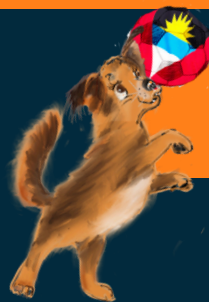


ANTIGUA ECHO

THE LIGHTER
SIDE OF LIFE



ISSUE 2026:10

GASTON BROWNE DEMANDS MVI ROLLOUT

Prime Minister Gaston Browne has renewed his campaign for fairer treatment of small island states, urging the immediate implementation of the Multidimensional Vulnerability Index (MVI) at the United Nations. The index, adopted in 2024, was designed to recognise challenges that GDP figures often overlook, from climate shocks to economic vulnerability. Speaking in New York, Browne argued that island nations remain trapped by outdated financing rules and crippling energy costs. For countries like Antigua and Barbuda, the issue is not simply development funding — it is resilience, survival and economic fairness.



A BIT OF FOOTBALL



England 4 Croatia 2

The World Cup is supposed to bring the world together, but the 2026 tournament is already looking more like an immigration obstacle course.

Referees, team officials and fans have reportedly faced visa problems and increased scrutiny under tightened U.S. entry rules, with even some accredited World Cup personnel denied entry. Antigua and Barbuda also finds itself on the list of countries facing additional restrictions. It raises an awkward question: can a nation truly host a global sporting celebration while making it harder for parts of the globe to attend? FIFA may prefer to keep politics off the pitch, but it seems determined to wander onto the field anyway.

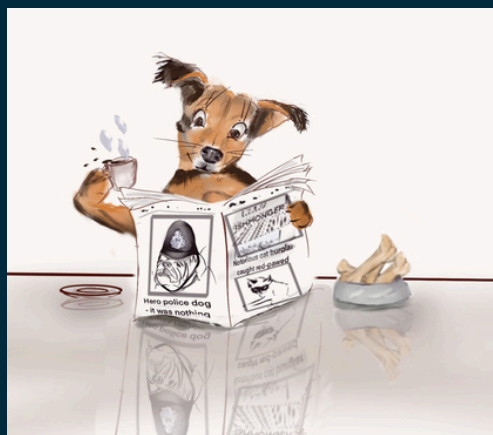
THE PLAY'S THE THING

Congratulations to the Antigua Community Players on an incredible 74 years of bringing music, drama, laughter and culture to Antigua and Barbuda. Since 1952, this remarkable group has entertained audiences,



nurtured local talent and kept the performing arts thriving across generations. Few organizations can boast such a long and vibrant standing ovation from the community. As the Players take a well-deserved bow on their 74th anniversary and look ahead to their diamond milestone of 75 years, we can't wait for more full houses and plenty of encore performances.

TOLD YOU SO!



Coffee lovers everywhere can finally stop apologising for their daily habit and start calling it preventative medicine. New research suggests coffee may help slow ageing and protect against chronic disease, not just because of the caffeine but thanks to a complex cocktail of plant compounds hidden in every cup. Scientists found these compounds interact with a receptor linked to ageing and stress response. The research is still in its early stages, but for millions of coffee drinkers, it is already brewing up some very welcome news.

BACKPAGE GOSSIP

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RUMOUR HAS IT

That the World Cup is proving rather less friendly than advertised. The opening match produced six red cards, England has suffered a different kind of attack, after thieves helped themselves to players' boots, training equipment & almost every football in transit to Kansas City. With only one ball reportedly left, it may be why Thomas Tuchel's team couldn't get it together in the first half! At least an arrest has been made before someone tried selling them as limited-edition souvenirs. With World Cup visitors to the US turned away, FIFA allegedly cashing in on outrageous prices for anything, Tunisia coach sacked after one game, unpleasantness on & off pitch, Uruguay team, stuck in Mexico, blaming FIFA... Let's stick with rugby!



RUMOUR HAS IT



That just when you thought you were doing the healthy things, research shows not all yogurts are created equal. Many supermarket favourites—especially those boasting “light,” “fat free,” “no added sugar,” “Greek style,” or “good for your gut”—look wholesome on the front but tell a different tale on the back. Investigation reveals a cocktail of modified starches, stabilisers, sweeteners, fruit concoctions, and other additives lurking beneath the marketing. Even some of the most expensive brands are masters of disguise. The lesson? Check the ingredients before you buy. Meanwhile, Antigua's own Yao Yogurt deserves applause for keeping it pure, simple, and refreshingly honest.

[Watch here and prepare to be horrified.](#) Warning: this video may seriously make you mad!

RUMOUR HAS IT



That Antigua has the best chefs too, and the BBC just proved it. During MasterChef finals week, local culinary masters Maurine Bowers and Eustace Cabral Jr. took the final four contestants on a wild flavour journey from Nelson's Dockyard to Jumby Bay. These culinary wizards completely stole the show, elevating traditional Caribbean soul food into pure fine dining. By the time they finished feeding cricket legend Sir Viv Richards, it was clear that Antigua's 365 beaches aren't even its best attraction.



AD-DED EXTRA

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To Advertise on Echo, call +1-268-770-2554

THE ROAD TO CHOGM



CHOGM is a big deal for Antigua and Barbuda. Find out more here, on page 14.



(Commonwealth Heads Of Government Meeting)
The countdown to CHOGM 2026 has begun. Join ABS Television and Radio every Wednesday for Road to CHOGM, your weekly guide to Antigua and Barbuda's journey towards hosting the Commonwealth Heads of Government Meeting from 1-4 November 2026.

Get the latest updates on preparations, meet the people working behind the scenes, learn about the Commonwealth forums, and discover how this historic event could benefit Antigua and Barbuda.

Stay informed. Stay involved. Join ABS every Wednesday for Road to CHOGM.

NEW ERA FOR EAG

Saving Antigua & Barbuda's wildlife, reefs and forests requires more than passion — it also requires good leadership. The Environmental Awareness Group has strengthened its team with two key appointments. Monifa Thomas, formerly the organisation's accountant, takes over as Executive Director, bringing deep knowledge of EAG's mission & operations.



Meanwhile, Joshel Wilson steps into the role of Marine Conservation Programme Coordinator, overseeing efforts to protect the nation's marine ecosystems. Together, they will help guide one of Antigua's most respected environmental organisations into its next chapter.

Find more about this incredible organisation here.

EAT WHILE YOU WATCH



You may have noticed there's a bit of football on. World Cup is Here....And so is Smiffy's.... 'To Go' boxes are available for all your Group watching, Country supporting, Team Cheering (& crying) GOOOOAAAALLLLL moments...PM your orders the day before on +1 268 788 1251.....Keeping it real....Real Photos, Real Food, Smiffy's is the Real Deal

JOIN CHOGM

