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Jamaican-born Mayor Hazelle Rogers leads a Lauderdale Lakes city commission made up of only women of color.

It wasn't planned, but the members see definite benefits. A resolution from a United States congressman noting the accomplishment is a sign others agree, page 7.



Several Caribbean nations are preparing for upcoming World Cup soccer qualifying tournaments in the United States.

It's a golden chance for the region. Jamaica's soccer boss Michael Ricketts believes it's time the Caribbean unites to reap full benefits from the beautiful game, page 9.

T&T's ISIS TIES

~ The United States has named two Trinidad and Tobago citizens as financiers of the Islamic State of Iraq and Syria. According to the U.S. Department of the Treasury, the Caribbean nationals have been financially "supporting ISIS's radical agenda," page 3.



RHYTHM OF LIFE

~ Zeppe Walaza's spent half his life under the brutal apartheid regime of South Africa. Yet he still remembers the songs from the Caribbean, which helped him and his countrymen survive and inspired them in the fight for equal rights and justice, page 13.

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NEWS



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St. Lucia buries national killed by U.S. cop



Jean, left, and Guyger

St. Lucian national Botham Shem Jean, who was gunned down in his apartment by a police officer in the United States, was buried in his home country late last month and his killer charged with manslaughter.

Jean, a 26-year-old accountant who loved to sing and had confided to his uncle that he might one day want to be prime minister of St. Lucia, was in his Dallas, Texas apartment on Sept. 6 when Officer Amber Guyger entered and

shot him. Guyger claimed she mistakenly thought she was in her own apartment and mistook Jean for an intruder.

Guyger was fired after an internal investigation found she had engaged in "adverse conduct". The Dallas Police Department (DPD) said Guyger

is allowed to appeal the decision under civil service rules.

OUTRAGE

The shooting sparked outrage in the Caribbean. Chairman of the Organization of Eastern Caribbean states (OECS), St. Vincent and the Grenadines Prime Minister Dr. Ralph Gonsalves, said the nine-member sub-regional grouping stands "firmly in solidarity" with Jean's family.

Gonsalves said that over the last few weeks the people of the Caribbean, North America and other parts of the world have been following the "rather sad, perplexing, and horrifying case" of Jean.

"It is an undeniable fact that Botham Shem Jean was shot and killed while in the sanctity and comfort of his own home ...," Gonsalves said, noting that the St. Lucian national had committed no crime, nor was he contemplating or conspiring to commit any crime.

"From every indication, Botham Shem Jean was a proud product of our Caribbean Civilization – bright, God-fearing, respectful of others, humane and full of promise ... and so, it is a great loss that we all feel, and for which we sympathize deeply with his family and friends."

(CONTINUED ON PAGE 4)

American convicted in \$6M Jamaican lottery fraud scheme

WASHINGTON, D.C. – A United States federal jury has convicted a Providence, Rhode Island woman for her participation in a Jamaican lottery fraud scheme.

The Department of Justice (DOJ) said last month that Melinda Bulgin, 28, was convicted on conspiracy and substantive mail fraud and wire fraud charges, as well as one count of money laundering conspiracy. She will be sentenced at a later date.

The scheme affected about 100 identified victims with reported losses estimated at more than \$6.7 million.

The court heard that Bulgin worked with members of a Jamaican lottery fraud conspiracy in the U.S. and Jamaica, and had multiple roles in the scheme. The DOJ said the scheme's conspirators, located in Jamaica, purchased lists containing information about U.S. citizens and contacted them over the phone.

They told victims they had won large cash prizes and cars, but would need to pay taxes and fees in order to receive the prize, the DOJ said, adding that the scammers deliberately targeted victims over the age of 55.

LOSS

Some victims lost their savings, their life insurance and their homes before running out of money and turning to public or family assistance, the DOJ said.

The evidence presented at trial showed that Bulgin participated in the scheme via several roles: by buying the names of future victims to call, by collecting checks and cash from victims at her home address, and via wire transfers victims sent to her bank accounts. She also sent fraudulent mailings to victims to convince them of their prize, the DOJ said, adding that she was caught while carrying \$14,800

to Jamaica to share with her conspirators.

The DOJ said the government's case included testimony by an FBI case agent who traced victim money from around the country to Bulgin and several American and Jamaican co-operators, one of whom was extradited from Jamaica. A Jamaican law officer, who questioned Bulgin when she landed in Jamaica from the U.S. with \$14,800 in cash, also testified at trial.

In addition to Bulgin, the DOJ said 14 other defendants from Jamaica and the U.S. were charged in the same indictment, many of whom have pleaded guilty.

Nationwide, it said the number of Jamaican lottery fraud victims is in the millions, with some estimates of annual losses in excess of a billion dollars.

- Edited from CMC.



CARIBBEAN HEAT



France President Emmanuel Macron found himself in the center of controversy over this photograph taken late last month in St. Martin, a French Caribbean island. The president is flanked by a man on the left who used his middle finger to make an obscene gesture. The other is an ex-convict. In video of the incident Macron urging the ex-con not to "make any more mistakes." However, Opposition politicians like Marine Le Pen weighed in with criticism. "It is unforgivable," read part of one Le Pen tweet. Macron responded, in part: "I love every child of the Republic, regardless of the mistakes they made."

Dominica re-elects new prez, Opposition protests, walks out

ROSEAU, Dominica – President Charles Angelo Savarin, 75, has been re-elected to serve as Dominica's head of state.

However, Opposition legislators staged a walkout on Oct. 1 in protest at what they term the unconstitutionality of the entire affair.

Speaker Alix Boyd Knights, who had earlier asked Danny Lugay, Opposition member for Roseau North, to leave the chamber following his outburst, said all 20 legislators who were present when the vote was taken had shown their support for Savarin, a former trade unionist, diplomat and government minister.

However, Opposition Leader Lennox Linton argued the election was taking place during the 14-day period designated for nomination of candidates and urged that



Savarin

Parliament be adjourned to Oct. 5 to accommodate the election process.

But Prime Minister Roosevelt Skerit, citing "doctrine of necessity on which the courts have ruled upon," said the vote could proceed.

- Edited from CMC.



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U.S. identifies two T&T nationals as ISIS financiers

WASHINGTON, D.C. – The United States has named two Trinidad and Tobago nationals as financiers of the Islamic State of Iraq and Syria (ISIS).

“While coalition efforts have led to the collapse of ISIS’s self-declared caliphate, Treasury continues to aggressively target financiers supporting ISIS’s radical agenda. We are sanctioning individuals involved in financial facilitation to obstruct and deter ISIS financial operations in regions across the world,” said U.S. Treasury Under Secretary for Terrorism and Financial Intelligence Sigal Mandelker last month.

“Our actions coincide with the 10th meeting of the Counter-ISIS Finance Group (CIFG), which includes 52 countries and international organizations committed to disrupting critical sources of ISIS revenue to permanently prevent ISIS from accessing the international financial system.”

AIDING

The U.S. Department of the Treasury’s Office of Foreign Assets Control (OFAC) named Emraan Ali and Eddie Aleong as those assisting in financing the operations of the terrorist group. It



U.S. claims Caribbean nationals supporting terrorist group.

said in the case of Ali, the Syria-based, dual U.S. and T&T national was designated for acting for or on behalf of ISIS.

Ali has been involved in money transfers from Trinidad and Tobago to Syria in support of ISIS. As of January 2017, Ali would receive and provide funds to Trinidadian ISIS fighters

– U.S. Department of the Treasury

“Ali has been involved in money transfers from Trinidad and Tobago to Syria in support of ISIS. As of January 2017, Ali would receive and

provide funds to Trinidadian ISIS fighters. For several years, a number of citizens of Trinidad and Tobago in Syria received money transfers through Ali. In the summer of 2015, Ali lived at an ISIS guest house in Syria and had been assigned to Raqqa, Syria,” it said.

OFAC said that Aleong was designated for assisting in, sponsoring, or providing financial, material, or technological support for, or financial or other services to or in support of ISIS.

“As of March 2018, Trinidad-based Aleong facilitated money transfers to ISIS

(CONTINUED ON PAGE 5)

SVG citizen first Caribbean national convicted in U.S. under FATCA law

NEW YORK – Adrian Baron, a St. Vincent and the Grenadines naturalized citizen, has become the first Caribbean national to be convicted for failing to comply with Foreign Account Tax Compliance Act (FATCA) of the United States.

Baron is a former chief business officer and former chief executive officer of Loyal Bank Ltd., an off-shore bank with offices in Budapest, Hungary and St. Vincent and the Grenadines. He and Linda Bullock, another St. Vincent and the Grenadines national, were among six individuals and four corporate entities indicted in the U.S. in March in international securities fraud and money laundering schemes amounting to \$50 million.

Bullock, 57, along with Loyal Bank and Loyal Agency and Trust Corp, an off-shore management company located here, are among the group that prosecutors in New York say proposed that an undercover law enforcement agent purchase a Pablo Picasso painting to launder fraudulent profits from stock manipulation scheme.



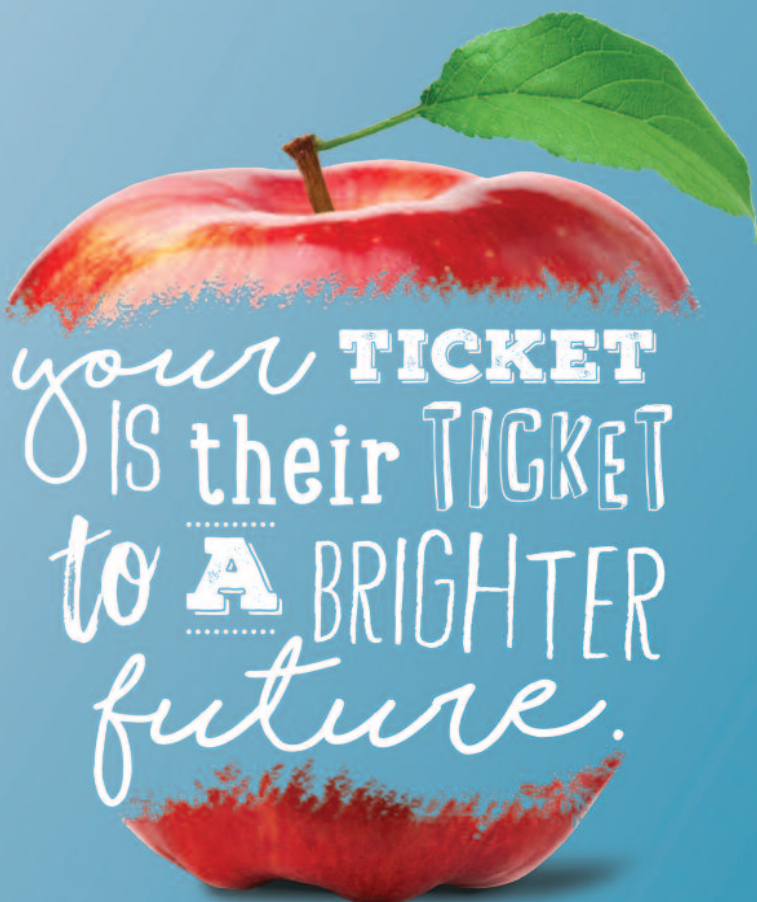
Baron

GUILTY

Last month, Baron pleaded guilty to conspiring to defraud the U.S. by failing to comply with the FATCA, becoming the second person to plead guilty to the charges. Baron was extradited to the U.S. from Hungary in July. The guilty plea was entered before U.S. District Judge Kiyo A. Matsumoto.

According to court documents, in June 2017, an undercover agent met with Baron and explained that he was a U.S. citizen involved in stock manipulation schemes and was interested in opening multiple corporate bank accounts at Loyal Bank. The agent

(CONTINUED ON PAGE 5)



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U.S. to deport T&T student who tried to steal airplane in Orlando

MIAMI, Florida – The 22-year-old Trinidad and Tobago student who tried to steal an American Airlines jet from Orlando Melbourne International Airport last month has accepted a plea deal and agreed not to come back to the United States.

Nishal Sankat, son of the former principal of the St. Augustine campus of the University of the West Indies (UWI) Professor Clement Sankat, had been charged with criminal theft of an air-

craft, criminal trespassing and visa violation hours.

Police said the Florida Institute of Technology student, a dual citizen of Canada and T&T, had no criminal history.

On Oct. 1, he pleaded guilty to burglary of a conveyance and was scheduled for deportation on Oct. 3.

MENTAL STATE

The court heard that on Sept. 20 Sankat drove to the curb outside the airport dur-

ing the early hours of the morning, left his car running, hopped a fence and boarded the plane. A maintenance worker spotted him and police took him into custody a couple of minutes later.

The authorities said a robot device was used to ensure nothing dangerous was in the parked vehicle Sankat left behind. The car was towed away after it was declared safe. Prosecutors said he planned to steal the plane to harm himself.

Sankat's attorney said his client's mental state is delicate and he needs treatment rather than jail time. In a statement soon after his arrest, the Sankat family said what occurred "acutely underscores to the family the need to be aware of the challenges young students face,



Nishal Sankat

especially those living away from home and family."

The incident prompted the airport to be shut down for five hours and caused two flights to be delayed.

Meanwhile, the T&T government said it was informed by U.S. law enforcement authorities regarding the deportation of Sankat.

- Edited from CMC.



St. Lucia wants 'regional voice' to protest treatment of Caribbean nationals in U.S.

CASTRIES, St. Lucia – St. Lucia Prime Minister Allen Chastanet says he believes there is need for a "regional voice" to protest the murder of St. Lucian national Botham Jean, as well as the West Indians who have been displaced and "kicked out" of the United States.

Jean, 26, was shot dead in his own apartment by female Dallas police officer Amber Guyger last month after she claimed she mistook his apartment for her own.

Chastanet told reporters there was "inequity" in the matter of West Indians being displaced in the U.S.

"So if a person has

remained in America with a green card and then commits a crime, that person now is subject to being deported versus if that person had become a citizen, they would not be," he said.

"We look at what's taking place in the United Kingdom with Windrush in terms of, again, an administrative process that invited West Indians to come to England and unfortunately in the mayhem of everything else, people did not become documented.

"As angry as I am, and we all should be, and as outraged as we are, this is so big and therefore you are talking about this has not even reached the

federal level yet in the states, while many of us may not have confidence in the process, the process is what we have and we have to give that process time."

'HYPOCRISY'

In the Botham Jean case, Chastanet noted that the police officer has been charged with manslaughter. He said the district attorney was clear that evidence could come to the fore and the charge could be upgraded to murder.

"Some people want to go further, that this was home invasion and therefore is subject to capital punishment," Chastanet said. "Now again, all



Jean's mother Allison.

these things are starting to play out because capital punishment is what the whole world has been trying to convey to us that we should not practice, yet here is a state in America that still practices it.

"This is the inconsistency or hypocrisy, if you want to call it that," he said, adding "that exists in the global context that we have to deal with."

'HORRIFIC'

Chastanet said it was important for St. Lucia to know its moral position and be able

to defend it, describing the murder of Jean as "horrific."

Dallas Police Chief Renee Hall said she doesn't "want to interfere with the on-going criminal investigation into (Guyger's) actions.

"As an employer, DPD can compel Officer Guyger to provide a statement during a DPD administrative investigation and those statements given to DPD could potentially compromise the criminal investigation.

"That is not a risk I am willing to take. We cannot let the criminal case be determined on a 'technicality' rather than the facts. An exhaustive and thorough criminal investigation is essential, and as soon as we are assured that conducting an administrative investigation will not impede on the criminal investigation, we will proceed," Hall said in the statement.

- Edited from CMC.



St. Lucia buries national killed by U.S. cop

(CONTINUED FROM PAGE 2)

The OECS groups the islands of Antigua and Barbuda, Dominica, Grenada, St. Lucia, St. Vincent and the Grenadines, St. Kitts and Nevis, Montserrat, Anguilla and the British Virgin islands.

Jean, who grew up in St. Lucia, attended college at Harding University in Searcy,

Arkansas, so he could remain within a religious community while getting his education. At Harding he majored in accounting and information systems and graduated in 2016. He went to work at the accounting and consulting firm PwC in Dallas.

- Edited from CMC.



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Ex-Antigua finance regulation chief files appeal against extradition to U.S. to face fraud charges

ST. JOHN'S, Antigua – The attorney representing Leroy King, the former chief of the Financial Services Regulatory Commission (FRSC), said late last month that he had filed an appeal against the ruling of the Eastern Caribbean Supreme Court which stated his would be extradited to the United States.

"The papers have been filed, they have been served on the Attorney General's chambers," attorney Dr. David Dorsett said on Sept. 28.

"Furthermore I am making a personal call to the Attorney General (Steadroy Benjamin) so he knows that the papers have been filed."

Dorsett said as a result of the new initiative, his client should not be removed from the country.

LOSS

Last month, King lost his latest attempt to stop his extradition to the U.S. for fraud related charges in connection with the Allen Stanford Ponzi scheme.

King is wanted in the U.S.



King

on 11 fraud-related charges stemming from the \$7 billion scheme carried out by Stanford, the American former financier and banker, who is now serving a 110-year prison term in the U.S.

The U.S. had issued the warrant for his arrest in 2009. A year later, King lost his battle to challenge the extradition. He has since filed numerous unsuccessful appeals.

In April 2017, High Court Judge Darshan Ramdhani dismissed King's appeal, saying he saw no reason why either King's claim for constitutional

relief or the application for leave should be allowed.

King initially faced 21 fraud-related charges, but these were later revised, leaving him facing 11 wire and mail fraud charges for allegedly facilitating the Ponzi scheme orchestrated by the disgraced Texan billionaire, who operated businesses in Antigua for many years.

King was dismissed as the chief financial regulatory advisor after U.S. federal authorities announced criminal charges against him, Stanford and several executives of his financial group.

Antigua and Barbuda was at the heart of Stanford's business empire, which stretched from the Caribbean to the U.S., Latin America and Europe. The U.S. claimed Stanford International Bank Ltd., the island's biggest bank, sold certificates of deposit that bilked thousands of investors out of billions of dollars.

- Edited from CMC.



EYE ON THE UNITED NATIONS

Caribbean leaders made their way to the United States last month for the 73rd session of the United Nations General Assembly. The following are some of the notable items from their visit:

• St. Kitts-Nevis wants end to U.S. trade embargo against Cuba

St. Kitts and Nevis Prime Minister Dr. Timothy Harris urged the international community to condemn the continued trade embargo placed on Cuba by the United States.

Harris said his nation would continue to "voice our support of our Caribbean sister Cuba and to call for the normalization of relations between Cuba and the United States of America to alleviate the real suffering caused to the Cuban people of this policy of exclusion."

• Guyana wants Venezuela to rethink border issue

Guyana is urging Venezuela to participate in U.N. efforts to settle the long-standing border dispute between them, insisting "the rule of law must prevail."

"Unfortunately, notwithstanding

its obligation to do so, Venezuela has thus far refused to participate in the proceedings," Guyana's Foreign Affairs Minister Carl Greenidge Greenidge said.

• Nations sign Escazu Agreement

Caribbean leaders joined counterparts in Latin America in signing the Escazu Agreement that seeks to protect the rights of access to information, public participation and access to justice in environmental matters.

• Haiti wants development aid

President Jovenel Moïse has called on the international community to provide the necessary development aid as Haiti prepares for the transition next year of the United Nations mission to a non-peacekeeping presence in the country.

"I would like to tell our technical and financial partners that we must together muster the necessary courage to re-think the development aid for Haiti," Moïse said.

- Compiled from CMC.



SVG citizen first Caribbean national convicted in U.S. under FATCA law

(CONTINUED FROM PAGE 3)

informed Baron he did not want to appear on any of the account opening documents for his bank accounts at Loyal Bank, even though he would be the true owner of the accounts. Baron responded that Loyal Bank could open such accounts and provide debit cards linked to them.

In July 2017, the undercover agent again met with

Baron and described how his stock manipulation scheme operated, including the need to circumvent the Internal Revenue Services' reporting requirements under FATCA.

During the meeting, Baron stated that Loyal Bank would not submit a FATCA declaration to regulators unless the paperwork indicated "obvious" U.S. involvement. Subsequently, in July

and August 2017, Loyal Bank opened multiple bank accounts for the undercover agent. At no time did Baron or Loyal Bank request or collect FATCA Information from the undercover agent.

Baron faces a maximum of five years in prison and is the second defendant to plead guilty in this case. On July 26, Arvinsingh Canaye, formerly the general manager of

Beaufort Management Services Ltd. in Mauritius, pleaded guilty to conspiracy to commit money laundering.

The case is being handled by the Office's Business and Securities Fraud Section.

FATCA is a federal law enacted in 2010 that requires foreign financial institutions to identify their U.S. customers and report information (FATCA Information) about

financial accounts held by U.S. taxpayers either directly or through a foreign entity. FATCA's primary aim is to prevent U.S. taxpayers from using foreign accounts to facilitate the commission of federal tax offenses.

- Edited from CMC.



U.S. identifies two T&T nationals as ISIS financiers

(CONTINUED FROM PAGE 3)

members in ISIS-controlled territory. As of January 2017, a Trinidadian ISIS supporter possibly planned to work with Eddie Aleong, to transfer funds to Emraan Ali, who would then provide the funds to Trinidadian ISIS fighters in Syria."

DISRUPT

The Treasury Department said that the designations are part of the broader U.S. government's ongoing and concerted efforts to disrupt ISIS-related financial activities around the globe.

It said throughout 2018, the departments of the Treasury and State targeted ISIS branches, facilitators, and networks in Bangladesh, Iraq, Somalia, the Philippines, and across West and North Africa.

"The U.S. government will continue taking disruptive action to prevent ISIS from exploiting the financial system

to fund its operations," it said, adding that as a result of the action "all property and inter-

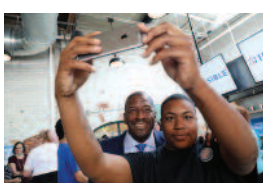
ests in property of these persons subject to U.S. jurisdiction are blocked and U.S. per-

sons are generally prohibited from engaging in transactions with them."

- Edited from CMC.



ANDREW GILLUM FOR GOVERNOR



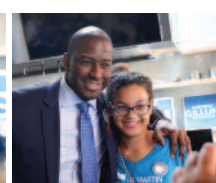
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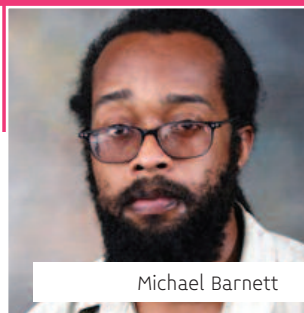
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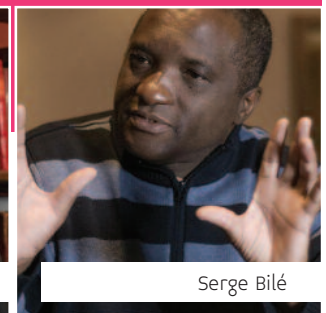
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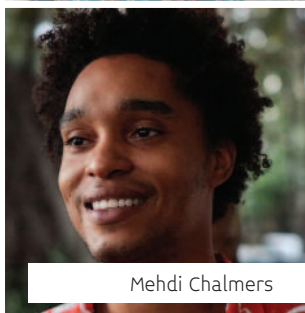
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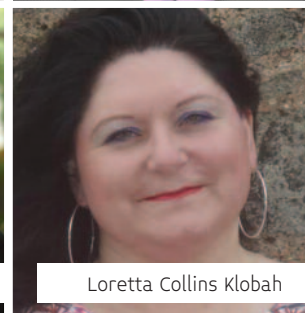
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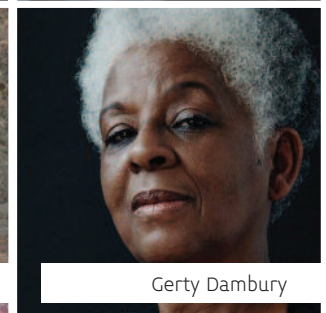
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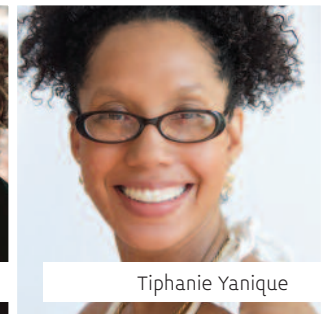
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GIRL POWER: Jamaican leads 'all women of color' city government in Florida

PATRICK SMIKLE

Last June 15, United States Congressman Alcee Hastings proposed a resolution in honor of the governing commission of the City of Lauderdale Lakes in Broward County, Florida.

The move wasn't unusual in the U.S. House of Representatives or Senate. However, the situation leading to Hastings's resolution did note an unusual circumstance. The pre-ambles to his resolution read, in part "... the electorate voted into office five women of color making the City of Lauderdale Lakes the only city in the State of Florida with a City Commission composed entirely of women..."

Lauderdale Lakes is one of more than 400 municipal governments in Florida. The



Rogers

elected City Commission consists of the Mayor Hazel Rogers, Vice Mayor Beverly Williams and city commissioners Sandra Davey, Gloria Lewis and Veronica Edwards Phillips.



Williams

SIMILAR

Caribbean Today found out that the journeys of four of the five city leaders, from community activism into electoral politics, are strikingly similar. So too are their visions for Lauderdale Lakes.

Rogers, the political veteran in the group, is a Jamaican migrant who relocated to Florida from New York in 1982. She was first elected to the Lauderdale Lakes City Commission in 1996 (she lost a previous bid by two votes) making her the first person from the English-speaking Caribbean American community elected to office in the southeastern U.S. She served

for 12 years. She was the only woman on the dais.

In 2008, Rogers was elected to the Florida House of Representatives, making her the first Jamaican and second person from the English-speaking Caribbean to be elected to the State House. She returned to Broward County in 2016 and, with encouragement from people like Williams, who had been elected to the



Edwards Phillips

Lauderdale Lakes City Commission in 2014, ran for mayor.

Williams, married to former Lauderdale Lakes Commissioner Levoyd Williams, is like the other incumbent commissioners, something of a community dynamo. She has been involved in areas from education to crime prevention.

Williams serves on the Broward County Planning Council and the Metropolitan Planning Organization. She is the city's delegate to the National League Cities and a

director for the Broward League of Cities.

But her passion is gardening. A certified master gardener, Williams has led in the creation of the Lauderdale Lakes Community Garden and the Children's Garden.



Davey

CONTRIBUTION

Davey traces her concern about community back to childhood, when she routinely watched the news with her grandfather. As a fourth grader, she served as Student Council representative. As an adult, this 19-year resident of Lauderdale Lakes believed she had something to contribute. She's served as chair of the Lauderdale Lakes School Advisory Board and organized the Annual Teachers Appreciation Event.

Her major concern since being elected commissioner is "about the aesthetics in the city," she told *Caribbean Today*.

"We may not be rich but

we can take care of our surroundings," said Davey.

Lewis also has a history of community activism. An educator by profession, she has served on the Lauderdale Lakes School Advisory Committee, as president of the Oriole Estates Neighborhood Association, as a member of the city's Code Enforcement Board and the Lewis International Longshoremen's Association.

In 2008, Lewis was elected to the Lauderdale Lakes city government for a two-year term. In 2010 she was elected to a full four-year term and was re-elected in 2014.

WHAT'S UP?

Edwards Phillips is a 19-year resident of the city. She moved to Lauderdale Lakes from Margate after marrying James Edward Phillips, a 34-year resident. She served on and chaired the School Advisory Board and the



Lewis

(CONTINUED ON PAGE 8)

Haitian teaches granddaughter to be politically active, vote

MICHELLE C. DRESERIS

Not everyone is lucky enough to have grandparents who spend time with them as they grow up. Some are even more fortunate to have nana influence their life's purpose.

Nancy Metayer, 31, is one of those. She's climate justice organizer manager for the New Florida Majority (NFM), an independent organization working to increase the voting and political power of marginalized and excluded constituencies in Florida. Born in Broward County, Florida, she attributes her political activism and passion for helping others to Haitian-born grandmother, 75-year-old Marie Theresa Maxime.

"As a child, my grandma took care of us - like in many immigrant families - because my parents were working," Metayer told *Caribbean Today*. "When I watched the Haitian 'boat people' on TV arriving from Haiti, I asked her questions. She explained to me why this was happening, and told me, 'Nancy, it's very important to know who you are voting for when you are older, because the people you elect directly impact you.'

"Grandma said that although we do not live in Haiti, what happens in America affects millions of people inter-



Metayer, left, and Maxime outside voting station.

nationally."

TRADITION

Maxime became a United States citizen a few months before the 2016 presidential election. She was eager to participate.

"She said, 'I'm voting for Hillary Clinton and you and I are going to vote together!'," recalled Metayer, a graduate of Florida A&M University with a graduate degree in environmental sciences from Johns Hopkins University.

"We always talk about which candidate will be the best for everyone, especially the Haitian community, and what damage the other candidate could do if they get elected."

When Maxime became a citizen, she bought a new outfit.

"She dressed up in her

(CONTINUED ON PAGE 8)

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Caribbean Today

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North Miami Beach in turmoil; a Caribbean woman steps in to help

PATRICK SMIKLE

In recent months, residents of North Miami Beach (NMB) have encountered a diminutive black woman with a crisp, unmistakably Jamaican accent and sunny smile knocking on their doors.

Her name is Ingrid Christene Forbes.

In June and July Forbes was introducing herself as the city's new city commissioner. More recently she has been asking for their votes to retain the position to which she was appointed on June 14.

NMB certainly needs help, especially with politicians. In recent years the city has experienced many arrests of elected representatives for official misconduct. In Sept. 2012, former Mayor Myron Rosner was arrested following allegations that while in office he had violated campaign finance regulations. Rosner had lost his re-election bid in 2011 to George Vallejo.

In April, Vallejo was removed from office after admitting to a range campaign

finance violations.

BLOW

Vallejo's removal almost paralyzed NMB. Marlen Martell, a commissioner, resigned to take a job in North Bay Village. Frantz Pierre, another commissioner, had been removed from office for missing too many commission meetings.

Vallejo's removal deprived the city of the quorum of five required to hold a meeting. It took legal maneuvering, which facilitated Pierre's re-instatement, so the city commission could legally meet and appoint a replacement to serve until the November elections.

In July, Pierre was charged with bribery, unlawful compensation, organized scheme to defraud and grand theft, plus seven counts of money laundering. Governor Rick Scott suspended him.

Forbes, the June 14 appointee, has lived in NMB since the 1990s when her parents Rawlston and Barbara migrated to the United States from Jamaica.



Forbes

She credits her mother for her inclination to public service.

At Broward College, where she completed an associate's degree and was involved in volunteer activities, most notably the creation of Students Helping Students, an organization which provided tutoring. Her next stop was the University of Florida in Gainesville, where she earned bachelor's and master's degrees in food science and funded her education through on-campus employment to supplement scholarships.

"I wasn't one of those stu-

dents whose mommy and daddy could pay for everything," Forbes told **Caribbean Today**.

Still, she found time for volunteering, primarily with the Caribbean Students Association.

In South Florida after graduation, while working a full-time job as chemistry/quality assurance manager at Kappa Laboratories, she volunteered with the Lawrence Rowe Foundation, Just Care for Kids and the Kiwanis Club of Lauderdale Lakes, where she served as Kiwanis division secretary.

In 2008, Forbes was asked to serve on NMB Public Utilities Committee and in 2015 on the Beautification Committee. Then came the charges against Vallejo. Vice-Mayor Beth Spiegel assumed his office and her seat on the commission became vacant.

PRESSURE

Forbes put her name forward. She was one of 17 applicants. She also decided to contest the position in the Nov. 6

elections. Serving on the dais had shown that she could affect change.

Knocking on doors to introduce herself as a newly appointed commissioner deepened her involvement with the community, Forbes said. She thinks much of her support comes because she's not part of the city's political establishment.

If elected, Forbes wants to promote vocational training and apprenticeships for youth who have left high school and can't or don't want to attend college. She wants more cultural activities for NMB residents, so they spend more money in the city.

Forbes isn't worried about corruption that has roiled the city.

"If I did I wouldn't bother," she said. "And if I don't standup who else?"

Patrick Smikle is a freelance writer for Caribbean Today.



GIRL POWER: Jamaican leads 'all women of color' city government in Florida

(CONTINUED FROM PAGE 7)

Economic Advisory Board.

According to Edwards Phillips, She "wanted to know what was going on" in her adopted city so she attended commission meetings, participated in workshops and attended the city's Local Government Academy. By 2016, when she decided to run, she knew the city and its issues.

"I ran to serve," she said. None of these women

knew they'd end up serving on an all-female city commission. But they believe Lauderdale Lakes has benefitted.

"Women are task oriented," Edwards Phillips said. "We have something to do. We look at the best way to get it done, how it's going to benefit the city and we do it."

"... Do we agree all the time? Nobody agrees all the time. We each bring our unique perspective. But whatever we do is what is best for

the city."

According to Rogers, "I remember when it was all male, when it was normal for the leadership of business and civic organizations to be comprised entirely of men. This country gave women the right to vote and to do anything we wanted, including giving back to our communities through service."

"That's what the voters decided should happen," she said, noting that in each elec-

tion which produced a female commissioner, there had been a male opponent on the ballot. Williams agreed.

"The voters looked at the ballot, picked the candidate they thought would do the best job, and it turned out that in each case it was a woman," she said.

Patrick Smikle is a freelance writer for Caribbean Today.



Haitian teaches granddaughter to be politically active, vote in U.S.

(CONTINUED FROM PAGE 7)

American flag colors to vote!" said Metayer. "Since then, we vote in every single election - local, county, municipal, the midterms and presidential elections!"

"Grandma has poor eyesight, so she makes me go into the voting booth with her. She doesn't trust strangers to fill out her ballot. That's our important tradition."

INFLUENCE

Her day job has other requirements.

"I speak to young people," explained Metayer, who leads NFM's climate program, which focuses on how climate issues directly impact people in vulnerable communities of color, working poor, disabled, young and elderly.

"Some of them tell me that they don't know if their vote really matters. I tell them my grandma votes in every election, and that their votes are very important!"

"Grandma Marie researches and analyzes before she votes. She listens to differing cable and media outlets - FOX, CNN, MSNBC, and others. She religiously listens to Haitian radio! She cross-references the mixed and differing news, and political messages being broadcast."

"Grandma speaks to people with different views to make sure her research and gut instincts are correct."

FOCUS

While Maxime is busy analyzing politicians for the next election, Metayer works for underserved Floridians.

"We focus on issues like climate justice, political advocacy and building political coalitions, statewide voter registration, democracy organization, gun violence, gender justice and other issues in Broward, Miami-Dade and Duval counties," she explained.

"Communities of color, the poor, and vulnerable communi-

ties carry the burden of climate and environmental changes, like sea-level rises. It's my job to help people understand how climate change and rising sea levels are affecting them in their everyday life and to help protect their rights."

"Many poorer residents in areas like Little Haiti, Liberty City and Allapattah in Miami don't realize that developers want their homes - and are buying them for cash - because their houses sit 10-feet above-sea-level, while richer coastal areas in Miami Beach or Broward County are flooding regularly at sea-level!"

Many people in Little Haiti, she added, are renters and people of color who have lived there for decades. Developers, she explained, are pushing local communities out - gentrification.

"We advise them not to sell their homes if they're given an offer because they may not be able to buy another house in this area," Metayer said.

NFM reps also attend city commission meetings, hold community events, and conduct other activities to advocate for policies which help empower vulnerable people.

"When Hurricane Irma hit us last year, the elderly, the disabled and young people were standing in line for many hours in extreme heat," Metayer said. "We sued, and we won, so that people could file for their benefits by phone."

Staying politically and socially active for Metayer has its origins with her mentor Maxime. She thinks it's not too late for grandma to make a big impact.

"(She) thinks she's too old to go back to school," Metayer said. "I don't. If she had just some of my education, she would be a great political strategist!"

Michelle C. Dreseris is a freelance writer for Caribbean Today.



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Time to mend fences, Jamaica's soccer boss urges Caribbean

GORDON WILLIAMS

HARRISON, New Jersey - Caribbean soccer nations must urgently mend broken bonds between them to have any hope of exerting influence over the world's most popular sport.

According to Michael Ricketts, president of the Jamaica Football Federation (JFF), cracks in the ties between more than 30 Caribbean countries, a crucial political block especially at soccer's global governing body FIFA, is a big reason the region's impact on the game's world stage has been inconsistent.

"I think we really need to re-establish that kind of relationship with our Caribbean neighbors because there seems to be some sort of strange relationship going around the Caribbean," Ricketts told *Caribbean Today* minutes before kick-off of Jamaica's 2-0 friendly international loss to Ecuador at the Red Bull Arena here last month.

The push for a unified regional force, Ricketts believes, could carry a windfall of benefits Caribbean soccer desperately needs.

"We are intent, and I mean the JFF is intent, on ensuring that we re-build that relationship, that we form that kind of alliance, where we work together as a unit, we vote as a unit, we speak with the same voice and try to ensure that we extract from the powers that be all the benefits that there are," he explained.

COST

The lack of a cohesive front from the Caribbean has cost the region dearly. Despite a lengthy history in the game, only Cuba (1938), Haiti (1974), Jamaica (1998) and Trinidad and Tobago (2006) have managed to reach soccer's biggest show, the men's World Cup.

Blame centers on poor facilities, sub-standard coaching and inadequate administration. Still, missing out on the World Cup repeatedly means failure and the Caribbean has lost massive potential financial benefits as a result. Even after reaching the men's senior World Cup the ensuing benefits have been mixed, caused mainly by lack of vision and execution.

"To be honest, we really don't have too much to show from qualifying from '98," Ricketts said, even after Jamaica made it to two Under



Ricketts

17 and one Under 20 World Cup following 1998.

"... I do believe that a bit more thought ought to have been put in the whole qualifying for '98. I don't think we would have gotten enough from the '98 qualification."

T&T hosted a youth World Cup and received millions of dollars in support. And, despite limited resources, Haiti this year qualified for the under 20 World Cup for girls. Cuba, Jamaica and T&T are also in the final round of World Cup 2019 qualification for senior women and several male under-20 teams from the Caribbean are in the final round of World Cup qualifying.

STRUGGLES

Yet Caribbean soccer federations have struggled to keep pace with the heavy financial demands of the game.

"We really need the support of the government, private entities, businesses, some of our international contractors," admitted Ricketts.

But even success has been a double-edged sword, Ricketts explained. When Jamaica qualified for World Cup '98, most of the players were amateurs based in the Caribbean. The success of reaching France brought added scrutiny. Foreign clubs snapped up the best of the Boyz. The team, which bonded while based in Jamaica, was disrupted.

In addition, some believe the formula of bringing in many overseas-born professionals stifled the development of the young players, especially those who benefitted from playing at youth World Cups.

"I think when we qualified (in 1998) right away we created a vacuum, so to speak, because most of the players that participated immediately were contracted overseas," Ricketts explained.

"So, it meant that we will never be able to get that group playing together for two or three years anymore ...

"But we want to ensure

(CONTINUED FROM PAGE 10)

Trump's new immigration rules keep changing the game

In the now ever-changing world of immigration rules in United States President Donald Trump's America, there is always something to look out for and there's a lot you can easily and quickly miss.

Here are some of the latest immigration changes and moves being made by the Trump administration on U.S. immigration laws you should be aware of:

1: New aim to stem legal immigration - A new policy by the U.S. Citizenship and Immigration Services took effect on Sept. 11, 2018, the 17th anniversary of 9/11, that will now impact legal immigrants with pending or upcoming applications.

The updated guidance will affect almost all immigration applications, petitions and requests, including U.S. citizenship, permanent residence and visa extensions, according to a USCIS announcement.

Immigration officials will now have broader authority to issue case denials over mistakes and missing documents without giving applicants an opportunity to fix them and provide additional documentation. Under the new guidelines, adjudicators have the full discretion to deny the applications without issuing any notices or requesting additional or missing information.

Immigration experts warn that it's extremely important that lawful foreigners and legal immigrants be prepared to provide evidence for any request for immigration benefits in the initial petition or be denied.

2: Indefinite jailing of migrant children and parents - The administration is now seeking to indefinitely jail migrant children with their parents, a policy that would overturn 20 years of protection for immigrant children.

On Sept. 7, the Trump administration filed a proposed rule to establish final regulations that would allow them to terminate the Flores Settlement Agreement, which puts the administration in violation if immigrant children and their parents are detained at a detention facility for more than 20 days.

Now, the DHS wants the federal consent decree that has shaped detention standards for underage migrants since 1997, terminated.



FELICIA J. PERSAUD



Trump

They have proposed changes that would allow the U.S. Immigration & Customs Enforcement agency, (ICE), to hold minors in immigration jails, a move that could lead to the rapid expansion of detention facilities and more time in custody for children and their parents. This will expand family detention centers in order to keep children and their parents detained together for the length of their court proceedings.

The proposal came less than three months after the Trump administration's short-lived attempt to halt a surge of Central American asylum seekers by separating children from parents who entered unlawfully. The proposal is likely to result in a new court battle for the administration, which was already facing blowback from its short-lived zero tolerance policy. A federal judge previously struck down a motion by the Justice Department to roll back the Flores settlement.

3: Record number of immigrant children in detention - This proposal comes as reports indicate that a record number of immigrant children

are in U.S. custody and the Trump administration's policies are keeping them there.

Up to the middle of last month, there were 12,800 immigrant children being cared for by the Health and Human Services Department. That's the most ever, an HHS spokeswoman confirmed.

In 2016, the monthly average of the number of children in care ranged from just over 4,000 to over 9,000. At the same time, the average length of time children stay in custody is skyrocketing. Now experts fear the result will transform a system created and designed to help put traumatized children on a path to stability into a way to punish them and send a message.

4: Paying Mexico

Remember how often Trump insisted during his election campaign that Mexico will pay for his border wall? Now he is offering to pay Mexico!

A whopping \$20 million from the U.S. coffers is being offered to push Mexican authorities to deport up to 17,000 undocumented immigrants from the U.S., accord-

(CONTINUED ON PAGE 10)

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There's nothing to fear, but fear itself ... and maybe some other things

The hero who rushes into combat or stands and faces his foe, and the coward who turns tail and runs away, both feel the same thing.

The adrenaline rush, the increased heartbeat, the sweat, the shaking knees.

There is the natural impulse to fight or flee, it's survival. Both feel fear, but both react differently.

The person who says that they feel no fear is lying, covering up, delusional, for fear gives you the motivation to act. Even so, there are some people who are afraid of their own shadow, afraid to do anything in life, filled with trepidation, anxiety and morbid fear.



TONY ROBINSON



Now, being foolhardy or reckless is not a sign of bravery, although some foolish people seem to think so. You have to know how to act, when to act, where to act, or not even act at all, if it will diffuse the situation. Sometimes it takes more guts to walk away rather than to fight, but sadly, that is not entrenched in

our culture.

REAL, IMAGINED

But believe it or not, fear is not only confined to elements of danger, real or imagined, but to other intangible scenarios as well that can bring no bodily harm. It has been documented that the fear of public speaking ranks at the

top of the list of fears of most people. And yet some do it so well. Not so for many others though, who will experience increased heartbeat, rapid pulse, heavy breathing, sweaty palms, weak knees and even diarrhea if they have to face a crowd to speak.

Many people harbor fears that defy logic. There are adults who are afraid of the dark. They have to sleep with a night light on and are terrified if someone turns it off.

To add to this, many people are afraid of ghosts, spirits. They would never walk through a graveyard or even visit the home of someone who recently passed away. And these are educated, intelligent people too, wracked with fear.

So many people have a fear of flying, but at least that I can understand. After all, an aircraft is a huge metal vehicle that is aloft seven miles high up in the air at speeds in excess of 500 miles per hour.

The irony is, statistically,

flying is still the safest mode of transport. But I guess it's the lack of control while flying that exacerbates this fear.

COMMITMENT

Then there are persons who have a fear of commitment; being committed to one person. This affects both genders, but I would hazard a guess that more men suffer from this malady than women.

For some people this may stem from a fear of rejection or a fear of intimacy. Many women suffer from these fears because of some bad childhood experience.

These fears are real, even the simple ones like fear of medical needles. Some people actually faint while giving blood. Others would rather die than touch a lizard.

There's nothing to fear but fear itself.

seido1@hotmail.com



Time to mend fences, Jamaica's soccer boss urges Caribbean

(CONTINUED FROM PAGE 9)

that we have these under 17s and under 20s and under 23s be able to make the transi-

tion," he added. "Because ... up to age 19, Jamaica is comparable to most countries in the world. But what happens thereafter always seems to

become an issue. We've not been able to make the transition from youth football to senior men's football."

The Caribbean's dream of consistently shining on the world soccer stage appears to be at a turbu-lent cross-roads. In addition, selfishness, corruption and greed have disrupted the region's progress. Top Caribbean soccer officials, such as T&T's Austin "Jack" Warner and Jeff Webb of the Cayman Islands, have been caught by law enforcement tangled in deceit. There is distrust in the Caribbean's ranks and Ricketts believes that must be overcome for the region to succeed. However, there are signs of progress.

SUMMIT

"We, for the first time, in Jamaica and by extension the Caribbean, we were able to have hosted a FIFA summit," Ricketts said of the event earlier this year.

It's a telling move when the game's top brass travels to a region low on global soccer impact. But the work is far from complete. Ricketts admitted a dire need to improve

coaching at youth levels. A recent JFF audit, he explained, showed hundreds of coaches were not licensed.

While former JFF President Horace Burrell led Jamaica to the '98 World Cup in France, the failure of the cornerstone senior Reggae Boyz to get back to that level is worrisome. Only a few home spectators turned up to watch Jamaica's men's team against Cayman Islands last month. In their heyday the Boyz drew more than 30,000 fans to Kingston's National Stadium. The entire nation

stood behind the team. Five failed attempts to make another World Cup have curbed the nation's enthusiasm. Ricketts knows his stature as JFF leader can only be cemented if he does something massive.

"We would have set our goals and I've always said that I want to ensure that I leave, when I demit office, I leave some kind of a legacy, some kind of a landmark achievement," he said.

The Caribbean is waiting - and hoping - as well.



Trump's new immigration rules keep changing the game

(CONTINUED FROM PAGE 9)

ing to a New York Times report published last month. The money would reportedly help Mexico pay for the plane and bus fares of deportees.

Central Americans attempting to flee to the U.S. via Mexico will be the main target of the initiative. So where is the money coming from for this pay-per-deportee scheme? From money allocated for foreign assistance!

5: From FEMA to ICE - Trump's fight with Puerto Rico over the new official death toll and his fake reality of how much of an "unsung success" his administration's response makes clearer sense now that reports indicate that he took nearly \$10 million from the Federal Emergency Management Agency's budget to help boost the U.S. Immigration and Customs

Enforcement agency in its round-up efforts.

The revelation from Senator Jeff Merkley, D-Oregon on MSNBC last month, came under the budgeting documents titled "Department of Homeland Security FY 2018 transfer and reprogramming notifications," which lists \$9,755,303 taken from FEMA's budget, about .9 percent of the agency's listed overall budget and given to support ICE.

By the time you read this column there will likely be more to come. So stay tuned!

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



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Fall wine and food tips for outdoor entertaining

Autumn is the ultimate time for outdoor dining.

For your next gathering, bring the party out to the deck or patio for an evening of enjoyable light bites and delicious wines.

If you are hosting an autumn gathering, elevate the evening with some tips and pairing ideas from the winery's culinary team.

White wine pairings -

Chardonnay is a perfect white wine to drink in cool weather. Consider serving a Sonoma County Chardonnay 2016 (SRP: \$16.99), a classic, medium-bodied white wine that is refreshing, yet rich in flavors of green apple, juicy pear and melon. The winery achieves these aromas and flavors by picking the grapes in the cool of night and fermenting in French oak barrels.

Serve the Chardonnay alongside a tray of Smoked Salmon Mousse in Phyllo Cups. The creamy salmon mousse, paired with the crisp, bright flavors of the wine, refresh the palate and will have guests going back for seconds.

Another delicious pairing with Chardonnay is a Burrata, Beet and Grilled Peach Salad. Featuring fresh, seasonal pro-



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Wine goes with almost anything.

duce, the sweetness of the beets and peaches will pair wonderfully with the melon and citrus notes of the wine for an enjoyable combination.

RED WINE

Red wine pairings - With the brisk fall air upon us, add a spicy, rich and balanced Sonoma County 'Old Vines' Zinfandel 2015 (SRP: \$20.99) to your spread. This classic red wine, produced from 50 to 100-year-old vines, has enticing baking spice aromas and mouthwatering flavors of wild, crushed berries and red

licorice.

You can serve this 'Old Vines' Zinfandel with a starter, such as Goat Cheese and Olive Skillet, a robust, easy-to-make dish perfect for dipping your choice of breads or crackers. The cheeses with tomato sauce and herbs bring out the warm spicy scents and fruit-forward flavors within the wine. Better yet, the wine's velvety texture accentuates

the olives' saltiness, making for a harmonious pairing.

One more appetizer option to make for your guests is Peperonata and Ricotta Crostinis, an appetizing blend of tomato sauce, red pepper flakes and garlic, topped with ricotta cheese. The Zinfandel's bold flavors and richness will balance this dish nicely without overpowering the creamy ricotta.

- Edited from StatePoint.



Baigani makes your heart go fritter

There is no stopping Caribbean cuisine, especially because of the melting pot of ethnicities and cultures that make up this region.

Among the unique dishes of the Caribbean is one known mostly in Guyana, Trinidad and Tobago and Suriname. It's baigani, a fritter made from eggplant and chickpea flour. Here's the recipe:

Ingredients

- 1 Eggplant
- 5-6 tbsp. chickpea flour
- Green chilies (optional)
- Water - enough to make thin semi-liquid paste
- Vegetable oil
- 1/2 tsp. turmeric
- 1/2 tsp. cumin
- Salt to taste

Method

Cut the eggplant into circular pieces and put them in water.

Heat oil in a deep saucepan deep fryer.

Mix chickpea flour and water in a bowl to make a



Baigani

light paste.

Add salt, turmeric powder, cumin and green chilies.

Once oil is hot, dip the eggplant pieces in the chickpea paste so they form a thin, but not too thin layer on the eggplant. Drop one by one into fryer or hot oil. Fry until golden brown on both sides.

Remove and place of paper towels to absorb excess oil. Serve hot with hot pepper or a spicy chutney.

- Edited from News Americas.



Jamaican jerk festival

The annual Grace Jamaican Jerk Festival in South Florida will be held on Nov. 11 at Markham Park.

The day is billed as a celebration of Caribbean food,

music and family fun, including cooking contests and demonstrations, live entertainment and activities for children.



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Don't let packing frustrate you.

duty as extra places to store books, photo albums, blankets, pillows and more.

Don't let your next move or seasonal cleaning be overly stressful. Smart solutions can keep you organized from start to finish.

- Story and photograph edited from StatePoint.



WELCOME CRUISE



Grenada opened its 2018/2019 cruise ship season with an inaugural visit from the "Carnival Breeze" late last month. The ship has a capacity of 4,428 passengers and 1,386 crewmembers. Visitors disembarking the ship on its inaugural visit were treated to steel pan music as they went off on island tours. A delegation, led by Minister for Tourism and Civil Aviation Clarice Modeste-Curwen, and including representatives of the Grenada Tourism Authority, Grenada Ports Authority, Customs, Immigration, Royal Grenada Police Force and agents welcomed the ship to Grenada.

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T&T union supports layoff of 600 workers to 'save' port



Staff cut looms at Port of Port of Spain.

PORT OF SPAIN, Trinidad – The Seamen and Waterfront Workers' Trade Union (SWWTU) says it supports an initiative to dismiss more than 600 workers in a bid to save the financially troubled Port of Port of Spain as it experiences more difficulties in carrying out its operations.

SWWTU President Michael Anisette, speaking on a radio program here on Sept. 26, repeated statements he made to reporters 24 hours earlier indicating that his union was supportive of a plan to

reduce the 1,500 workforce at the state-owned port.

Up to press time the Trinidad and Tobago government had yet to announce any plans to reduce expenditure at the Port of Port of Spain, but Anisette said it was important for the government and the Port Authority of Trinidad and Tobago (PATT) to meet with the union to come up with a retrenchment program.

"You have our members who have been saying ... that they want to leave the port because they are fed up," he told radio listeners.

"... People who have a five-year horizon you pay them a golden handshake and their full pension benefits. And all that will do is immediately cut down on the wage bill for the Port Authority, which will give the Port Authority some breathing space."

- Edited from CMC.



CSX gives Red Cross \$100,000 for hurricane recovery

Transport company CSX has announced it is donating \$100,000 to the American Red Cross to support Hurricane Florence recovery efforts.

According to James M. Foote, president and chief executive officer, "CSX is proud to operate throughout the southeastern region, states that are home to so many of our dedicated employees, customers and suppliers. We are equally proud to support the American Red Cross as they

deploy to help the communities in this area that have been impacted by Hurricane Florence."

The CSX Foundation is also matching employee contributions made to the American Red Cross for disaster relief efforts dollar-for-dollar.

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PHOTO: CTR/GOSS/FLORIDA

POSITIVE VIBES: Reggae inspires a nation, helps topple apartheid

GORDON WILLIAMS

JOHANNESBURG, South Africa - Zeppe Walaza still carries the tunes in his head. The driving drum and bass of reggae's rhythms never leave him.

The lyrics, decades after the South African first heard them as a boy growing up in a rural district of Cape Town, South Africa, are even more deeply embedded.

"Yeah, I remember those songs of Peter Tosh – 'Equal Rights' and justice," said Walaza, clenching his fist and shuffling his feet to the imaginary sounds of arguably reggae's most militant ambassador.

"This guy Jimmy Cliff too ... To us it was meaningful. A lot of what Winston Rodney (of the group Burning Spear), Culture were talking about."

He still hears Bob Marley's call for "Africa Unite", Tosh's passionate rallying cry to "fight, fight, fight, fight 'gainst apartheid", the system of brutal oppression that once dominated Malaza's homeland – and his life – and still haunts him. They are among many songs from Jamaica and the Caribbean, which Walaza said helped inspire South Africa's blacks in their life-and-death tussle for majority rule against



- Photograph by Gordon Williams

Walaza praises the Caribbean's role in anti-apartheid fight.

minority white fascists.

ROLE

The Caribbean played an integral role in that struggle. The Cubans sent military help. Governments pitched in politically, implementing sanctions against South Africa. But Walaza insists the music, especially what came out of Jamaica in the '70s and '80s, was crucial to the fight.

"What we were experiencing here in South Africa at the time they were expressing it through their music," he told **Caribbean Today** last month during a break from

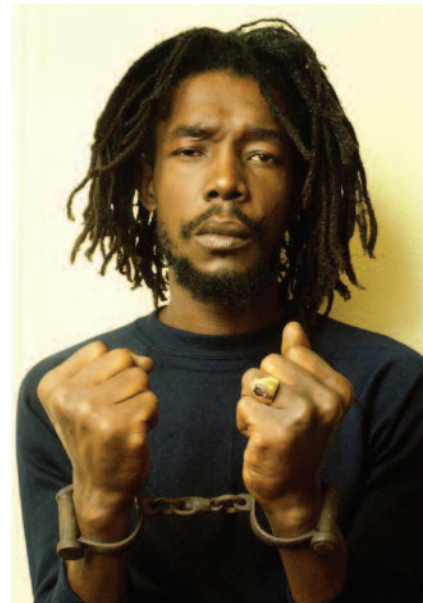
viewing "THE CODE-SA WALK: A Tribute to the Founding of South Africa's Democracy" photograph/text exhibition mounted at the Peermont Metcourt hotel, Emperors Palace, here.

"... I think the Jamaicans' style of music had a lot in it. They were also talking about their experiences too."

Walaza is now 48. Half of his life was spent under apartheid's oppression.

"I experienced a lot of it from my childhood up to my adulthood," he said.

Walaza was grown when the 50 years of evil ended in the early '90s and Nelson Mandela was elected South Africa's first black president in 1994. However, he recalled elders unwilling to burden South Africa's young black children with the horrors of apartheid – on paper defined as a system of discrimination and segregation based on race, but in reality a gruesome subjugation of people of color, which took the lives of thousands. But they couldn't be sheltered forever. Walaza was five when he first witnessed



- File photograph

Reggae stars like Tosh backed the anti-apartheid struggle.

the brutality of minority white rule.

"I was from school in the rural areas," he said. "I was on my way back. We saw there were 10 or 11 Land Rovers. It was the ... (white) police. Then they were stopping people and searching ... There was this violence that was taking place at the time ... and people were running and they (police) even grabbed me and pulled me."

LINES

As Walaza grew older, the rigid lines of apartheid became clearer. Even when he interacted with whites, doubts and trepidation engulfed him.

"Yeah, I understood," he explained. "And it kept on, because at that time, even though you'd meet with some of them as normal people, but you'd also have that thing: What if? They can do that same thing, show that violence I experience. That thing would always come to your mind."

Walaza discussed these issues with family and friends growing up. He considered leaving South Africa for military training

to return and fight the anti-apartheid struggle with groups like the African National Congress (ANC), Mandela's party. He admitted he would throw rocks at the oppressors.

There was no television, so Walaza and others listened to pirate radio stations. Black organizations in the United States and United Kingdom rallied to their cause.

Jamaica's Marcus Garvey, for

(CONTINUED ON PAGE 14)

Barbados names Rihanna 'ambassador extraordinary'

Caribbean pop music queen Rihanna has become an official ambassador for her native country Barbados.

The "Work" singer and actress, whose full name is Robyn Rihanna Fenty, was last month named "Ambassador Extraordinary and Plenipotentiary".

In the new post, the head of the beauty and clothing brand Fenty will have "specific responsibility for promoting education, tourism and investment for the island".

In 2008 Rihanna was named a cultural ambassador for Barbados. With the new title, she will have more duties. Plenipotentiary is defined as "a person, especial-

ly a diplomat, invested with the full power of independent action on behalf of their government, typically in a foreign country."

'DEEP LOVE'

"(Rihanna) ... shows her patriotism in the way she gives back to this country and continues to treasure the island as her home," said Prime Minister Mia Mottley. "... It is therefore fitting that we engage and empower her to play a more definitive role as we work to transform Barbados."

Rihanna said she was grateful for the honor.

"(I) couldn't be more proud to take on such a presti-

gious title in my home country," she noted in a statement.

"Every Barbadian is going to have to play their role in this current effort, and I'm ready and excited to take on the responsibility. I look forward to working with Prime Minister Mottley and her team to re-imagine Barbados."

Compiled from various sources.



Rihanna

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Who shot Bob Marley? Netflix docuseries looks into ambush of Jamaican reggae star

Jamaican reggae legend Bob Marley will be the focus of an upcoming Netflix docuseries, which investigates unsolved mysteries surrounding some of music's greatest stars.

The 1976 assassination attempt on Marley will be examined in the series, plus the murders of American singer Sam Cooke and Jam Master Jay of the rap group Run-DMC.

The eight-episode series is titled



Marley after he was shot.

"ReMastered". It is scheduled to begin streaming on Oct. 12 with "Who Shot the Sheriff?", an examination of the role played by Jamaican politicians and the Central Intelligence Agency (CIA) in the attempted killing of Marley.

The reggae icon was shot in his home. The bullets hit him in the arm and chest. Other people in the house were also shot, including Marley's wife Rita.



'Sexiest Caribbean Man' wins TV awards at film fest

Trinidadian-born, New York-based actor/filmmaker Paul Pryce, once voted The Oprah Winfrey Show's "Sexiest Caribbean Man"- won two awards for his original television series "Serpents Mouth" from the Caribbean Tales Incubator Film Lab at the recently concluded Toronto International Film Festival (TIFF).

The Caribbean Tales Incubator Film Lab allowed Caribbean producers to pitch their prospective television projects to industry insiders during the "Breakfast at TIFF" series, held last month.

Pryce's entry for "Serpents Mouth" was voted "Best Pitch" by a panel of judges and received the "People's Choice Award" from an audience of media and industry professionals at the event.

'THE DELIVERER'

Serpents Mouth is a television adaptation of Pryce's 14-minute film "The Deliverer", which had its world premiere last month at The Royal Cinema in Toronto, Canada. The film was part of the Caribbean Tales Film Festival, a showcase for Caribbean films presented during TIFF last



Pryce

month.

"The Deliverer" was written and produced by Pryce, who also appears in the leading role. His collaborator, Ron Morales directs the film. The duo's last film, titled "Come Out, Come Out", had its world premiere at the Cannes Film Festival in France last year.

Pryce, a former model, came to international attention on "The Oprah Winfrey Show" in 1999 when won the title of "Oprah's Sexiest Caribbean Man" in a competition judged by Winfrey and other celebrities. He later moved to New York to pursue an acting career.



BRIEFS

Jupiter hosts 'Dirty River Reggae Fest' Oct. 7

Julian Marley is scheduled to headline this month's "Dirty River Reggae Fest" in Jupiter, Florida.

The music festival, presented by Roots Music, Inc., will be held on Oct. 7 at the Guanabanas Island Restaurant and Bar. The show begins at 12:30 p.m.

The event will also feature performances by SOWFLO, Moska Project, Artikal Sound System, Spred the Dub and Roots Shakedown.

Admission is free.

'Paradise' on the runway

The 10th Islands of the World

Fashion Showcase, featuring styles of the Caribbean, will be held on Nov. 2 in New York.

The event, under theme "Paradise Takes A Bite Of The Big Apple", will be staged at 4 W. 43rd St. in Manhattan. It is being presented by Small Island States Foundation and Exiles.

For more information, visit www.islandsfashionweek.com.

Haitian Compas Festival goes to Martinique

The first Haitian Compas Festival will be held in Martinique next month, years after making Miami the mecca for compas music.

This year's festival will be staged on Nov. 17 in Fort-de-France. It will host some of Haiti's most prominent artistes at Stade Louis Achille, including Tabou Combo, Nu Look, VayB, Gabel, Harmonik, Djakout #1, Kwakxi and Original H. Honored guests also include Keke Belizaire and Fabrice Rouzier from the group Mizik Mizik, BelO and Robert Martino.

For more information, visit Compasfestmartinique.eventbrite.com or call 305-945-8814.

Compiled from various sources.



POSITIVE VIBES: Reggae inspires a nation, helps topple apartheid

(CONTINUED FROM PAGE 13)

example, was outspoken supporter of their struggle. Reggae music inspired.

"We were listening to them," Walaza said of Tosh, Marley, Culture and Spear. "... There were songs that were banned in South Africa. You'd find that they don't (officially) bring in all the stuff ... But a lot of people would hear because it's playing."

CHANGE

Not enough these days, some argue. Here, young people are more into Minaj than Marley. Drake over Tosh. Dancehall too. When roots reggae filters through a hotel's public address system, it's likely in milder doses. In stores, it's likely Beres over Bob.

At South Africa's Apartheid Museum, not much is said about reggae music's role in the struggle. Still, Walaza said he tries to educate the youngsters. Others sense there is something else at play.

Shaun Harris, who was born in England to a Jamaican mother who migrated from

the island on the famous "Windrush" ship, moved to South Africa in 1994. He believes "everybody knows the reggae" and stresses the music's role in toppling minority rule in South Africa.

"Jamaica was really instrumental in helping to bring down the apartheid regime," said Harris, conveyor/manager for the South African Jamaica Friendship Association, a group he describes as seeking to make stronger links between the civil society within South Africa and Jamaica.

"... Because of the emancipation vibe on the music and through the African consciousness, through the reggae music vibe, it would bring and unify Africans. That's how they managed to beat the apartheid regime, because they were united to one cause, through the music."



-Photograph by Gordon Williams

'The (reggae) music has been sidelined,' says Harris.

MUZZLE

Now that struggle is perceived to be over, argued Harris, there's been an attempt to tone down reggae's militant tones.

South Africa, he believes, is steering past protest culture. He identifies a specific point in the nation's history when that trend began.

"Immediately he (Mandela) came out (of prison in Feb. 1990) the music



- Photograph by Gordon Williams

In South Africa, the Rastafari/Caribbean influence is still alive.

was pushed back ... and it's pushed back still," said Harris. "... That's the reason you won't get reggae played in South Africa. And when it's played in South Africa, it is played in a minute niche market, even though there were, in '94, millions of individuals

who loved reggae music."

However, South Africa has long expressed its gratefulness to the Caribbean. Mandela visited Jamaica in 1991. In 2012, so too did Jacob Zuma, who, like "Madiba", served as South Africa's president post-apartheid. In 2013 Mathu Joyini, then South African High Commissioner to Jamaica, conveyed her nation's gratitude.

"Jamaica played a significant role in the dismantling of apartheid, not only in South Africa but in the region," Joyini said during a memorial service honoring Mandela in Kingston. "It's a solidarity which has carried South Africa through some difficult times."

Walaza remembers. The songs still ring in his head. Warmth for the music occupies his heart. And, although he believes South Africa is still imperfect, still "healing" from apartheid wounds, those songs from long ago remind him to have faith.

"I always have positive hope," he said, "in everything."



Caribbean women battle in U.S. for World Cup soccer places

GORDON WILLIAMS

Three Caribbean nations must conquer a tough slate of matches this month in the United States if they hope to play in the 2019 women's World Cup soccer finals.

Cuba, Jamaica and Trinidad and Tobago last month qualified for the CONCACAF Women's Championship, which will feature the best eight teams from the Caribbean, North America and Central America Oct. 4-17.

There they will face some of the world's top teams, including the U.S., ranked number one in the June poll released by soccer's governing body FIFA, plus fifth rated Canada, Mexico (25) and Costa Rica (33).

T&T was the highest ranked Caribbean nation at 50, followed by Jamaica (71) and Cuba (85). Panama was unranked.

"I don't think there are any easy groups," said Hue Menzies, Jamaica's head coach who runs a soccer academy in Florida. "... We have the number one team in the world and the number five team in the world playing. The competition is good."

GROUPS

The teams are divided into two groups of four. Following round-robin group play, the top two teams from each group will advance to the semi-finals. The winner of those games, plus the third place team, will receive CONCACAF automatic qualifying spots at the World Cup to be held in France. The fourth nation will play Argentina for another spot at the game's



Photograph by Gordon Williams

Menzies believes Jamaica has narrowed the gap on regional rivals.

biggest tournament.

In Group A, T&T will be matched against the U.S., Mexico and Panama in games to be played at Sahlen's Stadium at WakeMed Park in Cary, North Carolina.

Cuba and Jamaica have been drawn in Group B, alongside Canada and Costa Rica. Their matches will be played at H-E-B Park in Edinburg, Texas.

The games featuring the final four teams will be played at Toyota Stadium in Frisco, Texas.

CAUTION

Menzies, who helped guide Jamaica at the 2014 CONCACAF tournament, was cautious about his team's World Cup prospects, but believes the Reggae Girlz have a much better chance of qualifying this time. Despite a massive turnover in the squad, he explained, the players are active overseas, mainly at the professional or college level, and are ready to step up.

"Based on recent results we've made huge progress," he said after Jamaica won the regional championships last month. "... We feel we did well at the Caribbean level, but we expect the level to be twice as good at the CONCA-

CAF level ... we have a lot more depth in this group (of players)."

Jamaica should fancy its chances against Cuba, which the Girlz beat 6-1 in their final Caribbean qualifying game. The other two teams are more impos-

ing. Jamaica last played Costa Rica at the recent CAC Games in August, losing 2-1. Costa Rica beat Jamaica 2-1 in the 2014 CONCACAF tournament.

CONFIDENT

Canada, meanwhile, has never lost or drawn to Jamaica, winning six matches since 1991 while scoring 46 goals and conceding one. The teams last met in 2007.

Still Canada, which has beaten Costa Rica 12 straight times and defeated Cuba in their only match-up, doesn't plan to underestimate its group rivals.

"We are confident going into the tournament," said head coach Kenneth Heiner-Moller recently, "but we aren't taking anything for granted."

T&T, which lost 4-1 to Jamaica in the Caribbean qualifiers, cannot afford to overlook anyone on its path to a possible World Cup berth. In 2014 the Caribbean team lost to both U.S. (0-1) and Mexico (2-4).

T&T was also beaten by Costa Rica in the 2014 semis, a game where victory would have secured a World Cup spot for the Caribbean team.



Young Caribbean soccer stars get shot at U-20 World Cup

Budding male soccer stars from the Caribbean will have a golden chance to compete at a global tournament when they participate in the 2018 CONCACAF Under-20 Championship next month in the United States.

Four nations from the tournament, to be played from Nov. 1-21 at the IMG Academy in Bradenton, Florida, will qualify for next year's FIFA U-20 World Cup in Poland.

Teams from the Caribbean include Antigua and Barbuda, Puerto Rico, St. Vincent and the Grenadines, U.S. Virgin Islands, Suriname, Trinidad and Tobago, Aruba, Jamaica, Grenada and Saint Martin, Cuba, Dominican Republic, Belize, Sint Maarten, St. Kitts and Nevis, Guadeloupe, Dominica, Martinique, Haiti, Bermuda, St. Lucia, Barbados, Curacao, Guyana and Cayman Islands.

GROUPS

The countries are divided into six groups. The U.S., T&T, Suriname, P.R., SVG and USVI are in Group A. Aruba, Jamaica, Grenada and Saint Martin are slotted in Group B, alongside Mexico and Nicaragua.

In Group C, Cuba, Antigua and Barbuda, D.R.,

Belize and Sint Maarten and drawn with Honduras. St. Kitts and Nevis, Guadeloupe, Dominica and Martinique are matched with Panama and Canada in Group D.

Group E features Costa Rica, along with Haiti, Bermuda, St. Lucia and Barbados. Curacao, Guyana and Cayman Islands will face El Salvador and Guatemala in Group F.

CONCACAF represents countries from the Caribbean, North and Central America.

Unlike the previous format, which included regional qualifiers in the Caribbean and Central America and one final championship, this year's redesigned competition will allow participating teams to play more top-level matches.

The top six ranked teams in the newly announced CONCACAF Men's Under-20 Ranking - United States, Mexico, Honduras, Panama, Costa Rica and El Salvador - were seeded into position one of Groups A, B, C, D, E and F, respectively. The remaining 28 teams were placed into five pots and drawn using a single blind system.

To view the schedule of matches in the tournament, visit www.concacaf.com.



West Indies cricket coach quits

ST JOHN'S, Antigua - Australian Stuart Law has quit as head coach of embattled West Indies just eight months before the start of the ICC World Cup in England, dealing a severe blow to the regional side's preparation for the event and leaving authorities scrambling to find a replacement.

Cricket West Indies announced on Sept. 24 the 49-year-old would leave his post at the end of the year, following nearly two years at the helm, during which time he oversaw the two-time World champions' qualification for cricket's major showpiece but otherwise failed to turn around the fortunes of the struggling side.

The announcement of Law's departure also came 11 days prior to the start of a difficult two-Test series against powerful India in Rajkot. The tour also includes five one-day internationals and three Twenty20 internationals.

Law, who took up the post last year February, will join English county Middlesex in the New Year as the club's new head coach on a four-year deal.

His imminent departure was met with disappointment from director of cricket Jimmy



Adams, who rued the "timing" of the decision.

Law, who will also oversee the tour of Bangladesh in November which follows the India series, said he wanted to be closer to his family.

He had replaced former Windies batsman Phil Simmons who was axed in Sept. 2016, just five months after leading West Indies to the capture of the Twenty20 World Cup. Under Law, the Windies won six of the 15 Tests, four of 18 one day internationals, and eight of 19 Twenty/20 matches.

However, West Indies navigated the ICC Qualifiers in Zimbabwe last March to clinch a spot in next year's World Cup.

- Edited from CMC.



CHAMPION CROWNED



Naomi Osaka, daughter of a Haitian father, last month won the 2018 U.S. Open grand slam tournament by beating American Serena Williams in New York. Osaka was born in Chūō-ku, Osaka, Japan to Japanese mother Tamaki Osaka and Leonard "San" François, who attended university in the United States. She currently lives in Florida. Osaka's win vaulted her to number seven in the women's world tennis ranking.

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Paid by Andrew Gillum, Democrat, for Governor.

~ A CARIBBEAN TODAY SPECIAL FEATURE

BEWARE: The flu is here. Time to take precautions to avoid it

Like a visiting relative who arrives unannounced and early, the flu has already appeared in South Florida.

As a result, the Florida Department of Health (DOH) is urging people to take all precautions to protect their families from the flu virus, especially by receiving a flu shot as soon as possible.

"We encourage everyone to get vaccinated," said Dr. Paula Thaqi, director of DOH-Broward.

"It's the best way to protect the community, including older people, children, pregnant women and people with chronic illnesses, all of whom are more vulnerable to complications."

RECOMMENDATION

Influenza season typically does not begin to peak until December or later. But this year cases were recorded in September in South Florida.



Vaccines help protect from the flu.

DOH and the Centers for Disease Control and Prevention recommend flu vaccine for everyone ages six months and older, except those with complications.

Flu causes hundreds of thousands of illnesses every year and thousands of deaths.

The CDC's vaccine advisory committee is again supporting the use of nasal spray vaccine for children and adults

ages two to 49 who are in good health. The panel had recommended against mist vaccine for the previous two years due to concerns it was less effective than flu shots. But new figures showed that both were effective.

The best place to get a flu shot is from your private physician. If that's not possible, you can find it at health centers and many retail outlets.

PROTECTION

It takes about two weeks after vaccination for the body to develop protection against the flu. So it's best to get immunized early. Vaccine is available now and in good supply.

Other common sense protections include washing hands frequently, for at least 20 seconds. Stay home when you're sick. Clean and disinfect commonly used surfaces in your

home and other locations. Avoid touching your face. Cover coughs and sneezes with a tissue or your elbow.

Last year, 59 percent of children in the United States and 42 percent of adults were vaccinated. Florida ranked 12th lowest among states, with 43 percent vaccinated.

Most versions of this year's vaccine protect against four strains of flu – two types

of A-type flu (including H1N1) and two strains of B-type flu. If you don't have access to the four-strain vaccine, the CDC recommends taking the three-strain vaccine rather than wait.

For more information, call DOH-Broward at 954-467-4705 or visit <http://broward.florida-health.gov/programs-and-services/clinical-and-nutri->

(CONTINUED ON PAGE 18)

What to know about seasonal allergies and your eyes

Suffering from itchy, watery eyes? You may have ocular allergies or you could have another issue entirely, such as chronic dry eyes.

Experts say that getting the correct diagnosis is the only way to treat symptoms properly.

"Chronic dry eye often mimics the symptoms of seasonal allergies and must be approached entirely differently," says Arian Fartash, VSP network optometrist.

Photograph © wingedwolf/stock.Adobe.com
Rubbing can cause added irritation.

"Many over-the-counter allergy treatments can actually make dry eyes worse, so make an appointment with your eye doctor to determine the exact cause of your discomfort."

If your itchy and watery eyes are diagnosed as ocular allergies, Dr. Fartash recommends taking the following steps:

- Limit your exposure to pollen on high pollen count days.

(CONTINUED ON PAGE 18)

Miami organizations team up to fight cancer

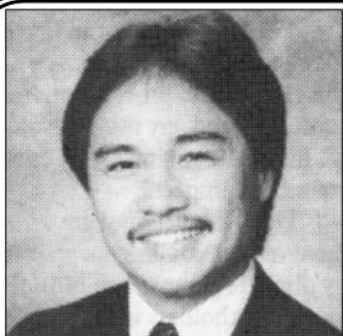
Three leading South Florida organizations – the Miami Heat, Baptist Health's Miami Cancer Institute and Entercom - have formed a philanthropic partnership in the fight against cancer.

The initiative is themed "HEAT.HELP.CURE", representing "Join the HEAT. You can help. Find a cure."

Its signature event will be the first HEAT.HELP.CURE

Radiothon from 6 a.m. to 7 p.m. Nov. 7. It is scheduled to bring together the Miami Heat, the reach of Entercom's radio stations - 101.5 LITE FM (WLYF-FM), Power 96 (WPOW-FM), 102.7 The Beach (WMXJ-FM), 104.3 The Shark (WSFS-FM) and 790 The Ticket (WAXY-AM) – and the South Florida community for one purpose: To build a world without cancer.

The organizations revealed the new partnership at Miami Cancer Institute, where Miami Heat basketball players Bam Adebayo and Rodney McGruder interacted with pediatric patients 'live' via satellite from the Heat practice court to the Institute's "Infusionarium."

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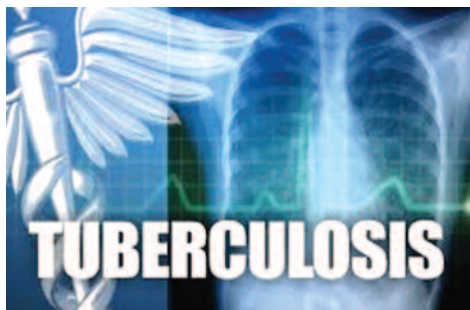
~ A CARIBBEAN TODAY SPECIAL FEATURE

LOW COUNT: Caribbean countries lead charge in TB fight

WASHINGTON, D.C. – Caribbean countries have the lowest incidence of tuberculosis (TB) and are on the road to elimination, according to the Pan American Health Organization/World Health Organization (PAHO/WHO).

The organizations last month said the region of the Americas is the area with the lowest percentage of new TB cases in the world, estimated at three percent, and is the first region with a real opportunity to eliminate the disease as a public health problem.

According to the



“Tuberculosis in the Americas 2018” report, 15 countries, 12 of them from the Caribbean, have low TB incidence, with less than 10 cases per 100,000 people and are on the road to

elimination.

“Countries are adopting measures to tackle TB, but they cannot lower their guard and must redouble efforts, along with the collaboration of society at large, including the affected communities,” said Marcos Espinal, director of PAHO’s

Department of Communicable Diseases and Environmental Determinants of Health.

RECOMMENDATIONS

The report’s other recom-

mendations for accelerating progress toward eliminating TB, especially in the countries with the greatest disease burden, include promoting the study of contacts with people who have TB, especially children under 15; stepping up implementation of simpler treatment regimens and introducing drugs for children.

Other recommendations include reaching the most vulnerable populations and addressing social determinants as well as ensuring that plans are financed with a country’s own resources rather than

depending on external funds.

According to the new report, issued on the eve of the first United Nations High-level Meeting on Ending TB, between 2000 and 2015, deaths from tuberculosis fell by 37.5 percent in the Americas and new cases dropped by 24 percent.

Since 2015, deaths fell on average by 2.5 percent per year and new cases dropped by 1.6 percent.

- Edited from CMC.



Making healthy school lunches efficiently for busy families

Busy families are always looking for efficient ways to pack healthy, satisfying school lunches.

Keep kids on their “A” game this year with the following tips:

Get kids involved - Getting your kids involved in packing their lunches is not only a great way to teach responsibility, it’s also an opportunity to discuss the fundamentals of healthy eating – plus with helpers afoot, it may just save you some time and energy.

Kids will enjoy feeling like they have some control over what goes into their lunches. Keep them focused by providing them with structured choices, such as - turkey and Swiss sandwich or cheddar and apple? Carrot sticks or sugar snap peas?

Include fruit - Fruit is an important part of a child’s nutritious diet, so be sure that lunches include healthy fruit servings. Juice labels can be especially confusing, however, sticking to options made from 100 percent

juice is a good rule of thumb.

For example, Mott’s Sensibles, available in three flavors in convenient six-ounce pouches, contain 30 percent less sugar compared to 100 percent apple juices, and contain no artificial flavors, colors or sweeteners.

Another way to include some fruit at lunch? Applesauce. A classic kids’ favorite, today’s applesauce is often healthier and more versatile than it once was. Free of added sugar and artificial col-



- Photograph © WavebreakMediaMicro / stock.Adobe.com

Let kids help prepare lunch.

ors, sweeteners and flavors, Mott’s Unsweetened Applesauce, for example, comes in flavors like granny smith, strawberry and blueberry, and can be used in lunchtime recipes such as Applesauce Energy Bars or Golden Apple Raisin Squares to boost flavor

and nutrition.

Pick the right pack - Make your life easy and promote wellness with great lunch gear. Check labels; dishwasher-safe containers will streamline your routine and non-toxic materials will help keep kids healthy and safe. If you plan to include both hot and cold food items, look into ice packs, sturdy leak-proof thermoses and lunch bags or boxes that feature compartments.

Consistently creating great midday meals may sound like a tall order, but with a few go-to essentials and some smart packing strategies, you can help keep kids fueled for more focused learning.

- Edited from StatePoint.



What to know about seasonal allergies and your eyes

(CONTINUED FROM PAGE 17)

- Wash your face after being outside to reduce the amount of pollen on the skin.
- Use cold compresses for some added relief.
- Don’t rub your eyes, as this will increase your body’s overreaction to the irritants.
- Remove contact lenses, which can attract allergens that accumulate throughout the day. Consider wearing your glasses or switching to daily disposable contacts during allergy season.
- Try over-the counter eye drops. There are a number of allergy drops that are formulated to relieve itchiness, redness,

and watery eyes. But consult your optometrist to find out which are the best recommended.

• Consider prescription medications. If the symptoms won’t go away, you might need something stronger. Go see your eye doctor to discuss if a prescription medication is right for you.

Don’t suffer this season. See your best and feel your best by getting your eye symptoms properly diagnosed and treated.

- Edited from StatePoint.



BEWARE: The flu is here. Time to take precautions to avoid it

(CONTINUED FROM PAGE 17)

tion-services/immunizations/index.html.

DOH-Palm Beach can be reached at 561-625-5180 or <http://palmbeach.florida-health.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>.

html.

Or visit the CDC at www.cdc.gov/flu/.

Submitted by Bob LaMendola, Florida Department of Health in Broward County.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

Forget calorie counting: New guidelines for losing weight

For years, the general wisdom was that the only scientifically proven way to shed pounds and inches was to consume fewer calories than one burned each day.

Unfortunately, that formula doesn't work for every-body.

Why? Experts say that this is because successful weight loss is associated with a wider range of factors.

"Gaining control of your weight is more complex than the 'calories in/calories out' approach that so many dieters subscribe to," says Margie Adelman, president of Simplipur, a maker of dietary supplements.

"Now research shows that powerful factors regulate weight, and that understanding those factors can help you reach your goals."

ACTIONS

According to Adelman, these are clinically proven actions that promote fat loss, which every dieter should

know about:

• Rethink your goals

- In dieting, your number one goal shouldn't be to lose pounds but rather to increase your lean body mass.

Healthy weight loss is all about burning energy, and the leaner your body mass, the more energy you can burn. It's by "building lean" that you will lose fat.

• **De-stress** - Stress triggers a "fight or flight" response, during which the body produces adrenaline that mobilizes stored fuel so you can run away or pick up a stick and fight. That fuel is stolen from muscles and organs, tearing down lean body mass, as well as leaving energy in the bloodstream that the body converts to fat if it's not used.

To bust stress, first recognize its source and takes steps to manage it. Before going to bed, try relaxation techniques



- Photograph © georgerudy/stock.Adobe.com

Balanced meals make for better health.

such as breathing exercises. Take a walk or do jumping jacks; find a way to discharge the nervous energy pumped into your bloodstream, so it won't be stored as fat while you sleep.

• **Sleep well** - Jealously

guard sleep time and don't let anything interfere with it. The deep sleep states are when anabolic processes take over to build lean body mass, so high-quality, undisturbed sleep is essential. Your bedroom should be cool, dark and quiet. If you need white noise, make sure that it's constant and not irritating.

• **Get exercise and make it fun** - Exercise builds lean body mass, so get plenty of it. But make sure it's something fun so you'll enjoy it and keep up the habit.

• **Eat right** - Low carb diets like the Paleo Diet,

which feature a wide variety of protein sources, fruits, veggies and healthy fats, have the best profile for losing body fat while building lean body tissue and are much healthier than low-calorie diets. Remember that lean body tissue is made from protein, so if you want to "build the lean" eat plenty of protein.

You may also want to consider incorporating a dietary supplement into your routine, such as Lean 2.0 Weight Management, which supports fat loss and helps you increase lean body mass by working directly with your metabolism.

To get serious about weight loss and reduce body fat, move beyond the old way of thinking. For best results, incorporate dieting principles based on new scientific research.

- Edited from StatePoint Media.



Quick, easy ways to beat embarrassing sweaty, smelly feet

It's an issue that can affect anyone, but one that not everyone likes to talk about: smelly feet.

Caused when sweat accumulates on the skin and fuels the growth of odor-causing bacteria, it's an embarrassing situation that can afflict anyone, from professionals who spend all day in dress socks to weekend warriors on the hiking trail to gym rats.

But you don't have to live with feet stink. Consider these tips for fresher feet:

• **Wash and dry** - Don't neglect to scrub your feet in the shower. Get between toes with a good antibacterial soap. After showering, apply the same between-the-toes treatment with a towel, being sure that feet are completely dry before putting on socks and shoes.

• **Air out** - After a long active day or workout, a lot of people have the habit of keeping their shoes and socks on, taking care of things around the house. Take your shoes and socks off as soon as possible to give your feet and toes a chance to air out and breathe.

• **Improve your sock game** - Look beyond the "odor-resistant" label on socks, as many manufacturers simply use a liquid application



Photograph © Andrey Popov / stock.Adobe.com

Plenty steps to odor-free feet.

on the socks, which works only until it bleeds out of the fibers, which happens when socks are worn for periods of time.

Check out innovations in sock design, which are making it easier to beat smelly feet long-term. For example, ScentLok Socks are odor destroying socks, manufactured using silver particles that are permanently embedded into the sock fibers to help control bacterial growth and odor for the life of the sock. More information is available at www.scentlok-socks.com.

• **Rotate and clean shoes** - Don't wear the same pair of shoes for more than a couple of days in a row. If possible, alternate pairs daily and store them in a cool, dry place, allowing them to air out before putting them in a box

or a bag.

Hand washing shoes and insoles with cool water is also a good way to keep them fresh, and you can even add some disinfectant to the water to keep them smelling their best.

"Shoes and boots create an extremely harsh environ-

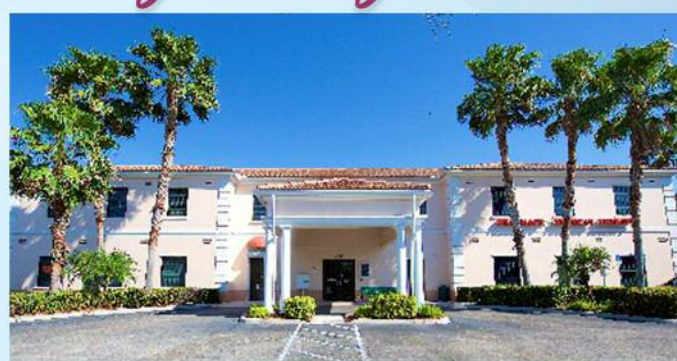
ment for our feet. There's no air moving around; it's dark, moist and warm -- a perfect breeding ground for bacteria, fungi, and a wide range of noxious smells," says Nick Andrews, resident sock tester for ScentLok Socks and vice president of marketing for the company.

There are some easy ways to avoid feet stink -- from odor destroying socks to better foot care to proper shoe rotation.

- Edited from StatePoint.



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