SKN missed out on $$M with World Cup no-bid | Page 6

St KITTS & NEVIS OBSERVER $2

Friday, April 4, 2025 | *The Federation's Politically Independent News Source* | Issue #1591

PM: 'WE HAVE A STRONG CASE ON TARIFFS'

PM says SKN's trade relationship is overwhelming positive for U.S.

By Loshaun Dixon
St. Kitts-Nevis Observer

Prime Minister Dr Terrance Drew has underscored the significant trade imbalance between St. Kitts and Nevis and the United States, citing figures that illustrate the extent to which the US benefits from trade with the Federation.

Speaking at a round table discussion on Wednesday, Dr Drew provided key statistics to highlight the scale of the deficit and its implications amid ongoing con-

See TARIFFS on Page 15 *

Prime Minister Dr Terrance Drew

Brantley: Nigerian Summit showcased our investment opportunities - Page 5

Mark Brantley

Kaliquan Woodley-Bergan

Police reveal details of another teen fatality - Page 2

Local News | Sports | Commentary | Business | Fashion | Health | Classifieds

COURTESY PHOTO
Kaliquan Woodley-Bergan

Another teen road fatality in White Gate

The incident marks the second fatal accident in the area within a week

The Royal St. Christopher and Nevis Police Force (RSCNPF) has provided an update on the fatal traffic accident that claimed the life of 15-year-old Kaliquan Woodley-Bergan of Sandy Point on March 27, 2025.

According to police, the accident occurred on the island's main road in White Gate as Woodley-Bergan, who was riding a motor scooter, attempted to pass a stationary police pickup. In doing so, he collided head-on with an oncoming motor pickup. The impact threw both the rider and the scooter into the path of a motor omnibus, which also struck them. The scooter, the oncoming pickup, and the omnibus all sustained significant damage. The police vehicle was not involved in the impact.

Authorities confirmed that Woodley-Bergan was not wearing a helmet at the time of the incident. Further investigations revealed that the motor scooter had been reported stolen from the Lamberts area on March 16. Additionally, the vehicle was unregistered, unlicensed, uninsured, and displayed a licence plate assigned to another vehicle.

The RSCNPF has launched a comprehensive investigation into the incident and urges the public to allow due process. Officials also reminded the public that the legal age to obtain a driver's licence in St. Kitts and Nevis is 18, while individuals must be at least 16 to acquire a permit for motorcycles.

In a statement, the police emphasised the importance of road safety and adherence to traffic laws to protect all road users. "We urge everyone to practise patience, tolerance, and caution on our roadways, as our collective safety relies on the choices we make while travelling."

The police extended their condolences to the family and friends of Kaliquan Woodley-Bergan.

This marks the second fatal accident in the area within a week. On March 22, 18-year-old Shanice Harvey of Dieppe Bay lost her life after the vehicle she was travelling in crashed. According to police reports, the driver lost control, causing the vehicle to collide with a tree and overturn. The accident left eight others seriously injured and claimed Harvey's life.

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

REGISTRAR'S OFFICE Filed / Lodged MAR 27 2025 ST. CHRISTOPHER & NEVIS

IN THE HIGH COURT OF JUSTICE

APPLICATION NO. SKBHCV 2013/0166

BETWEEN:

TDC FINANCIAL SERVICES COMPANY LIMITED, (formerly known as St Kitts-Nevis Finance Company Limited)

Applicant

and

EVADNEY AVONDA LIBURD nee MORRIS

Respondent

NOTICE OF SALE BY PUBLIC AUCTION

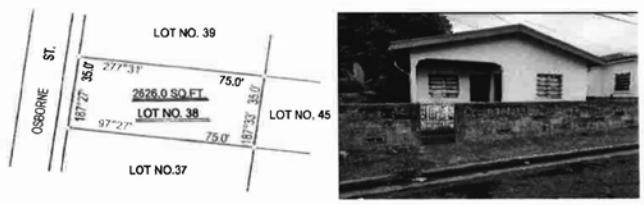
The Property described below will be offered for sale by the Registrar of the High Court, St Kitts Circuit by PUBLIC AUCTION at the High Court of Justice, Basseterre, St Kitts

on Thursday the 29th day of May 2025

at 2:15 o'clock in the afternoon.

ALL THAT lot piece or parcel of land known as Lot No. 38 of the Cayon Housing Project, in the Parish of St. Mary, St Kitts containing by admeasurement 2,626.0 square feet, and bounded and measuring as follows:- On the North by Lot No. 39, 75.0 feet; On the East by Lot No. 45, 35.0 feet, On the South by Lot No. 37, 75.0 feet and On the West by Osborne Street, 35.0 feet; all as the same is described in a Certificate of Title dated September 25, 1997 and registered in Book W2 Folio 360 of the Register of Titles of the Island of Saint Christopher.

SURVEY PLAN & PHOTOGRAPHS OF PROPERTY:



UPSET PRICE: The upset price for the above lands and any buildings thereon shall be **EC$185,000.00**.

GENERAL INFORMATION:
The successful bidder: (1) must publicly declare on whose behalf he or she is bidding; (2) must pay at the time of sale a deposit of one fourth (25%) of his or her winning bid; and (3) must pay the balance within one month from the day of the public auction. The purchaser(s) shall be entitled, by law, to possession of the property after payment of the deposit. The purchaser(s) must pay Stamp Duty (statutorily 6% of the purchase price) and any Property Taxes due to transfer of the property. It is recommended that the purchaser(s) instruct legal counsel to conclude the transfer process. Contact the Applicant/Mortgagee's Attorneys-at-Law, Kelsick, Wilkin and Ferdinand (869-465-2440 or law@kwfonline.com) or the High Court Registry (869-467-1102 Registryskn@gov.kn) for more details.

Dated the 31st day of March 2025

BY THE COURT

REGISTRAR

EASTERN CARIBBEAN SUPREME COURT FIAT JUSTITIA HIGH COURT

UNESCO completes first round of single-use plastics survey

The UNESCO National Commission has completed the first round of the Knowledge, Attitudes, and Behaviours (KAB in the MAB) Survey as part of the Sensitisation on the Elimination of Single-Use Plastics in the St. Mary's Biosphere Reserve (SMBR) Project. This initiative is one of four approved under the UNESCO Participation Project for St. Kitts and Nevis in 2025.

The survey assesses local perspectives on single-use plastics within the SMBR community, and will guide a public education strategy aimed at raising awareness of the national plastic ban. The Ministry of Environment has recently passed legislation to phase out select single-use plastics in three stages, with full implementation set for December 2025.

Findings from the survey will inform targeted communication strategies designed to influence behaviours and improve knowledge and attitudes over time. A second round of the survey is scheduled for October 2025 to measure the effectiveness of these efforts.

As part of the project's next phase, a series of Community Talks will be held with business owners, farmers, students, and residents of the SMBR. These discussions will promote compliance with the plastic ban and highlight the economic opportunities it presents, including the potential for green jobs and businesses.

Police commissioner calls for collective action as road fatalities rise

Commissioner of Police James Sutton has expressed deep concern over the increasing number of road fatalities in the Federation, calling for collective action to prevent further loss of life.

"As a nation, we must come together to support those who are mourning while also taking decisive action to prevent further tragedies. Four fatal accidents since the start of this year is far too many. Just a few short months ago, in December 2024, we all bore witness to eight persons dying as a result of traffic accidents. These losses should serve as a heavy, sobering reminder of the need for all road users to exercise caution, patience, and responsibility," Commissioner James Sutton stated.

> ***'I urge every motorist, cyclist, and pedestrian to obey our traffic laws, adhere to speed limits, and maintain a high level of situational awareness while traversing our roadways. Pay attention. Reckless and negligent driving not only endangers your own life, but also the lives of passengers and other road users.'***
>
> **James Sutton**
> **Commissioner of Police**

The Commissioner also confirmed that the most recent victim, Kaliquan Woodley, was the son of a police officer.

"I urge every motorist, cyclist, and pedestrian to obey our traffic laws, adhere to speed limits, and maintain a high level of situational awareness while traversing our roadways. Pay attention. Reckless and negligent driving not only endangers your own life, but also the lives of passengers and other road users," he pleaded.

The latest tragedy follows a deadly accident on March 22, which claimed the life of 18-year-old Shanice Harvey and left eight others injured. According to police reports, the crash occurred between 6:00 a.m. and 7:00 a.m. in the White Gate area, between Dieppe Bay and St. Paul's. The driver reportedly lost control of the vehicle, which then collided with a tree and overturned.

Reiterating the importance of responsible driving, Commissioner Sutton stressed that enforcement alone is not enough to ensure road safety.

"Our officers will continue to enforce the law and do their best to ensure the safety of everyone on our roads, but enforcement alone is not enough. Each of us has a duty to make responsible choices behind the wheel. There is no point in leaving home or work and driving at literal breakneck speeds to get to your desired destination.

"Though some of us may appear to defy injury and death by repeatedly breaking the traffic laws, do not forget the old saying, 'dog luck ain't cat luck.' What appears to work well for one may not work at all for you. It is therefore always in your best interest to do the right thing, because only then do you have the greatest chance of staying alive."

The Commissioner urged all road users to take responsibility for their actions, emphasising that safer roads begin with individual accountability.

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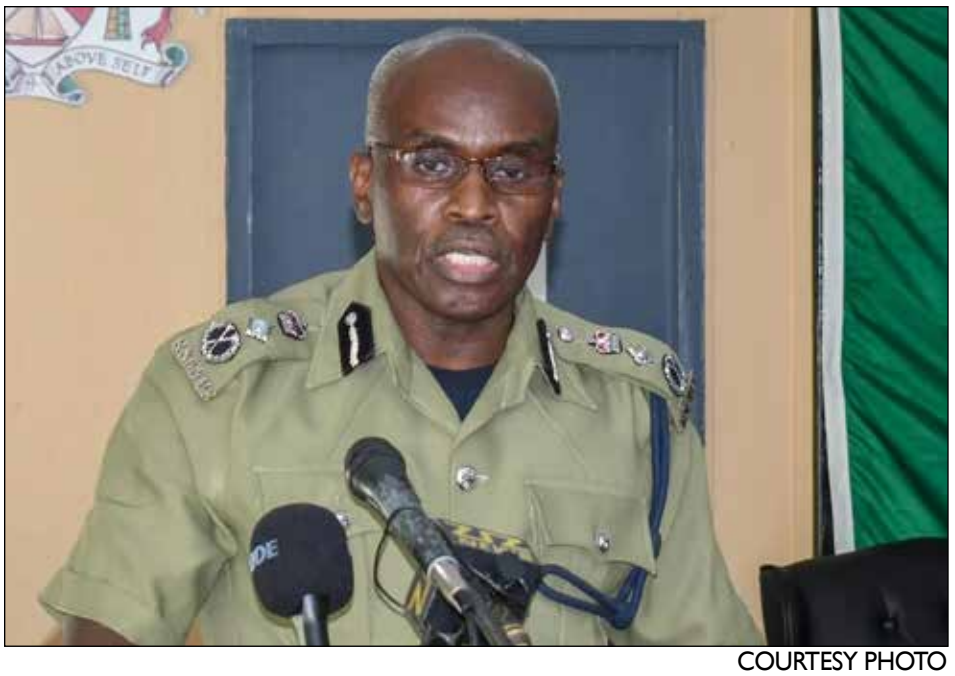

COURTESY PHOTO

Commissioner of Police James Sutton called for collective action to prevent further loss of life due to an increasing number of road fatalities in the Federation

Case Number :SKBHCV2021/0052

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

Submitted Date:01/04/2025 10:56
Filed Date:01/04/2025 10:56
Fees Paid:12.00

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

APPLICATION NO. SKBHCV 2023/0127

BETWEEN:

[1] THE BANK NEVIS LIMITED
(successor to the banking business of Royal Bank of Canada in St Kitts)

Applicant

and

[1] CATHERINE AGATHA WILSON
[2] RUBELETTE C. D. WILSON

Respondents

NOTICE OF SALE BY PUBLIC AUCTION

The Property described below will be offered for sale by the Registrar of the High Court, St Kitts Circuit by PUBLIC AUCTION at the High Court of Justice, Basseterre, St Kitts

on Thursday the 29th day of May 2025 at 2:00 o'clock in the afternoon.

DESCRIPTION OF PROPERTY: ALL THAT lot piece or parcel of land situate at New Road Housing Development in the Parish of St Peter and bounded and measuring as follows, that is to say:- On or towards the North by Lot No. 91A, 80.14 feet; On the East by Lot No. 90, 45.00 feet; On the South by Lot No. 89A, 80.14 feet and On the West by a Public Road, 45.00 feet and containing by admeasurement 3,606.00 square feet; all as the same is described in a Certificate of Title dated March 22, 2004 and registered in Book D3 Folio 154 of the Register of Titles of the Island of Saint Christopher.

SURVEY PLAN & SATELLITE MAP OF PROPERTY:

UPSET PRICE: The upset price for the above land shall be **EC$752,857.00**

GENERAL INFORMATION: The successful bidder: (1) must publicly declare on whose behalf he or she is bidding; (2) must pay at the time of sale a deposit of one fourth (25%) of his or her winning bid; and (3) must pay the balance within one month from the day of the public auction. The purchaser(s) shall be entitled, by law, to possession of the property after payment of the deposit. The purchaser(s) must pay Stamp Duty (statutorily 6% of the purchase price) and any Property Taxes accrued and unpaid at the time of the transfer of the property. It is recommended that the purchaser(s) instruct legal counsel to conclude the transfer process. Contact the Applicant/Mortgagee's Attorneys-at-Law, Kelsick, Wilkin and Ferdinand (869-465-2440 or law@kwfonline.com) or the High Court Registry (869-467-1102 registrysksn@gov.kn) for more details

Dated the 31st day of March 2025

EASTERN CARIBBEAN SUPREME COURT FIAT JUSTITIA HIGH COURT

REGISTRAR
OF THE HIGH COURT

EDITORIAL

A situation that the world could well have done without at this time

Wednesday, April 2, 2025, was called "liberation day" in the United States. The announcement came from the White House. It was the day that President Donald Trump announced a sweeping new set of reciprocal tariffs, arguing that they would allow the United States to succeed.

The White House released a list of roughly 100 countries and the tariff rates that the US would impose in kind. Saint Kitts and Nevis is among the countries that will face the base rate of 10%.

Our Prime Minister insists that we have a "strong case to make."

The significant trade imbalance between St. Kitts and Nevis and the United States, according to figures cited by the Prime Minister, illustrates the extent to which the US benefits from trade with the Federation.

"We know what is happening with these tariffs, but I would like to state categorically here that St. Kitts and Nevis has a deficit with the United States of America," Dr Drew stated.

Sourced from the Comptroller of Customs, the figures presented by the Prime Minister revealed that in 2024, St. Kitts and Nevis imported goods valued at EC$754,029,809 from the United States. In stark contrast, the nation only exported EC$23,901,046.15, resulting in a trade deficit of nearly three-quarters of a billion dollars.

Dr. Drew explained that "This means that the United States benefits much more from us. Unlike the issue that the United States has with other regions, our trade relationship is overwhelmingly positive for them."

"The United States benefits much more from trading with the Caribbean region than the Caribbean does with the United States. St. Kitts and Nevis has a strong case to make when it comes to tariffs. The evidence shows that we don't deserve these tariffs that can increase the cost of living for our people. Look at the deficits that we are running."

The Federation may indeed have a strong case, but what is unmistakable is that the global trading order has become extremely shaky; everyone will feel the squeeze. Markets are jittery and governments are facing great uncertainties. Given the debilitating effect of the Covid pandemic, this is a situation that the world could well have done without at this time.

St KITTS & NEVIS OBSERVER $2

The Federation's Politically Independent News Source

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COMMENTARY

If I live to see 35, it'll be a great accomplishment

Off the Beaten Path ...

Tommy Wells
Humour columnist

You'll have to excuse me if the writing is sloppy this afternoon. I'm in my safe place and, well, there isn't a lot of room once I'm in here. But it is cozy, warm and the mean folks in the world can't get to me. Anytime I need to feel safe, I crawl myself into this small corner and wait out whatever storm is brewing.

It's worked for me for years. I've ridden out storms, cold and heat waves, and even one of those preacher groups that go door-to-door. If you are a married man, or considering it, I highly suggest finding a space of all your own. At some point, you're going to need it, or be sleeping in it.

Which brings us to the storm that caused me to seek shelter: She-Who-Must-Not-Be-Made-Mad. And, I swear, it isn't really my fault … much.

This month, SWMNBMM and I will celebrate our 34th wedding anniversary. I know, you're wondering how I've done it. To be honest, I'm not sure. I just know SWMNBMM has watched the Lorena Bobbitt story on TV and, well, there are just some things a man ain't gonna do. Besides, when we met, she told me she was rich. I've already waited this long to see the money, I might as well hang around to see it.

Here's the thing, though. How can I be at fault for something the preacher said? I'm sure every married man on the planet will understand my dilemma. If the preacher tells you something, it must be true.

OK …so when the subject of anniversary was broached in our house for the 364th time since the last time we did 33, I simply told my bride she couldn't spend any money on all of the hoopla. She said I couldn't tell her what to do … which brings us to the crisis at hand.

"What do you mean, you don't have to do what I say?" I asked. "Correct me if I'm wrong, but when we got married the preacher said, 'Who gives this woman away?' and your father jumped up and said 'I do!'"

"I'm figuring that means you are mine, and that you have to mind me," I said.

Come on, guys! Don't leave a homie hanging. Didn't your father-in-law "give" your wife to you?

SWMNBMM was less than thrilled at my perspective of the "giving away" part of the ceremony. She even insisted that my brother, Bodeen, and I go play a round of golf the next day so she could have time to herself.

As Bodeen and I were beginning to play, he patted me on the back with sympathy.

"I can she your wife is kind of irritated with you," he said.

"Why would you say that?" I asked.

He pointed out that she hadn't said much earlier, and that my side of the bed hadn't been messed up. The doll hanging from the corner of the bed in effigy with "Tommy" written across it's chest in red fingernail polish was also a pretty good indication, he noted.

"That's entirely not true," I assured him. "In fact, I'll have you know I have SWMNBMM exactly where I want here."

He gave me a quizzical look.

I told her according to her wedding vows, she has to obey me,"

His eyes got big as saucers. "You didn't tell her that, did you?"

I assured him I did.

"Not only that, I think she agrees," I said proudly. "Last night, she came crawling to me on her hands and knees."

"SHE DID NOT!" he screamed.

"She did!" I said.

"She crawled right up to the edge of the bed, bent her head down and encouraged me to come out from under the bed so we could settle our dispute."

"What did you do?" Bodeen asked.

"I stayed under the bed! I would have come out but I had just found the perfect, most comfortable position." I retorted.

"You were scared," he said.

"You know I was," I said. "She's been watching those crime shows too much for me to go and mess with that."

Tommy Wells is a humour columnist living on the edge of the desert in West Texas. Everything in this column is true, except for the parts that are fabricated, made up or are just plain lies.

Brantley: Nigeria visit enabled us to showcase investment opportunities

By Loshaun Dixon
St. Kitts-Nevis Observer

Premier of Nevis Mark Brantley has described his recent visit to Nigeria as a significant step towards fostering deeper economic and cultural ties between Africa and the Caribbean, particularly for St. Kitts and Nevis. Brantley was part of a high-level delegation, led by Prime Minister Dr Terrance Drew, which attended the inaugural Afri-Caribbean summit in Abuja.

"The idea was for us to showcase what investment opportunities there are in Nevis and St. Kitts and also to engage with Africa in a more meaningful way," Brantley explained. "Nigeria is the most populous country in Africa, with over 250 million people, and there is a tremendous amount of wealth there."

Brantley underscored the popularity of the St. Kitts and Nevis Citizenship by Investment (CBI) Programme among Nigerians, noting that several attendees at investment engagements in Abuja were already citizens through the programme. "We are not an unknown quantity there, and I think it was a very useful trip," he said.

The Premier reaffirmed his long-standing advocacy for greater engagement with Africa, emphasising the importance of building diplomatic ties and visa waiver agreements to enhance the federation's global reach. "Every country that we add in terms of visa waiver or visa upon arrival strengthens our passport. It gives our passport greater appeal," Brantley noted. He expressed hope that with the Prime Minister's proactive engagement with Africa, visa waiver discussions would regain priority within the foreign ministry.

Brantley highlighted the importance of direct flights between Africa and the Caribbean, revealing that the delegation flew directly from Basseterre to Abuja in just eight hours. "Had we been going to Senegal or Liberia, we could have been there within five and a half to six hours,"

See VISIT on Page 13 *

COURTESY PHOTO

Premier of Nevis Mark Brantley delivers his address at the Afri-Caribbean Investment Summit in Abuja, Nigeria.

SAINT CHRISTOPHER CIRCUIT

TITLE BY REGISTRATION ACT, CAP. 10.19

A.D. 2025

LAND REGISTRY ST CHRISTOPHER / NEVIS MAR 24 2025 10:56 am

Suit No. SKBHCV2025/0021

IN THE MATTER of Section 144 of the Title by Registration Act, Cap 10.19 of the 2009 Revised Edition of the Laws of St. Christopher and Nevis

And

IN THE MATTER of the Certificate of Title registered in Register of Condominiums as **Book 25 Folio 24** in the name of **BORAN ZHANG**

NOTICE OF REPLACEMENT OF LOST CERTIFICATE OF TITLE

It is hereby notified that an application has been made to the Registrar of Titles in Chambers for an Order for the issue of a new Certificate of Title in lieu of the following Certificate of Title on the basis that the said original Certificate of Title has been irrecoverably lost, namely a lost Certificate of Title dated the 21st day of February 2013 and registered in **Book 25 Folio 24** of the Register of Condominiums for St. Christopher Circuit, in relation to Condominium Unit 6 of M Building of Silver Reef 2 Development described in Certificate of Title registered in Book I3 Folio 602 of the Register of Titles for the Island of St. Christopher and contained in the Declaration of Silver Reef 2 Development registered as Number25 in the Condominium Corporation Index on the 23rd day of November 2011 together with an undivided interest in the Condominium Area appurtenant thereto subject to the provisions of the said Declaration and subject to the Condominium Act, Cap. 10.03

Any person knowing the whereabouts of or having any information concerning the said Duplicate Certificate of Title which may lead to its recovery is requested to notify the Registrar of Titles at the Land Registry Department, Independence House, North Independence Square, Basseterre, St. Kitts or Shawna Lake, Solicitor of Suite 200, Bayview Commercial Complex, Frigate Bay, St. Kitts.

Dated the 24th day of March 2025

.....
Shawna Lake
Attorney at Law

Case Number :SKBHPB2025/0038

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

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OFJUSTICE
ISLAND OF SAINT CHRISTOPHER
A. D. 2025
(PROBATE)

Submitted Date:01/04/2025 14:50
Filed Date:01/04/2025 14:52
Fees Paid:52.00

Claim No. SKBHPB2025/0038

In the Estate of **CHARLES WALTERS** of North Independence Square Street, Basseterre, St. Kitts, deceased

NOTICE OF APPLICATION FOR GRANT

TAKE NOTICE than an application has been filed by **LLOYD WALTERS** a citizen of the Federation of Saint Christopher (St. Kitts) and Nevis, of North Independence Square Street, Basseterre in the Island of Saint Christopher in the Federation of Saint Christopher and Nevis, for a Grant of Letters of Administration to the Applicant who is one of the children of the deceased, the deceased having died intestate on the 29th day of November 2005.

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

Dated this 1st day of April 2025.

Filed by: **PATRICIA DUBLIN-LEWIS** of **DUBLIN & O'BRIEN LAW FIRM**, Attorneys-at-Law, whose address for service is Suite C18 The Sands, Bay Road, Basseterre, St. Kitts.

FIRST PUBLICATION

St. Kitts misses out on $$M by not bidding to host T20 World Cup Games

By Loshaun Dixon
St. Kitts-Nevis Observer

As the dust settles on the highly successful ICC Men's T20 World Cup 2024, Cricket West Indies (CWI) President, Dr. Kishore Shallow, has highlighted the tournament's immense economic impact on the region. However, for St. Kitts, the tournament serves as a stark reminder of a missed opportunity that could have injected millions into the local economy.

According to an independent economic impact assessment conducted by the International Cricket Council (ICC) and Nelson Sports, the tournament generated an astonishing US$1.66 billion across the host nations, significantly benefiting businesses, workers, and communities. Barbados emerged as the biggest winner, generating an estimated US$426.4 million, while St. Vincent and the Grenadines recorded a staggering US$224.8 million. St. Lucia followed with US$132.5 million, and Antigua and Barbuda, Guyana, and Trinidad & Tobago also recorded substantial economic boosts.

COURTESY PHOTO

The T20 World Cup not only brought immediate financial rewards, but also planted seeds for future tourism growth.

Despite the Caribbean's well-documented dependence on tourism and the need for economic diversification, St. Kitts was notably absent from the list of host nations. This decision left the island unable to capitalise on the influx of international visitors, spending on accommodation, food, and other key sectors that benefitted participating territories. The report indicated that accommodation spending alone contributed US$174.3 million to the region, while food and beverage sales reached US $116.1 million. Retail and tourism spending added another US $133.7 million.

Dr. Shallow described the tournament as a 'transformative moment' for the region, reinforcing the Caribbean's status as a premier global destination for cricket. He emphasised the importance of sports tourism as an economic

See CUP on Page 15 *

THE EASTERN CARIBBEAN SUPREME COURT
FEDERATION OF ST. CHRISTOPHER AND NEVIS
IN THE HIGH COURT OF JUSTICE
NEVIS CIRCUIT
A.D. 2025

NEVHPB2025/0020

In the Estate of PAULINE BRISTER also known as PAULINE HENDRICKSON also known as PEARLINE WALLACE, and PAULINE AGATHA WALLACE, late of Beaumont Village, St. John Parish, Nevis, deceased.

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE that an application has been filed by **VIOLA MORTON nee HENDRICKSON** of Cox Village, in the Parish of St. John in the island of Nevis, presently residing at 8248 Plantation Manor, Condominium Papaya Building #49, St. Thomas, VI 0080 for Grant of **Letters of Administration** to the Applicant the lawful Sister of the deceased having died intestate on the 10th May, 2023 at Charlestown, St. Paul Parish, Nevis.

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

Dated this 24th day of March, 2025.

Cleone Stapleton-Simmonds JP
Attorney-at-Law & Notary Public

Filed by: Cleone Stapleton-Simmonds of CTS-Simmonds Legal Chambers, Attorney-at-Law & Notary Public. Address for service is Colin Parris Building, Suite 3, Lower Government Road, P.O. Box 1130, Charlestown in the island of Nevis.

Training programme for innovative 'Regional E-Agriculture' project ends

The 12-week intensive training programme in Drone Mapping and Geospatial Analysis tools under the "Regional E-Agriculture" project concluded on Thursday, April 3. The initiative was aimed modernising the federation's agricultural sector through digital innovations and technological training.

Participants gained hands-on experience in drone flight operations, data collection, mapping techniques, and the integration of drone technology into modern farming practices. The training was facilitated by Dr. Kim Baldwin, Founder & Director of Marine Spatial Information Solutions (MarSIS), who is recognised for her expertise in geospatial applications. Dr. Baldwin led the transformative Food and Agriculture Organization of the United Nations (FAO) project in collaboration with the St. Kitts and Nevis Ministry of Agriculture and Marine Resources.

A key outcome of the project included the development of a commercial Unmanned Aerial Systems (UAS) Policy and a Standard Operating Procedures Manual. Additionally, training was provided to operationalise a UAS drone unit and support team members in planning and developing national monitoring strategies.

Acting Director at the Department of Agriculture, Yushaner Jeffers, highlighted the significance of the initiative, emphasising its alignment with the government's commitment to sustainable agricultural development. The integration of innovative technologies is expected to improve food security and environmental management. The training also included participation from staff of the Department of Agriculture (DOA) in Nevis, the Department of Physical Planning, and the National Emergency Management Agency (NEMA).

By embracing digital innovation, the DOA and FAO aim to equip local farmers, agribusiness professionals, and agricultural stakeholders with the knowledge and tools needed to enhance productivity and sustainability. As the "Regional E-Agriculture" project progresses, it is expected to foster a more resilient and technologically advanced agricultural community, positioning St. Kitts and Nevis at the forefront of digital agricultural transformation in the Caribbean.

NDMD urges residents to prepare for heat, flood risks

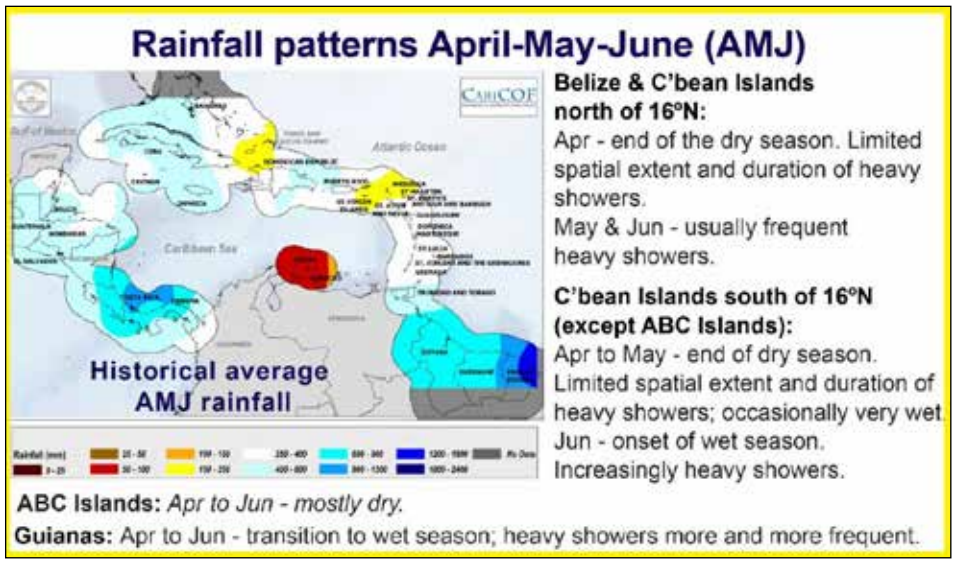
The Nevis Disaster Management Department (NDMD) is encouraging the public to stay alert and take early action as the latest climate forecast from the Caribbean Climate Outlook Forum (CariCOF) points to a hot and wet season ahead from April to June 2025.

According to the forecast, extreme heat and heavy rains are expected to affect many parts of the Caribbean, including Nevis. While this year may not be as intense as 2023 and 2024, the risks remain high.

What to Expect This Season:

• Heatwaves Starting Early: With unusually warm ocean waters and ENSO-neutral conditions, heatwaves could begin as early as April, bringing hot and humid days.

• High Flood Risk: As rains increase into May and June, especially in the Greater and Lesser Antilles, there is a greater chance of flooding and flash floods.



• Drought and Fire Risk in April: Before the rains arrive, short dry spells and high evaporation could lead to wildfires, especially in dry areas.

• Saharan Dust Episodes: Dust from the Sahara may cause more dryness, haze, and heat, affecting air quality and possibly disrupting weather patterns.

How This Affects Nevis:

Heavy rains could cause flooding in low-lying and coastal areas, while high temperatures may impact health, especially for children, the elderly, and outdoor workers.

"We urge everyone to prepare now—clean drains, store water, and check in on vulnerable family members," said Jack Ngumbah, Deputy Director, NDMD.

NDMD Is Taking Action:

• Sharing updates through the Multi-Hazards Awareness Calendar

• Working with schools and communities

• Monitoring flood zones and shelters

• Coordinating with regional weather services

What You Can Do:

• Prepare your emergency kit

• Stay updated with NDMD bulletins

• Avoid outdoor activity during extreme heat

• Clear gutters and drains to reduce flooding

COURTESY PHOTO

A farmer selling his produce to a consumer at last year's Agri Easter Night Market.

Agri-Easter Night Market slated for April 16 in St. Kitts

The Ministry of Agriculture, Fisheries, and Marine Resources in St. Kitts will host an Agri-Easter Night Market on 16 April 2025 at the Basseterre Public Market.

Aimed at promoting healthier food choices and supporting local agri-businesses, the event will showcase fresh, locally grown, and organic produce. It will provide a vibrant space for vendors, small businesses, and consumers to connect, fostering both community engagement and economic growth.

The Night Market will feature local cuisine, artisans, and family-friendly competitions, with live entertainment by DJ Sugar Bowl. Organised in collaboration with the Ministry of Small Business and Entrepreneurship, the event offers vendors and small businesses a structured platform to highlight their homegrown products.

Vendors interested in participating must register at the Public Market for a nominal fee of EC$10.00. The registration deadline is 12 April.

IN THE EASTERN CARIBBEAN SUPREME COURT
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
NEVIS CIRCUIT
A.D. 2025
(PROBATE)
NEVHPB2025/

IN THE MATTER OF THE ADMINISTRATION OF SMALL ESTATES ACT 5.02

IN THE MATTER OF THE ESTATE OF LYNDA SUZANNE YOUNG late of 54 SKYLINE DRIVE, ORILLIA ONTARIO L3V 3V9, CANADA BUT WHO RESIDED AT SPRING HILL ESTATE, NEVIS, DECEASED

AND

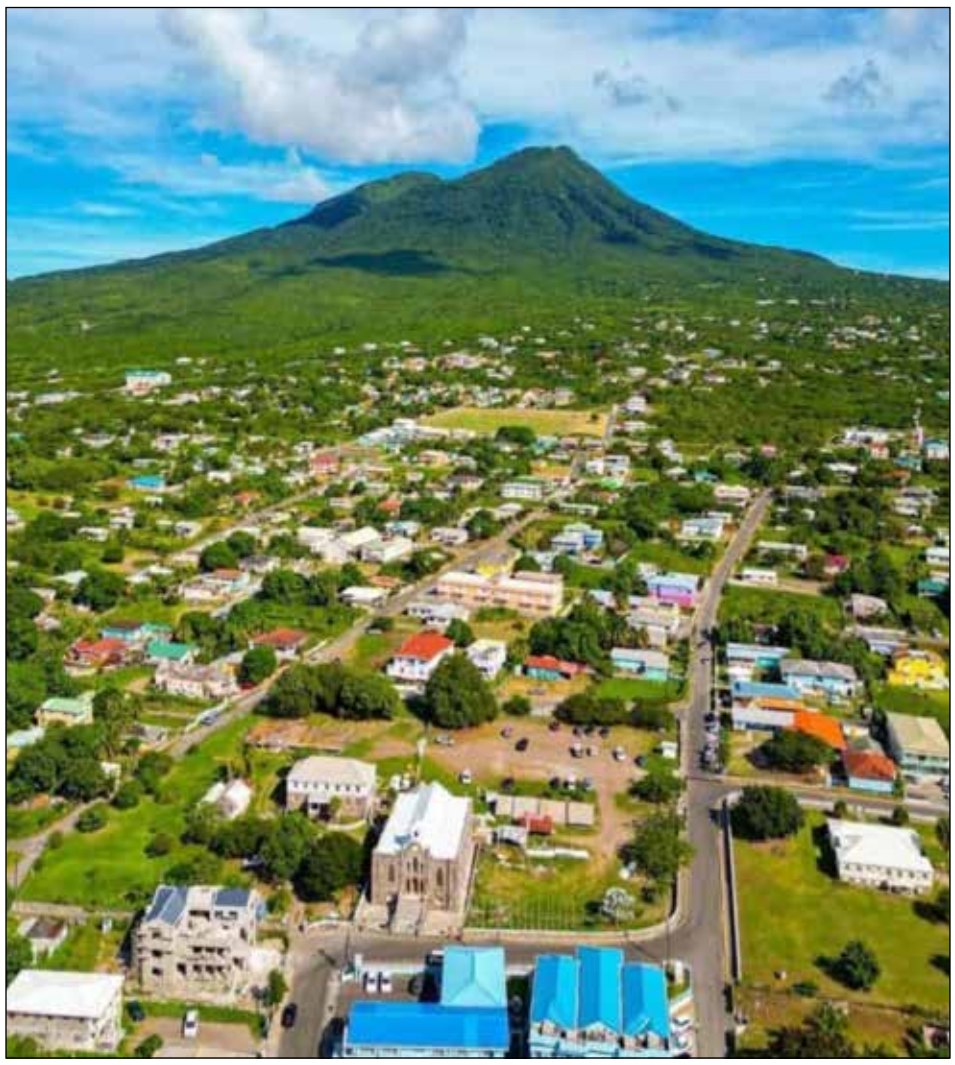
IN THE MATTER OF THE PROBATES (RESEALING) ACT CHAPTER 5.11

ADVERTISEMENT (RESEALING)

NOTICE is given that after the expiration of 8 days application will be made to the Registrar of the Supreme Court for the resealing of the Grant of Probate of **LYNDA SUZANNE YOUNG**, late of 54 Skyline Drive, Orillia Ontario, L3V 3V9, Canada but who resided at Spring Hill Estate in the Island of Nevis granted by the Superior Court of Justice, Ontario, Canada on the 21st day of May 2024.

Signed:

Adrian S. Daniel
Attorney-at-Law
DANIEL BRANTLEY
Juris Building, Main Street,
Charlestown, Nevis
Tel No. 1869-469-5259
Fax No. 1869-469-1162
Email: adrian.daniel@danielbrantley.com



COURTESY PHOTO

With recognition from high-profile international publications, Nevis is positioning itself as a premier destination for investment and innovation.

'Nevis is open for business'

Nevis receives global acclaim as 'the little island that can'

Nevis is attracting international attention for its thriving economy, business-friendly environment, streamlined processes, and favourable policies. Premier Mark Brantley, Minister of Foreign Investment in the Nevis Island Administration (NIA), expressed his enthusiasm during a press conference on 31 March, stating that the island is being recognised for its efforts and has earned the reputation of "the little island that can."

> ***'The real world is looking at Nevis and marvelling at what we are doing.'***
>
> **Mark Brantley**
> **Premier of Nevis**

Business Matters, the UK's leading business magazine, recently published an article titled "Nevis is Open for Business," highlighting the island's flourishing economy and attractive investment climate. The article noted that entrepreneurs benefit from fast business setups and opportunities across key sectors such as tourism, agriculture, financial services, real estate, and renewable energy.

Additionally, LA Weekly, the most widely read alternative weekly publication in the United States, featured Nevis in an article titled "Nevis: Renewable Energy Potential Attracts Major Foreign Interest." The piece underscored the island's accommodating government and the need for further investment to unlock its full renewable energy potential.

Premier Brantley acknowledged that while there are skeptics at home, the majority of right-thinking individuals recognise the remarkable progress Nevis is making. He emphasised the potential impact of global attention on investment, stating that such international recognition will help attract investors from around the world.

Brantley also highlighted recent interactions with high-net-worth individuals visiting Nevis, noting their positive impressions and enthusiasm for the island's opportunities. "The real world is looking at Nevis and marvelling at what we are doing," he remarked.

With recognition from high-profile international publications, Nevis is positioning itself as a premier destination for investment and innovation, demonstrating a forward-thinking approach and commitment to sustainable economic growth.

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

Case Number :SKBHPB2025/0042

Submitted Date:31/03/2025 13:46

Filed Date:31/03/2025 13:46

Fees Paid:12.00

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
A. D. 2025
(PROBATE)
Claim No. SKBHPB

In the Estate of **MALCHUS IRVIN RICHARD BONCAMPER also known as IRVIN RICHARD BONCAMPER also known as MALCHUS IRVIN BONCAMPER also known as IRVIN BONCAMPER** late of Ottleys, in the Parish of St. Mary, St. Kitts, deceased

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE than an application has been filed by **MARCELLE IDITHA BONCAMPER also known as IDITHA BONCAMPER also known as IDETHA BONCAMPER** of Bird Rock Extension, St. George, St. Kitts, for a Grant of Letters of Administration to the applicant who is the wife of the deceased, the deceased having died intestate on the 12th day of March 2024.

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

Dated this 31st day of March, 2025.

Filed by: DUBLIN & O'BRIEN LAW FIRM, Attorneys-at-Law, whose address for service is Suite C18 The Sands, Bay Road, Basseterre, St. Kitts.

FIRST PUBLICATION

■ Public Notice

LIQUOR LICENCES ORDINANCE, 1906

SCHEDULE A

To the Magistrate District "C"

To the Superintendent of Police.

I, Dulcina Community Partners LTD

Now residing in c/o Four Seasons Resort Street in the town or

Village of Pinneys Beach do hereby give you notice

That it is my intention to apply on 25th

Day of April, 2025 next to the District Magistrate

At Charlestown for a Wholesale Liquor Licence in respect of my

Premises in FS Gift Shop Street in Pinneys Beach

Dated this 25th day of March 2025

Signed:

COURTESY PHOTO

The Youth Protection Seminar brought together policymakers, justice system actors, and youth development specialists from across Latin America and the Caribbean.

SKN officials attend Youth Protection Seminar in Colombia

Senior government officials from St Kitts and Nevis recently participated in a high-level Youth Protection Seminar hosted by the European Union's EL PACCTO 2.0 Programme in Bogotá, Colombia. The event, held from March 25-27, 2025, brought together policymakers, justice system actors, and youth development specialists from across Latin America and the Caribbean.

The Federation's delegation included Acting Permanent Secretary Nerissa Williams and Permanent Secretary Azilla N. Clarke, whose participation emphasized the government's commitment to strengthening protection systems for children and young people, particularly those vulnerable to organised crime and social risks.

The three-day seminar focused on justice sector reforms and social development policies, aligning with international human rights obligations such as Sustainable Development Goals (SDGs) 16 and 5. Discussions covered a range of critical topics, including the gendered impact of organised crime on adolescents, restorative justice, juvenile diversion programmes, and multi-tiered prevention strategies.

Particularly relevant to the St Kitts and Nevis delegation were sessions on restorative juvenile justice practices, community-based prevention models, and the role of public policy in promoting youth resilience. These discussions provided valuable insights into best practices that could be adapted to local initiatives aimed at enhancing social justice, expanding restorative mechanisms, and reducing risks for children and youth who come into contact with the law.

The government of St Kitts and Nevis expressed gratitude to the European Union, EL PACCTO 2.0 Programme, and the Government of Colombia for facilitating the important exchange. The delegation has pledged to incorporate the lessons learned into national strategies to create a safer, more inclusive environment for the nation's youth.

Case Number :SKBHPB2025/0035

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

Submitted Date:21/03/2025 10:09
Filed Date:21/03/2025 10:10
Fees Paid:52.00

IN THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
A. D. 2025
(PROBATE)

SKBHPB2025/0035

In the matter of the Application of **DON STEVENS ARNOUX** the legal Guardian of **HYACINTH LOUVINA WILLIAMS** a person of unsound mind, for the issue of a Grant of Letters of Administration in the Estate of **LEROY O'REILLY WILIAMS,** late of 1289 Union St. Apt 2B Brooklyn New York 11225-1650**,** deceased

And

In the Matter of Rule 13 of the Eastern Caribbean Supreme Court (Non-Contentious Probate and Administration of Estates) Rules

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE that an application has been filed by **DON STEVENS ARNOUX** of 76 Darin Rd, Warwick, New York 10990, United States of America the appointed Guardian of Hyacinth Louise Williams, (a person of unsound mind) the sister and next of kin of the deceased, for a Grant of Letters of Administration to the applicant, who is the nephew of the deceased, the deceased having died intestate in Brooklyn, New York, on the 14th day of May, 2020.

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

Dated this 21st day of March, 2025.

Filed by Derriann P. Charles of **CHARLES AND ASSOCIATES**, Attorneys-at Law whose address for service is**: Unit C 20 Sands Complex, Bay Road, Basseterre, St. Kitts**

[SECOND PUBLICATION]

THE EASTERN CARIBBEAN SUPREME COURT
FEDERATION OF ST. CHRISTOPHER AND NEVIS
ST. CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

Probate No. SKBHPB 2025/

In the Estate of **ENA ROSEANNA ARIMINTER MILLS,** deceased, Late of Heartlands Nursing Home, 50 Broadstone Road, Birmingham B26 2BN, United Kingdom.

ADVERTISEMENT OF APPLICATION TO RESEAL GRANT OF PROBATE

NOTICE is given that after the expiration of 8 days, application will be made to the Registrar of the Supreme Court for the resealing of the Grant of Probate of **ENA ROSEANNA ARIMINTER MILLS**, deceased, late of Heartlands Nursing Home, 50 Broadstone Road, Birmingham B26 2BN, United Kingdom, granted by the High Court of Justice of England and Wales, Principal Registry of the Family Division, HMCTS Probate, P. O. Box 12625 Harlow, CM20 9QE, United Kingdom on the 24th day of January 2024.

Dated this 27th day of March 2025.

Talibah V. O. Byron
Attorney-at-law for Applicant Vincent Mills
BYRON & BYRON
O'Loughlin House
Fort and Central Streets
Basseterre
St. Kitts and Nevis.
Tel: 869-465-2055.
Email: Talibah.Byron@byronlawchambers.com

1

RSS security chiefs hold meeting in St. Kitts & Nevis

The Chiefs of law enforcement and military forces across the Regional Security System (RSS) Member States met at the St. Kitts Marriott Resort & Royal Beach Casino, signalling the start of a two-day discussion on security matters affecting the region.

In welcoming the delegation to the island, Commissioner of the Royal Saint Christopher and Nevis Police Force, James Sutton, highlighted the progress and accomplishments collectively made by the Members of the RSS and the endeavour to maintain the stability of their individual countries. He lauded his counterparts' proficiency in safeguarding their nations from nefarious and illicit activities, while issuing a call for targetted attention in preparation for natural disasters.

"As security leaders we must remain vigilant and proactive ensuring that our nations are not only protected from immediate threats such as transnational organised crime, drug trafficking, firearm trafficking and cyber vulnerabilities, but also to prepare for the broader geopolitical and economic shifts that could affect our region's stability. We must turn our attention to the realities of our environment. The Caribbean is experiencing a notable increase in tectonic activity, evidenced by the heightened frequency of earthquakes spanning our archipelago. This is a stark reminder that disaster preparedness is a core pillar of our national security," Commissioner Sutton stated.

He further urged the Security Chiefs to implement relevant and effective strategies to protect their citizenry from the possible impacts of any unforeseen events.

"Our national security agencies must ensure that emergency response plans, emergency communication systems and rescue protocols are sound, up to date and ready to be executed at a moment's notice by core officers and all other relevant agencies. A secure region is one that is protected from human threats and is also resilient in the face of nature's unpredictability," he asserted.

During the deliberations, other RSS officials delivered presentations on various aspects of the region's security and provided pertinent updates on ongoing and upcoming projects and programmes.

COURTESY PHOTO

The Chiefs of law enforcement and military forces across the Regional Security System (RSS) Member States met at the St. Kitts Marriott Resort & Royal Beach Casino.

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

Case Number :SKBHPB2025/0040

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
A. D. 2025
(PROBATE)
Claim No. SKBHPB

Submitted Date:25/03/2025 12:59
Filed Date:25/03/2025 12:59
Fees Paid:12.00

In the Estate of **CYRIL KEITHLY ADAMS also known as CYRIL KEITHLEY ADAMS** late of Valley View, Milliken, in the Parish of St. Peters, St. Kitts, deceased

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE than an application has been filed by **SHERON PATRICIA ADAMS** of Valley View, Milliken, St. Peters, St. Kitts, for a Grant of Letters of Administration to the applicant who is the wife of the deceased, the deceased having died intestate on the 1st day of March 2025.

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

Dated this 25th day of March, 2025.

Filed by: Dublin & O'Brien Law Firm
DUBLIN & O'BRIEN LAW FIRM, Attorneys-at-Law, whose address for service is Suite C18 The Sands, Bay Road, Basseterre, St. Kitts.

SECOND PUBLICATION

REGISTRAR'S OFFICE
Filed / Lodged
MAR 24 2025
03:12pm
ST. CHRISTOPHER

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

SKBHCV2013/0297

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED
- Applicant

and

JULIAN GABRIEL
-Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at the Charles Amory Building, Fortlands, Basseterre, St Kitts, on the 24th day of **April 2025** at 3:00 o'clock in the afternoon.

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

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

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

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

DESCRIPTION OF PROPERTY

ALL THAT lot piece or parcel of land known as Lot No. 12 of St. Peter's Place Housing Development, situate in the Parish of Saint Peter in the Island of Saint Christopher bounded and measuring as follows, that is to say:- On or towards the North-East by Lot No. 13, 95.15 feet; On or towards the South-East by a Development Road, 60.28 feet; On or towards the South-West by Lot No. 11, 88.25 feet; and On or towards the North-West by Lot No. 5, 60.03 feet and containing by admeasurement 5,498.00 square feet, all as the same is described in a Certificate of Title dated the **2nd day of February, 2009** and registered in **Book I3 Folio 56** of the Register of Titles of the Saint Christopher Circuit in favour of **JULIAN GABRIEL** of Lower Monkey Hill, St. Peters, in the Island of Saint Christopher as registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be **EC$429,165.00**

Dated the 21st day of March 2025

Registrar of the Supreme Court

EASTERN CARIBBEAN SUPREME COURT
FIAT JUSTITIA
HIGH COURT

Experts meet in Guyana to drive regional action

Increasing security concerns across the Caribbean set the stage for an experts' meeting in Guyana on the Women, Peace, and Security (WPS) agenda. Bringing together regional stakeholders and international specialists, the meeting focused on developing National and Regional Action Plans that will strengthen institutional responses, address gender-based violence, and enhance women's role in peace and security efforts.

The hybrid two-day convening was hosted by the British High Commission in partnership with UN Women and Our Secure Future, and brought together key stakeholders from Guyana, Trinidad and Tobago, and Barbados to drive the implementation of a Regional WPS Approach in the Caribbean and National Action Plans (NAP) for each country.

A WPS NAP is a country's strategic framework to implement the United Nations Security Council Resolution 1325, which advocates for the protection and inclusion of women in peace and security efforts. Each NAP is tailored to address specific security challenges within a country, ensuring that women and girls are integral to conflict prevention, crisis response, and recovery processes. At both national and regional levels, WPS action plans provide structured interventions to combat violence, strengthen institutional frameworks, and enhance community resilience.

A WPS NAP for Guyana and other Caribbean nations presents a strategic opportunity to address key security issues facing women and vulnerable groups in the country. By identifying gaps in policy and institutional responses, the NAP can serve as a roadmap for building safer communities. In the region, Trinidad and Tobago has already adopted a WPS NAP, which took three years to develop and involved extensive stakeholder engagement.

H.E. UK Jane Miller British High Commissioner in Georgetown, said: "An important part of the WPS agenda is thinking about the issues we have in our countries and how the agenda can help us. WPS is not talking about women as victims or vulnerable, even though sometimes they are, but women as being part of the solutions. How can women be brought to the centre of conversations? It took Trinidad and Tobago just about three years to launch their NAP and that sounds about right because effective consultation takes time."

Sahana Dharmapuri, Vice President of Our Secure Future spoke on the need for strategic partnerships and a regional approach saying: "We want to do things regionally because it goes back to the principle that if we work together, we can accomplish great things. The discussion today is building on that—fostering regional sharing, ideas, and coordination—which is unique. We do not often get the opportunity to share across countries in the Women, Peace, and Security (WPS) agenda. Capturing what women are saying and sharing it with the global community highlights its global importance."

Key government representatives from Gender and Child Affairs, Office of the Prime Minister, Trinidad and Tobago were on hand to share an overview of their experience and the rationale for launching the action plan. Kurt Meyer, Permanent Secretary in the Office of the Prime Minister said: "While we know that everyone is affected by insecurity, women, girls, men and boys often experience insecurity and violence differently. The WPS agenda is critical for achieving sustainable peace. Research indicates that peace agreements are 35% more likely to last at least 15 years when women participate in negotiations. By ensuring women's inclusion and protection, WPS strengthens societies, promotes human rights, and contributes to long-term stability and security."

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

IN THE HIGH COURT OF JUSTICE

REGISTRAR'S OFFICE Filed / Lodged FEB 26 2025 11:05 AM ST. CHRISTOPHER & NEVIS

SKBHCV2014/0187

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED
- Applicant

and

LENROY MILLS-CONNOR
-Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at the Charles Amory Building, Fortlands, Basseterre, St Kitts, on the 24th day of April, **2025** at 2:00 o'clock in the afternoon.

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

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

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

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

DESCRIPTION OF PROPERTY

ALL THAT lot portion of land situate at Newton Ground being a dismemberment of Cranstoun Estate in the Parish of Saint Paul in the Island of Saint Christopher bounded and measuring as follows, that is to say:- On or towards the North-West by Cranstoun Estate, 50.83 feet; On the North-East by Milkay Knight, 111.24 feet; On the South-East by a Proposed Road, 49.54 feet and On the South-West by an Estate Road, 114.67 feet and containing by admeasurement 5,662.54 square feet, all as the same is described in a Certificate of Title dated the **3rd day of October, 1996** and registered in **Book V2 Folio 330** of the Register of Titles of the Saint Christopher Circuit in favour of **LENROY MILLS-CONNOR** of Newton Ground Village, in the Island of Saint Christopher as registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be **EC$386,003.03**

Dated the 5th day of March 2025

Registrar of the Supreme Court

EASTERN CARIBBEAN SUPREME COURT FIAT JUSTITIA HIGH COURT

Case Number :SKBHPB2025/0041

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

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
A. D. 2025
(PROBATE)

Submitted Date:27/03/2025 13:24
Filed Date:27/03/2025 13:24
Fees Paid:12.00

In the Estate of **VERONICA SYLVIA DELAUBANQUE** late of #148-164 Estate Tutu, St. Thomas, United States Virgin Islands, 00802, deceased

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE than an application has been filed by **YVETTE DELAUBANQUE** of #75 Ruby, Christiansted, St. Croix, United States Virgin Islands, 00820, for a Grant of Probate of the Will of the above named deceased, **VERONICA SYLVIA DELAUBANQUE,** who died on the 5th day of January, 2019 without revoking a will bearing the date of the 14th day of June, 2016 wherein the applicant is named as the Sole Executrix.

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

Dated this 26th day of March, 2025.

Filed by: DUBLIN & O'BRIEN LAW FIRM, Attorneys-at-Law, whose address for service is Suite C18 The Sands, Bay Road, Basseterre, St. Kitts.

SECOND PUBLICATION

Sports

22 selected for Team Unstoppable SKN for Carifta 52

SKN Athletics proudly announces the selection of 22 outstanding young athletes who will represent St. Kitts and Nevis at the 52nd edition of the Carifta Games, set to take place in Trinidad and Tobago from April 19–21, 2025.

The Carifta Games, renowned for showcasing the region's best track and field talent, will provide these athletes with an opportunity to compete against the Caribbean's elite while flying the nation's flag high. This year's team, dubbed "Team Unstoppable SKN," embodies the dedication, discipline, and determination needed to excel on the regional stage.

SKN Athletics extends heartfelt congratulations to all selected athletes and expresses its unwavering support as they prepare for this prestigious competition. President Delaney commended the athletes for their hard work and commitment, encouraging them to remain focused and give their best efforts during the Games.

"This year, 22 athletes have met the rigorous qualifying standards set by SKN Athletics," President Delaney stated. "Their selection is a testament to their hard work, resilience, and passion for the sport. We encourage them to continue pushing their limits, knowing that the entire Federation of St. Kitts and Nevis stands behind them. We wish them great success as they represent our nation with pride."

These talented young athletes will compete in various track and field events, showcasing their skills in sprints, middle-distance races, jumps, throws, and relays. The team has been training rigorously under the guidance of dedicated coaches and mentors, ensuring they are well-prepared for the intense competition ahead.

SKN Athletics thanks the coaches, parents, supporters, and sponsors who continue to invest in the growth and success of these young athletes. As Team Unstoppable SKN embarks on this journey, the nation is encouraged to rally behind them, offering motivation and support every step of the way.

For updates and highlights on Team Unstoppable SKN's performance at the Carifta Games 2025, follow SKN Athletics on social media and stay tuned for official announcements.

Team Unstoppable selections

The 22 athletes selected for Team Unstoppable SKN include:

- Kezia Phillip - Gingerland Secondary School
- De'cheynelle Thomas - Saddlers Secondary School
- Ta-Junique Huggins - Basseterre High School
- Kalijah Caines - Charles E. Mills Secondary School
- J'Zhavier Amory - Clarence Fitzroy Bryant College
- Jasono Henderson - Charles E. Mills Secondary School
- Kaiem Liburd - Verchilds High School
- Kymarni Newton - Charlestown Secondary School
- Abijah Nemdhari - Charlestown Secondary School
- Israel Seaton - Charles E. Mills Secondary School
- Jaeden Paul - Charles E. Mills Secondary School
- Josiah Matthew - Charlestown Secondary School
- Najeeb Kelly - Charlestown Secondary School
- Stephan Balson
- Jermahd Huggins
- Tejuan Webbe - Charles E. Mills Secondary School
- Yudel Wisdom - Clarence Fitzroy Bryant College
- Jaylen Bennett – Phillips Exeter Academy
- Jaheem Clarke - Charles E. Mills Secondary School
- Akanye Samuel-Francis - Basseterre High School
- Keyonjay Richards - Charles E. Mills Secondary School
- Kialan Morton - Clarence Fitzroy Bryant College

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

REGISTRAR'S OFFICE MAR 20 2025 @ 3.18 pm ST. CHRISTOPHER

IN THE HIGH COURT OF JUSTICE

SKBHCV2005/0184

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED
- Applicant

and

JOSEPH DESOUZA
-Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at the Charles Amory Building, Fortlands, Basseterre, St Kitts, on the 24th day of April **2025** at 2:30 o'clock in the afternoon.

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

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

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

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

DESCRIPTION OF PROPERTY

ALL THAT lot piece or parcel of land with building thereon known as Lot No. 4 of Sandy Point Extension in the Parish of Saint Anne in Island of Saint Christopher and bounded and measuring as follows, that is to say:- On or towards the North-East by lands of T. D. C. and Da Silva, 50.00 feet; On or towards the South-East by Lot No. 5, 80.00 feet; On or towards the South-West by a Public Road, 50.00 feet; and On or towards the North-West by Lot No. 3, 80.00 feet and containing by admeasurement 4,000 square feet, all as the same is described in a Certificate of Title dated the **31st day of January 1996** and registered **in Book V2 Folio 30** of the Register of Titles of the Saint Christopher Circuit in favour of **JOSEPH DESOUZA** of Fahie Street, Sandy Point in the Island of Saint Christopher now residing at Blowing Point in the Island of Anguilla as registered proprietor thereof.

UPSET PRICE

The Upset price for the above land shall be **EC$200,000.00**

Dated the 21st day of March 2025

.....
Registrar of the Supreme Court

EASTERN CARIBBEAN SUPREME COURT FIAT JUSTITIA HIGH COURT

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
(PROBATE)
A.D. 2025

Claim No. SKBHPB2025/

In the Estate of **HERBERT CARDIN**, late of Boyd's Village, St.Kitts deceased.

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE that an application has been filed by **CAROLINE KELLY** of Boyd's Village, St. Kitts for a Grant of Letters of Administration in the Estate of HERBERT CARDIN to the Applicant, who is the sister of the deceased, the deceased having died intestate on the 21st December, 2024.

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

Dated: March 25, 2025.

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DeLara MacClure Taylor
ELLIOTT MACCLURE
Attorneys-at-law for the Applicant

Filed by DeLara MacClure Taylor, **ELLIOTT MACCLURE**, attorneys-at-law for the Applicant whose address for services is #3 Princes Street, Basseterre, Saint Kitts. Tel: (869) 465-9715. Email: contact@elliottmacclure.com

VISIT

Continued from Page 5

he said. "That, for me, was an eye-opener because even at my age and stage, I still had this thing in my mind that Africa is some far-distant land. The reality is, it is as close as London."

In contrast, his return journey through traditional routes was arduous, taking over 40 hours due to multiple layovers in Togo, Paris, St. Martin, and finally Nevis. "I say that to highlight just how the global transport system is structured to direct African travellers to Europe or America rather than the Caribbean, which is their ancestral home," Brantley remarked. He urged stakeholders to explore aviation partnerships to facilitate easier travel between Africa and the Caribbean.

During the visit, Brantley participated in discussions on geothermal energy development, an area where Nevis has significant potential. While Nigeria has extensive experience with fossil fuel energy, Brantley noted that their expertise in distribution and energy markets could benefit Nevis. He also spoke about tourism and aviation, advocating for improved access between Africa and the Caribbean, as well as visa-free travel.

"One of the things that I said, and I hope it wasn't controversial, was that Nigerians do not need a visa to come to St. Kitts and Nevis, but Kittitians and Nevisians need a visa to go to Nigeria. That needs to be fixed," he stated.

Brantley further mentioned discussions with the African Export–Import Bank (Afreximbank), which is expanding its regional presence in the Caribbean, and highlighted the need to explore investment opportunities from Africa. "Africa is looking for opportunities in the Caribbean. In Grenada, for instance, Afreximbank has provided $30 million in funding for luxury resort development. These are opportunities we must explore," he urged.

> ***'Nigeria is the most populous country in Africa, with over 250 million people, and there is a tremendous amount of wealth there.'***
>
> **Mark Brantley**
> **Premier of Nevis**

Reflecting on the historical significance of the visit, Brantley described the emotional impact of landing in Africa. "The first words uttered to me when I walked out of the plane were, 'Welcome home.' I don't take that lightly because I think the symbolism of it is very important."

He emphasised the need to replace the historical trauma of the Middle Passage with a new narrative—one focused on trade, investment, tourism, and development between Africa and its diaspora. "The horror of slavery ought not to deter us or define us. That new Middle Passage should be about progress and engagement with our African forefathers."

Brantley also pointed to Nigeria's booming film industry, Nollywood, as a potential area for collaboration. "Nigeria is constantly looking for new locations where they can film. Nevis is talking about trying to develop a film industry, so there are opportunities and synergies we must explore."

The Premier called for a more strategic approach to engaging CBI citizens, particularly high-net-worth individuals who have never visited the federation. "There are multi-millionaires who have acquired our citizenship but have never set foot in St. Kitts and Nevis. We should be leveraging this database to encourage investment beyond their initial contribution."

He proposed the establishment of a concierge-type unit as an adjunct to the CBI Unit, dedicated to fostering engagement with existing citizens. "Regular newsletters, updates, and invitations to events like the Music Festival and Carnival could encourage them to visit, invest, and contribute more significantly to our economy."

Brantley concluded by expressing optimism that the trip would mark the beginning of a renewed and strengthened relationship between Nevis and Africa. "It is high time that all of us in the Caribbean start to sing from that hymnal—that reconnecting with Africa is not just symbolic, but vital for our future."

THE EASTERN CARIBBEAN SUPREME COURT
IN THE HIGH COURT OF JUSTICE
FEDERATION OF SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT
A.D. 2025
(PROBATE)

SKBHPB2025/0029

IN THE ESTATE OF JOSEPH GUMBS a.k.a JOSEPH THEOPHILUS GUMBS late of Franklands, Old Road, Saint Kitts who died on the died on the 30th day of March, 1999, in St. Kitts, deceased.

ADVERTISEMENT OF APPLICATION FOR GRANT

TAKE NOTICE that an Application has been filed by **ERNEST GUMBS** of Bird Rock, Basseterre, St. Kitts for a Grant of:

Probate of the Will of the above-named deceased who died on the 30th day of March, 1999, without revoking a will bearing the date of 21st March, 1996, wherein the Applicant is the named Executor.

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

Dated this 3rd day of March, 2025

Filed by Mitcham & Benjamin, Attorneys-at-Law for the Applicant. The Applicant's address for service in relation to this Application is: MITCHAM & BENJAMIN, New Street, Basseterre, St. Kitts. Telephone Number 465-2878.

SECOND PUBLICATION

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

REGISTRAR'S OFFICE Filed / Lodged MAR 24 2025 @ 3:11 pm ST. CHRISTOPHER & NEVIS

IN THE HIGH COURT OF JUSTICE

CLAIM NO. SKBHCV2020/0196

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED - Applicant

and

LEROY MATTHEW -Respondent

NOTICE OF SALE

The Property described below will be offered for sale by The Registrar of the Supreme Court by public auction at the Charles Amory Building, Fortlands, Basseterre, St Kitts, on the 24th day of **April 2025** at 2:45 o'clock in the afternoon.

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

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

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

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

DESCRIPTION OF PROPERTY

ALL THAT lot piece or parcel of land known as Lot 124 HL/1 North of the Frigate Bay Housing Development bounded and measuring as follows, that is to say:- On or about the North by a Development Road, 80.3 feet; On or about the East by Lot 111, 86.0 feet, Lot 110, 86.5 feet and Lot 109, 84.1 feet; On or about the South by Lot No. 108, 52.5 feet and Lot 193, 54.25 feet and On or about the West by Lot 125, 231.55 feet and containing by admeasurement 25,621 square feet, all as the same is described in a Certificate of Title dated the **5th day of August, 2004** and registered in **Book D3 Folio 361** of the Register of Titles of the Saint Christopher Circuit in favour of **LEROY MATTHEW** formerly of #14 Park Range, in the town of Basseterre, in the Island of Saint Christopher registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be **EC$431,732.00**

Dated the 24 day of March 2025

Registrar of the Supreme Court

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■ Vacancies

Vacancy - Beauty by Denisf
Seeking a Nail Technician skilled in european structures, russian manicures and gel nails
contact-yordankymachado@gmail.com

Vacancy
David Nisbett of
Colquhouns Estate, St.Thomas
is searching for a housekeeper
Contact: 763-2810 / 469-1661

Vacancy
Huggins & Huggins Auto services
is searching for a Body repair Worker
Contact: (869) 662-4696
For More Information

Vacancy
Spotless Car Wash
is searching for TWO Employees
Contact: (869) 668-9822
For More Information

Vacancy - Vida duty free
Is looking for 3 staff for store
and 1 chef for home full-time job
Contact: Mr. Prem Sadarangani
(869) 760-5343 for More Information

Vacancy
Lime Beach Bar
is Searching for a Waitress
Contact: (869) 662-9620
For More Information

Vacancy
Apsaras Nevis Ltd has the following Positions are Available:
Housekeeping (1), Waitress (1), Chef (1), AI Content Creator (1)
Contact : (869) 663-0682 or Email: apsarascalypso123@gmail.com
For more Information

ADVERTISE IN THE ST. KITTS & NEVIS OBSERVER (869) 469-5907

VACANCY

General Maintenance Assistant for Private Estate

A Private Estate in Nevis is looking for a positive individual to join our team as a full-time General Maintenance Assistant.

The role requires someone neat in appearance, with a good attitude and strong work ethic, who is highly dependable, honest, and reliable.

The position requires strong attention to detail, the ability to multitask and take direction, excellent time management, and communication skills. The job may require frequent heavy lifting and carrying, bending, stooping, climbing of ladder and stairs, use of power tools, hand tools and other maintenance equipment. Company's procedure and guidelines must be practiced.

Duties include:

- Assist maintenance technicians with the general maintenance and repair of buildings, plumbing, electrical, and mechanical systems and equipment
- Perform preventive maintenance tasks, routine repairs and cleaning, and daily building rounds/operational checks of buildings and equipment

Qualified individuals should have 1-3 years of experience in general maintenance of facilities, construction or the hospitality industry. Strong technical skills, vocational training, or equivalent job experience is preferred. Working knowledge or the ability and desire to learn general maintenance, electrical, plumbing and/or mechanical trades. A valid driver's license is desirable.

Must be able to legally work in Nevis and provide a Police Clearance Certificate. Competitive salary and benefits provided. Occasional late nights, public holidays and weekend work are required.

To apply please email: estatejob9655@gmail.com or complete a job application form at the Office of: Larkland M. Richards & Assoc., upstairs Food Centre Supermarket on Main Street, Charlestown, Nevis.

Only shortlisted applicants will be contacted.

TARIFFS

Continued from Page 1

cerns regarding tariffs.

"We know what is happening with these tariffs, but I would like to state categorically here that St. Kitts and Nevis has a deficit with the United States of America," Dr Drew stated. "I'll take this opportunity to give you all the numbers, and I will repeat them again sometime later on."

The figures presented by the Prime Minister, sourced from the Comptroller of Customs, revealed that in 2024, St. Kitts and Nevis imported goods valued at EC$754,029,809 from the United States. In stark contrast, the nation only exported EC$23,901,046.15, resulting in a trade deficit of nearly three-quarters of a billion dollars.

"This means that the United States benefits much more from us," Dr Drew emphasised. "Unlike the issue that the United States has with other regions, our trade relationship is overwhelmingly positive for them."

The Prime Minister also expanded on the regional trade imbalance, citing data received from the CARICOM Ambassador to the United States. According to Dr Drew, CARICOM nations collectively hold a trade deficit of approximately US$54 billion with the United States. This, he noted, stands in contrast to other trading partners such as Canada and Mexico, which maintain trade surpluses.

"The United States benefits much more from trading with the Caribbean region than the Caribbean does with the United States," he stated. "St. Kitts and Nevis has a strong case to make when it comes to tariffs. The evidence shows that we don't deserve these tariffs that can increase the cost of living for our people. Look at the deficits that we are running."

'The United States benefits much more from trading with the Caribbean region than the Caribbean does with the United States. St. Kitts and Nevis has a strong case to make when it comes to tariffs. The evidence shows that we don't deserve these tariffs that can increase the cost of living for our people.'

Dr. Terrance Drew
Prime Minister

Dr Drew reiterated that the trade deficit had been a key topic of discussion within CARICOM, with leaders acknowledging the challenges it presents. He also hinted at further discussions on food security and other economic concerns, signalling the government's ongoing commitment to addressing the implications of international trade policies on the region.

Meanwhile, US President Donald Trump announced a sweeping new set of reciprocal tariffs on Wednesday, arguing that they would allow the United States to succeed.

Trump's tariffs, imposed via executive order, are expected to send economic shockwaves around the world. The White House released a list of roughly 100 countries and the tariff rates that the US would impose in kind.

Here are the basic elements of the plan:

10% Baseline Tariffs

A senior White House official told reporters that the president would impose "baseline tariffs" on all countries at a rate of 10%, set to go into effect on 5 April. Some countries will only face the base rate, including the United Kingdom, Singapore, Brazil, Australia, New Zealand, Turkey, Colombia, Argentina, El Salvador, United Arab Emirates, and Saudi Arabia.

Custom Tariffs for "worst offenders"

The White House also announced specific reciprocal tariffs on roughly 60 "worst offenders," which will take effect on 9 April. These tariffs target countries that charge higher tariffs on US goods or impose "non-tariff" barriers to US trade. Key trading partners subject to these tariffs include:

- European Union: 20%
- China: 34%
- Vietnam: 46%
- Thailand: 36%
- Japan: 24%
- Cambodia: 49%
- South Africa: 30%
- Taiwan: 32%

No additional tariffs on Canada and Mexico

Canada and Mexico are not mentioned in the new tariff announcements. The White House indicated that tariffs on these countries would be handled separately under previous executive orders, which initially set tariffs at 25% before adjustments were made.

25% tariffs on auto imports

Additionally, Trump announced a 25% tariff on all foreign-made automobiles, which went into effect almost immediately at midnight on 3 April.

EASTERN CARIBBEAN SUPREME COURT
SAINT CHRISTOPHER AND NEVIS
SAINT CHRISTOPHER CIRCUIT

REGISTRAR'S OFFICE Filed / Lodged MAR 24 2025 ST. CHRISTOPHER & NEVIS

IN THE HIGH COURT OF JUSTICE

CLAIM NO. SKBHCV2017/0012

ST KITTS NEVIS ANGUILLA NATIONAL BANK LIMITED - Applicant

and

MELFORD PHILLIP -Respondent

NOTICE OF SALE

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

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

DESCRIPTION OF PROPERTY

ALL THAT lot piece or parcel of land with building thereon situate at Half Way Tree in the Island of St. Christopher and bounded and measuring as follows, that is to say:- On the North-West by Con Phipps Estate 35 feet; On the North-East by Lot No. 15, 66.67 feet; On the South-East by the Island Main Road 35 feet and On the South-West by Lot No. 17, 66.67 feet and containing by admeasurement 2,666.8 square feet, all as the same is described in a Certificate of Title dated the **24th day of February, 1994** and registered in **Book T2 Folio 111** of the Register of Titles of the Saint Christopher Circuit in favour of **MELFORD PHILLIP** of Old Road Village in the Parish of St. Thomas, in the Island of St. Christopher registered proprietor thereof.

UPSET PRICE

The Upset price for the above property shall be **EC$220,622.00**

Dated the 24th day of March 2025

Registrar of the Supreme Court

EASTERN CARIBBEAN SUPREME COURT FIAT JUSTITIA HIGH COURT

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Continued from Page 6

driver and called for bold policymaking to ensure the region continues to reap the benefits of hosting major sporting events. "We must continue to invest in our sporting infrastructure, capacities and capabilities, and create policies that attract international sporting bodies and investors," he urged.

The T20 World Cup not only brought immediate financial rewards, but also planted seeds for future tourism growth. The study revealed that a significant percentage of international visitors who attended the tournament expressed interest in returning to the region, further cementing the Caribbean as a global hotspot for tourism and cricket.

For St. Kitts, the absence from this economic windfall underscores the importance of strategic decision-making when it comes to sports tourism. As governments across the region explore avenues for economic revitalisation, the missed millions from the T20 World Cup should serve as a lesson for future opportunities. Hosting international sporting events is no longer just about the game—it is a proven economic powerhouse, and St. Kitts must position itself to benefit in the years to come.

COURTESY PHOTO

The opening ceremony was held on April 1. Dr. Dwain Archibald was the keynote speaker at the event.

Bank of Nevis launches Health and Wellness Month

The opening ceremony for Bank of Nevis' inaugural Health and Wellness Month was held on Monday, 1 April at the Nevis Disaster Management Conference Room, Long Point. The theme of the month, "Move More, Stress Less: A Journey to Wellness," was a common thread in the messages from all the speakers.

During the ceremony, the speakers emphasised the importance of exercise and highlighted some of the events scheduled throughout the month.

The keynote speaker was Dr. Dwain Archibald, who said this year's theme encompasses both mental and physical health—addressing daily stressors and the challenges of a sedentary lifestyle.

While some jobs naturally encourage a sedentary lifestyle, Archibald noted that many people struggle to find time for physical activity. "That is promoting a sedentary lifestyle, but here we are at the Bank of Nevis trying to fight that," he said.

Archibald shared that he has seen countless patients suffering from PTSD, often triggered by stress at home and in the workplace. He explained that when the body encounters stress, it raises alarms and red flags.

Symptoms of stress include poor concentration, persistent bad moods, burnout, headaches, nausea, vomiting, constant stomach discomfort, feeling on edge, and being fidgety.

"The most important step in resolving stress is to create 'Me Time,'" Archibald said, adding that research has found it to be the most effective strategy for stress management. He defined 'Me Time' as setting aside moments in a busy day for self-indulgence.

Other stress-management strategies include developing new habits, trying new routines, making new friends, and socialising more frequently.

Archibald also noted that April is 'Move More Month', an initiative encouraged by the American Heart Association. He explained that research shows exercise decreases cortisol, the stress hormone. Lower cortisol levels contribute to better sleep and reduced stress, while higher levels can lead to chronic illnesses such as hypertension and high cholesterol, increasing the risk of heart attack and stroke.

GET THE BEST RESULTS

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