)
20 Maybe (7)
22 French port (2,5)
23 Florida resort (5)
24 Mistake (5)
25 Signified (7)

Down

1 Competent (7)
2 Hazards (5)
3 Foot-operated lever (7)
4 Strong and sturdy (6)
5 Take an oath (5)
6 Ungainly (7)
7 In good time (5)
13 Move like a snake (7)
15 Rower (7)
16 Discern (anag) (7)
17 Attach (6)
18 Worth (5)
19 Young eel (5)
21 Separated (5)

CROSSWORD Puzzle Answer for August 10

1 S	A	2 H	A	3 R	A	■	4 H	5 E	L	6 I	U	7 M
Q	■	O	■	A	■	■	■	N	■	D	■	A
8 U	T	U	R	N	■	9 P	I	G	T	A	I	L
I	■	D	■	G	■	A	■	R	■	H	■	A
10 R	A	I	M	E	N	T	■	11 A	L	O	U	D
M	■	N	■	■	■	E	■	V	■	■	■	Y
■	■	12 I	N	13 C	O	R	R	E	C	14 T	■	■
15 S	■	■	■	H	■	N	■	■	■	A	■	16 P
17 T	I	18 A	R	A	■	19 I	N	20 S	U	L	A	R
R	■	D	■	N	■	T	■	P	■	L	■	I
21 A	N	A	R	C	H	Y	■	22 A	B	Y	S	S
T	■	G	■	E	■	■	■	D	■	H	■	O
23 A	T	E	A	S	E	■	24 R	E	N	O	W	N

Florida is building the world's largest environmental restoration project

Cont from Page 14

A shortage of drinking water

The Everglades provides one out of three Floridians with their drinking water. The ecosystem recharges the water supply for all of South Florida – a population approaching nine million. South Florida's primary source of drinking water comes from groundwater stored in aquifers, mainly the Biscayne Aquifer, which is replenished by the Everglades.

The state's water supply has been put under immense pressure due to rapid population growth. Between 2020 and 2040, the population is expected to grow by 23% (4.8 million people) to 26.4 million while water demands are expected to increase by 13%. It's the nation's second fastest growing state.

In 2021, the Florida Department of Environmental Protection concluded in its annual water supply report: "Florida's current fresh water supply is projected to be unable to meet all of the growing needs of Floridians in the future without the development of alternative water supply projects".

In Miami-Dade County, the most populous in Florida, the Biscayne Aquifer is the primary source of drinking water. Due to sea level rise, the aquifer is vulnerable to saltwater intrusion, threatening contamination of the water supply. To protect its drinking water, the county is restoring canal systems and installing salinity control structures – gates which help separate fresh water and saltwater. Mangrove forests are being restored too, because they help slow the movement of saltwater through canals, keeping the water behind the gates fresher.



A lock in one of the Everglades canals – one component of flood control which the state of Florida has installed to help manage water (Credit: Lucy Sherriff)

Although Florida receives ample rainfall – flooding is one of the state's top hazards – the ecosystem's natural water filtration systems have also been heavily altered and polluted by humans, Chabba explains, meaning Florida is still facing water shortage issues.

Chabba believes that the restoration plan will help protect the state's supply. "The freshwater flowing across the Everglades recharges Biscayne Aquifer, which provides drinking water to millions of South Florida residents," she says.

"Increasing freshwater inputs through restoration has the potential to slow down the impacts of saltwater intrusion into our vulnerable water supply."

Assefa Melesse, professor at the Institute of Environment at Florida International University, says the reservoir can benefit the drinking water supply indirectly and directly, as well as potentially reducing pressure on other water sources during dry periods. But, Melesse notes, "rising sea levels and changing rainfall patterns could affect the project's long-term effectiveness". When it comes to safeguarding Florida's drinking water supply, saltwater intrusion is a bigger problem than replenishing groundwater, says Barry Rosen, a professor of ecology and environment at Florida Gulf Coast University specialising in algal blooms.

"This intrusion is a really big deal," he says, "because the entire ecosystem is a leaky system. It's an extremely delicate balance between drinking water and flood control." If the Everglades system is dehydrated, more saltwater can intrude, Rosen says. But too much freshwater in the ecosystem and there's issues with flooding.

A 'significant challenge'

The reservoir is designed to move clean water south to nourish the Everglades, says the SFWMD, as well as reducing algal blooms and replenishing Florida's aquifers – where the drinking water is pulled from.

But Rosen is sceptical of just how much difference the reservoir will make, saying modelling how the reservoir will work is one thing, but the reality could be entirely different.

Florida receives around 51in (130cm) of rain annually. Around 38in (97cm) evaporates or runs off the land into surface waters – lakes, rivers and streams – leaving 13in (33cm) on average to recharge aquifers.

"You want to put the water in [the reservoir] when it's available to store it," Rosen continues, "so, when it's raining. But will it have the capacity we want every single year to store water? Is it going to be full certain years? To think that we'll just have an empty reservoir sitting there waiting for rain is unlikely."

Rosen also notes that it's possible the reservoir itself might become home to an algae bloom. "What is the water then usable for?" he says.

At the request of the US Army Corps of Engineers, the National Academies, an independent collective of scientists, has provided independent assessments of the project since 2004. In the latest assessment – the ninth to be carried out – the scientists noted that although the project was moving at a "remarkable pace", there was "substantially less [water] storage than originally envisioned" when it came to the Lake Okeechobee system.

"Water quality is an ongoing concern," the report added, noting there had been "phosphorous exceedances" – when the levels of the nutrient are too high, which causes algae blooms and die-offs.

"Some treatment area discharges remain far from target values," the scientists wrote. "The state's current efforts should continue to improve the function of those areas, although meeting and sustaining the requirements in all of those areas by water year 2027 will be a significant challenge."

Storms, droughts and the difficulties of managing such large natural water treatment systems make it difficult to meet these targets, says Stephanie Johnson, senior programme officer at the National Academies. "The storm treatment areas [will] be considered the among the best performing in the world, even though they are not yet all meeting the targets."

US-Russian woman jailed for 12 years for $51 charity gift

Cont from Page 11

Last year President Vladimir Putin signed a decree formally increasing the maximum jail term for treason from 20 years to life. A record number of treason cases were opened last year, according to human rights activists.

In July, dual German-Russian teenager Kevin Lik was given four years for treason. He was one of the 16 men and women freed by Russia as part of its prisoner exchange with the West.

When Karelina was first detained, rights group Perviy Otdel said she had been accused of swearing in a public place. But her initial detention for "petty hooliganism" was then extended when the FSB accused her of treason.

She had been working at a hotel spa in Beverly Hills before her arrest and had travelled to Yekaterinburg to see her parents and her elderly grandmother.

Karelina is her maiden name, and she is also known as Ksenia Khavana because she took her ex-husband's surname.

WHO Director-General declares mpox outbreak a public health emergency of international concern

Cont from Page 11

WHO Regional Director for Africa Dr Matshidiso Moeti said, "Significant efforts are already underway in close collaboration with communities and governments, with our country teams working on the frontlines to help reinforce measures to curb mpox. With the growing spread of the virus, we're scaling up further through coordinated international action to support countries bring the outbreaks to an end."

Committee Chair Professor Dimie Ogoina said, "The current upsurge of mpox in parts of Africa, along with the spread of a new sexually transmissible strain of the monkeypox virus, is an emergency, not only for Africa, but for the entire globe. Mpox, originating in Africa, was neglected there, and later caused a global outbreak in 2022. It is time to act decisively to prevent history from repeating itself."

This PHEIC determination is the second in two years relating to mpox. Caused by an Orthopoxvirus, mpox was first detected in humans in 1970, in the DRC. The disease is considered endemic to countries in central and west Africa.

In July 2022, the multi-country outbreak of mpox was declared a PHEIC as it spread rapidly via sexual contact across a range of countries where the virus had not been seen before. That PHEIC was declared over in May 2023 after there had been a sustained decline in global cases.

Mpox has been reported in the DRC for more than a decade, and the number of cases reported each year has increased steadily over that period. Last year, reported cases increased significantly, and already the number of cases reported so far this year has exceeded last year's total, with more than 15 600 cases and 537 deaths.

The emergence last year and rapid spread of a new virus strain in DRC, clade 1b, which appears to be spreading mainly through sexual networks, and its detection in countries neighbouring the DRC is especially concerning, and one of the main reasons for the declaration of the PHEIC.

In the past month, over 100 laboratory-confirmed cases of clade 1b have been reported in four countries neighbouring the DRC that have not reported mpox before: Burundi, Kenya, Rwanda and Uganda. Experts believe the true number of cases to be higher as a large proportion of clinically compatible cases have not been tested.

Several outbreaks of different clades of mpox have occurred in different countries, with different modes of transmission and different levels of risk.

The two vaccines currently in use for mpox are recommended by WHO's Strategic Advisory Group of Experts on Immunization, and are also approved by WHO-listed national regulatory authorities, as well as by individual countries including Nigeria and the DRC.

Last week, the Director-General triggered the process for Emergency Use Listing for mpox vaccines, which will accelerate vaccine access for lower-income countries which have not yet issued their own national regulatory approval. Emergency Use Listing also enables partners including Gavi and UNICEF to procure vaccines for distribution.

WHO is working with countries and vaccine manufacturers on potential vaccine donations, and coordinating with partners through the interim Medical Countermeasures Network to facilitate equitable access to vaccines, therapeutics, diagnostics and other tools.

WHO anticipates an immediate funding requirement of an initial US$ 15 million to support surveillance, preparedness and response activities. A needs assessment is being undertaken across the three levels of the Organization.

To allow for an immediate scale up, WHO has released US$ 1.45 million from the WHO Contingency Fund for Emergencies and may need to release more in the coming days. The Organization appeals to donors to fund the full extent of needs of the mpox response.

MASA™
ASSIST

Notice: Medical Air Services Association International (MASAI) Office Operations Update

Dear Valued Customers.

We are writing to advise you of a change to our local service offerings. We've expanded our remote support options to include easy-to-view digital membership documents and cashless payments to better serve our members. To support this effort, we are consolidating our local MASA of St. Lucia office.

The office located at Orange Park Commercial Center, T27 Bois D'Orange, Gros Islet, St. Lucia will be closed on 31 August 2024, with both sales and office managers managing memberships and group payments remotely. Please mail all correspondence to M.A.S.A.I. (Medical Air Services Association International Inc) P.O. Box RB 2663, J Q Mall, Rodney Bay, Gros Islet, St Lucia.

We are excited about this change and value your support and understanding as we transition to these enhanced remote services.

MASA remains committed to serving you!

Our telephone number remains unchanged:
758-452-6272

For questions or requests, you may contact us at:
stlucia@masaassist.com

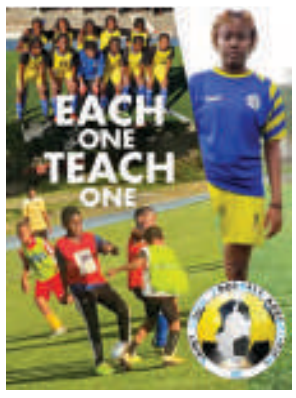
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YEARNING TO REACH THE TOP

Young Saint Lucian Cyclist Denver Alphonse Jr. Speaks About His Journey

By Reginald Andrew

DESPITE facing setbacks in his recent competitive event, Denver Alphonse Jr. remains determined to elevate his cycling skills. The talented Saint Lucian cyclist recently returned home from the 2024 Caribbean Junior Cycling Championships hosted by the Comite Cycliste Territorial Saint Martin in Saint Martin. His performance was commendable, considering he was the sole rider representing Saint Lucia in the boys 17-18 division.

In an interview with Voice Sports, Alphonse, age 17 and a student of the Entrepot Secondary School, shared his passion for cycling: “I got into cycling because of the fun aspect of it—the thrill of racing, riding fast, and navigating downhill at high speeds. Group rides with friends inspired me to take it to a competitive level and test my abilities against other riders.”

Alphonse’s journey began at age 14 when he participated in several cycling events in Saint Lucia. His achievements include first-place finishes in most time trials, second place in National Championships, and top honors in the junior category and road races.

As a member of a cycling club in Martinique, Alphonse trains regularly and competes in racing events. In 2023, he participated in the regional junior championships, securing 11th place in the time trial and 12th place in the road race among 35 riders.

Denver says that though he did not get the result that he wanted, nonetheless, he is relatively satisfied with his performance and his coach also commended him for putting on a favourable display.

Though Denver considers himself to be a rookie rider, he has grown by participating in events, competing in races in Martinique, from January to June, this year. He secured podium finishes in several races, most notably, the Marc Mercier Grand Prix (February), and Mt Pele ‘King of the Mountains’ Grand Prix (June).

Commenting on the recent Saint Martin event, he explained that he got caught up in a melee caused by a spill involving some riders on the final lap to the finish, which made it difficult to catch up to the lead pack.

Assessing his performances, so far, Alphonse declared: "Some coaches say that I have been excelling at a rapid pace."

Looking ahead, Alphonse aims to put Saint Lucia on the international cycling map. He recently graduated from Entrepot Secondary School (ESS) and plans to pursue a college education. Alphonse acknowledges the unwavering support of his coaches, Cyril Mangal in Saint Lucia and another coach in Martinique.

"The two of them have been supporting me from Day one," he said.

He added, “My main goal is to try and put our country on the map and try to see if I could reach the highest level of competition, as possible. So far, I am on a regional level, so hopefully I could make it to an international level.”

His motivation remains strong: “I’ll keep pushing to reach my goal. At the end of the day, it’s about aspiring to compete at the highest level.”



Denver Alphonse competes in Caribbean Junior Cycling Championships, in Saint Martin

Goodwill Swimming Championships this Weekend



SAINT Lucia is currently hosting the 28th edition of the Goodwill Swimming Championships this weekend.

The event features 300 swimmers from 10 territories.

The championship began yesterday at the Rodney Heights Aquatics Centre in Gros Islet and will continue through Sunday, August 18.

This is the biggest meet ever hosted by the Saint Lucia Aquatics Federation, with visiting teams including Jamaica, the Bahamas, Trinidad & Tobago, Antigua & Barbuda, Barbados, Curaçao, Grenada, Suriname, and the Turks & Caicos Islands.

Unfortunately, Guyana, a Goodwill founding member, will not be participating for a third straight meet.

The Goodwill Swimming Championships is an annual, age-group swimming tournament for select countries in the Caribbean Community (CARICOM), aimed at providing exposure to younger and less-experienced swimmers.

Saint Lucia last hosted the championships in 2017, and this time, they are pleased to be hosting twice as many competitors.

Hundreds of visitors, including swimmers, coaches, team officials, family, and supporters, are expected to be on the island.

An Opening Ceremony was held on Friday, and with over 600 visitors anticipated, keen and intense friendly rivalry during the swim meet is expected. Each federation can enter a maximum of four swimmers per gender, per age group, and up to forty athletes.

Additionally, participants must be citizens or residents of the country they are representing.

Support from the Government of Saint Lucia, the National Lotteries Authority, and the Saint Lucia Olympic Committee has been important in hosting the 2024 Goodwill Swimming Championships.

Being such a significant event, Saint Lucians are encouraged to come out and show their support for the hosts and all visiting teams.

VSDAC Demolishes Dominators in SLFA Club Championships

IN a remarkable display of skill, VSDAC completely dominated their match against Dominators in the SLFA Club Championships.

The game took place at the Corinth Field on Wednesday, August 14.

At halftime, VSDAC held a commanding 7-0 lead, and they continued their impressive performance in the second half, adding more goals.

Uhann Degazon showcased outstanding skill, scoring in the 38th, 39th, 55th, and 66th minutes. Sherquan Nelson achieved a hat trick with goals in the 6th, 16th, and 27th minutes. Additional goals came from Zachary Lerich, Marcalan John, Jamal Wilfred, and Nigel Fontinelle in the 3rd, 36th, 64th, and 68th minutes, respectively.

In another match, Valley Soccer secured a 5-0 victory over the Pioneers. Mervin St. Romain scored braces in the 40th and 56th minutes, while Kyle Jn. Baptiste netted a penalty goal in the 64th and 65th minutes. Rivaldo Charlemagne also contributed with a goal in the 30th minute.

Looking ahead, the Saint Lucia Semi-Professional Football League (SPFL) will continue this weekend at the Phillip Marcellin Grounds (PMG) in Vieux Fort.

Saturday’s fixtures include Babonneau vs. South Castries at 6:30 p.m. and Dennery vs. Central Castries at 8:30 p.m. On Sunday, Choiseul will face Mabouya Valley at 6:30 p.m., followed by Canaries vs. Gros Islet at 8:30 p.m.

WINNING NUMBERS

	LUCKY 5 MORNING	LUCKY 5 MIDDAY	LUCKY 5 EVENING	LOTTO MORNING	LOTTO MIDDAY	LOTTO EVENING	SUPER LOTTO	LUNCHTIME 6/49	EVENING 6/49	6/42	MORNING 4/27	MIDDAY 4/27	EVENING 4/27
MON	4 1 3	9 0 6	7 9 3	5 1 2 0	0 2 8 9	8 4 6 5	6 10 13 20	7 6 7	2 6 9	1 2 6 13 14 17 19	28 2X	32 FP	08 2X	2 11 16 26 1 C
TUE	5 8 7	8 8 7	5 2 9	1 0 0 0	8 7 5 5	7 9 4 5	1 2 9 13	3 1 3	4 8 0	2 4 6 7 11 15 17	30 2X	39 2X	81 2X	
WED	5 8 8	2 0 6	7 3 9	7 7 1 2	8 0 7 4	1 5 6 3	1 3 18 19	3 3 2	8 8 1	1 2 5 8 12 13 20	09 2X	27 FP	76 2X	3 9 12 13 16 23 M
THU	2 5 9	1 1 9	6 3 6	2 5 2 9	6 8 3 3	0 0 4 4	3 4 10 18	1 8 7	0 2 6	1 2 7 8 11 12 19	98 5X	27 2X	96 2X	

Saint Lucia National Lottery