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ROYALSNUB

Which Caribbean Country Will Ditch The Queen Next?

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Protests greeted Prince William and Kate during their visit to Belize, Jamaica and the Bahamas amid calls for reparation, true independence and an apology for slavery.



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Regional Caribbean News Round Up

Here are some of the top Caribbean news making headlines this month.

REGIONAL

The United States government has announced plans to provide US\$1.5 million in coronavirus (COVID-19) assistance to several Caribbean countries.

A statement issued by the US Embassy in Trinidad and Tobago, said that the assistance will be made through the United States Agency for International Development (USAID), for countries in the Eastern Caribbean region including Trinidad and Tobago, The Bahamas, Barbados, Guyana, and Suriname.

“This assistance will be focused on helping countries with vaccine deployment and readiness, and includes efforts to address vaccine hesitancy and combat vaccine mis- and dis-information,” the statement said. “The additional support will assist with community vaccination campaigns and engagement activities, strengthen the cold chain environment, train healthcare workers, and develop regional and country-specific campaigns to increase vaccine uptake,” the statement said.

“This funding comes at an opportune time to increase the vaccination coverage of the people of Trinidad and Tobago. We are encouraged to see that slightly more than 50 per cent of the Trinbagonian population has now been fully vaccinated, but we need to do more to increase the numbers,” said U.S. Embassy

Chargé d’Affaires, Shante Moore.

USAID Regional Representative for the Eastern and Southern Caribbean Clinton D. White said the funding will fill key gaps to accelerate COVID-19 vaccine uptake, and strengthen countries’ preparedness for future pandemic threats.”

ANTIGUA & BARBUDA

A High Court judge has sentenced a father to 18 years in jail after he admitted having sexual intercourse with his 11-year-old daughter.

The Court heard that the child was raped at least three times by the 40-year-old man between 2018 and 2019.

“I don’t know what got into you...you are clearly a person in need of some form of psychiatric treatment and I hope you will get it and you will come to terms with yourself and ask for forgiveness,” Justice Stanley John said while imposing the sentence on Tuesday.

The Court was told that in February 2018, the complainant and her brother were removed from the custody of their mother and placed with the defendant by welfare officials due to allegations that they were being beaten by their mother. The child went to live with her father who was in a relationship, and one day while his partner was not home, he entered the child’s room while she was sleeping on her stomach, pulled down her clothes and proceeded to have sex with her. He then threatened to beat her if she told anyone, so



Prime Minister Mia Amor Mottley has opened an embassy in Abu Dhabi in the United Arab Emirates, (UAE). (CMC image)

she kept silent. In August 2019, the accused raped his daughter again in the same manner, repeating the threats.

The Court heard that the incestuous activity continued that same night when the victim and her stepmother were sleeping in the same bed and the accused climbed in between them. The next morning, the woman asked the child if her father had sex with her and she confessed and when confronted told the girlfriend that he did so because she was not having a sexual relationship with him.

While the stepmother did not report the matter to the police, she moved out of the home and the matter came to public attention during a quarrel between the two ex-lovers. A person who had witnessed the quarrel informed the child’s mother of the situation and she reported the matter to the police.

The father, whose name is not being disclosed so as to protect the child, admitted to three counts of unlawful sexual

intercourse, a plea which afforded him the customary one-third reduction in the 30-year sentence that Justice John started with. The convicted man was given 18 years for each count of unlawful sexual intercourse with a minor. The sentences will run concurrently.

“I hope that this type of situation never comes before the court of Antigua and Barbuda again,” the judge said.

HAITI

Several organizations, including the December 4 Collective, have announced plans to stage street protests against the spate of kidnappings in the French-speaking Caribbean Community (CARICOM) country as the latest victim was released over recently following the payment of a ransom.

Gynecologist Dr. Michel D’Alexis, who was kidnapped at his medical office on March 2nd, was released after 24 days in captivity on March 26th. The amount of ransom paid was not disclosed. The gynecologist was detained together with urologist, Dr. Pierre Boncy, who was released last week after 13 days.

The two medical doctors had been abducted by men pretending to be lawyers in the company of a man claiming to be a lawyer. They were handcuffed and bundled into a vehicle.

Former president, Michel Martelly, in a video message over the last weekend, said he was concerned about the growing insecurity that has paralyzed the country. He said that a broad political consensus is the best solution to restore security, and to this end, he is encouraging all actors in national life to have a frank dialogue on the matter.

It comes as Haiti observed the 35th anniversary of the 1987 Constitution on March 30th. In a message posted on his Twitter account, PM Ariel Henry, who came to office following the assassination of President Jovenel Moise last July and is facing calls for fresh presidential elections, said that the adoption of the 1987 Constitution “continues to symbolize, 35 years later, our attachment to democratic values, including the rule of law, the balance and the separation

TRINIDAD & TOBAGO

The Trinidad and Tobago government say “arrogance and xenophobia have no place in the modern politics of the Caribbean Community (CARICOM),” even

as Port of Spain said it would not be “distracted” by recent comments made by Guyana’s Vice President, Bharrat Jagdeo about the twin island Republic.

Jagdeo has maintained that his comments about the state of the Trinidad and Tobago economy is factual telling reporters over the last weekend that he stood by the comments he had made earlier that Trinidad and Tobago’s economy was “falling apart.”

Jagdeo said the Trinidad and Tobago’s economy has been faced with numerous challenges over the past few years owed to limited economic diversification and dependence on a highly volatile sector.

T&T Prime Minister Rowley told reporters that he would not be “distracted” by comments saying “there are a lot of people in Guyana and I am really not distracted by Vice President Jagdeo’s comments about us.

Trinidad and Tobago’s Foreign and CARICOM Affairs Minister, Dr. Amery Browne wrote that members of the “CARICOM family” normally avoid launching “imbalanced and disrespectful descriptive about neighboring member states.

GUYANA

The United Arab Emirates, (UAE), has expressed interest in helping Guyana to boost its agriculture production, a move, President, Dr. Mohamed Irfaan Ali said would be in keeping with government’s vision to make Guyana the food basket of the Caribbean and build a framework that would ensure Guyana has the greatest level of productivity.

The UAE produces an average of three million barrels of petroleum and liquids per day and has oil reserves of 100 billion barrels. President Ali disclosed that during his recent participation at the Caribbean Investment Forum (CIF2022) and the Global Business Forum LATAM, agriculture was the main focus.

Dr. Ali stressed that Guyana has all the competitive advantages, noting that the only task now is catalyzing it into action so that the country and its people could benefit.

BERMUDA

The Bermuda House of Assembly has again passed controversial legislation making it legal to grow and sell cannabis in the British Overseas Territory, but it remains to be seen whether the governor gives it the royal assent.

Twelve months ago, the legislation was blocked in the Senate, but the Upper House cannot do so again.

(CONTINUED ON PAGE 5)

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Which Caribbean Country Will Ditch The Queen Next?

BY HOWARD CAMPBELL & FELICIA J. PERSAUD

Which Caribbean country will be bold enough to follow Barbados' example and ditch the Queen of England as its head of state?

Will it be Jamaica, which is celebrating 60 years of independence but still has Queen Elizabeth, II as its head of state; or will it be Belize or the Bahamas?

The question has resurfaced as nationals in each country greeted the Queen's representatives, the Duke and Duchess of Cambridge, Prince William and Kate Middleton, with protests, during their Caribbean jubilee tour from March 19th to the 26th.

In Belize, where William and Kate kicked off their Jubilee tour to mark the 70th year since Queen Elizabeth's Coronation, they were forced to cancel their first official tour after indigenous leaders of one village said they did not want them on their land.

Sebastian Shol, chairman of the indigenous Indian Creek village in Belize, said the royals could land anywhere but not on their land as Prince William and his wife Kate Middleton were due to tour the Akte 'il Ha cacao farm on March 19th.

The Duke and Duchess subsequently cancelled the visit to the Akte 'il Ha cacao farm over what Kensington Palace called "sensitive issues" involving the local community.

When they touched down in Jamaica on March 22nd, they were also met by protests as many, including Rastafarian reggae artists Mutabaruka and Queen Ifrica urged them to apologize for its role in slavery and to pay reparations to the descendants of slaves.

Both Mutabaruka and Queen Ifrica said the Royals needed to make a definitive statement on their ancestors' endorsement of the Atlantic Slave Trade.

"The mace [in parliament] represents the presence of Queen Elizabeth and her friend dem, and



The Duke and Duchess of Cambridge arrived in Kingston, Jamaica on March 22, 2022, to protests. Opal Adisa (right) says the pair are 'complicit' in the consequences of slavery because they continue to benefit from its legacy. (Sky News image)

that is symbolism. Black people nuh understand how symbol play a part inna di psychological effect of the people dem," Mutabaruka told Caribbean Today.

"Why do you think dem have so much statue all ova di place and di naming of the road dem, and di naming of the parish dem? Because when dem don't deh yah, there is something embedded in the mind of the people dem say

is dem run di ting," he added.

Queen Ifrica was just as scathing. "I'm jus' here to remind the Queen of England that she 'romp' wid some serious people hundreds of years ago when dem turn up on dis island; before colonialism, the people that was here was living in love and unity 'mongst demselves. I stand here on behalf of dat Jamaica deh weh neva know slavery until the slave

ship dem pull up 'bout yah," she said.

Prince William, speaking at a state banquet in Kingston, Jamaica on March 23rd, expressed "profound sorrow" at the abhorrence of slavery while speaking at a dinner hosted by Jamaica's Governor General, who is also the Queen's representative there.

But he cleverly sidestepped apologizing for the slave trade that enslaved hundreds of thousands of Africans in the West Indies for over 200 years.

And in the Bahamas, on March 24th, the Duke and Duchess of Cambridge were met with protest by members of the Ethiopia Africa Black International Congress Church as they visited the Sybil Strachan Primary School, in Nassau.

The protesters stood with signs reading "Freedom, Redemption and International Reparation Now" as they also demanded reparations for decades

(CONTINUED ON PAGE 4)



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Caribbean American US VP Kamala Harris Pledges \$30 Million To Jamaica

The U.S. has pledged a 30 million USD investment in Jamaica following the March 30th meeting between the country's

first Caribbean American vice president, Kamala Harris, and the prime minister of her father's homeland, Andrew Holness.

Harris announced a US \$20 million to boost commerce between the two nations and a further US \$10 million to be invested in boosting human capital and violence reduction for at risk youth.

Holness, in a series of posts on his Twitter account said of the meeting: "Our discussions were very productive as we affirmed our shared commitment to increase cooperation for the mutual benefit of Jamaica and the United States."

According to the prime minister, the areas of cooperation discussed with Harris include violence prevention through intelligence and information sharing; investment in violence-reduction programs targeting at-risk youth; human capacity development, particularly in relation to cyber security and digital technology; energy; and infrastructure.

"I was deeply encouraged by the feedback from VP Harris who committed funding to several areas:

1. Expansion of commerce and trade
2. Support for our health sector and our COVID-19 recovery efforts
3. Regional energy security
4. Violence-reduction program targeting at-risk youth."

By contrast, Harris' Twitter feed included other engagements but made no mention of the meeting with Holness.



: Prime Minister of Jamaica Andrew Holness with US Vice President, Caribbean American, Kamala Harris, following their meeting at the Eisenhower Executive Office Building on the White House complex, in Washington, DC on March 30, 2022. (MANDEL NGAN/AFP via Getty Images)

generations in Jamaica." She added that "the United States and Jamaica continue to be close friends with many, many issues in common. And this partnership is an important one and an enduring one for the United States. And we look forward to strengthening and continuing to strengthen the relationship."

Last January 17th, Holness was part of a group of Caribbean artistes and leaders who joined Invest Caribbean's Felicia J. Persaud, in celebrating Harris' ascent to the post of US vice president as the first Caribbean American. At the time, Persaud urged Harris to make the Caribbean a priority, unlike other administrations.

Holness in his meeting with Harris said Jamaica will redouble its efforts in tackling illegal trafficking of weapons and persons, lottery scam, and other transnational crimes.

"To address this in a decisive way, we are seeking to foster increased partnerships and collaboration on information and intelligence sharing, extradition, and other law enforcement efforts," he said. "On the economic development front, we reiterated that we would welcome refocused attention on Jamaica in areas of security, energy capacity building, infrastructure, and nearshore digital technology hubs."

- NewsAmericasNow.com



Which Caribbean Country Will Ditch The Queen Next?

(CONTINUED FROM PAGE 3) of enslavement of the country by Britain.

The Bahamas National Reparations Committee also released a statement prior to the visit saying the Cambridges "and their family of royals and their government must acknowledge that their diverse economy was built on the backs of our ancestors. And then, they must pay."

Barbados became the latest member of the Caribbean Community (CARICOM) to sever ties with the British monarchy when it became a Republic on November 30, 2021, and appointed a president as head of state. Trinidad and Tobago, Guyana and Dominica cut ties with the British Crown during the 1970s.

No other Caribbean country has since moved to follow Prime Minister Mia Mottley's path to true independence. Jamaica's Prime Minister, Andrew Holness directly addressed his country's intention to break away from the British monarchy on March 23rd during a meeting with the couple, referencing the anti-colonial protests that took place. "There are issues here, which

as you know, are unresolved, but your presence gives us an opportunity for those issues to be placed in context, to be out front and center and to be addressed as best we can," Holness said. "But Jamaica is, as you would see, is a country that is proud of its history and very proud of what we have achieved. And we're moving on and we intend to... fulfill our true ambitions and destiny to become an independent, developed and prosperous country."

Belize has also signaled its intention to remove the Queen as head of state following the royal visit. "The decolonization process is enveloping the Caribbean region - perhaps it is time for Belize to take the next step in truly owning our independence," a Belize government minister said recently.

However, Bahamas' Prime Minister, Philip Davis, has not indicated any such position telling William and his wife during their tour: "We have been looking forward to your arrival. It's long overdue. We are delighted you are here."

It is left to be seen which of the three will be next to ditch the Queen as head of state.



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Jamaica at 60

On August 6, 2022, the island of Jamaica marks the 60th Anniversary of its independence as a sovereign nation. Caribbean Today invites the business community in Jamaica and the United States to celebrate this significant milestone.

OUR INDEPENDENCE SUPPLEMENT! Jamaica at 60
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Duke Of Cambridge Urged To Match Words With Action

Trinidad and Tobago Prime Minister, Dr. Keith Rowley, has called on the Duke of Cambridge, Britain's Prince William, to do more than just offer words of acknowledgment that his country had played a significant role in the slave trade and ensure a level of compensation to those who had their liberties taken away as a result of the Atlantic slave trade.

Rowley, addressing the Spiritual Baptist Liberation Day organized by the ruling People's National Movement, (PNM), on March 29th, said he was pleased to have heard Prince William acknowledge that slavery was wrong during his recent visit to the Caribbean.

"Recently I was very

pleased to hear Prince William say that he acknowledged that slavery was wrong, and that the British government, the British people, have some responsibility in that piece of unforgettable history," PM Rowley said. "I was pleased to hear a member of the Royal household in the United Kingdom. But tonight, I want to say to Prince William, having said that, I believe you. But I will believe you more if you do what you must now do, which is the offer of some reparation to the people who were wronged in the way that you have acknowledged."

The call comes as Barbados Prime Minister Mia Mottley also renewed her call for reparation for the Atlantic slave trade,

saying she does not consider the issue a contentious one.

Mottley, who was on an official visit to the UAE, said that slavery not only resulted in the underdevelopment of the colonies but played an indirect role in climate change, for which compensation should also be provided.

She said that the former colonizers removed the wealth from countries such as Barbados and created the industrial revolution in developed nations which, in



Prince William and Kate Middleton at The Cove at Atlantis Paradise Island, The Bahamas during their visit there from March 24-26, 2022. (Atlantis contributed image)

turn, contributed significantly to the world's greenhouse gases.

"The issue [reparations] is very much alive still because people – and younger people in particular – feel strongly that whether it is the return of artefacts like the Benin Bronzes [to Nigeria], or whether it is in terms of reparations... first [there should be] apologies, but secondly also, recognising that the extraction of wealth from our colonies led to the industrial revolution in these developed

countries today," Mottley said. "And, ironically, that is also what led to the whole issue of greenhouse gas emissions... because it's not just the flow of greenhouse gas, but the stock, and the stock was essentially what was driven by the industrial revolution."

- Rewritten from CMC



Haiti Opposition Politician Shot Calling For Removal Of Prime Minister



Arnel Bélizaire, the former deputy of Tabarre, an urban commune located in the Port-au-Prince Arrondissement, was shot on March 30th as he took part in protests calling for the resignation of Prime Minister Dr. Ariel Henry. (CMC image)

Haiti police are investigating the attempted murder of a Haitian opposition politician as the murder of the country's president in July 2021 remains unsolved.

Arnel Bélizaire, the former deputy of Tabarre, an urban commune located in the Port-au-Prince Arrondissement, was shot on March 30th as he took part in protests calling for the resignation of Prime Minister Dr. Ariel Henry.

The founder of the "Delivrans" Party was the target

of unidentified armed individuals in Carrefour Péan, as he took part in the demonstrations.

Media reports said that Bélizaire was hit at least four times by the gunmen and was rushed to a hospital in the capital.

There has been no official statement regarding his condition, but the media reports said he could be flown overseas for treatment.

The Central Directorate of Judicial Police (DCPJ) has since opened an investigation into the shooting incident.

Police said that they have had no motive for the attempted assassination of the opposition member, who had been released from prison last December after being detained for two years following a ruling by the Court of Appeal of Port-au-Prince.

Bélizaire and several others had been arrested in December

2019 on charges of possession of weapons.

- Rewritten from CMC



Regional Caribbean News Round Up

(CONTINUED FROM PAGE 2)

The Cannabis Licensing Act 2022 would create a regulated framework for growth and sale of the drug.

A series of licenses would be available through a licensing authority, which will allow people to not only possess more of the drug, but also to grow, harvest, sell, and export it. The bill was introduced this time by Home Affairs Minister Walter Roban, who was standing in for Attorney-General Kathy Lynn Simmons. In a repeat of the speech that Simmons delivered in the House a year ago, Roban said the illegality of cannabis was "an unjust colonial legacy" and evidence of "systemic, racialized disparities" where

black people were criminalized by a white oligarchy.

BARBADOS

Prime Minister Mia Amor Mottley has expressed optimism over the opening of the Barbados Embassy in Abu Dhabi in the United Arab Emirates (UAE). According to Mottley, this will show that Barbados is serious about deepening diplomatic relations with the UAE and creating opportunities for Barbadian residents. Mottley also expressed optimism that the partnership would see direct airlift between Barbados and the UAE.

- Rewritten from CMC



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FEATURE



Building Community - One Black Business At A Time

BY DAWN A. DAVIS

Abygail, Alexandria, and Ashleigh Montague are not just sisters. They are young Jamaican Canadian entrepreneurs paving successful paths for black-owned businesses in the Greater Hamilton Ontario area of Canada.

Ashley, 29, Alexandria, 23-, and 18-year-old Abygail founded BLK OWNED, a non-profit support organization, in 2020, to help sustain and encourage black-owned businesses, and subsequently BMRKT, their for-profit social enterprise setup to help BIPOC (Black Indigenous & People of Color) business owners showcase and sell their products through open markets, gaining a wider customer base.

The impetus for all of this began as a response to George Floyd's killing in 2020. They wanted to do more than just show their support online for Black Lives Matter. The sisters decided to patronize black businesses within their community, but quickly realized they knew only a few.

"We saw that there was a need and so we started building a list of black owned businesses within the greater Hamilton region," explained Jamaican-born Ashleigh Montague in a conversation with Caribbean Today.

"Collectively with some community members, we generated a list of over 150 businesses within this area. And so, from that day we started to celebrate, showcase, explore, and support black businesses in the greater Hamilton area. We initially started showcasing them online through our Instagram platform," Montague

continued.

ENLIGHTENING

Determined to take the challenge further, they formalized BLK OWNED and did the necessary work.

They applied for funding to conduct a feasibility study so the gaps could be identified. Through funding from the Canadian government's Investment Readiness Programme, the Montagues worked with consultants who helped them carry out the study and run focus groups. Their findings were enlightening.

"We deduced that business owners within our city and the region are young. In fact, 42% of those who responded to our survey were between the ages of 30 to 45. And 40% were between the ages of 17 to 29," said Ashleigh Montague. "The next thing we saw was that quite significantly, a lot of them were earning under \$10,000. Yet still 80% of them were saying they wanted to leave a legacy behind through their businesses. So there's a gap. How can you be creating sustainable businesses but not generating sustainable revenue?."

To bridge that gap, the sisters created programs and workshops to provide the resources and tools lacking amongst the black-owned businesses in their community. Focusing on marketing, customer service, building customer base, networking, and



Ashleigh Montague and her sisters, Alexandria and Abygail, young Jamaican Canadian entrepreneurs, founded BLK OWNED, a non-profit support organization, in 2020, to help sustain and encourage black-owned businesses in Canada. (Contributed image)

financial literacy, BLK OWNED became the catalyst helping many of these businesses grow.

Montague elaborated: "Our Trailblazer programme is focused on black youth entrepreneurs. And youth for us is ages 18 to 39 because it's not about the age but the stage of your business. Through this program, they have access to two mandatory sessions, which is an eight-hour day boot camp. And we have different facilitators who drop in to talk about your business model, setting up the structure of your business for growth. We've also paired that with mentorship opportunities."

RELATIONSHIPS

Working in collaboration with the Black Business Professional Association of Canada through their Black African and Caribbean Entrepreneurship Leadership initiative, BLK OWNED has

enhanced their business and life skills training programs for the businesses they support.

For these young entrepreneurs it's not just about owning a business, it's about building and supporting their community. Yes, it is hard work said Montague, mentioning sourcing enough financial support to continue the work they are doing. However, working with the community makes it all worth it.

"The most rewarding thing for us are the relationships that we're building within the community and seeing the impact that we're making through BLK OWNED and BMRKT on these business owners," said Montague.

The young business owner

added that she and her sisters have always been influenced by their Jamaican heritage.

"We always say that our parents have been the ones to instill community in us. In Hamilton we have something called the Jamaica foundation, a community organization that brings us back to our roots," added Montague. "They host events, fundraisers, they do different activities for the community. And since I was in elementary school these were things that I was a part of. It's what brings us joy, and I'm so grateful for that. It's a rooted value in both our businesses today, in BLK OWNED and BMRKT."



This Caribbean MP Threatens To Give Minister 'A Chris Rock Special'

Days after the slapping incident at the 2020 Academy Awards on March 27, 2022, a Member of Parliament in the Caribbean islands of St. Vincent and the Grenadines threatened to give a government minister "a Chris Rock special."

West Kingstown, SVG MP, Daniel Cummings, told Minister of the Public Service, Frederick Stephenson, that he would have gotten a "Chris Rock special" were they near each other.

Cummings was debating a resolution,

COVID-19 (Miscellaneous Amendments) Order 2021, (No.32 Of 2021)" when the exchange occurred.

"On this side of the house, one of the portfolios I shadow is health. And, therefore, I



West Kingstown, SVG MP, Daniel Cummings, threatened Minister of the Public Service, Frederick Stephenson, in Parliament, with a "Chris Rock special." (CMC image)

have been on the forefront of discussing matters relating to COVID from this side," Cummings said.

But Stephenson interrupted with the comment: "from overseas."

Cummings retorted: "Madam Speaker, I charge you to advise the honorable minister who makes these cynical comments about my medical attention to resist being asinine in his comments because that is what he's doing. You do not make snide remarks about people's medical needs."

Stephenson responded: "I never mentioned your medical needs."

(CONTINUED ON PAGE 7)



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Courage In Cannabis

BY DAWN A. DAVIS

Long the criminalized ‘sibling’ among the thousands of beneficial natural herbs growing in the United States and globally, cannabis sativa has been struggling for recognition of its valuable properties for generations.

Classed as a Schedule 1 substance under the Controlled Substances Act of 1970, cannabis had essentially been illegal since 1937 with the passage of the Marihuana Tax Act. But today, this maligned herb is being embraced for its positive effects in alleviating the deleterious effects of cancer treatment, controlling seizures, anxiety, and so much more.

Indeed, there are many stories to tell, and that is where Ohio-based Dr. Bridget Williams comes in. A family physician, 18-year practitioner at the Cleveland Clinic, and owner of Green Harvest Health, a medical Cannabis Clinic, Dr. Williams saw, heard, and experienced the stories of those being helped by cannabis.

This moved her to publish book, ‘Courage in Cannabis,’ a compilation of stories from those who survived their illnesses or conditions with the help of cannabis. The book inspires with its compelling honesty.

“When I decided that I wanted to go into a more alternative space, that first year when I was meeting patients, if they had used cannabis prior, they had been using it illegally,” Dr. Williams told Caribbean Today recently. “So, when I was giving them their medical cannabis, card there was a lot of emotion. I had grown men with tears at times because they had dealt with shame and guilt, and they no longer had to hide their cannabis use from their children. I had women who were fearful of getting more involved with the church for fear of being found out. So, the card really liberated a number of people. Those stories really drew me in. ... I feel like it is something that needs to be documented.”

So, she brought together

patients, doctors, lawyers, caregivers, educators, activists, entrepreneurs, who shared how cannabis changed their lives.

WORKHORSE

As a doctor, Williams has always been focused on evidence-based medicine, and it is no different when it comes to cannabis.

“CBD and THC are phytocannabinoids that you find in the cannabis plant,” she explained. “But (they) are also found in many other plants.



Jamaican-born Kevin Greene, Chief Operating Officer of the Cleveland School of Cannabis, (CSC). (Contributed image)

However, in cannabis they are more concentrated, and so it’s easier to harvest and utilize them. CBD, I really consider the workhorse of cannabinoid medicine. It helps regulate and balance the Endocannabinoid System, (ECS), which oversees every organ, every aspect of our body, the umbrella system that balances.”

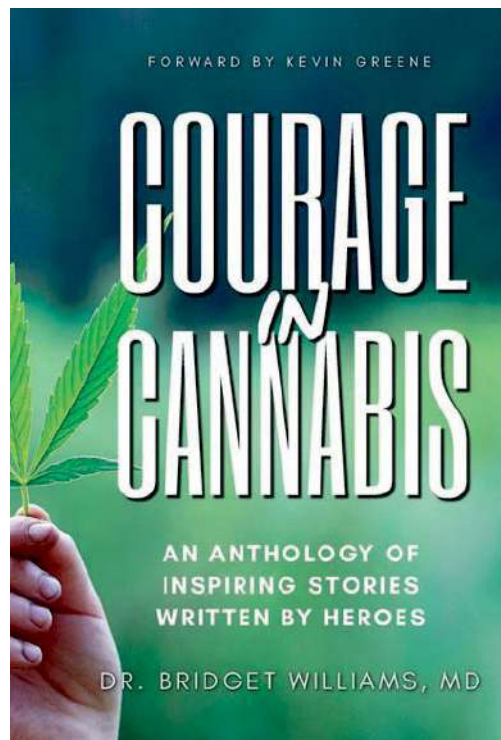
In fact, more in-depth studies on the ECS can be found on sites such as the National Institutes of health or Harvard Medical School.

Dr. Williams added that there are more than 100 other cannabinoids, but CBD (cannabidiol) and THC (tetrahydrocannabinol) are the two that get the most attention right now.

Underscoring that point,



Ohio-based Dr. Bridget Williams is the author of Courage in Cannabis. (Contributed image)



Jamaican-born Kevin Greene, Chief Operating Officer of the Cleveland School of Cannabis, (CSC), who also shared his own story in the foreword to the book, pointed out that: “Everything we need to heal, to be well, grows on the earth and will always be here. So, cannabis is just another natural product that has healing properties.”

He added: “But, we shouldn’t stop at CBD. We should think about all these cannabinoids, all these roots, all these herbs, and how do we

start to bring them in our lives in a natural way to reap our wellness.”

Greene established the school in 2017 with a mission to foster adult learning through high-quality, residential and online education that integrates personal development along with career-oriented skills and knowledge related to cannabis, science, and business, to prepare graduates for entry-level employment in the industry. With more and more states legalizing medical use and some recreational use, Greene saw opportunities opening up.

“We believed that there was going to be a huge gap in the workforce. So we developed a workforce development program, a six to eight-month course that allows individuals to be able to get their competencies in the major areas of the industry,” Greene explained

CSC’s programs include cannabis cultivation, dispensary operations, hemp and CBD extractions, and a research study class which explores the endocannabinoid system. In fact, it is this focus on education that drives Greene and Williams to change the way Cannabis is viewed.

“I think Courage in Cannabis is a great example

of what we do at the school,” he told CT. “Create an epicenter for people to have courage and critical conversations around this plant and being able to be with likeminded people to get the support that they need and the

education they need so they can be successful. We’re celebrating five years and we have graduated over 700 students and put over 70% of those into the industry.”

So, what does the future for cannabis look like in the United States?

Dr. Williams noted that the government already owns a patent on a CBD medication, Epidiolex used to treat seizure disorders. And the US Food and Drug Administration’s website confirmed on June 25, 2018, that it “approved Epidiolex (cannabidiol) [CBD] oral solution for the treatment of seizures associated with two rare and severe forms of epilepsy, Lennox-Gastaut syndrome and Dravet syndrome, in patients two years of age and older.”

This is the first FDA-approved drug that contains a purified drug substance derived from marijuana.

Meanwhile, The U.S. House of Representatives plans to vote on a bill to federally legalize marijuana for the second time in history. The body will take up the Marijuana Opportunity, Reinvestment and Expungement, (MORE) Act, which could remove cannabis from the list of federally controlled substances. And the US Senate passed a bill to cut red tape around the research process of marijuana and marijuana-derived medications. This will help get FDA-approved, marijuana-derived medications safety to patients.

So, the future for cannabis is encouraging. But both Greene and Dr. Williams agree that it all comes down to how do we empower ourselves.

The voices in Courage in Cannabis are doing just that, taking back their right to natural wellness.



This Caribbean MP Threatens To Give Minister ‘A Chris Rock Special’

(CONTINUED FROM PAGE 6)

Cummings clapped back: “If he were close to me, he would get a Chris Rock special.”

Some laughter and applause erupted but Speaker Rochelle Forde banged her gavel.

“Because he is that foolish. He is that foolish,” Cummings added.

But Stephenson maintained that Cummings was overseas.

Cummings spent about a year in Trinidad where he had gone for medical attention for a

back injury, he said he suffered in Parliament when he and other opposition lawmakers were thrown out of the House of Assembly chamber in March 2011.

The MP was prevented from leaving Trinidad after the country closed its borders in response to the COVID-19 pandemic.

However, if Cummings was referring to a slap, it appeared that Stephenson, a lay preacher, would not have turned the other cheek.

“Try that outside,” the minister said. “Try that outside.”

The speaker banged her gavel and urged members to “observe proper parliamentary language.”

“Thank you, Madam Speaker,” Cummings said after the Speaker urged him to continue with the debate.

“Try that outside,” Stephenson said again.

- *Rewritten from CMC*



Five Ways to Avoid Health Scams

People spend billions each year on remedies they hope will improve their health. But a lot of that money goes to companies making fake claims that cheat people out of their money, time, and even their health. Before you buy a supplement or another health product:

- **Always talk with a healthcare provider first.** Even if a supplement claims to be FDA cleared or approved, it can interact with your prescriptions, making them less effective or too strong. Work with your healthcare provider to safely incorporate supplements into your treatment plan.
- **Don’t stop taking your prescriptions without asking your healthcare provider.** Your provider knows your health history and the right treatments for your condition.
- **Do some research.** Search for the name of the supplement or product online, plus the words “review,” “complaint,” or “scam.” If any product guarantees miracle results, it may be a scam.
- **Avoid products with “guarantees.”** Strangers don’t know how your body will respond.
- **“Natural” doesn’t mean either safe or effective.** In fact, “natural” can mean both harmful and ineffective. And some “natural” products might interfere with proven treatments recommended by your healthcare professional.

Learn more at [ftc.gov/health](https://www.ftc.gov/health). If you spot a scam, report it to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)

It's Now Easier To Travel To These Caribbean Islands

As the COVID-19 pandemic eases, many Caribbean countries are loosening travel restrictions to make it easier for their islands to return to their economic earner – tourism. Here's what you should know when planning your next trip.

ST. KITTS & NEVIS

St Kitts and Nevis has updated its travel protocols effective April 1st.

The destination's new rules mean travelers can now show proof of either a negative antigen test within 24 hours before arrival or a negative PCR test within 72 hours prior to arrival. It's a revision of the country's previous protocols, which had only allowed PCR tests. However, only fully vaccinated travelers may visit St Kitts and Nevis, with exceptions for children under 18. Children ages 11 and under who are accompanying their fully vaccinated parents or guardians take on the vaccination status of their parents.

Unvaccinated children between 12 and 17 must test upon arrival and vacation in place with family members while awaiting their test results. All travelers need to fill out the destinations Embarkation Form at kntravelform.kn/ along with submitting proof of vaccination and a hard copy of their test result.

CURAÇAO

The Curaçao Tourist Board has removed all testing for entry requirements and on-island COVID restrictions, like curfews and mask mandates. On March 10th, Curaçao announced that it would no longer enforce testing as an entry requirement and would eliminate all on-island COVID restrictions, including mask mandates, nightly curfews, and proof of vaccination for large-scale events.

The newly relaxed measures apply to the destination, though hotels, restaurants, entertainment venues, and tour operators may enforce protocols at their own discretion. Subsequently, it is recommended that travelers verify specific requirements or protocols directly with each venue.

Curaçao, however, will continue to require travelers to complete its standard entry process for entry into the country as follows: complete the digital immigration card online at dicardcuracao.com before departure and digitally fill out the Passenger Locator Card (PLC) form 48 hours prior to departure and carry a printed document of proof with you.

ANGUILLA

Anguilla's Ministry of Health has released new guidelines for Anguilla's entry protocols, in accordance with their evolving COVID-19 Exit Strategy. The new guidelines came into effect on Friday, April



The Curaçao Tourist Board has removed all testing for entry requirements and on-island COVID restrictions, like curfews and mask mandates.

1st and includes the following:

1: All fully vaccinated travelers to Anguilla who are 18 years and older will no longer need to apply for permission to enter the island via the travel portal at IvisitAnguilla.com. They will, however, still need to present evidence of full vaccination status with an approved vaccine and a negative COVID-19 test; that is an NAA/PCR/RNA test taken within 3 days of travel or a rapid antigen test taken within 2 days of travel. This information must be presented to the aircraft, ship, agent or fixed based operator.

2: The arrival testing will be discontinued for persons who have been fully vaccinated within the last six months, and for persons who have taken a booster dose where

completion of the primary series (full vaccination) occurred six months or more prior to arrival; a valid negative test result must be presented pre-arrival.

3: Vaccinated adults and minors, who were fully vaccinated with a complete primary course more than 6 months prior to arrival, but have NOT had a booster dose, are still considered fully vaccinated and will not need to apply for entry via the portal. They shall, however, be subject to testing on arrival, at their own expense and a valid negative prearrival test result must be presented. The testing fee is US\$50.

4: Unvaccinated visitors under 18 years old are only permitted to enter Anguilla if they are accompanied by fully

vaccinated travelers. It should be noted that the exemption for pregnant women is removed given that several COVID-19 vaccines are now approved for use in pregnancy.

5: Persons arriving into Anguilla without the appropriate documentation (proof of vaccination and test results) will be required to return to their country of origin; and if it is not possible to return, they shall complete arrival and exit tests, and quarantine for 5 days at their own expense. Each visitor that is allowed to quarantine shall pay the Government of Anguilla a fee of US\$200 in addition to any fines for unapproved entry.

6: Unvaccinated visitors who have been granted a medical exemption will be required to apply on the entry portal, test on arrival, quarantine for 5 days and receive a negative test result to exit quarantine. Accordingly, the fee is US\$100 per person.



Wymara Turks And Caicos Announces New Ownership Structure

Wymara Resort and Villas, Turks and Caicos has announced that long-time Managing Director Bruce Maclaren has purchased the shares of former co-owner Rob Ayer, with a long-term view to the future. To complete the transaction, Maclaren partnered with Sterling Global Financial as an equity investor. The transaction happens in the wake of a successful renovation and the completion of the first phase of the Wymara Villas.

Situated on the secluded western end of the world-renowned Grace Bay Beach, Wymara Resort & Villas is a luxury resort where island charm meets effortless elegance. After completing an extensive full renovation in November 2020, this sophisticated four-acre property is now sparklingly new, with a simple yet elevated style offering 91 newly renovated rooms and suites. The resort also features 7 four-and five-bedroom villas, with new 1-bedroom pool villas debuting June 2022, all with exclusive access to a state-of-the-art Sports Center.

According to Maclaren, "I have always been passionate about Wymara Resort and Villas and have been a hands-on Director for the past



The Wymara Hotel is situated on pristine Grace Bay Beach in the Turks & Caicos islands. (Contributed image)

decade. I decided to increase my investment because of the enormous potential I see in our brand and our continued ability to deliver for our condo and villa owners."

David Kosoy, Executive Chairman and Founder of equity investor Sterling Global Financial is enthusiastic about Maclaren's vision for the future of Wymara. "We have worked with Bruce on projects in the Turks and Caicos and Bahamas since 2010 and have experienced first-hand his commitment to excellence and growth. We are happy to invest in the resort and support the management team in any way

we can. We are also extremely bullish about Turks and Caicos as a destination and cannot think of a better partner in this market."

Timing on this transaction could not be better, according to Maclaren. "A few years ago, we made the bold decision to undertake a significant room renovation to lift our room product at the resort to match the design and standard of the Villas. Now, as travel roars back, we are welcoming guests to a virtually new hotel – one of the finest in Turks and Caicos and now a member of the Leading Hotels of the World. We have made a commitment to sustainability

throughout our operations and fine-tuned our impeccable service culture," he says. "We recruited celebrity chef Andrew Mirosh all the way from Australia and adopted a completely fresh approach to our culinary offering, including encouragement of a local fishing culture. To top it off, we are on the very best stretch of Grace Bay Beach, recently voted number one beach in the world by TripAdvisor."

In addition to the Wymara Hotel product, the luxurious multi-million-dollar Wymara villas – one of which features a slide from the deck to the ocean – are setting international standards with their overwater swim platforms and steps leading to the bluest waters in the Caribbean. The newly opened sports club for the exclusive use of villa guests includes a lap pool, fully equipped gym, and lounging areas. Phase two of the villas is currently underway.

"This is an exciting time for Turks and Caicos, and we are thrilled to be part of it for decades to come," says Maclaren.

Discover more at <https://wymararesortandvillas.com/>.



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Biden Administration Quickly Welcomes Ukrainians, Afghans, But Deports Haitians, Africans, Central Americans

The Biden Administration in March announced the issuance of Temporary Protected Status, (TPS), designations for Ukrainians as well as Afghans living in the United States.

That means that 75,100 Ukrainians and approximately 75,000 Afghans living in the U.S. are now eligible to apply for TPS under the new designations.

For Ukrainians, the TPS designation applies to any Ukrainian that was present in the U.S. on or before



FELICIA J. PERSAUD

March 1, 2022, while for Afghans, the TPS designation applies to individuals already residing in the U.S. as of March 15, 2022. For both countries, TPS protections are valid for 18 months.

Those that are approved and granted TPS will be protected from deportation and returning to a country that is not safe as well as be allowed to continue to work, pay taxes and raise their families in the U.S.

It's a great gesture given the terror of war on Ukraine by Russia and the terror, violence and uncertainty in both countries currently.

At the same time, the Biden administration has expelled or deported over 20,000 black people to Haiti between January 1, 2021, through February 26, 2022, according to data collected by the International Organization for Migration, (IOM).

While Haiti may not be under siege from a foreign invasion, it is enduring what can only be described as a war within as the gangs are the "Taliban of Haiti," waging killings and kidnappings through control of strategic areas of the country.

"It is unconscionable that any government would send people to Haiti while it experiences such a deterioration in security and a heightened risk to everyone's life and physical integrity," said César Muñoz, senior Americas researcher at Human Rights Watch. "No government should return people to Haiti. And the United

States, which accounts for the vast majority of returns, should end the unnecessary and illegitimate use of a public health regulation for abusive expulsions of Haitians."

HRW also points out that given the security conditions in Haiti, civil society groups and organizations assisting returnees have expressed concern that people expelled or deported to Haiti are at risk of kidnapping and extortion by criminal gangs, which may believe returnees have money for travel or relatives abroad who can pay ransoms. Further, there is currently no system in place to track and support returnees, including those who may not have lived there for years and have no relatives there.

Armed conflict and violence are also rife in Guatemala, Honduras, Nicaragua and El Salvador, as well as other in the Cameroon, Nepal, Lebanon, Ethiopia and Mauritania.

But instead, the Biden administration has been quick to send immigrants back to countries where their lives could be snuffed out in an instant.

Many more are being held like criminals in US Immigration and Customs Enforcement, (ICE), detention facilities for months.

So, what's the difference? It's hard not to see discrimination written all over this or to view the issue as white vs black. After all, there are many Eastern Europeans living in the US without legal status, but you never hear of them being rounded up and deported.

Donald Trump at least told us what he felt and did as he said. Sadly, what we have now is a president and Black, Asian and Caribbean American veep and immigration czar, who said one thing when they needed the Haitian, Black and immigrant vote, but now are viciously showing us through their actions how they really feel.

How shameful, how biased, and how deceitful!

- The writer is publisher of *NewsAmericasNow.com* - *The Black Immigrant Daily News*.



Yield Not

We are tempted every day of life, some by food, material things, or other pleasures. Even as far back as Biblical times, mankind was given a set of rules with stipulations decreeing that we were not to fall prey to the evils of temptation.

"Thou shalt not covet thy neighbor's house, his ox, his ass, or his wife?" states the good book. But why are we tempted? Why can't we be satisfied with what we have? Why do we want more, more, more, and especially what does not belong to us?

There you are, a nice decent wife, minding your own business, with not a shred of temptation dangling before you. Then along comes Joe, smooth walking Joe, slow talking Joe, who fills your head with all the right words. The old saying is: 'Whispering sweet nothings in your ears.' And sweet nothings it is too, for it usually has no substance. But it often works.

For the temptation to work though, it has to be compared



TONY ROBINSON



to something else. The woman sees the temptation, then she thinks of her spouse. She looks at the temptation, then she looks again at her spouse. She sees excitement in the temptation, but boredom and routine in her spouse. The temptation offers her spice, romance, glamour and promise. Her spouse has settled into the domain of the mundane, and she compares. So, she does what many people do when faced with these comparisons, she yields.

Men are tempted every day, for the wandering eye is the root of all temptation. A man will

have the most beautiful woman, yet he yields to the temptation of the girl next door. Why? Is it the sheer thrill of the conquest and getting away with it, or is it that men are basically weak and are prime candidates for temptation? Men simply cannot say: "Get thee behind me."

Which man among you can truthfully and honestly say that if you were away in some far-off land where nobody knows you and a beautiful woman offers up her charms to you, you'll rebuff those charms and say: "Go away, (CONTINUED ON PAGE 10)

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The Commonwealth At A Time Of Threat To The International Legal Order

BY SIR RON SANDERS

The Commonwealth, made up of 54 nations of which 32 are small states, should be deeply concerned at the grave threat to the international legal order caused by Russia's invasion of Ukraine, and should act together to show strong disapproval.

This was the theme of a lecture I delivered at the Royal College of Defence Studies in London, on March 7th, to over 100 high-level government and military participants from 47 countries, 14 of which were Commonwealth members. This week's commentary is a brief outline of some of the points in a 45-minute lecture.

Russian military forces have invaded the sovereign territory of Ukraine in violation of the agreed principles of the United Nations and of international law. In the words of a distinguished group of international lawyers and academics, on March 4: "President Putin's decision to launch attacks on Ukraine poses a grave challenge to the post-1945 international order. He has sought to replace the rule of law and principles of self-determination for all peoples by the use of force".

In almost every international forum, the actions of the Russian government have been roundly condemned, and many governments have instituted measures not only to register their strong disapproval, but also to penalize the Russian government.

However, the response of the 54 Commonwealth countries to Russia's unprovoked invasion of Ukraine has not been uniform. Commonwealth countries are located across the globe. Nineteen of them are in Africa, 8 are in Asia, 13 are in the Americas and the Caribbean, 3 are in Europe and 7 are in the Pacific.

The most telling evidence of the differing positions of the 54 Commonwealth countries is the vote, on March 2, in the United Nations General Assembly on a Resolution that condemned the Russian invasion. Forty-three of the 54 Commonwealth member states voted in favor of the Resolution; and eleven of them abstained or absented themselves.

Of the 11 Commonwealth countries that abstained or stayed away from the vote 7 were African and 4 were Asian. The three other regions – the Americas and the Caribbean, the Pacific, and Europe – comprising 23 countries, all voted in favor.

To be clear, there was no meeting of governments under a Commonwealth umbrella before the United Nations General Assembly Special Emergency Session on March 2, or at any time, concerning the Russian invasion of Ukraine. Each



A Ukrainian serviceman walks past the wreck of a Russian tank in the village of Lukyanivka outside Kyiv, as Russia's invasion of Ukraine continues on March 27 2022. (PHOTO: REUTERS/Marko Djurica)

Commonwealth country voted at the Session, or stayed away from it, either on the basis of its own government's conviction, or in harmony with other non-Commonwealth organizations of which it is a member. Every small state voted for the Resolution of condemnation.

These small countries would almost automatically oppose any military aggression toward any country or invasion of it. Lacking the military means to defend themselves against a powerful aggressor, and also deficient in economic strength to apply sanctions, these countries depend on respect for the rule of international law and adherence to the principles of the UN Charter to safeguard their sovereignty and territorial integrity. When the walls of international law are breached, these small and militarily powerless nations become even more vulnerable to aggression from others. The arbitrary and

unprovoked invasion of Ukraine demanded their immediate condemnation in what they would have considered to be their own interests.

The Commonwealth's greatest benefit to each of its leaders is that it puts them in close contact with each other at first hand, and privately at their retreats, when the leader of the smallest country can talk with the leader of the largest or richest nation as an equal, in frank discussion.

As a practical matter, no other association of countries brings together governments and non-governmental organizations from every continent in the world that have a voice in almost all regional and multilateral groupings, including the G7, the G20, NATO and a host of multilateral organizations such as the Organisation for Co-operation in Economic Development, the Organisation of American States, the African Union, the Association of South East Asian Nations and the Caribbean Community and Common Market. The potential of a collective Commonwealth outreach into these and other international groups remain of enormous value.

In the present dispensation of international politics and military and economic alliances, it would be impossible to form the Commonwealth today. That it already exists as a forum for international dialogue and debate in an atmosphere of intimacy is a gift to its members.

In this regard, events in Ukraine and the precedent that Russia has now set by discarding international law and replacing

it with force to invade and subjugate the country, should remind the Commonwealth that it, too, has disputes that threaten its member states. Among these are: India and Pakistan over Kashmir; Guatemala which claims all of Belize; Venezuela that claims two-thirds of Guyana; Argentina and Britain over the Falklands Islands; and issues with Turkey over Cyprus.

As early as 1971, in their Declaration of Commonwealth Principles, Commonwealth countries stated that they were "convinced that the Commonwealth is one of the most fruitful associations" for "international co-operation (that) is essential to remove the causes of war, promote tolerance, combat injustice and secure development among the peoples of the world". That declaration remains valid today, with even greater urgency.

The nations of the world are now engaged in a struggle to safeguard the international legal order, which has been gravely threatened by Russia's invasion of a sovereign State. No states are more vulnerable than small ones which are usually the first victims.

EDITOR'S NOTE: Sir Ronald Sanders is Antigua and Barbuda's Ambassador to the United States of America and the Organisation of American States. He is also a Senior Fellow at the Institute of Commonwealth Studies, University of London and Massey College in the University of Toronto.

- CMC



Yield Not

(CONTINUED FROM PAGE 9)

I am sorry, I'm a married man, I cannot yield to your temptation!"

Women are tempted for different reasons, but they are still tempted. For a man it's mostly visual - a hot sexy, young woman will grab his attention every time. But for a woman, the temptation may stem from her own low feelings, inadequacies, and perceived failures.

She longs to be loved and protected. She's also tempted by power, for remember, they do say that power is the greatest aphrodisiac. She may have married her high school sweetheart, but sadly, time has taken its toll on the relationship. Unfortunately, his life went nowhere, and she feels cheated and short-changed.

Enter the temptation - her boss. He is everything her husband is not, charming, powerful, self assured and he can protect her. See the comparison again? That makes the temptation even more attractive.

Women love to hear how nice they are and how lovely

they look, and sadly many husbands fail to recognize this after a few years have passed. The first man who comes along and fills this need may tempt her to venture down a road that she normally wouldn't travel on. She yields.

Temptation is a great evil, and if it wasn't, there wouldn't be so many platitudes warning of its dangers. Temptation has to be attractive to be successful. Also, to be tempted can be a morale booster, as many persons are flattered to be approached by the tempter. "I yielded because I thought that I was past it, but he made me feel alive and desirable again."

So, when temptation comes knocking, what will be your response? - "Get thee behind me," or "Come, let me yield to thee."

EDITOR'S NOTE: Tony Robinson can be reached at seidoIyard@gmail.com



HAITIAN HERITAGE MONTH



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Reggae Fans Stunned As 2022 Grammy Goes To American Group SOJA



SOJA, the nine-member Virginia band, accepting the 2022 Grammy award for Best Reggae Album. (Twitter image)

Virginia reggae band SOJA upset Spice, Sean Paul, Etana, Jesse Royal, Gramps Morgan to win the 2022 Reggae Grammy and fans did not hold back their disappointment on social media.

SOJA, the nine-member Virginia band, won the 2022 Grammy award for Best Reggae Album for their album 'Beauty In the Silence.' Seven of the band's members are Caucasian and two are Hispanic, with one being from Venezuela and the other from Puerto Rico.

"The Grammys gave Best Reggae Album to a bunch of white men with dreads instead of Spice, I hope y'all see the problem" wrote one Twitter user.

"So now y'all whitewash our music and win a Grammy. Congratulations," another user wrote.

"If majority of Jamaicans across the world are unaware of your existence, you should not be

winning a grammy for best Reggae album, sorry not sorry," another Twitter user posted while another added: "I'm not trying to sound like petty betty but I think it's a disservice to Reggae/Dancehall... honestly."

SOJA, founded in 1997, however, spoke on the red carpet after their win and noted: "We're representing American reggae. We got it. Shout out to the pioneers, Jamaican artists, and everybody that came before us. British artists, and African artists. America is one of the last in the game with this whole Reggae thing."

The group went on to say that some of their members are from D.C., which they say is called "Little Ethiopia" and that "music is a mission, not a competition."

The new album was released in 2021 and includes collaboration with Rebelution, Dirty Heads, Slightly Stoopid, UB40, Stick Figure, Collie Buddz and more.

Jail For Jah Cure

Scheffer had also told the court that the threatening messages that Jah Cure sent prior to the stabbing were "part of the Jamaican reggae culture," according to Het Parool.

Three judges rejected the claim of self-defence but ruled in his favour that it was not a premeditated act of attempted murder. "There is still too little evidence for a preconceived plan to take the victim's life," one judge said, according to Telegraaf.

Jah Cure can, however, appeal the decision within two weeks. This will not be Jah Cure's first prison stint.

In 1999, he was sentenced to 13 years in prison for raping and robbing a woman at gunpoint. He served 8 years and during the last leg of his sentence, the singer's popularity skyrocketed following the release of his hit singles, 'Longing For,' (2005), and 'Love Is,' (2005), which he admitted were recorded illegally, and 'True Reflection,' (Prison Walls), (2007), which was sanctioned under the prison's "Rehabilitation Through Music" program, per the Jamaica Gleaner.

He's also known for the hit songs Never Find, the John Legend cover 'All Of Me,' 'That Girl,' 'Wake Up,' and 'What Will It Take.' His 2015 album, 'The Cure,' which included the songs 'That Girl,' 'Rasta' and 'Life We Live,' earned him a Grammy Award nomination for Best Reggae Album that year.

Cure's latest song, 'Blood In The Water,' was released in

HOW ONE WINS A GRAMMY

The process begins with members and record companies submitting entries, which are then screened for eligibility and category placement. The Academy's voting members, all involved in the creative and technical processes of recording, then participate in (1) the nominating process that determines the five finalists in each category; and (2) the final voting process which determines the GRAMMY winners.

After nominations have been determined and announced, Academy voting members vote in up to ten categories across up to three fields in the genre fields plus the four categories of the General Field to determine the winners. To ensure the quality of voting, members are directed to vote only in their fields of expertise.

Ballots are tabulated by the independent accounting firm Deloitte Touche Tohmatsu. After vote tabulation, GRAMMY winners are announced at the GRAMMY Awards Premiere and telecast ceremonies. The recording with the most votes in a category wins.

- NewsAmericasNow.com



February 2022. Last September, before his arrest, he had announced that he was adding the final touches to a new album, titled, 'Undeniable.'

- Rewritten from DancehallMag.com



Jamaican Gunmen Kill Lead Singer Of Popular Reggae Band



The Famed Mighty Diamonds (Wikipedia Image)

Once there were three, now there is just one. Tragedy struck the legendary roots reggae act Mighty Diamonds last week as two founding members died within days of each other.

Lead singer Donald "Tabby" Shaw was killed in a drive-by shooting on Tuesday, March 29th. On Friday, April 1st, longtime band mate Fitzroy "Bunny" Simpson died in hospital following a long battle with diabetes.

Shaw was 67 while Simpson was 71, Dancehall Magazine reported.

Diamond was among two people killed during the incident and that three other people were injured during the attack in the St Andrew South community, south-east of here.

Police said that the 67-year-old singer, whose real name is Donald Orlando Shaw, was among a group of people when gunmen opened fire from a passing motor vehicle. Tabby Diamond and another man, whose

identity has not yet been released, were pronounced dead at hospital.

The Jamaica Observer newspaper reported that the shooting has left members of the reggae industry in shock and grief, as Tabby Diamond was known to be a staunch Rastafarian who embraced the philosophy of peace and love.

Formed in 1969 in the Trenchtown section of Kingston, the Mighty Diamonds recorded a string of singles in the early Seventies alongside legends like Lee "Scratch" Perry, Bunny Lee and Derrick Harriott. The award-winning Mighty Diamonds are responsible for some of reggae music's most memorable anthems including, 'Pass The Kouchie,' 'Right Time,' 'I Need A Roof and Heads Of Government.'

The lone surviving member is now Lloyd "Judge" Ferguson.

- Rewritten from Dancehall Magazine, Rolling Stones and CMC.



Jah Cure

Reggae star Jah Cure has been sentenced to six years of his life in a jail in the Netherlands.

Cure, whose real name is Siccaturie Alcock, was convicted of attempted manslaughter. His claim of self-defence was rejected by the court. The Prison Walls singer stabbed event promoter Nicardo 'Papa' Blake, 45, on October 1 at Dam Square, in the city centre of Amsterdam, where he was booked for a performance.

Cure had performed at Blake's concert, two days before, in the Melkweg. However, he had not been paid his performance fee of 5,000 euros.

Blake, who is the head of the Roots Vibes Promotion company in the Netherlands, was hospitalized with injuries to the abdomen.

Prosecutors had demanded that the Jamaican singer be sentenced to eight years, with time served, for attempted murder and assault. However, Jah Cure's lawyer Tim Scheffer argued that the incident was self-defence and that it was never the singer's intention to stab the concert promoter in the first place.

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FOOD



www.caribbeantoday.com

How To Make Grocery Shopping A Breeze This Easter



This Easter and every week, you want to fill your pantry and fridge with foods and beverages you know your family will love. However, amid the continued uncertainty affecting supply chains and retailers and price hikes, that's a task that's often easier said than done for shoppers like you.

One smart way to save time and money while stocking your virtual or physical cart is by sticking with items that have already been approved by other households. Product of the Year USA, the largest consumer-voted award for product innovation, is a go-to resource for this purpose. Backed by a national survey of 40,000 American shoppers conducted by Kantar, a global leader in consumer research, winners across a range of product categories are recognized for outstanding innovation with a red seal that you can easily spot while doing your shopping.

"The distinctive seal of approval from Product of the Year provides shoppers with a guide they can trust and offers peace of mind when making the most important purchasing decisions – including what you feed your family," says Mike Nolan, Global CEO, Product of

the Year Management. "Whether shopping online or in-store, turning to this guide will help you cut through the clutter, saving both time and money."

To simplify your next trip to the supermarket, check out the 20 food and beverage winners of the 2022 Product of the Year:

• **Alcoholic Beverage** | ALDI-exclusive Peaks and Tides Pinot Noir – ALDI

• **Bakery** | ALDI-exclusive L'oven Fresh Garlic Knots – ALDI

• **Breakfast** | ALDI-exclusive Specially Selected Brioche or French Toast Bagels – ALDI

• **Candy Bar** | Kinder Bueno Mini – Ferrero USA

• **Cheese** | ALDI-exclusive Emporium Selection Cracker Cuts: Extra Sharp White Cheddar, Gouda, Extra Sharp Yellow Cheddar – ALDI

• **Coffee & Tea** | Joyba Bubble Tea – Del Monte Foods, Inc.

• **Convenience Meal** | ALDI-exclusive Park Street Deli Hawaiian or Coconut Thai Chicken – ALDI

• **Dips & Condiments** | ALDI-exclusive Park Street Deli Mexicali and Street Corn Dip – ALDI

• **Fruit Snack** | Del Monte Fruit Cups with Infusions – Del Monte Foods, Inc.

• **Functional Beverage** | CVS Health Adult Electrolyte Cherry Pomegranate – CVS Health

• **Hot & Spicy Snack** | Takis Blue Heat – Barcel USA

• **Low Carb Bread** | Aunt Millie's Bakeries Live Carb Smart – Aunt Millie's Bakeries

• **Meatless** | Quorn Meatless Homestyle & Kickin' ChiQin Cutlets – Quorn Foods

• **Outdoor Cooking** | Kingsford Hardwood Pellets – The Clorox Company

• **Plant-Based Food** | Plant-Based Cheeze Shreds – Daiya

• **RTD Cocktail** | Captain Morgan Captain's Cocktails – Diageo

• **Salty Snack** | ALDI-exclusive Clancy's Pub Style Pretzels – ALDI

• **Soft Drink** | Pepsi Mango – PepsiCo

• **Spirits** | Tanqueray Sevilla Orange – Diageo

• **Sugar Confections** | NERDS Gummy Clusters – Ferrara

For more information about the 2022 Product of the Year winners, visit productoftheyearusa.com.

- **StatePoint**



Give This Caribbean Easter Recipe A Home-Made Shot

It's almost Easter and that means for many Jamaicans, Bun and Cheese. Instead of buying your bun in the store or bakery, why not try making it at home? Here's how.



Bun and Cheese

Spicy Jamaican Easter Bun (With Yeast)

INGREDIENTS:

- 6 cups All-Purpose Flour
- 1 1/2 cups brown sugar
- 2 tablespoons yeast
- 8 tablespoons melted butter
- 2 teaspoons salt
- 2 tablespoons cinnamon
- 2 teaspoons nutmeg
- 3 tablespoons vanilla
- 2 eggs
- 1 to 2 cups warm water
- 1/2 cup molasses
- 2 cups Raisins
- 1 cup candied cherries
- 1 cup candid mixed peel
- 1/2 cup melted butter for greasing etc.

DIRECTIONS

1. In large bowl, stir 1 1/2 cups of the flour, the sugar, salt, cinnamon, nutmeg and yeast until well mixed. Add vanilla, butter, molasses and warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in the remaining flour, 1/2 cup at a time, to make dough easy to handle. Fold in candied fruits.
2. Place dough on lightly floured surface. Knead about 10 minutes or until dough is smooth and springy. Grease large bowl with melted butter. Place dough in bowl, turning dough to grease all sides. Cover bowl loosely with plastic

wrap and let rise in warm place 40 to 60 minutes or until dough has doubled in size. Dough is ready if indentation remains when touched.

3. Grease bottoms and sides of two 8×4-inch or 9×5-inch loaf pans with melted butter.
4. Gently push fist into dough to deflate. Divide dough in half. Flatten each half with hands or rolling pin into 18×9-inch rectangle on lightly floured surface. Roll dough up tightly, beginning at 9-inch side. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Pinch each end of roll to seal. Fold ends under loaf. Place seam side down in pan. Brush loaves lightly with melted butter. Cover loosely with plastic wrap and let rise in warm place 35 to 50 minutes or until dough has doubled in size.
5. Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 425°F.
6. Bake buns for 25 to 30 minutes or until loaves are deep golden brown and sound hollow when tapped. Remove from pans to wire rack. Brush loaves with Honey. Cool and serve with Cheddar cheese.

- **NewsAmericasNow.com**



Fun Easter Basket Alternatives To Candy

Looking to fill your child's Easter basket with something a bit different this year? Unlike candy, these fun and engaging gift ideas will last well beyond the holiday:

• **Expand their library:** Grow your child's library with books that expand their horizons. For example, "100 Words About Places I Go," is an interactive learning book featuring words in English and Spanish. Ten touch-sensitive locations on each page teach about words, colors and counting in the context of 12 unique places, like the beach, the farm, the amusement park and more. Another title to consider is the "100 Animals Book," which introduces children to animals from the desert, savanna, rainforest and more through illustrations, photographs and fun facts that promote early science awareness. Finally, the "Learning Friends 100 Words Book" introduces little learners to words



about food, nature, opposites and more.

• **Make crafting happen:** Kids' crafting kits can boost creativity and spur your child's artistic side. And there are many options that are perfect for celebrating the spring season, from gardening kits to bird feeder painting kits to terrariums.

• **Create learning fun:** With no web connection, downloads or account setup required, kids can get right to the fun with LeapLand Adventures, a unique plug-and-play TV video game adventure for early learners from

LeapFrog. With 15 replayable levels introducing curriculum-based content and important foundational skills, preschoolers will enjoy going on a quest across LeapLand to learn about letters, numbers, shapes and colors.

• **"Adopt" an animal:** You can introduce children to an important cause in a way they can understand through a "symbolic adoption" from the World Wildlife Fund. Adoption kits, which support efforts to protect animals in the wild, come with a plush toy, a photograph, an adoption certificate, and a species card containing fascinating facts about the animal and its habitat.

This year, think beyond the typical Easter basket selections and opt for memorable gifts that enrich the mind and connect kids to the world around them.

- **StatePoint**



Final Expense Insurance

So many of us are unprepared financially when our Love One dies, or more unfortunate, when we die.

Now is the time for us to consider a final expense plan, which would eliminate the confusion and headache of funding funeral expenses from our savings.

Neville Sharpe will carefully explain how you can receive between \$7,000 and \$50,000 for funeral expenses within 24 hours after producing a death certificate. No more begging for help from strangers, protect your self-respect.

Everything will be taken care of, the Funeral Director, the plot and other expense, leaving you time to grieve.



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754-214-4132 for PEACE OF MIND

Usain Bolt Goes WYLDE

The Irish esports organization, WYLDE, (What You Love Doing eSports), has named Jamaican Olympian Usain Bolt as its co-owner.

WYLDE was founded two years ago by former JP Morgan investment banker Steve Daly and David Cronin and is based in Dublin, Ireland. The company says the Jamaican sprinter will be “involved in a range of activities focused on elevating Wylde’s growing brand.”

“WYLDE is on a journey to becoming one of the biggest brands in the fastest growing sport in the world. In esports, like in track and field, it’s critical to have that competitive, winning mentality,” said Bolt. “I look forward to working with the WYLDE leadership team to help our players to reach their potential, while also taking care of their physical and mental wellbeing.”

Bolt, a rabid gamer, teased



Usain Bolt is now a co-founder of WYLDE

news of the development on Twitter.

“It’s my time to own a professional sports team. Super excited! Get ready for something big,” he tweeted to his 4.8 million followers.

The 35-year-old Bolt, who retired in 2017, after a career in which he won eight Olympic gold medals, is considered the greatest sprinter of all time. He owns world records of 9.58 and 19.19 for the 100m and 200m, respectively.

- *Rewritten from SportsMax.com*



West Indies Championship Resumes In May

The West Indies Championship 2022 will resume on May 18th according to Cricket West Indies (CWI). The organization unveiled the match schedule for the final three rounds of the four-day first-class red ball tournament for the six professional regional franchises.

The first and second rounds were played in February ahead of the Apex Test Series, which concluded on Saturday, March 27h, with West Indies beating England 1-0 to win the newly minted Richards-Botham trophy.

The West Indies Championship returns with all matches being played in Trinidad at the Queen’s Park Oval, Brian Lara Cricket Academy and the Diego Martin Sporting Complex. The third round will run from May 18-21, the fourth from May 25-28, with the fifth and final round from June 1-4.

CWI’s Director of Cricket Jimmy Adams stressed the importance of the regional four-day competition, saying it plays a critical role in the player-development pathway. Defending champions Barbados Pride lead the points table with 42



The West Indies won the newly minted Richards-Botham trophy on March 27, 2022. (AFP image)

points and Trinidad & Tobago Red Force is second on 38.6 points – both recording wins in their first two matches. They are followed by Leeward Islands Hurricanes on 24.6 points, Guyana Harpy Eagles on 21.4 points, Windward Islands Hurricanes on 10.8 points, and Jamaica Scorpions on 8.8 points.

The teams will be competing for the Headley Weekes Trophy named in honor of West Indies legends George Headley and Sir Everton Weekes. The current top two teams face each other in Round 4 at the Brian Lara Cricket Academy with the chasing four teams aiming to win their games in round 3 of the West Indies Championship to close the points

gap ahead of the concluding matches.

For the ongoing tournament, each squad will consist of 15 players due to the COVID-19 pandemic.

CWI is also implementing a special “player loan” system to try to ensure that each team will be able to complete their fixtures. If a team has a player(s) ruled out due to a positive COVID-19 result, they can request to use a player(s) from another team and/or from a pool of locally registered reserve players.

- *Rewritten from CMC*



Reggae Boyz Success Could Take A Decade

The interim head coach of Jamaica’s Reggae Boyz team says it could take as long as a decade to build the soccer squad into a global force.

Paul Hall has urged patience with the rebuilding project while underscoring the importance of strategic planning. His comments came as Jamaica failed to reach another FIFA World Cup. Already eliminated from contention for this year’s World Cup in Qatar, Jamaica wrapped up their qualifying campaign with a 2-1 win over Honduras at the National Stadium in Kingston on March 31st to seal only their second victory of the 14-match CONCACAF group.

“It was important for everybody [to get the win],” Hall said. “It was important for me but everybody is hanging on this winning thing and all that winning is good but it needs to be consistent and ... winning can paper over a lot of cracks that are already there. So I want everybody to try to be patient with this team because it is a ten-year plan. You’ll start to see the fruition after five,

six, seven years consistently.”

Hall, currently a development coach at English Championship side Queen’s Park Rangers, was appointed to the helm following the sacking of Theodore Whitmore last December, as Jamaica languished near the bottom of the standings.

However, Hall lost his first three games back in January/February but experienced somewhat of a turnaround last week in the final three games of the campaign, drawing 1-1 with El Salvador, losing 4-0 to table-topping Canada before beating Honduras 2-1.

The 49-year-old, who played for the likes of Portsmouth, Coventry City and Chesterfield during a 21-year professional career, said he believed he was the right person to take Jamaica through the rebuilding process.

“I want to lay the foundation. There are some good things happening in the future for Jamaica football and I want to be a part of that,” he stressed. “I feel I’m the person to do that along with the people I’ve been working

with. We’ve had training sessions that are structured and you can see it on the pitch that the players are trying to play a brand of football that is attractive to look at. We’ve got some really good players and I want to make competition for places. It’s really really important I stick around for that and I’ve got a ten-year plan. I don’t know if anybody has ever had a ten-year plan for Jamaica.”

Jamaica’s only qualification for a World Cup came in 1998 under Brazilian head coach René Simões, when Hall featured in a squad along with the likes of Ricardo Gardner, Ian Goodison, Deon Burton and Whitmore. For the just concluded campaign, football authorities called up a plethora of England-born professionals to boost their squad but the move failed to bear fruit.

Hall said careful strategic planning was what was now required to take the vision forward.

“If you don’t plan then you plan to get there by accident so why don’t we try and get there with a plan and then measure that

plan,” he explained. “Then every year see how it’s going, measure it [again] after three years and try with succession planning. I’ve given some boys their debuts because I want to get them to take that back to the Under-20s, take that experience back so we can make them better as well. It’s all

planned out. We’ve just got to make sure that we follow it.”

The Reggae Boyz finished sixth in the eight-team qualifying campaign with 11 points from two wins, five draws and seven defeats.



Carifta Turns 50 This Month

The 50th anniversary of CARIFTA, the region’s junior athletics showpiece, is this month and the countdown is on to the anniversary edition that will take place from April 16-18 at the National Stadium in Kingston.

The CARIFTA Games is an annual sporting event that features many different athletic competitions. Those competitions include track & field, middle distance track competitions. This is the eighth time that Jamaica will host this event and their national team will go after its 44th title. The Games are being staged under the endorsement of the North American, Central American and Caribbean Athletic

Association (NACAC).

The Games are split into two age categories, Under 17 and Under 20. There are 27 countries down to participate.

Athletes, coaches and support personnel arriving in Jamaica for the Carifta Games will no longer be required to show proof of vaccinations. But everyone is encourage to follow standard safety measures such as good personal hygiene, wearing of masks, and social distancing.

The CARIFTA Games were founded by the Caribbean Free Trade Association and the first Games were held back in 1972 in Barbados.



Most of us try to attract other people by the friends we keep and the way we carry ourselves. If you are going to a party or a formal function, don't you dress well? We all want to promote a favorable impression of ourselves to other people we meet and talk to. If we agree on that, then think of this. Why should it be any different for your business? If you want to project a favorable image of your company, in order to win customers, you should keep your company with good friends and...dress your company well in...

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Peter A. Webley
Publisher

LOCAL NEWS



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Community Development Block Grant PY 2022-2023 Annual Action Plan Predevelopment

The City of Miramar is an entitlement recipient of federal funds from the U.S. Department of Housing and Urban Development (HUD) under the Community Development Block Grant (CDBG) Program and receives an annual allocation of funds. For 2022-2023, the City proposed allocation is approximately \$931,954. The purpose of these funds is to provide decent housing, a suitable living environment and better economic opportunities for the low- to moderate-income residents within the City of Miramar.

In order to receive these funds, HUD required the City to develop and submit a Consolidated Plan every five years and an Annual Action Plan each year. The annual action plan identifies the proposed projects for federal funding for the program year and shows a linkage between projects and the specific objectives developed to address the priorities needs identified in the Consolidated Plan.

The City of Miramar Economic Development & Revitalization Department is soliciting public input for the preparation for the Annual Action plan on Thursday, April 14 at 6:00 p.m. at the Multi-Service Complex located at 6700 Miramar Parkway, Miramar, FL 33023

For additional information on this meeting, please contact the Community Revitalization Affiliates, Inc. at 954-939-3271.

Jean Family Welcomes Texas Court Decision To Uphold Amber Guyger Conviction

The family of murdered St. Lucian immigrant, Botham Shem Jean, has welcomed a decision by the Texas Court of Criminal Appeals, to uphold the murder conviction and ten-year sentence of former cop, Amber Guyger. Guyger fatally shot Botham

to uphold the murder conviction and sentence came as a relief to the family, who can continue the process of healing.

“It says that Amber Guyger will no longer be heard coming to seek an appeal for killing my son,” Mrs. Jean told HTS



Murdered St. Lucian immigrant Botham Jean, l. and his murderer, Amber Guyger, r. (File image)

in his apartment on September 6, 2018. Then an off-duty police officer, Guyger, claimed she mistook Botham’s apartment for hers, believed he was an intruder, and fired in self-defense.

Botham, a 26-year-old accountant, was eating a bowl of ice cream when he was fatally shot. The Dallas Police Department later fired Guyger as she was slapped with a murder charge.

The deceased’s mother, Allison Jean, told reporters that the decision of the Texas court

Evening News in St. Lucia on March 31st.

Guyger, 32, was convicted by a Dallas County jury in 2019. Her lawyer had requested that the appeals court acquit her of murder or substitute a conviction for criminally negligent homicide, which carries a lesser sentence.

- *Rewritten from St. Lucia Times*



Public Notice City of Miramar State Housing Initiatives Partnership (SHIP) Local Housing Assistance Plan (LHAP) For Fiscal Years 2022-2023, 2023-2024 and 2024-2025

March 18, 2022

Notice is hereby given by the City of Miramar that the State Housing Initiatives Partnership Local Housing Assistance Plan (SHIP LHAP) for Fiscal Years 2022-2023, 2023-2024 and 2024-2025 has been drafted and will be available to the public for review and comments between March 18, 2022, and April 11, 2022. The City’s HOME Investment Partnership Program shall be administered in accordance with the City’s Local Housing Assistance Plan.

The purpose of the Plan is to set forth strategies to increase the delivery of affordable housing within the City of Miramar pursuant to Section 420,907-9079, Florida Statutes and Rule Chapter 67-37, Florida Administrative Code.

Public Comment

Citizens are encouraged to review the Draft 2022-2023, 2023-2024 and 2024-2025 Local Housing Assistance Plan (LHAP) and provide comments. Copies of the Draft 2022-2023, 2023-2024 and 2024-2025 LHAP are available for review and comment during the comment period commencing March 18, 2022, and ending April 11, 2022. The documents are available at the Office of the City Clerk located at Miramar City Hall, 2300 Civic Center Place, Miramar, Florida, and the Economic Development & Revitalization Department located at 2200 Civic Center Place Miramar, Florida 33025 between the hours of 7:00 A.M. and 6:00 P.M., Monday – Thursday.

Prior to adoption, the City of Miramar Commission will hold a public hearing on the proposed 2022-2023, 2023-2024 and 2024-2025 LHAP on April 13, 2022, at 7:00 P.M. in the Commission Chambers at City Hall, located at 2300 Civic Center Place, Miramar, Florida. Interested parties are encouraged to attend and participate.

For additional information on this Hearing, please contact Chris Morris, Community Development Coordinator, at Community Revitalization Affiliates, Inc. (954) 939-3271 ext. 1002.

In accordance with the Americans with Disabilities Act and Florida Statutes 286.26, persons with disabilities needing special accommodations to participate in this hearing should contact the Office of the City Clerk at least 48-hours prior to the hearing at (954) 602-3011 for assistance.

City of Miramar
Denise A. Gibbs, CMC
City Clerk

FLORIDA HOMICIDE CLEARINGHOUSE

MIAMI-DADE POLICE DEPARTMENT
HOMICIDE BUREAU
8105 NW 25 STREET
Doral, FL 33172
(305) 471-2400

<http://www.miamidade.gov/police/contacts-homicide.asp>

HIT & RUN FATALITY

VICTIM/PEDESTRIAN
Rupert Webley
B/M, 68 years old

On Sunday, May 2, 2021, at approximately 9:25 p.m., the above-pictured victim/pedestrian began crossing at SW 184 Street and SW 112 Avenue, Miami, Florida, when the subject vehicle, a Hyundai silver in color, struck and killed him. The driver of the subject vehicle fled the scene without rendering aid and/or reporting the crash.

SUBJECT VEHICLE DESCRIPTION: HYUNDAI SILVER IN COLOR. NO OTHER INFORMATION AVAILABLE AT THIS TIME.

Anyone with information on the above **HIT & RUN FATALITY**, the whereabouts of the subject vehicle and/or its driver is requested to contact Miami-Dade Police Department Traffic Homicide Detective J. Childers at (305) 471-2425. If you wish to remain anonymous, then contact Miami-Dade County Crime Stoppers at the following:

- (305) 471-TIPS (8477) or 1 (866) 471-8477
- Visit www.CrimeStoppers305.com and select "Submit a Tip"
- Visit www.facebook.com/crimestoppers305 - "Contact Us"
- Visit the App Store - Get P3 and sign into Miami for Tips

If the tip leads to the arrest of the subject(s), the tipster may be eligible for a reward **UP TO THE AMOUNT OF \$5,000.00**. All calls are kept strictly anonymous.

ISSUE DATE: 5/11/2021 RN SUPERVISOR: Sgt. Francisco Armendariz MDPD C/N PD210502138114

If this flyer aids in your investigation in any way, please advise Deborah Simons, I.A., of the South Florida Homicide Clearinghouse at 305-471-2400.

Walmart To End Cigarette Sale In Some Florida Stores

Walmart will no longer sell cigarettes in some of its stores in Florida, though tobacco sales can be a significant revenue generator.

The Wall Street Journal was the first to report the development, noting that some stores in California, Florida, Arkansas and New Mexico were on the list, citing anonymous sources and store visits.

Walmart is not the first

national retail chain to cut off cigarette sales even on a trial basis, but it is the largest. Target ended cigarette sales in 1996 and the drugstore chain CVS Health did the same in 2014.

CVS Health sales in areas outside the pharmacy fell for a few quarters after it pulled tobacco products, and the company had predicted that missing tobacco products would hurt annual earnings by 7 to 8

cents per share. Overall revenue has grown every year at CVS, however, after a number of acquisitions and changes to its stores bolstered the company's health care offerings. CVS Health bought the health insurer Aetna in 2017.

- *Rewritten from the Associate Press*



Graduating This Spring? Reasons To Consider A Home Healthcare Career

Those graduating in the spring of 2022 and other job seekers should take note -- industry experts say that not only are home healthcare caregivers needed more now than ever before, but this industry offers many rewarding career paths.

"A growing number of families and medical professionals are discovering that home healthcare is a great option -- and not just for seniors. Home healthcare can be used to treat medical needs across a full continuum of care," says Jennifer Sheets, president and chief executive officer of Interim Healthcare Inc., which is actively recruiting caregivers nationwide.

According to Sheets, here are three of the top reasons home healthcare caregivers are in such high demand today:

1. It's a safe alternative: The pandemic shifted the spotlight to home healthcare as a means to keep loved ones safe. What's more, at-home caregivers are supporting hospital burnout by keeping acute care patients at home, allowing hospital staff to focus on the most critical patients.

2. The role of home caregivers has expanded: The scope of care and services that can be delivered at home has greatly expanded. There are more diverse care needs today, requiring a diverse set of caregivers to fill those needs, including ventilator care, speech therapy, palliative care and more.

3. It can fill a necessary gap: The physical, mental and emotional demands of caring for family members can be overwhelming, and with the healthcare worker shortage, family caregivers need additional help at home.

Why Home Healthcare?

It is an employees' market when it comes to working in

the home healthcare industry and these positions are very desirable for a number of other reasons, especially for new graduates. Here are just a few:

- With on-the-job training available, a helping career such as a home care aide is emotionally rewarding, and home healthcare provides that same opportunity to make a difference in other people's lives, albeit in a less hectic, more personal environment. Even for current licensed medical professionals, 74% say they have considered a career shift to home healthcare at one point in their medical career, according to an Interim Healthcare study. The COVID-19 pandemic only intensified these considerations for professionals, many of whom in the same survey say home healthcare would be a way to reconnect with why they got into healthcare in the first place.

- Clients depend on caregivers to manage their health and achieve the best results. They appreciate the help, support, care and connection that comes with home care. Caregivers get one-on-one time with clients so they're able to focus on the care of one individual at a time, and in many cases, they become part of the family.

- The healthcare industry is changing rapidly, which means that home caregivers have continual opportunities to learn new professional skills based on their interests that will help them meet the needs of the

industry.

- Careers in home healthcare are dynamic, interesting and meaningful. They're also flexible, giving those in the industry the choice of part-time or full-time work, as well as flexibility in location and availability.

Major providers of home healthcare are actively hiring for those with healthcare experience and those without, including Interim HealthCare which has locally owned and operated franchises nationwide. To learn more about home care careers, visit ihmadeforthis.com.

"At a time when families are struggling to find at-home care, you can answer that call for help," says Sheets.

- *StatePoint*



Florida Blue Medicare, Emcara Health Launch Home-Based Primary Care Program



Florida Blue Medicare, the state's Blue Cross and Blue Shield Medicare plan - is collaborating with Emcara Health to offer eligible members access to home-based primary care.

The collaboration reflects how payers are increasingly turning to in-home care organizations of all shapes and sizes.

"There's an advantage in being able to go into a member's home and see what challenges they're living with," Dr. Elizabeth Malko, vice president of Medicare solutions and chief medical officer at Florida Blue Medicare, told Home Health Care News. "I think the pandemic was just like a wake-up call."

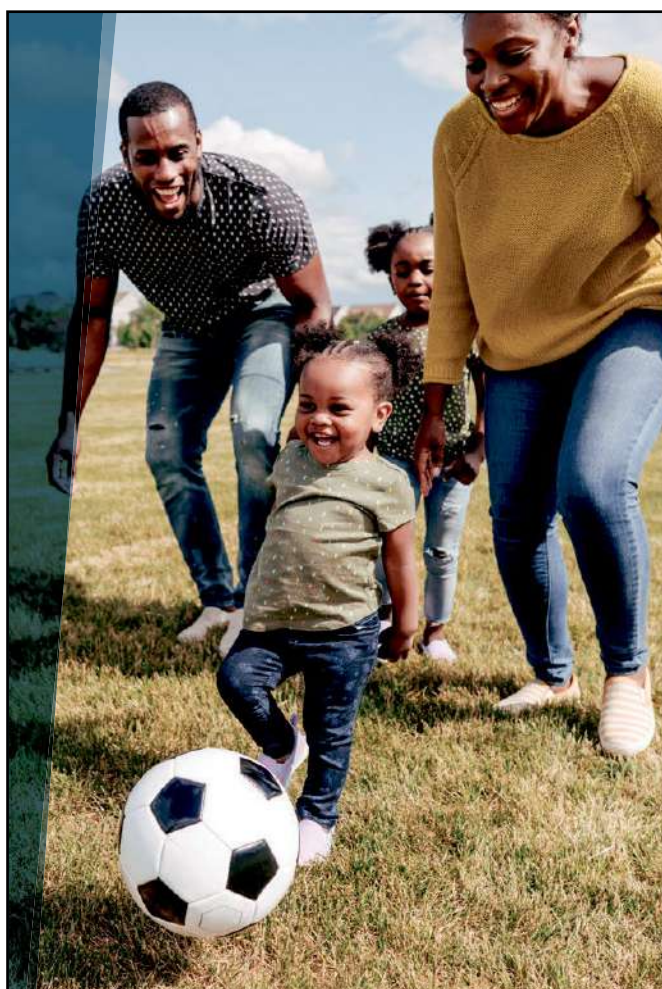
Under parent company GuideWell Mutual Holding

Corporation, Jacksonville, Florida-based Florida Blue Medicare offers a wide array of plan options, including Medicare Advantage plans.

Launched last October by GuideWell subsidiary PopHealthCare, Emcara Health is the company's value-based national medical group. One of Emcara Health's main areas of focus is home-based advanced primary care for seniors.

With this partnership, Florida Blue Medicare will offer members in 17 counties in the Jacksonville, Orlando, Miami, Southeast Florida, Tampa Bay and Pensacola areas, a number of care services in the home.

- *Rewritten from Home Health Care News.com*



April is National Minority Health Month.

At Jackson Health System, we celebrate the diverse groups represented by our patients, nurses, doctors, and staff – and their efforts to be active and healthy. We support your healthy efforts.

Call **305-585-4JMG** for a Jackson specialist near you.

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HEALTH SYSTEM

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SPRING HEALTH



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Coping With Stress In National Minority Health And Stress Awareness Month

It's another National Minority Health Month as well as National Awareness Stress Month.

Interesting that the two months are being marked together, given the fact that many in the so-called minority community battle stress, which can lead to other deadly diseases like stroke and heart disease. Stress can be debilitating, and it can cause and/or aggravate health problems.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses - from headaches to stomach disorders to depression - and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and

improve your health and well-being.

WAYS TO HELP MANAGE STRESS

Exercise

Even 20-30 minutes a day of walking is a great stress reliever and a good way to get your mind off your daily worries. Exercise has many health benefits.

Relaxation

Learn to incorporate some relaxation techniques into your daily life. Meditation, journaling, yoga and breathing exercises are just a few ways to help relax.

Have Fun

Spending quality time with family and friends, or simply watching your favorite sit-com



can often be just the distraction you need.

VISIT YOUR DOCTOR

Your family doctor is in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

EAT WELL

The gut and brain are constantly sending signals to each other, so by keeping your microbiota (the bacteria in your gut) healthy, your brain feels less stressed.

SLEEP & REST

To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible.

Remember, you have the ability to choose your response to stressors, and you may have to try various options. Use these three tips:

- 1: Recognize when you don't have control, and let it go.
- 2: Don't get anxious about situations that you cannot change.
- 3: Focus your mind on something that makes you feel calm and in control.

- *Rewritten from Community Health Of Central Washington*



Nurses Are Quitting Due To Burn Out

Burnout and stress from working throughout the COVID-19 pandemic are taking a major toll on nurses and it could lead many of them to quit their jobs, according to a new survey by staffing firm Incredible Health.

More than one-third (34%) of nurses say it's very likely that they will leave their roles by the end of 2022 and 44% cited burnout and a high-stress environment as the reason for their desire to leave, according to the survey. Nurses cited benefits and pay as the second leading

reason (27%) for quitting their jobs.

This comes as experts say the pipeline of new doctors and nurses alike is insufficient to meet the growing demands of 2022 and beyond.

The company analyzed data from more than 400,000 Incredible Health nurse profiles and surveyed more than 2,500 registered nurses in the U.S. in February 2022.

The survey also found that 42% of nurses started a new nursing role since January 2021.

The main reason they moved to a new role was higher pay (58% reported this was their motivating factor). Other reasons for the change include a search for a different role (33%), an improved schedule (31%), their preferred location (25%), career advancement or training opportunities (24%) and better staffing overall (24%).

- *Rewritten from Fierce Healthcare*



Guyana Considering COVID-19 Booster Shots For Pre-Teens And Teens

The COVID-19 pandemic may be easing in some quarters, but Guyana's health minister is taking no chances.

Minister Dr. Frank Anthony says his government is considering the recommendation by the US-based Center of Disease Control (CDC), and the Food and Drug Administration (FDA), to offer coronavirus (COVID-19) booster doses to persons 12 years and older. The CDC has said that adolescents, who are age 12 to 17 years old, should receive a booster

shot five months after their initial Pfizer-BioNTech vaccination series.

"That's something we will also be looking at because our population between 12 to 17, we've only been giving them the primary dose, that's the first and second dose, and now we'll probably have to consider whether we should administer the booster dose," Dr. Anthony told the daily COVID Update briefing.

The FDA announced recently that countries can now administer a fourth COVID-19 booster dose to their population. "The recommendation is that the fourth dose should be administered to people who have underlying conditions that result in immuno compromise... The second condition is that they have generally recommended it for anybody 50 years and older," Dr. Anthony said.

He said scientific data has shown that a fourth dose vaccine is 'very protective' and as such the ministry will be considering the administration of a fourth dose for persons 50 years and older.

The health minister repeated the importance of getting vaccinated against the disease.

"When you get vaccinated, you're giving your body a chance to quickly react when it comes in contact with the virus. If not [vaccinated], it would take a long time, and during that period you



A national receiving a COVID-19 vaccine booster shot. (CMC image)

can develop other complications, so it is important to get vaccinated," Dr. Anthony said.

He reminded the population that immunity drops approximately six months after taking the second dose of a primary vaccine and therefore it is important that persons be boosted against the disease. Guyana has recorded 1, 226 deaths and 63, 246 infections linked to the virus since the first case was detected in March 2020.

- *Rewritten from CMC*



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Here's What You Should Know About Florida's New Parental Rights In Education Law



Florida Gov. Ron DeSantis signs the Parental Rights in Education bill at Classical Preparatory school Monday, March 28, 2022, in Shady Hills, Fla. (Douglas R. Clifford/Tampa Bay Times via AP)

Florida's HB 1557 bill is now the Parental Rights in Education Law, or as it has become known in some circles: the "Don't Say Gay" law.

The law allows a parent to sue the school district your child is in, if they believe the language in the new law was violated. The language states: in part: "Classroom instruction by school personnel or third parties on sexual orientation or gender identity may not occur in kindergarten through grade 3 or in a manner that is not age-appropriate or

developmentally appropriate for students in accordance with state standards."

Critics, including some teachers, have questioned the need for the law since teaching about sexual orientation and gender identity isn't part of the first-grade curriculum but talking about families is part of it and

some of her students may have two moms or two dads.

Beyond kindergarten through third grade, the Florida law also says that any instruction about sexual orientation or gender identity, in any grade, has to be "age-appropriate or developmentally appropriate in accordance with state standards."

The law's sponsor, Republican Rep. Joe Harding, has said it would not bar spontaneous

discussions about sexual orientation or gender identity in schools but would prevent districts from integrating the subjects into official curriculum.

"Nothing in the amendment was about outing a student. Rather than battle misinformation related to the amendment, I decided to focus on the primary bill that empowers parents to be engaged in their children's lives," he said in a statement.

"Parents' rights have been increasingly under assault around the nation, but in Florida we stand up for the rights of parents and the fundamental role they play in the education of their children," said Governor Ron DeSantis in a statement.

- Rewritten from news4jax.com



New Tech For Back To School

If you're a college student thinking about hitting the reboot button and giving your tech a refresh, here are a few tech gadgets and developments to look forward to, all of which can help you organize your life and better stick to your goals.

• Wearables to keep you on track

The popularity of wearable devices like smartwatches has increased dramatically, with sales forecasted to reach more than one billion worldwide this year, according to Statista. Now, there's a smartwatch fit for every member of your family. For example, T-Mobile's SyncUP KIDS Watch keeps kids and their parents connected, featuring talk and text with approved contacts, real-time location tracking and virtual boundary alerts. For adults looking to stay connected and crush their fitness goals, the Samsung Galaxy Watch4 Series delivers a seamless call-text-notification connection no matter where you are, as well as fitness and health functions like auto workout tracking, advanced run coaching, body composition analysis and group challenges for that extra push. For a limited time, these watches are free at T-Mobile with 24 months of bill credits when you add a qualifying watch line to your current rate plan.

• Smart systems for your home

Statista estimate nearly 37% of homes own a smart home device that can monitor everything from doorbells to lightbulbs to household appliances. Now, smart home devices are taking it

(CONTINUED ON PAGE 18)

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5 Ways To Get Kids Excited About STEM Learning This Summer

The events of the past couple of years have shown how important scientists are to making the world a better and safer place.

According to an independent research study, 91% of people believe that scientists are critical for our future well-being, and 89% say that science brings hope for the future. Here are five ways to get kids, the next generation of scientists, excited about STEM.

1. Widen access. All kids should have access to STEM education opportunities, at school and outside of the classroom, whether it's through an after-school program, science camp, competition, or at home. Fortunately, online learning tools have made it possible for more children to access such programs. Today, there is a wide variety of free resources available to families and students looking to expand STEM learning outside of the classroom. Websites like youngscientistlab.com and 3M.com/ScienceAtHome feature fun and engaging projects for grades K-8, along with tools for parents and teachers to guide kids through the experiments.

2. Connect science to something your child already loves. We often think of science in a silo, but the application of science is all around us. Connecting



science to something your child already loves can help broaden their conception of what a future in STEM could entail. For example, kids who play sports may be interested in exercise science or sports medicine. Kids who love building toys may find engineering an exciting career path. Introducing kids to science kits, experiments, and other hands-on activities can help fast-track learning, make the subject more fun and engaging, and demonstrate firsthand how science fits into the activities and interests they already love.

3. Promote gender equity in STEM education. Gender should

never affect a child's goal to pursue STEM. Yet, young girls often feel limited in their ability to excel in STEM-related activities due to the gender gap in the sciences and a lack of relatable representation. We can help shift antiquated thinking that science is not for girls by instilling confidence in them to challenge these stereotypes and by exposing them to the valuable work of women inventors, doctors, mathematicians, and scientists, so they can start to see themselves in these positions. Sign them up for extracurriculars like math team and coding camp, visit math and science museums together, and talk about the contributions of and

need for girls and women to solve real-world challenges.

4. Diversify STEM. Science is not tied to one gender, race, ethnicity, or nationality. Young kids in minority groups need to understand that they can be involved in STEM careers so that our future workforces reflect our diverse societies.

Shaking up the way we approach science and technology could be one way to help do this. Without a real-world connection, it's too easy for kids to feel lost or like "this" is not for them. If we expose kids to different career landscapes in ways they can connect to, they can better understand the importance of learning these subjects, build self-awareness around their unique attributes, and open them up to envision themselves in future STEM careers.

5. Bring science to life. Hands-on projects help bring science to life. Look for science competitions and programs that allow young minds to explore and develop real-world experience. For example, the 3M Young Scientist Challenge, a national science competition for students in grades 5 through 8 created with Discovery Education, asks students to identify a problem and come up with a unique innovation to solve it. It can be something they're already

passionate or curious about. The best part is anyone can get involved; all you need is an idea to get started.

Last year's winner, 13-year-old Sarah Park, started with the idea to create a treatment to help people with mental health disorders. During the competition and a once-in-a-lifetime opportunity to work with a 3M scientist, she went from idea to prototype developing a new solution called Spark Care+, a personalized music therapy treatment that uses artificial intelligence, galvanic skin response, and photoplethysmography.

Bring learning into the real world of innovating by actively presenting STEM learning opportunities to your budding scientist. Learn more about this year's competition, the chance to win \$25,000, and the title of "America's Top Young Scientist" at youngscientistlab.com.

As we confront 21st century challenges like climate change and community health crises, scientists, engineers, and doctors will be the heroes on the frontlines. For a brighter future for everybody, give your child the resources and encouragement needed to pursue STEM.

- StatePoint



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New Tech For Back To School

(CONTINUED FROM PAGE 17) to the next level with centralized smart home systems. Samsung's SmartHub system is compatible with more than 5,000 products, including household appliances and home security systems, so you can do tasks such as control your home's thermostat or preheat your oven from the tap of an app or wall-mounted system.

• New, more affordable 5G smartphones
More smartphones are debuting using the 5G network, including the Samsung A13 5G – the brand's most affordable 5G smartphone. Priced at \$249.99, it sports an

edge-to-edge 6.5-inch HD+ LCD display, a triple rear camera and 5MG front camera, and is packed with a 5,000 mAh battery with 15W fast charging capabilities.

• Ditch the Wi-Fi for a 5G wireless plan upgrade
Wi-Fi has historically given us the speed and capacity we need to stay connected on the go, but today, super-fast 5G networks are enabling us to forget Wi-Fi. Now, you can use the secure, high-speed hotspot capability of your 5G phone to keep all devices and others connected. 5G is giving us on-the-go speeds

that are just as fast, or faster, than Wi-Fi. T-Mobile offers wireless plans like Magenta MAX that is specially designed for all that 5G phones can do, including unlimited smartphone data and one of the most generous hotspot plans in the industry, with 40GB per month of high-speed mobile hotspot data included.

These are just a few tech upgrades to take advantage of to get the tech refresh you deserve right now.

- StatePoint

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7 Steps To Take After Receiving College Financial Aid Award Letters

Perhaps even more nerve-racking than waiting for your child's college acceptance letters is learning whether they've been awarded financial aid. This is the piece of the puzzle that tells you how much it will really cost, and ultimately, whether a particular school is within your budget.

"Decoding award letters and comparing their terms can be a challenge," says Angela Colatrisano, chief marketing officer of College Ave Student Loans. "Just be patient and take the time to understand each offer."

In a recent College Ave Student Loans parent survey conducted by Barnes & Noble College Insights, 42% of parents who received an aid offer letter found aspects of it confusing, and 68% agreed that terms and layout of these letters varied from school to school, making it hard to compare them.

To make better sense of financial aid award letters, follow these steps:

1. Look For Free Money

The award letter will list whether your student is eligible for scholarships and grants (sometimes called Merit or Gift Aid). This is money you typically don't need to pay back. Some merit aid is tied to how your child performed in high school. They worked hard for



this recognition; congrats!

2. Look For Federal Work-Study

Your child might be eligible for

Federal Work-Study jobs. While jobs aren't guaranteed, they can be a good opportunity to help cover educational expenses.

3. Spot The Loans

Schools will list any federal loans your child is eligible to receive. Helpful hint: They may be grouped with scholarship and grants. You should also take note of whether a Federal loan is subsidized or unsubsidized. Subsidized loans are more desirable, as they don't accrue interest while your student is still enrolled, or during deferment periods.

4. Calculate Your Net Cost

To get an apples-to-apples look at the offers, determine the net direct cost of each particular school. This is calculated by subtracting offered scholarships and grants from the cost of attendance (the total cost of tuition, room, board, textbooks and fees). If applicable, you can subtract work-study aid too. It's important to do this math, as the biggest scholarship doesn't always amount to the lowest out-of-pocket cost.

5. Play The Field

Some parents have found success in appealing the financial aid package offered, especially if their financial circumstances have changed. Contact your top schools of interest and share the awards your student has been offered. Some schools will match other schools' award packages or will offer additional funds. You should also ask about additional

scholarships or grants that might be available.

6. Consider Other Factors

Check if awards being offered are for all four years and understand what your child will need to do to continue being eligible for them, year-to-year. You should also factor in expected increases in tuition, room, board and other fees.

7. Fill The Gaps

If after doing the math, you find you have a financial gap to cover, you may also consider a private student loan or parent loan. Look for a lender with great rates, flexible repayment terms, and the opportunity to customize the loan to fit your family's budget. For example, College Ave Student Loans offers tools and resources to help you along your financial road to college, along with a pre-qualification tool that offers quick answers without affecting your credit score. To learn more, visit CollegeAve.com.

While awaiting financial aid award letters and deciphering them can be confusing and stressful, the good news is that once these letters are in-hand, your family will have the tools needed to move ahead.

- StatePoint



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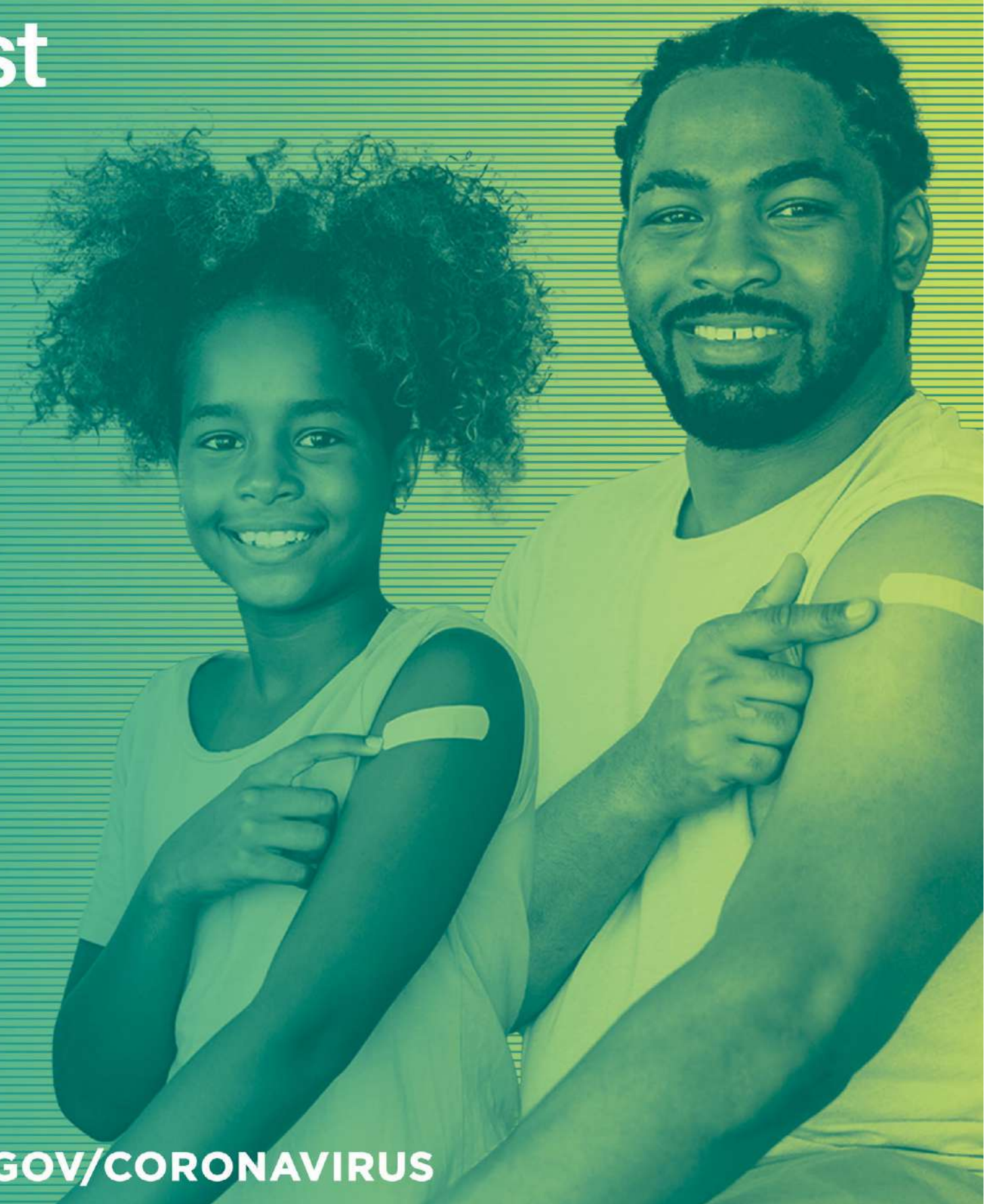


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