

Caribbean Today

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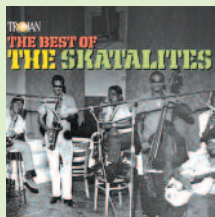
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Andre Blake and other Caribbean players have been outstanding performers

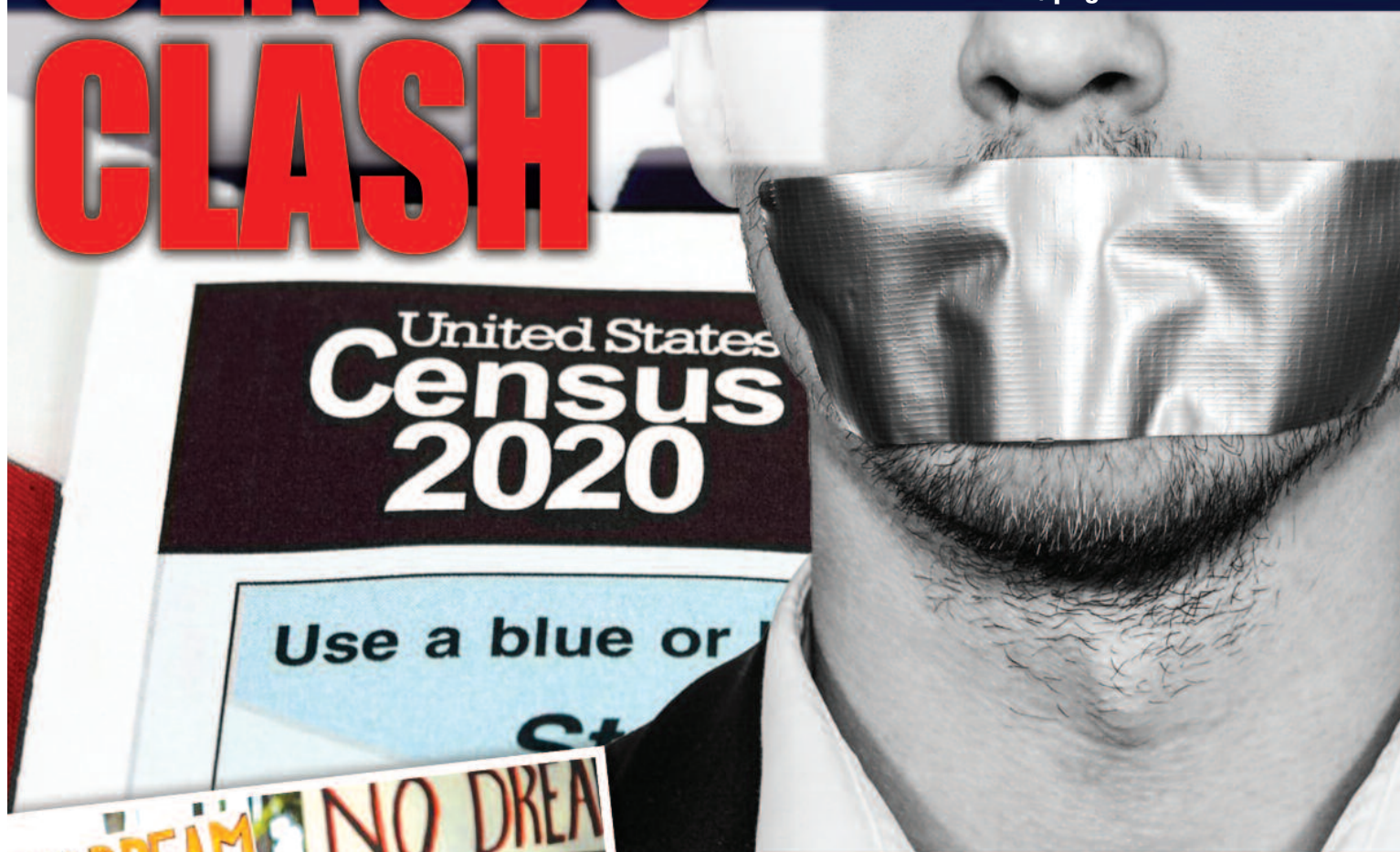
in Major League Soccer. But after a period of ascendancy, the number of MLS players from the region appears to be dwindling rapidly, page 6.

Some of the most talented musicians to come out of Jamaica, including members of the legendary Skatalites band, trace the birth of their skills to the Alpha Boys School. It's hard to talk about the origins of ska, rock steady, reggae or dancehall without mentioning this Kingston institution, page 8.



CENSUS CLASH

~ Caribbean nationals who participate in the next United States census may be forced to declare if they are American citizens. The U.S. Commerce Department's order has sparked fierce backlash, with many – documented and undocumented – fearing they'll become targets of an immigration enforcement witchhunt, page 7.



DACA DUMPED

~ A bill to fund the United States government ignored the pressing need for a permanent solution on the status of nationals from the Caribbean and elsewhere who live in the U.S. under the Deferred Action for Childhood Arrivals (DACA) program. President Donald Trump is blaming everyone, but himself, page 3.

INSIDE INSIDE INSIDE INSIDE INSIDE INSIDE INSIDE

News	2	Viewpoint	9	Classifieds	15
FYI Local	5	Spring Education	10	Spring Health	16
Feature	6	Food	13		
Arts/Entertainment	8	Sports	14		



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NEWS



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U.S. judge dismisses healthcare fraud lawsuit against ex-Bermuda premier

BOSTON, Massachusetts — A United States judge has dismissed a case against Lahey Clinic that alleged it conspired with former Bermuda Premier Dr. Ewart Brown to defraud the Caribbean island of millions of dollars in healthcare charges.

"From our perspective, the case is closed, and we do not intend to pursue it any further," Bermuda's Attorney-General Kathy Simmons said in a statement last month.

Her announcement followed a decision by Judge Indira Talwani of the U.S. District Court here allowing Lahey's motion to dismiss. The ruling was "exactly what I had anticipated from the beginning," Simmons said.

The Progressive Labour Party (PLP) government, which ousted the One Bermuda Alliance (OBA) administration after one term in last July's general elections in Bermuda, opted to pursue the matter "given the politically charged nature" of the

case, Simmons added, saying it had been important for the decision to come from "an independent assessor."

No final cost for the case had been tallied up to press time, but Simmons said it had run up costs "well over one million U.S. dollars."



Brown

CASE

Former Attorney General Trevor Moniz filed the lawsuit against Lahey, a Massachusetts-based teaching hospital, in February last year, when the OBA was in power. The complaint named Brown, who was PLP premier between 2006 and 2010 before retiring from politics, as a "co-conspirator" and claimed he conducted "excessive, medically unnecessary and frankly dangerous scans" at his two private clinics in Bermuda for his own

"enrichment" and gave Lahey a cut of the fees he collected from insurers.

It alleged that Brown, 71, a Bermudian who once held U.S. citizenship, and the hospital conspired on a "wildly successful" and "unlawful" enterprise that profited both "at the expense of the Bermudian government and people" — claims that the former PLP leader and Lahey strenuously denied.

Lahey, one of Bermudians' favorite hospitals in the U.S., filed its motion to have the case dismissed last April, supported the following month by a legal brief drawn up by Brown's lawyers and signed by David Burt, current premier and finance minister, when he was Opposition leader.

- Edited from CMC. Turn to our "Spring Health" feature starting on page 16.



Fly Jamaica crewmember caught with cocaine at JFK

NEW YORK — A Fly Jamaica airways crewmember, who attempted to smuggle \$160,000 worth of cocaine into the United States last month, is facing federal narcotics charges.

Hugh Hall, a Jamaican, was arrested last month after Customs and Border Protection (CBP) officers at the JFK International Airport here on Mar. 17 found four packages of the drug taped to his legs under his pants. According to a CBP spokesperson, Hall had approximately nine pounds of cocaine.

"This seizure is another example of our CBP officers being ever vigilant in protecting the United States from the distribution of illicit drugs," said Leon Hayward, acting director of CBP's New York Field Operations.



Drugs were taped to suspect's legs.

It's reported that Hall, a flight attendant, arrived at the New York airport on a flight from Montego Bay, Jamaica "and presented himself for inspection." The CBP said Hall was escorted to a private search room where the officers discovered the packages, all of which contained a white

powder that tested positive for cocaine.

CBP said Hall was arrested for the importation of a controlled substance and was turned over to U.S. Homeland Security Investigations. He will be prosecuted by the U.S. Attorney's Office in the Eastern District Court of New York.



U.S. immigration sweep nabs Caribbean nationals

MIAMI, Florida — The United States has listed Caribbean nationals among hundreds arrested late last month as part of an enforcement action targeting immigration violators and those the government believes pose a threat to public safety in U.S. territories.

According to the Immigration and Customs Enforcement (ICE) agency, officers from its Enforcement and Removal Operations (ERO) rounded up 271 persons across Florida, Puerto Rico and the U.S. Virgin Islands between March 18 and 22.

Caribbean nationals among those arrested came from Jamaica, The Bahamas, Anguilla, Cuba, Dominica, Dominican Republic, Guyana and Haiti. Nationals arrested came from a total of 36 countries.

Of those arrested by ICE, 99 had criminal records that included felony convictions for serious or violent offenses, such as 1st degree murder, attempted murder, vehicular manslaughter, rape, aggravated assault, attempted robbery, battery, burglary, child neglect, cruelty toward a child, domestic violence, drugs charges such as possession and trafficking, weapons offenses and abuse of the elderly.

CONVICTIONS

ICE said additional convictions included driving under the influence, fraud, harboring immigrants, illegal entry and



The crackdown covered several locations.

re-entry to the U.S., resisting an officer, traffic offenses, trespassing and workman's compensation fraud.

As part of the action, ICE said ERO officers apprehended 49 ICE fugitives and 39 individuals who were previously removed from the U.S., as well as two known gang members and one individual with an Interpol Red Notice.

ICE said arrests took place in 23 Florida counties, including 76 in Miami Dade, 65 in Broward, 27 in Duval, 17 in Palm Beach, 14 in Hillsborough, 10 in Orange, seven in Seminole, five in Manatee, five in Lee, four in Pinellas and Brevard, three in Polk and Indian River, two in Volusia, Bay and Martin, and one each in Escambia, Gadsden, Lake, Osceola, Sarasota, St. Lucie and Suwannee.

Eleven were arrested in Puerto Rico and seven in the USVI.

- Edited from CMC.



T&T's first female president sworn in

Retired jurist Paula-Mae Weekes was last month sworn in as the new president of Trinidad and Tobago.

Weekes was sworn in as T&T's first female head of state.

She called on citizens not to allow her "to walk alone"

as she sought a new light for the country during her term in office.

Soon after she was sworn in by Chief Justice Ivor Archie, Weekes said it "falls to each president to define his or her own role" in the absence of a constitutional

guidance.

Weekes, 59, also indicated that she wanted to be known as a "humble first servant with a mandate to render service with enthusiasm" and was assuming office aware of the ills facing the country.



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HANDS OFF: No relief for Caribbean DACA recipients in U.S. budget

GORDON WILLIAMS

A bill to fund the United States government failed to address the pressing need for permanent clarification on the status of nationals from the Caribbean and elsewhere who live in the U.S. under the Deferred Action for Childhood Arrivals (DACA) program.

The signing of the Omnibus Appropriations Act of 2018 by President Donald Trump set off a firestorm of



Trump blames Democrats.

mixed reactions, with both Democrats and Republicans lamenting that once again DACA recipients were being left in limbo, uncertain of their future in the U.S. with the looming threat of deportation.

Trump has since compounded the confusion by tweeting: "NO MORE DACA DEAL".

Democrat Frederica S. Wilson, a U.S. congresswoman from Florida whose constituents include hundreds of Caribbean nationals, including DACA recipients, said she was "extremely disappointed that a DACA fix was not included" in the bill signed by Trump.

Last September, Trump ended DACA, which was authorized via executive order by former President Barack Obama in 2012. Under the program, children brought to the U.S. from the Caribbean

and elsewhere without their knowledge or choice, who attended school and stayed crime-free, were allowed certain protections to live legally in the country. They could access privileges such as a work permit and driver's license.

SOLUTION

When Trump made his decision, he demanded the U.S. Congress come up with a permanent solution by Mar. 5, meaning a decision on whether or not DACA would

become law. To date, the president has failed to agree with several proposals offered by both major U.S. political parties – Democrats and Republicans. Therefore, the fate of DACA remains uncertain, even court

rulings have allowed the program to continue.

Although Trump signed the spending bill last month, he blamed Democrats as the reason a DACA solution was not addressed by the bill, although Republicans control Congress – House and Senate – plus the presidency. He also argued his party supported the plight of Caribbean nationals and others living under the terms of DACA.

"The Republicans are with you, they want to get your situation taken care of," Trump said last month of DACA recipients as he discussed the \$1.3 trillion spending bill he signed but then criticized.

"The Democrats fought us, they just fought every single inch of the way. They did not want DACA in this bill."

Trump has the power, via executive order, to renew

DACA immediately as it was under Obama.

NON-STARTER

Indications from Capitol Hill are that the issue of DACA, and other major immigration reforms which could benefit Caribbean nationals is unlikely to be

completed before November's midterm elections in the U.S.

Many DACA recipients are hoping the election will flip the majority Republicans currently hold in the House and Senate, allowing Democrats, who tend to heavily favor DACA, a chance to resolve the matter.

Trump has indicated several times he would support DACA recipients. However, he has previously changed his tone on the level of support, at times tying his backing to the building of a wall between the U.S. and Mexico, a key presi-

(CONTINUED ON PAGE 4)

AFRICAN-AMERICAN ACHIEVERS

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 Evening News Anchor, WPLG-TV Local 10

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Jamaican killed after Florida bridge falls

A Caribbean national was listed among the dead following the collapse of a pedestrian bridge in South Florida last month.



Brown

Jamaican-born Navaro Brown, who worked for a company, which provides material for strengthening bridges, reportedly died when the structure connecting Florida International

University to the Sweetwater community collapsed.

Brown, 37, worked for Structural Technologies at the time of his death.

Up to press time local authorities were still trying to determine why the bridge collapsed. However, United States Senator Marco Rubio, who represents Florida, explained on the social media site Twitter that cables on the bridge were being tightened by workers when it collapsed.



CLEAN SWEEP: Ruling party dominates Grenada's general elections

ST. GEORGE'S, Grenada – Prime Minister Dr. Keith Mitchell led his New National Party (NNP) to an historic clean sweep of all 15 parliamentary seats in last month's general elections here.

It was the third time Mitchell had achieved the feat in Grenada's electoral politics.

The 71-year-old Mitchell, who led the NNP to a consecutive sweep following his 2013 victory, immediately called on the leadership of the main Opposition National Democratic Congress (NDC) to be part of the social partners that will chart the way forward for the tri-island state.

"It feels good, the people of my country has shown the level of confidence in the way I have governed, it is a humbling experience," Mitchell said.

He added that the elections were the "most stress free I have ever had in my 34 years in politics."

NO PRESSURE

Mitchell said that unlike 2013 when he won the general elections and had no idea as to the state of the local economy, this time around "I don't feel the pressure because I am in the seat and I know what the plans are."

"Therefore I feel very



Mitchell

confident I will meet the aspirations of the people of this country," he said.

Mitchell easily won the St. George North West seat, which he has been represent-

ing for more than three decades, defeating the NDC's Alli Anthony Brian Dowden by a 2,546 to 406 margin.

Mitchell again dismissed the notion that the clean sweep would result in the government having a free hand in running the affairs of the country.

"You can't ignore that 20,000 people voted against you," he said. "... The task is to bring that element into the decision making process."

Mitchell was sworn in as prime minister last month.

- Edited from CMC.



Antigua's P.M. sworn in, wife in 13-member Cabinet

ST. JOHN'S, Antigua – Gaston Browne has been sworn in as prime minister of Antigua and Barbuda for the second time, following his party's landslide victory in last month's general elections.

Browne was returned to office after preliminary results released by the Antigua and Barbuda Electoral Commission (ABEC) showed his Antigua and Barbuda Labour Party (ABLP) had won 15 of the 17 seats in Parliament, soundly defeating the main Opposition United Progressive Party (UPP) in the Mar. 21 elections.

His 13-member Cabinet, which includes his wife Maria among the new faces, was also sworn in.

Browne will retain the finance portfolio within the Cabinet. His wife will serve as minister for housing, lands and urban renewal and as a minister of state in the Ministry of Legal Affairs, Public Safety and Labor.

PARDON

The representative from St. Peter and former Tourism Minister Asot Michael returns to the Cabinet after being ousted following an arrest in the

United Kingdom in relation to a bribery investigation. Although he was later released without charge, Browne had relieved him of his ministerial duties.

Sir Robin Yearwood retains the public utilities civil aviation energy portfolio. Melford Nicholas will hold on to the information, broadcasting, telecommunications, information technology ministry.

Michael Browne will remain at the Ministry of Education, Science and Technology and Molwyn Joseph will have responsibility for the newly-styled Ministry of Health, Wellness and Environment.

SWITCH

E.P. Chet Greene will relinquish the Ministry of Sports, Culture, National Festivals and the Arts in exchange for a new assignment at the Ministry of Foreign Affairs, International Trade and Immigration.

Newcomer Daryll Matthew will assume Greene's former post.

Samantha Marshall is



Browne, right, signs up to begin his second term as prime minister as his wife Maria looks on.

retained as minister for social transformation human resource development youth and gender affairs. Charles "Max" Fernandez, who previously had responsibility for the Ministry of Tourism, Foreign Affairs and Immigration, will serve as minister for tourism, economic development.

Dean Jonas has been appointed minister of agriculture, fisheries and Barbuda affairs. Lennox Weston, a senator and minister of state in the last administration, will retain that ministerial portfolio and add the public works portfolio.

- Edited from CMC.



HANDS OFF: No relief for Caribbean DACA recipients in U.S. budget

(CONTINUED FROM PAGE 3)

dential election campaign promise.

Last November, Republican lawmakers met Trump, asking him not to attach a deal on DACA to a year-end funding bill. The year ended with no new DACA deal.

REJECTION

In early January Trump declared "I'm signing it" if an immigration bill addressed "four pillars", including DACA, border security, chain or family-based migration and the visa diversity lottery program. But, days later, Trump

rejected a bi-partisan immigration plan from two senators which would include a path to U.S. citizenship for eligible DACA recipients. The president reportedly lashed out at some nations where some of those immigrants came from. He called them "shit hole countries," sparking another backlash as U.S. and world-wide leaders bashed Trump's characterization.

On Feb. 26, the U.S. Supreme Court chose not to address DACA renewals. That prevented the U.S. from deporting DACA recipients after Trump's deadline to address the program expired

last month. The move eased the pressure on the U.S. Congress to find a permanent fix for DACA.

More than 600,000 DACA recipients, including thousands from the Caribbean, could be deported from the U.S. if the matter is not eventually resolved, since they did not arrive in the U.S. legally or may have violated their legal status while in the country.

Meanwhile, the spending bill signed by Trump offered some relief for the Caribbean, including \$10 million to assist communities in Haiti affected by cholera.



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Female students receive JWOF scholarship awards

Jamaican Women of Florida awarded four-year renewable scholarships to five college-bound female students of Jamaican descent during JWOF's fourth annual Women's Empowerment Conference last month in Miami.

The scholarship winners were high school students Tamarah Wallace, Cooper City High School and Brianna Murphy, Somerset Academy Charter High.

Three currently enrolled

in college, Tyra Lee Fairley, a freshman at Miami Dade Honors College, Adrianna Jones, a sophomore at Louisiana State University, and Rachel Wildman, a sophomore at University of South Florida, also received scholarships.

Two high school seniors, Angelique English of Marjory Stoneman Douglas High, and Bianca Davis of Everglades High, were also awarded one-time scholarships of \$500 each.

The one-day JWOF con-

ference attracted women leaders, corporate and entrepreneurial, millennials and students. Among the speakers were Zaila Rowena McCalla, former chief justice of Jamaica. The event also included discussions on topics such as "Transformation" and "Mentoring".

The panelists were joined by a group of male patrons, including Barron Channer, chief executive officer of Woodwater Group.



COMTO scholarship applications open for students

April 20 is the deadline to apply for The COMTO Fort Lauderdale 2018 Scholarship Program, which was designed to encourage minority high school students to consider a career in transportation and to support minority post-secondary education students majoring in a transportation-related field.

The high school scholarship is a one-time award valued at \$750. It is given to South Florida minority high school seniors who have been accepted to an accredited col-

lege/vocational-technical institution.

The Technical/Vocational School Scholarship is a one-time award in the amount of \$1,000 given to selected minority students accepted to attend an accredited vocational, technical or trade secondary education school, pursuing a transportation-related career.

The Transportation Industry College Scholarship is a one-time award in the amount of \$1,500 given to a minority student attending an

accredited college or university in the State of Florida.

The Jack L. Stephens Graduate Scholarship is a one-time award in the amount of \$2,500 given to a minority student attending an accredited college or university in Florida in pursuit of a master's or doctorate's degree.

All applicants must have a minimum grade point average of 2.50 on a 4.0 unweighted scale and an interest or major in transportation-related career.



Five new Belizean JPs in Florida

Five Belizeans residing in Florida were last month sworn in as justices of the peace by the CARICOM nation's Attorney General Michael Peyrefitte at the state's Consulate General of Belize.

The new JPs are Tracy

Gomez, Deborah D. Duncan, Glenda Lewis, Jason Guild and Philip McKay.

The JPs will assist with authenticating documents for Belizeans living in Florida. They will also receive training in immigration and land-relat-

ed matters.

Janine Sylvestre, Belize's honorary consul general for Florida, was present during the swearing in.



PICA PUSH



Andrew Wynter, left, chief executive officer of Jamaica's Passport Immigration and Citizenship Agency (PICA), and Suzette Rochester Lloyd, chief representative officer of the Victoria Mutual Building Society (VMBS) - Florida Representative Office, share a moment at a PICA event held last month in Lauderhill, Florida. The agency assisted Jamaicans and friends of Jamaicans with information on topics such as obtaining a passport and applying for dual citizenship in Jamaica.

MEDAL OF MERIT



Dominican-born Dr. Carissa Etienne, center, director of the Pan American Health Organization (PAHO), receives Brazil's Oswaldo Cruz Medal of Merit from President Michel Temer, left, and Ricardo Barros, Brazil's minister of health, last month at the Palacio do Planalto. The award was presented for her service to public health in Brazil.

Three to be honored at Jamaica Charity Gala

Diana Stewart, chairman of Stewart's Automotive Group, will receive the International Humanitarian Peacock Award at this month's Jamaica Charity Gala presented by the American Friends of Jamaica.

Carson "Eddy" Edwards and Felecia Hatcher will receive the Lignum Vitae Award.

The gala will be held **April 14** at the J.W. Marriott Marquis, 255 Biscayne Blvd. Way in Miami. Cocktails are at **6:30 p.m.** Dinner and dancing at **8 p.m.**

Soca queen Alison Hinds will provide entertainment.

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FEATURE



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SOCCER SLIDE: Caribbean player numbers fall as MLS rises

GORDON WILLIAMS

ATLANTA, Georgia – Two weeks into the 2018 Major League Soccer (MLS) season, Trinidad and Tobago star Kevin Molino tore tendons in his knee. He's done for the year.

For Minnesota United, the 27-year-old's misfortune left the club a player short. For the Caribbean, it meant another from the region gone from an active roster in the best professional league in the United States and Canada.

MLS, once viewed as an open pipeline for the steady filter of Caribbean soccer talent, especially because stricter admission requirements made top leagues elsewhere harder to access, may be becoming a more daunting target. Injuries aside, some fear that, even as the league expands and public support grows, the stream of players from outside North America is changing course.

"I think with the MLS sometimes there is a trend," explained 27-year-old Jamaican Darren Mattocks, a striker with D.C. United, his third MLS club since being selected second overall in the

2012 MLS SuperDraft.

"So I think sometimes there is a bunch of Caribbean players doing really good ... But I think this time around there's a bunch of South American players coming into the clubs ... So it's all a trend.

"I'm not saying there isn't good players everywhere, but sometimes clubs have a perspective of who they want to play and they're creating a culture, and they go to players who more fit their culture and style of play."

'HOT'

Caribbean players were once "hot" MLS commodity. Generally fast, skilful, athletic and strong, the region's talent was plentiful. Early on, some MLS clubs perceived Caribbean players as lazy, but they accommodated them because of talent noticed mostly in the U.S. college ranks. Yet they are not readily

marketable, for example in jersey sales to the fan base, a big driver of club revenues. So the players also came cheap.

"I think when it comes to the Caribbean player it is all about market value perception," Damani Ralph, a Caribbean-born agent and former MLS star player, said last year about the compensation gap. "People will offer you what you will accept. We have a right to say no, but if we say no, where else do we go? That is the problem for the Caribbean player."

Up to a handful of years ago, close to 30 players eligible to represent

Caribbean nations were scattered across MLS rosters. The Caribbean is close by, easy pickings as MLS struggled to compete in the global soccer talent market.

Now the league appears set to take off. The number of clubs has risen to 23 this sea-

son, with more to follow. Salaries are rising. Crowds, like the MLS single game record 72,035 that attended the Mar. 11 match-up between D.C. United and Atlanta United Football Club here, are flocking to see the games.

Meanwhile, more big name players from Europe and elsewhere are turning their eyes to North America – and not just for a pre-retirement tour.

BATTLE

But the number of Caribbean MLS players has fallen. Just 14 (including Molino) from Caribbean community (CARICOM) nations were identified by MLS in figures released this season. Eight of those were from Jamaica. The players acknowledge they're battling for a foothold.

"I honestly still think and believe (MLS) is an avenue (for the Caribbean player), but at the same time it's getting more difficult and more challenging because the league is now expanding beyond our region," explained Romario Williams, a 23-year-old Jamaican striker in his first MLS season with Atlanta United after spending two seasons in a lower league.

"It's not just recognized within our region ... It's now recognized on a global level, worldwide, and you find that teams are going overseas (in search of talent); South America, Europe, Africa and all these continents to bring in top level talents to the league. So, it's going to get a bit more difficult and challenging."

The number of Caribbean players on active rosters has dwindled. Jamaica, which usually has the biggest MLS representation, featured less than a dozen players going into 2018, way down from what it was just years ago.

IRONY

The players have noticed the weird irony.

"I feel like over the years we (Caribbean players) have done well, in terms of getting guys to play for different teams and getting minutes and so forth," said fullback Oniel Fisher, a Jamaican who spent three seasons with Seattle Sounders before joining D.C. United this year.

"I think over the past couple years things have gotten tougher in (terms of) getting

more players to play in MLS. I don't know what's the reason, but you can see in past drafts there weren't really any Jamaicans who've (been selected high)."

In 2014, for example, Jamaican Andre Blake was the first overall pick in the SuperDraft. His compatriots Andre Lewis (seventh) and Damion Lowe (eighth) were also selected in the first round. It was a new high for recognition of Caribbean talent. But that changed quickly. By 2018, only Andre Morrison, another Jamaican, was selected in the SuperDraft, but not until the third round of four rounds – 69th overall. In 2017, Bermuda's Zeiko Lewis was picked 17th overall, the only Caribbean-born player drafted.

It's not as if MLS is giving up on the Caribbean player, however. A couple years ago the league introduced a player combine or trial for Caribbean players only. A few players from the region, in addition to those who played in U.S. colleges, have also been invited to the annual MLS Combine. More competitions featuring Caribbean clubs are being launched, offering opportunities for players to showcase their talent for scouts. But fewer manage to stick with MLS clubs.

Meanwhile, Caribbean players, those who get to play in MLS, appear to still be doing well. Blake, for example, has been possibly the best MLS goalkeeper the past two seasons. Mattocks, once a rookie of the year contender, could still be a star in the league.

But the stream of Caribbean players to MLS could well be drying up. Lowe no longer plays for a North American club and Lewis is with Portland Timbers' second team, playing in a lower league. Other recent Caribbean draft picks have come and gone.

"It's not easy to secure a job at the professional soccer level," admitted Williams.

"But I do believe we (in the Caribbean) have a bunch of talented players that are able to come to MLS and play a role. Not just MLS, (but) worldwide, other leagues as well."

Time – and the next trend – will tell.

For more sports, turn to page 14.



Molino



Blake



Williams



Fisher

Haitian Heritage Month

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Caribbean nationals in crosshairs over U.S. census citizenship question

GORDON WILLIAMS

Caribbean nationals who participate in the next United States census may be forced to declare if they are American citizens.

The U.S. Commerce Department announced last month that a question on citizenship status will be on the 2020 census questionnaire.

The decision has sparked fierce controversy, with some civil rights and justice advocacy groups believing the citizenship question is unnecessary, could affect the accuracy of the census overall and intimidate potential participants, especially those who believe they will be targeted by U.S. immigration enforcement authorities.

Caribbean lawmakers also weighed in. Jumaane D. Williams, a New York City Council member whose parents are from Grenada, condemned the addition of the citizenship question while accusing the administration of U.S. President Donald Trump of possible discrimination against immigrants.

"Given the onslaught of unrelenting unwarranted, bigoted attacks on immigrants from our government in the last 14 months, it is egregiously clear that the Trump administration's appalling move to add a citizenship question to the 2020 Census is designed to serve one of two purposes," Williams, whose Brooklyn constituency has a large Caribbean community, told the **Caribbean Media Corporation**.

"Either the Trump administration and its allies want to collect information on immigrants with the intent of carrying out heinous programs, or they hope to create a pervasive fear that will discourage immigrant populations from participating in the census, and so damaging democracy by denying fair representation in government for diverse communities like the one I represent."

New York State Assembly Member Rodney Bichotte, daughter of Haitian immigrants, argued that "everyone should be counted" and stressed the "importance of an accurate and full census count." However, she said the Trump administration's decision to include the question of citizenship "will hurt communities of color," adding it will "undoubtedly reduce census participation for fear that this

information will be used to further the federal government's anti-immigrant agenda."

LAW

Under law, a census is required every 10 years to count the number of people in the U.S. The law does not specifically state it should count citizens.

Opponents of the Commerce Department's ruling believe adding the question could be driven by partisan politics, since, for example, decisions on where to allocate billions of dollars in federal funding – for areas such as health care and education – uses information from the census. Therefore, it is possible, opponents argue, that allocation of those funds could be determined by what political representatives from those communities believe would serve their interests best. Only U.S. citizens can vote in government elections.

Census statistics are also used in allocating electoral districts, which can directly affect political representation locally and nationally.

Barack Obama, who Caribbean nationals overwhelmingly supported during his two terms as U.S. president, and former U.S. Attorney General Eric Holder, who traces his family's roots to the Caribbean, are among those who believe the citizenship question on the census is unnecessary. They claim information about U.S. citizenship is already available to the government since the Justice Department collects that data through the American Community Survey (ACS).

ENFORCEMENT

The last time a U.S. census asked about citizenship was in 1950. However, the Commerce Department claims the information is needed to better implement the Voting Rights Act (VRA).

"Having citizenship data at the census block level will permit more effective enforcement of the VRA, and Secretary (Wilbur) Ross determined that obtaining complete and accurate information to meet this legitimate government purpose out-

weighed the limited potential adverse impacts," a Commerce Department statement noted last month.

However, opponents of the citizenship question believe people will shy away from participating in the census, especially since Trump's administration is not particularly trusted in communities with significant minority populations.

Last month the Trump re-election campaign backed the citizenship question in correspondence sent out to supporters.

"The President wants the 2020 United States Census to ask people whether or not they are citizens," an e-mailed note. "In another era, this would be COMMON SENSE ... but 19 attorneys general said they will fight the President if he dares to ask people if they are citizens. The President wants to know if you're on his side."

Many potential census

participants worry the information they provide will not remain confidential. They claim the information, especially from undocumented immigrants, could be used to target them.

FEAR

There is also fear false information will be provided to the census. If a census is not accurate, the fallout could be dire.

"(Inserting the citizenship question) is a clear attempt to politicize the process by discouraging minority communities and immigrant communities from participating in the count," a statement released by Kristen Clarke, president and executive director of the Lawyers' Committee for Civil Rights Under Law, noted last month.

"This decision comes at a time when we have seen xenophobic and anti-immigrant policy positions from this administration. This is an arbitrary and untested decision that all but guarantees that the Census will not produce a full and accurate count of the population as the constitution requires."

The Commerce Department claimed that adding the citizenship question will not limit the response to the census. It also questioned the reliability of the ACS, which reportedly targets less than three percent of the population.

The debate over the addition of the citizenship question to the census appears headed for a heated showdown. Up to press time at least a dozen states were preparing to challenge the Commerce Department's decision in court.

"We're prepared to do what we must to protect California from a deficient Census," a statement from California Attorney General Xavier Becerra read last month. "Including a citizenship question on the 2020 census is not just a bad idea — it is illegal."

Holder also indicated he intends to use legal means to strike down the Commerce Department's decision.

"We will litigate to stop the administration from moving forward with this irresponsible decision," said Holder.



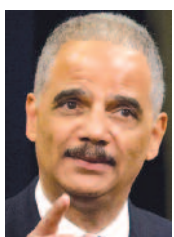
Bichotte



Obama



Williams



Holder

Jamaica
at 56



On August 6, 2018, the island of Jamaica marks the 56th Anniversary of its independence as a sovereign nation. Caribbean Today invites the business community in Jamaica and the United States to celebrate this significant milestone.

OUR INDEPENDENCE SUPPLEMENT!
Jamaica at 56 ~

to be published in July 2018, will pay tribute to Jamaica's history, culture, growth and development including the achievements and global contributions of a remarkable people. Promote your products and services in this 28-page keepsake edition, to be distributed widely throughout Florida, New York, Atlanta, and the Caribbean.

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ARTS & ENTERTAINMENT



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Toots and The Maytals set for April 21 in Plantation

Legendary Jamaican ska and rocksteady group Toots and The Maytals is scheduled to perform this month in South Florida.

The group is scheduled to take the stage on **April 21** at the 13th annual fundraiser and dance party put on by For Jamaica Inc. The event will be held in Plantation.

Toots and The Maytals is known for hits such as “54-46”, “Pressure Drop”, “Sweet and Dandy”, “Bam Bam” and “Pomps



Toots

and Pride.

For more information, call **954-281-9849** or visit www.forjamaica.org.

The event runs from 6 p.m. to 11p.m. and parking is free. Tickets are available online at www.forjamaica.org or call **954-281-9849** for more information.



BRIEFS

‘An Evening of Comedy and Culture’

Caribbean-flavored humor will highlight “An Evening of Comedy and Culture” this month in South Florida.

The show, set for **6 p.m. to 9 p.m. April 21**, will feature Jamaican comedy duo Iy and Fancy Cat, comic Blakka Ellis, entertainer Harold Davis and singer Kristen Alicia. It will be staged at The African American Research Library and Cultural Center, 2650 Sistrunk Blvd. in Fort Lauderdale.

For more information, call

954-648-2800.

Fire destroys St. Lucia’s cultural collection

A fire has destroyed the Folk Research Centre (FRC), which houses the most extensive collection of St. Lucia’s cultural artefacts and history.

The St. Lucia Fire Service (SLFS) has launched an investigation into the cause of the Mar. 25 blaze that destroyed the building that housed the FRC, which was established in 1973 as repository for cultural heritage, a vehicle for

research, study, recording and promulgating St. Lucia’s heritage.

Lauderhill to host ‘Caribbean Village Festival’

The diverse cultural flavor of the region, including music and food, will be on tap at this year’s “Caribbean Village Festival” to be held June 24 at the Lauderhill Sports Complex.

For more information, visit www.caribbeanvillage.net.

- Compiled from various sources.



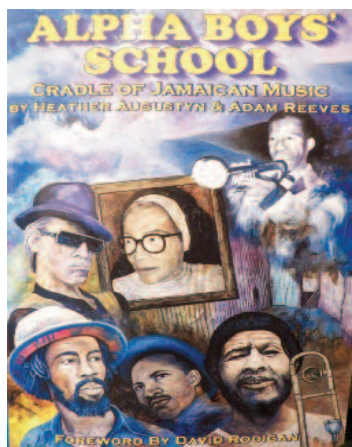
‘YARD’ BY BIKE



American entertainment mega stars Jay Z and his wife Beyoncé went for a motorcycle ride through the streets of Kingston, Jamaica last month. The two were reportedly in the Caribbean island to work on musical projects. Among the areas they toured was Trench Town, where the late international reggae star Bob Marley grew up and began his legendary career.

Alpha Boys School ignites Jamaica’s musical revolution

- **TITLE: ALPHA BOYS SCHOOL: CRADLE OF JAMAICAN MUSIC**
- **AUTHORS: HEATHER AUGUSTYN AND ADAM REEVES**
- **REVIEWED BY: DAWN A. DAVIS**
- **PUBLISHER: HALF PINT PRESS**



Perhaps the most famous, or more apt, infamous alumni of Alpha Boys School in Jamaica is Don Drummond, a gifted trombonist. Some say he was a musical genius.

However, on Jan. 2, 1965, Drummond stabbed his live-in girlfriend Anita “Margarita” Mahfood, to death. Attributed to his battle with mental illness, he was found guilty of homicide and admitted to Jamaica’s mental hospital, Bellevue, where he died in 1969 at age 35.

Drummond was a product of Alpha Boys’ School’s unparalleled music program that produced many of Jamaica’s best musicians. It’s hard to talk about how ska, rock steady, reggae or dancehall was born without including the major role the school played in creating Jamaica’s distinctive musical styles.

The book, “Alpha Boys School: Cradle of Jamaican Music” offers a detailed account of the evolution of music in the Caribbean island from its R&B influence to a voice of its own.

Co-authors Heather Augustyn and Adam Reeves take readers through a colorful history of the school that was officially founded in 1880 as a shelter for needy children and

later transformed into a primary school, training institution for domestic services, tailoring, printing, a convent, and ultimately a music school for boys that spawned some of Jamaica’s top musicians. Filled with photographs, readers can see and “hear” the musical notes coming through the pages.

‘SISTER IGGY’

The school was run by Roman Catholic nuns. But, it was not until Sister Mary Ignatius Davies joined the team in 1939 that the institution took off as the bedrock of Jamaican music. Based on personal interviews in the book, “Sister Iggy”, as she was called by the boys, is painted as a caring lover of fun, music and sports. She was also a disciplined teacher and adopted mother.

“I always say to her, ‘I don’t know about saints, but you’re my living saint’. And she laughed at that,” reminisced Eddie “Tan Tan” Thornton, renowned Jamaican trumpeter who has recorded with Jimi Hendrix, the Beatles, The Rolling Stones, Bob Marley,

Dennis Brown, Sugar Minott and others. “... Sister Ignatius gave me this rosary in 1965. Everywhere I go, I go with this rosary. When I die, this rosary go with me.”

It was perhaps her natural ability to reach the boys and down to earth attitude that made Sister Ignatius such an inspiration. The nun, in full habit, would play football, engage in sparring and boxing with the boys, play saxophone, and play music from her own sound system. It is her walk outside stiff traditional methods that threads its way throughout the book, a theme that was adopted by many of the famous musicians coming out of Alpha.

The Skatalites, “the very essence of Alpha Boys School,” according to the authors, were perfect examples of the musical legacy nurtured by Sister Iggy. Original band members and Alpharians included Tommy McCook (tenor sax), Lester Sterling (alto sax), Don Drummond (trombone), and Johnny “Dizzy” Moore (trumpet) would go on to transform the music of the day into what became a Jamaican musical signature and worldwide phenomenon — ska.

LEGACY

The band’s more than 50-year history has experienced internal shake-ups and membership changes due to death and other issues. But it has not skipped a beat in its creative legacy. With contributions from the likes of Ronald Alphonso (tenor sax), Jackie Mittoo (keyboards), Lloyd Knibb (drums), Jerome Haynes (guitar), Lloyd

Brevett (acoustic bass), Leroy “Horsemouth” Wallace (drums) and Benbow Creary (drums) throughout the years, The Skatalites remains relevant today, touring the world to multi-generational audiences.

Rhythm and blues, jazz, and ska laid the foundation for the Alpha Boys School musicians that followed, leaving their mark on what would become rock steady and reggae. Emmanuel “Rico” Rodriguez’s “Man from Wareika” album was a tremendous influence on the island’s signature sound. So much so that Blue Note, a major American recording company, released the album in the United States.

Rodriguez’s impact was far reaching. He received Jamaica’s Musgrave Medal for the Arts and was awarded the Member of the British Empire honor in celebration of the musical inheritance he left behind.

Vocalists Owen Gray, Tony Gregory, Johnny Osbourne, Leroy Smart, Winston “Yellowman” Foster, also products of the Alpha Boys School, continue to wow audiences with musical genres that had their beginnings at Alpha.

Still producing high calibre talent, the future looks good for Alpha Boys School alumni. Tafane Buchsaecab (sax), Nicholas Laraque (flute), Denver “Feluke” Smith (percussion, drama, dance) are among the next generation coming out of the celebrated school.

Dawn A. Davis is a freelance writer for Caribbean Today.



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Beware lies aiming to blind us

FELICIA J. PERSAUD

On Jan. 30, after enduring what was an aggravating and painful State of the Union (SOTU) address by United States President Donald Trump, I tuned in to Jimmy Kimmel, hoping to lighten my mood with his Stormy Daniels interview.

I was surprised to see Kimmel's MAGA VS DACA feature, which put the spotlight squarely on the main issue surrounding the immigration debate – lies, alternative facts and the ignorance that continue to blind many in the U.S.

Kimmel had culled together a group of six folks, including a Latina and a black woman, who all claimed to be ultra-staunch “conservatives” and Trump voters.

On the opposite side was a young DACA recipient who had been brought into the U.S. as a baby and was now a mother. This woman was living in fear of being deported when her DACA status runs out. Her fear was heightened because her finance, who serves in the National Guard, was being deployed overseas, leaving her more vulnerable and at risk of losing her status.

As she related her story, Kimmel seemed moved as he asked the group to respond. Without hesitation an older white man responded: “She needs to go back. She is breaking the constitution.” He was ignorant that it is the immigration law and not the constitution that is the issue here.

SHOCKING

But the most shocking responses came from the Latina woman and the black woman. Both insisted the young “Dreamer” should be sent back and then somehow get into a magical line to apply to re-enter the U.S. legally.

The discourse, coming on the heels of the blatant lies presented by Trump on immigration laws during his SOTU, proved again the ignorance of most “born Americans” about U.S. immigration laws. Most of it is pushed by the alt-right, whose alternative facts would have you believe lies touted by Trump during the SOTU.

Lie 1 – Immigrants who become U.S. citizens can bring in “unlimited” relatives to live with them under the family sponsorship option of the law. That is viciously branded as “chain migration” by Trump

and supporters.

Truth - U.S. citizen can only sponsor a spouse, minor child or parent as an immediate relative and married sons and daughters or brothers and sisters as a third and fourth preference. There is no “unlimited” sponsorship.

Lie 2 - Countries are sending their worst people to the U.S. under the Diversity Visa Lottery.

Truth - The electronic Diversity Visa Lottery is only open to countries with limited immigration to the U.S. – 50,000 or less. So countries like Haiti, Dominican Republic and Jamaica are excluded.

People enter online and must have at least a high school education or its equivalent or two years of work experience within the past five years in an occupation that requires at least two years of training or experience to perform. Winners are chosen by a computer. Each winner has to go through an intense background check and processing to get into the U.S. and qualify for permanent residence or “green card”.

No country has any opportunity to maliciously send the U.S. its worst or terrorists.

Lie 3 - Out of status immigrants should go back to their countries and apply to come back in legally.

Truth - The reality is that out of status - or undocumented - immigrants face a bar if they should leave the U.S. and then try to re-enter under some legal pathway. Many who crossed the border and have no proof of entry into the U.S., cannot adjust their status through marriage, family or employer sponsorship within U.S. borders.

The three-year and 10-year bars were created as part of the Illegal Immigration Reform and Immigrant Responsibility Act (IIRAIRA) of 1996. Incorporated into section 212(a)(9)(B) of the Immigration and Nationality Act (INA), the statute imposes re-entry bars on immigrants who accrue “unlawful presence” in the U.S., leave the country, and want to re-enter lawfully.

It is important that in this current environment that we take time to educate ourselves on facts versus fiction and not fall prey to the dog whistlers whose only goal is to blind us with lies while stirring the pot of racial hate.

Edited from News Americas. Felicia J. Persaud is CMO at Hard Beat Communications, Inc., which owns the brands NewsAmericasNow, CaribPRWire and InvestCaribbeanNow.



ART OF STEAL: Flim flam man with a big scam

Scamming people out of their cash and possessions has been around a long time. Usually, the victims are criminals themselves.

Many people get scammed every day. Usually it's as a result of greed, with people expecting lots of returns without putting in anything to create that wealth.

If you research one of the greatest conmen of all time, the Italian Carlo Ponzi, you'll see the art of the scam in all its glory. Ponzi promised the world, and a few people benefited, but most lost everything. He was so good at his game, that they named a scam after him - The Ponzi Scheme.

It shows up every few years under different names and is orchestrated by different people. Naturally, many persons have been drawn into these schemes, scammed out of their money, as they expected extraordinary returns for no effort at all.

But Ponzi schemes aren't the only game in town. I'm sure many have received e-mails from people in Nigeria, or some other far off country, who want to donate to you millions of dollars, all because they inherited large sums of money.

Naturally there are people who fall for these scams, or the scam artists wouldn't keep on doing it.

“Hello dearest friend, my name is Fatima and I have inherited sixty million dollars from my father's estate. There is a freeze on the account, so I have to get the money out of the country under a different name. Give me your bank



details and I will send the funds to you.”

That's why they say, if it looks too good to be true, then it usually is. Which brings me to the biggest scam of all in decades, the Lottery Scam. That scam has garnered millions of United States dollars annually and made many Jamaicans filthy rich.

HUGE

It's so huge that documentaries have been made about it. Just picture that lonely old lady, living all by herself in rural U.S. with nothing to do. This person calls her up, befriends her, drops some familiar names to her, then tells her that she's won millions in the lottery.

She didn't buy a ticket, but the scammer explains that her name was picked randomly



TONY ROBINSON

from the grocery chain where she has shopped for years. All she has to do is send a couple of thousand dollars to process her winnings. Then to sweeten the pot, the scammer sends her a gift and a check for a thousand dollars to keep the pot bubbling.

He then asks for \$5,000 more to expedite the process, which the victim sends. He may then send back a thousand or so, to keep the flames burning, but asks her to send \$20,000 to close the deal. This continues for a while until the victim is drained of all her cash.

Some have sunk into deep depression, while others have committed suicide. It's devastating to the victim and family. That's why the FBI has stepped in, extraditing scammers when they catch them.

There are so many ways that people are duped. But if you aren't greedy you can't be scammed.

seido1@hotmail.com



CARIB Comments

“The U.S. government will continue to support Jamaica's security forces and criminal justice system ... It is in both of our countries' interest to work together” – Rex Tillerson assures of Jamaica of his country's intent during a visit the Caribbean nation recently. Tillerson was fired as United States secretary of state last month.



“The loss of life was never the option that the state wanted to take. The fact that lives were lost, therefore, is regrettable, is something that we are sorry for, and to start that



process of healing, I believe there is grounds, and room for us to make a sincere apology” – Jamaica's Prime Minister Andrew Holness apologizes to residents of West Kingston for damage caused by the island's security forces during an operation in May 2010 aimed at capturing then fugitive Christopher “Dudus” Coke. Some 73 civilians and a soldier were killed.

“Sexual harassment and inappropriate and unwanted sexual behavior with anyone – especially underage youth – is unacceptable. Period. We should fiercely oppose sexual predators, especially those that seek or hold the public's esteem and trust. Whether it is a candidate for U.S. Senate, an actor, a movie producer, or anyone with authority over others, I condemn this behavior in the strongest terms” – Haitian American Congresswoman Mia Love blasts then Republican



Senate candidate Roy Moore after he was accused of sexual harassment of young women and girls in Alabama.

“We will never forget your constant support for the resolutions against the blockade of Cuba, not the numerous statements of solidarity made during the general debates of the United Nations General Assembly and other international forums.



That support is especially relevant in light of the regression costs by the actions of the new United States administration against Cuba” – Cuba's President Raul Castro praises the Caribbean for backing his country, especially during the harsh times – past and present – brought on by the United States blockade.

- Compiled from various sources.



SPRING EDUCATION


www.caribbeantoday.com

~ A CARIBBEAN TODAY SPECIAL FEATURE

More students are going to grad school. How are they paying for it?

Career aspirations are driving more students to graduate school these days and nearly two thirds believe an advanced degree is the new minimum standard level of education for any professional occupation.

According to "How America Pays for Graduate School", the new national study from Sallie Mae and Ipsos, an independent global market research company, nearly all grad students (95 percent) said an advanced degree is necessary to enter, advance, accelerate or remain competitive in their chosen career.

Cost is less of a factor in the enrollment decision than it is at the undergraduate level, as more than eight in 10 surveyed based their enrollment decision on a school's academic offerings, prestige, location, campus culture, or other personal consideration. However, eight in 10 grad students said they took more responsibility for paying-for-school decisions than they had for their undergraduate studies.

"It is human nature to plan for what you value, and that includes graduate school," says Raymond J. Quinlan, chairman and chief executive officer for Sallie

Mae.

"Today's students see graduate school as their ticket to a successful and prosperous career, and most have a plan to pay for their advanced degree before they enroll. That planning pays off: the overwhelming majority are confident in the financial decisions they've made about how to pay for their graduate education."

HOW MUCH?

How much did they pay? Students spent an average of \$24,812 on grad school in academic year 2016-17 and more than three-fourths of them (77



Photograph © nd3000/stock.adobe.com

Graduate school is being seen as the new minimum.

arships, and tuition waivers accounted for 15 percent, while eight percent of grad school costs came from funds borrowed or contributed by parents or others.

The study also reveals that scholarships and grants are less available for grad students than for undergrads, accounting for just 15 percent of grad school costs.

To view the complete report,

visit SallieMae.com/HowAmericaPaysGrad and join the conversation using #HowGradsPay.

- Edited from StatePoint.



percent) paid for it, at least in part, by borrowing.

Funds borrowed by students covered more than half of the cost (53 percent), while money students earned, including income and savings, paid for 24 percent.

Grants, fellowships, schol-

Jamaica hosts CXC workshop on green engineering syllabus

KINGSTON, Jamaica – Jamaica will host a three-day workshop this month aimed at building the Caribbean's capacity to deliver the Caribbean Examination Council's (CXC) Caribbean Advanced Proficiency Examination (CAPE) green engineering syllabus.

CXC said the workshop will familiarize teachers throughout the region with resources recently created to support the implementation of the CAPE green engineering syllabus.

Earlier this year, educators from six Caribbean territories - Antigua and Barbuda,

Barbados, Belize, Guyana, Jamaica and Trinidad and Tobago - met here to develop a range of digital resources intended to improve delivery of CAPE green engineering syllabus.

When completed, participants of the workshop will be able to demonstrate an understanding of the requirements of the syllabus, an understanding of how to implement resources in the teaching and learning process, and use a range of resources to support diverse assessment strategies.

- Edited from CMC.



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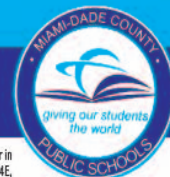
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~ A CARIBBEAN TODAY SPECIAL FEATURE

PLUG-IN: 5 ways digital technology aids students

As classrooms are getting modern makeovers, here are five ways new digital technology is helping students to better absorb the curriculum:

Tablets - In the classroom tablets give students instant and portable access to research and resources, as well as educational games and videos - all right at their fingertips.

These devices can be used as collaborative tools, and can also accommodate all different types of learners, helping teachers address the needs of all their students.

Keyboards - Musicians who are just getting started can get an educational boost with new tech tools, such as Casio's LK-265 keyboards, which are outfitted with a Voice Fingering Guide and Step-up Lesson System.

These features enable students to learn built-in songs, phase-by-phase, at their own pace. Additionally, the LCD display facilitates learning of



- Photograph © WavebreakmediaMicro/stock.Adobe.com

Devices make learning easier.

both music notation and correct hand positioning, while its scoring system evaluates performance, so users can track their progress.

Another asset for students is the free compatible Chordana Play app, which automatically plays 50 songs, from pop to classical and more, and is expandable through MIDI files that can be downloaded from the internet.

Virtual reality - Now students can go all over the world without a permission slip. Virtual field trips in class-

rooms using smart phone-based Virtual Reality (VR) technology can expose students to places they wouldn't be able to see otherwise.

Also, using VR in an educational setting can help students develop an understanding of the technology, which may be helpful down the line, as more industries adopt it for business applications.

Calculators - Updated digital technology integrated into calculators enables

students to learn math in a whole new way.

For example, Casio's addition to its PRIZM line, the fx-CG50, offers an improved catalog function so that teachers can use commands more easily and quickly, offering support to students. Expanded features include the ability to easily draw 3D graphs such as planes, cylinders and spheres, and view them from various angles to better analyze their shapes. These features help ensure students are getting the

(CONTINUED ON PAGE 12)

Fun ways to help kids enjoy math, science, art

Science, technology, engineering, arts and mathematics (STEAM) concepts are especially important for young minds.

While these are among the most challenging school subjects, at home, these topics can be brought to life through play.

"Children should be encouraged to endlessly explore their creativity and be provided outlets to continuously discover through creative play," says Hiu Lee, senior vice president of Horizon Group USA.

Consider these items that allow children to put real-world science theories to the test while learning fun facts along the way:

Lab work - A kid's activity kit gives little scientists an opportunity to start creating. With the Project MC2 Lip Balm Lab, kids can create single- or multi-layer lip balms. This kit includes all of the ingredients required, plus kids can decorate the finished product with science-themed stickers.

Chemistry connection -



Find fun, challenging activities.

Transform your kitchen into a scientific laboratory with the 40 fun and interactive experiments and simple chemical reactions found in the Discovery Extreme Chemistry Set.

From creating temperature reactions to testing your taste buds, these hands-on experiments are great for parents and kids to do together. Create liquid ice, work through color-changing litmus experiments, create creepy, crawly, slimy worms and more to show children just how connected to chemistry the world around them is.

(CONTINUED ON PAGE 12)



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SPRING EDUCATION



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~ A CARIBBEAN TODAY SPECIAL FEATURE

GATHERING STEAM: Getting girls interested in science, art, math

Science, art and mathematics are becoming increasingly important school subjects to embrace. Here are five ways to ensure girls get interested and stay interested in these critical subjects through the years:

Get involved early -

Setting a foundation of mathematics, science and the arts is essential to getting young children, especially girls, interested in continued learning.

Encourage them from a young age to participate in hands-on science, arts and math activities. Those with an interest or aptitude in these subjects will continue to pursue them as they learn and grow.

Find practical applications

- Science, art and mathematics are an integral parts of everyday life. Finding the practical applications as you go about your day, demonstrates for children how important these sub-

jects really are in life.

Use the weather report as an opportunity to discuss meteorology. Bake with your daughter and work on figuring out measurements for doubling recipes. Have your daughter calculate the distance from your current location to your destination, as well as the amount of gasoline you'll need to get there.

Provide intuitive tools -

Intuitive learning tools can foster a better understanding of a subject and make learning easier, encouraging students to continue their studies with enthusiasm.

For example, Casio's fx-CG50 PRIZM Graphing Calculator will support students and educators of math through middle school and



: - Photograph © Viacheslav Iakobchuk/stock.Adobe.com
Girls want to have fun, learn.

high school, and into college. With Natural Textbook Display and an intuitive icon-based menu, students will find the calculator easy-to-use. Plus, its new 3D Graph Drawing and improved catalog function allows for greater engagement and real-life application in the mathematics classroom.

Encourage group and club participation -

From outdoor brightness in as fast as five seconds. This technology can enhance lessons by enabling collaborative learning and communication.

- Edited from StatePoint.



education clubs that focus on environmental science to mathematics competition leagues, support and encourage girls to join special groups that focus on math, science and art - in and out of school.

Make it fun - Get girls interested in science, math and the arts by making it fun and enjoyable. Kids won't even realize they are learning if they are having a good time while doing so.

For example, music students can try out the LK-265 keyboard from Casio, which includes a Dance Music Mode,

letting musicians create and remix electronic dance music quickly and easily. Select from 50 styles of EDM, and use the lower keys to choose different variations of drum beats, bass lines, and synth parts. Its lighted keys show you how to play your favorite songs, which users can download from MIDI files. Or, connect your device's headphone output to the LK-265's audio input, and explore an endless library of music.

- Edited from StatePoint.



Fun ways to help kids enjoy math, science, art

(CONTINUED FROM PAGE 11)

Science that glows -

Illuminate your child's knowledge by combining simple chemistry with glowing power. With the Think Box Glowing Science Lab, kids can explore the basics of chemical compounds and reactions, while creating their own glow-in-the-dark toys and science experiments.

The kit includes a ball mold, glow-in-the-dark power ball crystals, zinc sulfate, baking soda, citric acid, guar gum, sodium tetra borate, re-seal-

able bags, glow-in-the-dark paint, a mixing stick and a fun poster with instructions.

Bath time bubbles - Mix together compounds, add color and shimmer, and create a molded bath bomb in the shape of your choice with YOUNiverse Galactic Bath Bombs. Once you have made your creations, pop them into the bath tub and watch as they fizz and bubble.

- Edited from StatePoint.



PLUG-IN: 5 ways digital technology aids students

(CONTINUED FROM PAGE 11)

most out of the educational tools in the classroom while enhancing their understanding of mathematics.

Projectors - These days, new projector models are giving educators a greater ability

to project images, video and lessons wirelessly from their mobile devices and laptops. For example, Casio's Core Series LampFree Projector, which features a mercury-free laser and LED hybrid light, minimizes classroom downtime by reaching maximum

brightness in as fast as five seconds. This technology can enhance lessons by enabling collaborative learning and communication.

- Edited from StatePoint.



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FISH FOCUS: Seeking out the benefits of seafood



- Photograph © Teri/stock.Adobe.com

Eating fish tacos is one way to improve diet.

Health benefits of eating seafood regularly aren't always in the spotlight.

It should be a no-brainer when it comes to seafood, which is packed with omega-3s. Here are some evidence-based facts to help set the record on seafood:

How much seafood should I be eating? - Studies show that seafood benefits your heart, eyes and brain, and may also help you fight chronic diseases and memory loss.

The 2015 Dietary Guidelines encourage everyone to eat at least two servings of seafood each week. That's double the amount most people currently eat.

To reap the range of nutrients found in seafood, try to get a variety of fish in your diet, including shrimp, salmon,

canned/pouched tuna, tilapia and pollock.

What if you're pregnant? - Seafood is especially important for pregnant and breastfeeding women, as well as young children, since it is one of the only natural food sources rich in healthy omega-3 fatty acids, EPA and DHA.

EPA and DHA are critical for brain and eye development, supporting the old adage that fish really is "brain food". One recent study shows that moms-to-be who ate fish two to three times each week had babies that reached milestones - such as imitating sounds, recognizing family members and drinking from a cup - more quickly than children born to mothers who didn't eat fish regularly during pregnancy.

Another recent study found that pregnant women who ate at least two seafood meals each week helped boost their child's IQ up three points by age nine. Learn more about the best fish to eat during pregnancy at aboutseafood.com/seafood-pregnancy.

How to get more seafood -

Incorporating more seafood into your diet doesn't need to be a challenge. It's easy to get the recommended two to three servings each week by simply swapping out the protein from your favorite dishes with seafood.

For example, chicken tacos become fish tacos, and grilled steak salad becomes grilled shrimp salad. What's more, seafood is just as healthy whether it's fresh, frozen or canned, making it a convenient item to stock up on when shopping, and ultimately helping you eliminate wasted food in your household.

Start the day right - Nutrition experts recommend incorporating protein into your breakfast as a way to boost metabolism and balance your blood sugar levels for the entire day. Kicking off the morning with tuna avocado toast or salmon on a bagel will help keep you feeling fuller for longer, prevent cravings before lunchtime and help you reach your weekly seafood goals.

More nutrition facts, recipes and other resources can be found at AboutSeafood.com.

- Edited from StatePoint.



Dig into delightful curried goat

How about some Jamaican curried goat? Here's this exotic recipe from Grace Foods:

Ingredients

- 3 pounds goat meat
- 2 tablespoons Grace White Vinegar
- 2 tablespoons curry powder
- 1 medium onion, chopped
- 2 stalks scallion, chopped
- 4 cloves garlic, chopped
- 1 teaspoons ginger, chopped
- 2 teaspoons thyme, chopped
- 1/2 scotch bonnet pepper, chopped
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1/4 cup Grace Vegetable Oil
- 4 cups boiling water
- 1 large Irish potato, diced
- 1 medium carrot, sliced
- 4 whole pimento berries, crushed

Method

Trim meat, cut into bite-size pieces and wash in a mixture of water and vinegar.

Add a tablespoon of curry powder, chopped onion, scallion, garlic, ginger, thyme, scotch bonnet pepper, black pepper and salt. Rub the seasonings into the meat, cover and put to marinate for two



Curried goat

hours.

Heat vegetable oil in a heavy bottom skillet over medium heat and add the remaining tablespoon of curry powder. Add the marinated meat and allow to sear.

Turn the meat and add 4 cups boiling water. Cover and allow to simmer for about 1 hour 20 minutes or until the meat is tender.

Add the diced potato and cook for five minutes. Fold in the sliced carrot and pimento berries and cook for five minutes.

Serve with plain rice, vegetable salad and mango chutney.

- Edited from News Americas.



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SPORTS



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Calabar, Edwin Allen top Jamaica's 'Champs' again

Calabar and Edwin Allen dominated the boys and girls track and field championships for Jamaica's high schools last month.

"Champs", arguably the biggest meet of its kind in the world, once again showcased the brilliant young athletic talent offered by the Caribbean.

When the five-day meet ended in Kingston, Calabar had stretched its dominance in the boys section to seven years, while Edwin Allen



Davis

made it five championship wins in a row among the girls.

Calabar finished with 368.50 points, followed by archrival Kingston College (278). Jamaica College (224.50), St. Jago (146) and St. Elizabeth Technical (95) rounded out the top five among the boys.

Top five finishers in the girls' section included Edwin Allen with 326 points, followed by Hydel (289), Holmwood Technical (285), St. Jago (178) and Vere



Russell

Technical (105.50).

Numerous brilliant performances highlighted the meet. Edwin Allen sprinter Kevona Davis, for example, won the Class II girls 100 and 200 meters titles, breaking the existing meet records in both events.

Calabar's De'Jour Russell also had an outstanding meet, shattering his own Class I 110 meters hurdles record.

Other star athletes included Hydel's Shiann Salmon, who won the 400 meters and 400 meters hurdles in Class I, and was a member of her school's gold medal-winning 4x400 relay team and second placed 4x100 meters team.



SPORT BRIEFS

Windies qualify for World Cup cricket

The West Indies lost in the final of last month's qualifying tournament, but still secured a spot in the 50 overs World Cup cricket competition to be played next year in England. Jason Holder, Marlon Samuels and Evin Lewis were named to the 12-member ICC Cricket World Cup Qualifiers all-tournament team.

No Caribbean refs for soccer's World Cup

No Caribbean national was named

among the match officials – referees or assistant referees – for this year's soccer World Cup. Thirty-six referees and 63 assistants were selected for duties in Russia.

Jamaica to enter six events at 'Penns'

Caribbean track powerhouse Jamaica has announced plans to compete in six senior national team events at the 2018 Penn Relays April 26-28 in Philadelphia, Pennsylvania. Jamaica will start the men's and women's 4x100

meters, 4x400 meters, and sprint medley relays.

Bolt rates trial 'seven out of 10'

Former international track superstar Usain Bolt of Jamaica ended a two-day tryout with elite German soccer club Borussia Dortmund last month, rating his effort seven out of 10.

Compiled from various sources.



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Jamaican striker finds new MLS home, plan

GORDON WILLIAMS

ATLANTA, United States - By his own admission, life as a professional athlete hasn't gone quite the way Jamaican Darren Mattocks planned.

"Personally, I'll be honest with you, it's been indifferent," Mattocks admitted mid-March while describing his Major League Soccer (MLS) career.

Much was expected of the striker when Vancouver Whitecaps made him the second overall pick in the 2012 SuperDraft out of the University of Akron, where he piled up goals at an impressive rate – 39 in 47 games – and won a college national championship. As a rookie, Mattocks quickly justified the club's faith, scoring six goals in his first nine MLS games and captivated fans with his speed, power and flamboyant personality. His seven goals for the season led the club and Mattocks was touted among MLS's top young players.

But problems came early. A kitchen accident left him with severe burns that cost him chunks of playing time in 2012. In 2013 he scored only three goals from 20 games; six in 30 the following year; and three in 22 in 2015. Mattocks would eventually play 93 games for Vancouver, netting 19 goals, hardly the return the club hoped.

CHANGE

In 2016, Vancouver traded Mattocks to the Portland Timbers, where his former college coach Caleb Porter was in charge. The future looked promising again. But again Mattocks suffered from inconsistent playing time and managed just five goals in 43 appearances.

"It has been more down than up," Mattocks said of his sputtering MLS run. "I mean, I



Mattocks

won't deny that. But we see all the time where players just need a change to excel in their career."

By the end of the 2017 MLS season, Mattocks was again on the move. He signed with D.C. United "more calm" than his earlier years, Mattocks said, and immediately became a starter. In the second match of the 2018 season against Atlanta United Football Club here, Mattocks latched onto a deflected ball and confidently rammed home his first goal. The following weekend he scored again, against Houston Dynamo.

For him, the D.C. move is a platform to re-launch his flagging career. "Playing time," he said, will be the key to his resurgence.

"A breakout season, definitely, God's willing," Mattocks explained. "... I definitely think that this is the re-birth of Darren Mattocks ... There's a lot of work to do, but I see the light at the end of the tunnel."

He's right about work.

Mattocks missed at least two other clear scoring chances against AUFC in his team's 3-1 loss. But one goal, he believes, can jumpstart his fortunes.

"Hopefully the flood gates will open and I'll be scoring goals," Mattocks said. "As a striker you always look to try to get off as soon as possible."

It's the plan Mattocks has now. He's hoping it sticks.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

OECS, PAHO collaborate to eliminate HIV, TB in eastern Caribbean

CASTRIES, St. Lucia – The Organization of Eastern Caribbean States (OECS) says it is implementing a multi-million dollar program aimed at eliminating tuberculosis and HIV in the eastern Caribbean.

The OECS Commission said it has partnered with the Pan American Health Organization (PAHO) and the Global Fund to implement the \$5 million TB/HIV project being undertaken in St Vincent



One case of AIDS is too much.

and the Grenadines, St. Lucia, Antigua and Barbuda, Dominica, St. Kitts and Nevis, and Grenada, with outcomes and lessons learnt being applied to other member states of the nine-member sub-regional grouping.

The OECS Commission

said representatives of the countries recently convened to provide an update on project progress to all stakeholders and that Dr. Cleophas d'Auvergne, project coordinator, introduced newly developed regional TB/HIV Clinical Guidelines.

MODEL

"We presented the newly developed OECS TB/HIV clinical guidelines to be endorsed by the member states as a document that can be used as a model for others," said Dr. d'Auvergne.

"We also aimed to finalize the TB elimination plans of countries, as well as to agree on specific implementation activities for 2018," he added.

The guidelines aim at har-

monizing the processes of prevention, control and treatment of tuberculosis and HIV among all the participating countries. Dr. H. Davy, clinical care coordinator for TB/HIV in St. Vincent and the Grenadines, said the guidelines are prominent for medical practitioners.

"The project allows us to concentrate our efforts on major improvements to elimination efforts. Before we had the guidelines, some health professionals were attaining a diagnosis in an incorrect way," Dr. Davy said.

"One case of tuberculosis is one too much in this modern day and age."

- Edited from CMC.



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Fertility conference in South Florida May 5

The Barbados Fertility Center (BFC) will host a conference on fertility this month in South Florida.

The conference, which organizers said is being offered due to the response in 2017 from couples suffering from infertility, is scheduled for **9 a.m. to noon May 5** at the James L. Knight Center, 400 S.E. 2nd Ave. in Miami.

Dr. Juliet Skinner, BFC co-founder, said the purpose behind the conference was to address the growing need to discuss the issue of infertility.

"There has been a marked increase in the number of couples seeking us out from the United States over

the course of the last several years," Dr. Skinner was quoted as saying in a press release promoting the event.

"The numbers of couples from Florida in the Miami area has increased exponentially in that time and as a result we felt it made sense to host this conference in Miami."

THEME

The theme of the conference is "IVF – Achieving Maximum Success". The demand for BFC's input is also rising, organizers explained.

"The overriding characteristic we've found when we

speak with patients from the U.S. these days is that they've sought us out for two main reasons: Firstly, they've heard about our success rates, which are on average higher than in the U.S. (67 percent for women under 35 and 75 percent for those in the donor program), and secondly, they tell us that when they were seeking treatment in the United States, they were made to feel as though they were being treated like just a number," Clinic Director Anna Hosford stated in the release.

For more information, call **806-445-2940**.



Jamaica warns against unregistered cannabis products

KINGSTON, Jamaica – The Ministry of Health says Jamaicans must refrain from using unregistered cannabis products designated for medical and therapeutic purposes.

In a statement late last month, the ministry said it is recommended that medical cannabis products should have a maximum tetrahydrocannabi-

nol (THC) content of five percent. Health officials are concerned that persons may be exposed to unregistered products with unknown THC content.

THC is the main mind-altering ingredient found in the cannabis plant.

The ministry said under the Food and Drugs Act any substance manufactured, sold or represented for use in the diagnosis, treatment, prevention of a disease, disorder or symptoms is classified as a drug and must be registered and the requisite permits obtained from the ministry.

DRUG

The ministry further underscored that while the Dangerous Drugs (Amendment) Act, 2015 decriminalized cannabis use for specific purposes, cannabis is still classified as a controlled drug under the Food and Drugs Act.

The health ministry is advising companies to consult



Cannabis is considered a controlled drug.

with its Standards and Regulations Department, the Pharmacy Council of Jamaica and the Cannabis Licensing Authority if they wish to manufacture or distribute cannabis products to ensure that proper standards and procedures are followed and that their operations are in keeping with the relevant laws.

The health ministry said it does not support, for medicinal and therapeutic purposes, the smoking of cannabis and the use of food products containing cannabis.

- Edited from CMC.



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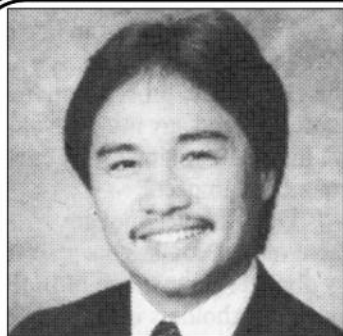


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~ A CARIBBEAN TODAY SPECIAL FEATURE

U.N. guidelines aim to help Caribbean end tobacco's 'reign'

GENEVA, Switzerland – The United Nations World Health Organization (WHO) has launched new guidelines aimed at helping Caribbean and other countries end the “reign” of the tobacco industry.

WHO said the new guidelines, together with an accompanying publication, will help Caribbean and other governments “do much more” to implement regulations and address the “exploitation of tobacco product regulations.

“The tobacco industry has enjoyed years of little or no regulation, mainly due to the complexity of tobacco product regulation and lack of appropriate guidance in this area,” said Douglas Bettcher, the director of the WHO Department for the Prevention and Control of Noncommunicable Diseases.

“Tobacco product regulation is an under-utilized tool



Tighter regulations for cigarettes.

which has a critical role to play in reducing tobacco use, (and) these new tools provide a useful resource to countries to either introduce or improve existing tobacco product regulation provisions and end the tobacco industry ‘reign’,” he added.

PRACTICAL

The U.N. said the guide, called “Tobacco product regu-

lation: Building laboratory testing capacity”, provides practical and stepwise approaches to implementing tobacco testing relevant to a wide range of countries, especially those with inadequate resources to establish testing facilities.

The guide also provides regulators and policymakers with comprehensible information on how to test tobacco products, what products to test, and how to use testing data in a meaningful manner to support regulation, the U.N. said.

It said the guidelines will also assist in the implementation of the WHO Framework Convention on Tobacco Control – a global treaty combating the tobacco epidemic – through strengthening tobacco product regulation capacity in WHO member States.

“We need more countries to introduce and increase tobacco taxes to drive down smoking rates and generate revenues to fund health systems,” said Tedros Adhanom

(CONTINUED ON PAGE 18)

Vaccinate against measles, PAHO urges Caribbean

WASHINGTON, D.C. – The Pan American Health Organization (PAHO) is urging Caribbean countries to re-double efforts to vaccinate their populations in the wake of ongoing measles outbreaks in the Americas.

PAHO is also urging the countries to strengthen surveillance to detect possible patients and implement measures to quickly respond to any suspected cases.

In an epidemiological update released here last month, PAHO said that while measles was declared eliminated from the Americas in 2016, following the declaration of rubella and CRS elimination in 2015, “the highly contagious nature of the measles virus and the fact that both it and the rubella virus continue to circulate in the rest of the world mean that the region is at risk of outbreaks.”

PAHO said the region



Cases of measles are again surfacing.

was the first in the world to have eliminated all three diseases, culminating a 22-year effort involving mass vaccination against measles, mumps, and rubella throughout the Americas.

RISING

In the first months of 2018, PAHO said there were several countries in the region reporting confirmed cases including Antigua and Barbuda, Brazil, Canada, Guatemala, Mexico, Peru, the United States and Venezuela.

It said so far this year,

(CONTINUED ON PAGE 18)

5 ways to cut daily stress

Deadlines, responsibilities, bills - there are so many causes of stress in our lives.

Unfortunately, stress can take a negative toll on one's health and wellness, particularly if it goes unaddressed for too long.

Common effects of stress include headaches, stomach upset, anxiety, sleep problems and more, according to the Mayo Clinic.

This April, which is “Stress Awareness Month”, consider these strategies for relieving stress.

- **Aromatherapy** - Scent your home and workspace with stress-relieving scents like lavender, rosemary and peppermint. Whether you use candles, oils or fresh herbs, this is an easy way to immediately reduce feelings of stress.

- **Get outdoors** - Both exercise and nature can have stress-relieving properties. Combine the two with hiking, biking, and water-based sports.

Support your adventures with water-resistant wearable tech, like the WSD-F20 ProTrek Smart Outdoor Watch, which features functions like full color maps and GPS, app functionality to track progress, as well as sensor technology, allowing you to comfortably get off the beaten path and better appreciate your surroundings.

- **Meditate** - Many experts agree on the benefits of meditation, from increased positive emotions to the relief of stress and anxiety. And these days, meditation is more accessible than ever, as employers offer



-Photograph © oneinchpunch/stock.Adobe.com
There are many ways to ease life's tensions.

mindfulness programs in the workplace, mobile apps in guided meditation abound, and communities and fitness clubs add practices like tai chi and yoga to their rosters.

- **Enjoy music** - Music can be an extremely powerful outlet for stress relief, particularly when you're getting creative and making it yourself. Have the means at home to play a variety of beautiful music so that you can de-stress any time you need.

- **Keep a journal** -

Keeping a journal can be a good way of putting things in perspective and thinking through the short- and long-term problems and challenges that are causing you stress. Plus, the ritual aspect of what could be made into a daily habit, may have a calming effect on the body and mind.

This “Stress Awareness Month” and beyond, considering adopting stress-reducing hobbies and habits for a healthier body and mind.

- Edited from StatePoint.



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PAHO director reveals Caribbean's top health priorities

WASHINGTON, D.C. — Dr. Carissa F. Etienne, the Dominican-born director of the Pan American Health Organization (PAHO), has identified what she regards the top health priorities for the Americas, including the Caribbean, for the next five years.

During a recent briefing here with Caribbean and other diplomats and staff at the Permanent Council of the Washington-based Organization of American States (OAS), Dr. Etienne said advancing universal health coverage and universal access to health in the region will be the top priority during that period.

She said PAHO will also place priority in eliminating several communicable diseases and reducing deaths from non-

communicable diseases by 25 percent by the year 2025.

Dr. Etienne's remarks came during her presentation of a "key accountability report" that covers the period 2013-2017. She said PAHO will promote "a renewed focus on equitable health for all women and children, ethnic groups, indigenous populations, and people living in conditions of vulnerability."

Dr. Etienne said PAHO is also seeking to increase the number of countries certifying the elimination of malaria, tuberculosis, and neglected tropical diseases, and will work toward elimination of HIV transmission in the Americas as a whole by 2030.

- Edited from CMC.



U.N. guidelines aim to help Caribbean end tobacco's 'reign'

(CONTINUED FROM PAGE 17)

Ghebreyesus, WHO's director-general.

MISSED OPPORTUNITY

According to Vinayak Prasad, head of the Tobacco Free Initiative at WHO, most countries "hesitate" to implement policies, due in part to the highly technical nature of such policy interventions and the difficulties in translating science into regulation.

"Failure to regulate is a missed opportunity as tobacco product regulation — in the context of comprehensive control — is a valuable tool that complements other tried and tested tobacco control interventions, such as raising taxes, and ensuring smoke-free envi-

ronments," he said.

The U.N. said the accompanying publication, "Case studies for regulatory approaches to tobacco products-Menthol in tobacco products", includes "practical steps, as well as policy options countries can employ to make regulations more effective, such as the regulators' enforcement of a total ban on the use of flavors in tobacco products, such as menthol."

The guidance document and the accompanying publication were launched at the 2018 World Conference on Tobacco or Health in Cape Town, South Africa, the U.N. said.

- Edited from CMC.



Vaccinate against measles, PAHO urges Caribbean

(CONTINUED FROM PAGE 17)

there have been 159 cases.

The epidemiological update noted that, in 2017, four countries in the region of the Americas reported confirmed cases of measles and that cases of measles in the European region quadrupled in that year, "which increases the risk of imported cases to countries in the Americas."

PAHO said it has been alerting countries of this situation since May 2017 through successive epidemiological updates.

In light of this situation, PAHO has recommended that Caribbean and other countries vaccinate to maintain 95 per cent "homogeneous coverage with the first and second doses of the measles, mumps, and

rubella (MMR) vaccine in all municipalities."

It also urged regional countries to strengthen epidemiological surveillance in public and private health services to detect suspected cases; and "respond quickly when an imported measles case is detected in order to prevent the reestablishment of endemic transmission of the virus."

"This includes activating teams to follow up on patients with measles and their contacts," PAHO said.

Additionally, it urged countries to maintain a "reserve of measles-rubella (MR) vaccines for imported case control actions."

- Edited from CMC.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

CHOICES: Diet vs. exercise - which is better for weight loss?

What's more important diet or exercise?

Anyone who's tried to lose weight and maintain a healthy lifestyle has likely asked this question.

Sixty-eight percent of people in the United States want to lose 10 pounds or more, according to a recent Harris Poll on behalf of Nutrisystem.

So, should you focus on diet, exercise or both?

When it comes to weight loss, the split should be roughly 80 percent focus on what you eat and 20 percent on exercise. The logic is simple, say experts.

"It's all about calories in and calories out. If you're eating less and exercising, you're going to burn more calories," says Courtney McCormick, corporate dietitian at Nutrisystem. "However, exercise often makes us hungrier, which is why many people who only change their exercise habits don't see the scale move."

To achieve a healthier lifestyle and shed weight, consider these quick tips that combine both diet and exercise:

• **Eat more often** - A 2015 study from the Journal of the Academy of Nutrition and Dietetics found that on average, people who ate six times or more daily consumed fewer calories, had a lower body mass index, and ate more nutrient-rich foods than those who didn't eat at least six times a day.

Eating smaller meals



- Photograph © M.studio/stock.Adobe.com

Finding the right balance is key.

every three hours keeps you feeling full, controls blood sugar and helps boost metabolism.

• **Watch portions** -

American portions have become too big; and those used to dining out may consider restaurant portions to be correct, when they're often four times as large as what's recommended.

Learning portion control is key to losing weight. When eating out, ask for a to-go box and save half for later.

• **Veg out** - Vegetables are low in calories, high in filling fiber and loaded with nutrients. For breakfast, add spinach to an omelet. At lunch, pile your sandwich high with fixings like tomatoes, cucumbers and peppers, or use lettuce as a wrap instead of bread. During snack time, munch on carrots dipped in hummus or blend kale into a fruit smoothie.

• **Drink more water** - A study found that when people drank six cups (48 ounces) of cold water, they increased their resting calorie burn by up to 50 calories each day.

Another study found that

dieters who drank two eight-ounce glasses of water before meals lost 36 percent more weight over three months than those who didn't sip before sitting down to eat. So, fill up that water bottle!

• **Get moving** - The Centers for Disease Control and Prevention recommend 150 minutes of aerobic activity

weekly, but research suggests that it doesn't matter if you exercise for two-and-a-half hours straight or break it up into 10-minute chunks. Aim for 30 minutes of exercise per day then build up to 60 minutes when you're ready.

More diet and exercise tips can be found at leaf.nutrisystem.com.

Remember, the key to meeting your weight loss and health goals is to make sustainable lifestyle changes. Focus on eating better and moving more and you'll be on the right track.

- Edited from StatePoint.



'April Pool's Family Water Safety Day' in Coral Springs

The Pediatric Drowning Prevention Task Force (PDPTF), a collaborative effort between Broward Health Coral Springs, the City of Coral Springs and the Florida Health Department, will stage an "April Pool's Family Water Safety Day" this month in South Florida.

The free family event will

be held from **11 a.m. to 2 p.m.**

April 15 at the Cypress Pool Water Park, 1300 Coral Springs Drive, Coral Springs.

Scheduled activities include trial swim lessons, mermaid meet and greet and CPR practice. Free sports pack bags, vouchers for future free swim lessons, free entrance to water park and free food and ice

cream (while supplies last) will also be offered.

The aim of the program is to provide education to protect children from drowning.

For more information or to make reservations, call **954-759-7400** or register at www.coralssprings.org/aprilpools.



Understanding your risk for 'blood clots'

Anything that keeps the blood from circulating properly can cause a clot, including injury, illness, lack of movement, certain inherited conditions and lifestyle factors.

Deep vein thrombosis, or DVT, is a large blood clot that forms in one or more of the deep veins in the body. Knowing the symptoms of DVT could help save your

life. For more information, visit clearingtheclot.com.

- Edited from StatePoint.



LIFE SUPPORT



Dr. Leighton Wynter, right, consultant and head of the Anaesthetics Department at the Mandeville Regional Hospital in Jamaica, explains the function of a new anaesthetic machine donated by the Guardian Group. Observing the demonstration are, from left, hospital Chief Executive Officer Alwyn Miller, Eric Hosin, president of Guardian Life Limited, and Wayne Chen, chairman of the Southern Regional Health Authority. The Guardian Group donated the equipment, procured from proceeds from its recent 5K Night Runs last month.

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