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Recent hurricanes have left a trail of devastation in the Caribbean and the U.S. Caribbean nationals have been subjected to the weather's wrath at both ends, with states like Florida and Texas hit hard in the U.S. and countries like Barbuda, Dominica, Puerto Rico and British Virgin Islands smashed, pages 4, 7 and 8.



Former Trinidad and Tobago politician and Caribbean soccer boss Austin

"Jack" Warner has lost a lawsuit challenging his extradition to the U.S. Warner is wanted by U.S. authorities to answer charges of fraud arising out of a bribery scandal involving FIFA, soccer's world governing body, which he once served as vice president, page 5.

PEEPING TOM

~ Social media activity by Caribbean and other foreign nationals residing in the United States, and those hoping to visit the country, will, effective Oct. 18, be subject to closer scrutiny by the U.S. government, page 3.



DACA'S DEATH

~ Thousands of Caribbean nationals deemed capable of making positive contributions to the U.S. under the Deferred Action for Childhood Arrivals (DACA) program now face an uncertain future - and possible deportation - following President Donald Trump's decision to end the program last month, page 5.

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'PURE EVIL': Gunman murders over 50 at Las Vegas country music concert

Las Vegas, a popular United States entertainment hub visited by hundreds of Caribbean nationals each year, was the scene of the deadliest mass shooting by a lone gunman in United States history earlier this month.

The gunman, operating from the 32nd floor of the Mandalay Bay Hotel, sent a barrage of automatic fire on a crowd of some 22,000 attending the final night of the Route 91 Harvest Festival, a country music event. At around 10 p.m., the time of the incident, the festival's final performer, singer Jason Aldean, was on stage. He was unharmed.

Up to the press time, nearly 60 people had been killed and more than 500 injured.

The Nevada state incident topped the June 2016 mass murder at nightclub in Orlando, Florida, which took 49 lives, many with Caribbean roots.

'DISTURBING'

According to reports, the Las Vegas gunman, identified as 64-year-old Nevada resident Stephen Paddock, took his own life after police closed in on his hotel room following



Concertgoers run for shelter from the gunman's barrage.

the shooting incident. He was seen with a woman at some point before the incident, but up to press time police said they had no evidence to determine if Marilou Danley had any role in the shooting.

"(She is) no longer being sought out as a person of interest," police said in a statement the day after the shooting. "Detectives have made contact with her and do not believe she is involved with the shooting on the strip."

Witnesses said Paddock left behind a horrific scene, with bodies scattered across the concert area, injured screaming in pain and others frantically scrambling to escape. Law enforcement officers were also horrified.

"This was a day I wish I had never had to see here in

my 27 years of law enforcement," Las Vegas Police Department Undersheriff Kevin McMahon said. "Seeing that scene was probably the most disturbing thing I have had to see in those 27 years."

An off-duty officer was killed in the shooting. Others were injured. Up to press time the police were still trying to determine the motive for the shooting, although reports indicated that it was not linked to any known domestic or international terrorist groups. Still, the shooting angered President of Donald Trump.

"It was an act of pure evil," Trump said in an address to the nation on Oct. 2.

- Compiled from multiple sources.



Caribbean American senator defends NFL anthem protests

Kamala Harris, a Caribbean American member of the United States Senate, has weighed in on the controversy surrounding professional athletes protesting during the playing of the American anthem, stressing they had the right to oppose injustice.

In a direct attack against the position on the issue by U.S. President Donald Trump, who blasted the players for kneeling or showing any other sign of protest during the playing of anthem before games, Harris recently defended the athletes' freedom to express themselves.

"When we sing 'The Star-Spangled Banner', we rightly think about the brave men and women from all backgrounds who proudly defend the freedom of those they may never meet and people who will never know their names," Harris, daughter of a Jamaican father, told a congregation from the altar of the First Congregational Church of Atlanta on its 150th anniversary.

"When we sing 'The Star-Spangled Banner,' we also think about those marching in the streets who demand that the ideals of that flag represent them too."

KICK-OFF

Protests started last year when quarterback Colin



Harris

Kaepernick decided to kneel during the anthem in protest of injustice showed by law enforcement officers, especially against males of color. Athletes from several sports have come out in support of equality for all races.

This season, the movement gained rapid momentum in the National Football League (NFL) after Trump criticized Kaepernick and others, some who chose to sit during the "The Star-Spangled Banner", who protested during the anthem. The president urged NFL team owners to fire protesters, but some owners joined the protesters.

Trump also called the protesting players "sons of bitches."

Harris, a Democrat who represents California in the U.S. Senate and is being viewed as a possible presidential candidate in 2020, rallied against the "forces of hate and division trying to tear us apart." She said the U.S. is being confronted by racism, sexism, homophobia and anti-Semitism, which is dividing the nation, but athletes shouldn't be "threatened or bullied" for their stance.

"Let's speak the truth that when Americans demand recognition that their lives matter, or kneel to call attention to injustice, that that is an expression of free speech, protected by our Constitution, and they should not be threatened or bullied," Harris reportedly said.



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'Do Black Lives Matter' lecture Oct. 13 at FIU

"Do Black Lives Matter in the Age of Trump" will be the focus of this year's Eric E. Williams Memorial Lecture in South Florida.

Dr. Pedro Noguera, a sociologist of Jamaican and Trinidad and Tobago heritage, will offer the main address at the event, scheduled for 6:30 p.m. Oct. 13 at Florida International University's Maidique Campus in Miami.

Noguera is expected to address current issues that disproportionately impact communities in the United States, including education, civil rights, employment, poverty, healthcare, nutrition and incarceration.

Noguera earned a bachelor's degree in sociology and history from Brown University. He also received a master's in sociology from

Brown and a doctorate in the same field from UCLA at Berkeley. He is currently a professor of education at the UCLA Graduate School of Education and Information Studies. Noguera has published more than 200 research articles, monographs and reports on subjects ranging from urban school reform, conditions for student achievement, role of education in community development, youth violence and race, and ethnic relations in the United States. He has also written several books.

The Eric Williams Lecture was established in 1999. It honors the former T&T prime minister who died in 1981 after leading the twin-island republic to Independence in 1962.



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U.S. targets Caribbean nationals' social media

GORDON WILLIAMS

Social media activity by Caribbean and other foreign nationals residing in the United States, and those hoping to visit the country, will now be the target of closer scrutiny by the U.S. government.

The new initiative becomes effective Oct. 18.

The U.S. Department of Homeland Security (DHS) and U.S. Citizen and Immigration Services (USCIS) want to gather additional information on immigrants and those in the U.S. who communicate with immigrants, including naturalized American citizens.

That includes "social media handles, aliases, associated identifiable information, and search results," according to information from the Federal Register.

The decision has left observers in the Caribbean American community fearing intensified anti-immigration posture by U.S. President Donald Trump and blatant disregard for privacy by his administration. They hardly find the trend surprising.

"It's an intrusion into your private space," said Irwine



Clare

Clare, a Jamaican American immigration advocate based in New York. "But that's not new."

TOOL

The DHS/USCIS noted that information gleaned from social media sites, including Facebook, Instagram and Twitter, can be used to decide who is granted permission to enter the U.S. and if those already living in the U.S. legally are eligible for government benefits. Overall, it will be used to track activities by immigrants.

The new rule has started to worry the Caribbean American community.

According to Clare, it's another effort by the Trump administration to blame non-U.S.-born residents for whatever goes wrong.

"So the management of this country believes the ills of the U.S. are caused by immigrants," he explained.

While Clare and other observers believe Caribbean

Americans are aware of what they believe is an anti-immigrant push by the current U.S. administration, he is worried the community has become too used to the current situation to push back.

"I don't think we can be outraged anymore," he said. "What else can outrage us? It is a way of life today."

"I think we, as Caribbean Americans, are resigned to what's happening. It seems as if it's not stopping food from going into our mouth then it's no big deal. And that's sad."



Dominican re-elected director of int'l health organization

Dominican-born Dr. Carissa F. Etienne has been re-elected director of the Pan American Health Organization (PAHO).

Ministers of health, who met last month at the 29th Pan American Sanitary Conference, voted unanimously to re-elect Dr. Etienne for another five-year term. Her uncontested candidacy was submitted by the Dominica government.

She will assume her second term as director of the Pan American Sanitary Bureau on Feb. 1, 2018.

In her acceptance speech, Dr. Etienne cited her "com-

mitment to deliver to all of our peoples, from all walks of society, a long and productive life, with quality care into our senior years; access to quality health services without fear of impoverishment; access to medicines and vaccines that we can afford, including effective antibiotics; freedom from preventable diseases, with reduced exposure to disease vectors."

- Edited from CMC. Caribbean Today's Fall Health feature begins on page 20.



U.S. considers closing its embassy in Cuba

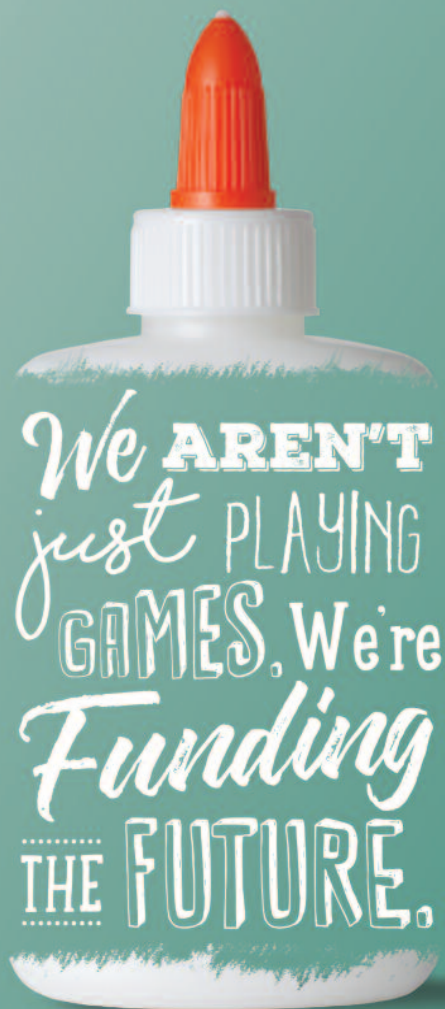
The United States is thinking about closing its recently opened embassy in Havana, Cuba.

U.S. Secretary of State Rex Tillerson last month told CBS's "Face the Nation" television program that the administration of President Donald Trump is evaluating a request, made in writing by five Republican senators, to shut down the embassy.

"We have it under evaluation," Tillerson said.

The senators also requested that the U.S. make Cuban diplomats unwelcome.

The embassy was opened during Barack Obama's second term as president, part of his efforts to re-ignite diplomatic relations between the nations. Trump said he is "canceling" the deal with Cuba, hoping that would prod Cuba to improve its human rights record.



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Puerto Rico suffers in wake of hurricane damage

The Caribbean island of Puerto Rico remained in a state of devastation nearly two weeks after it was first smashed by Hurricane Irma, then the far more destructive Maria.

By the end of last month, the United States territory was still largely in the dark. Just five percent of Puerto Rico's more than three million residents had access to electricity.

Classes for some 350,000 students were not expected to resume before mid-October as up to press time less than half of some 1,113 public schools had been inspected for damage caused by the Category 4 hurricane, which hit the island on Sept. 20. Students were



Puerto Ricans find shelter after Hurricane Maria.

already absent from classes then because Hurricane Irma had hit the island days earlier.

POLITICAL

In the midst of its woes, Puerto Rico's plight has also

become a political football. The U.S. federal government

Aftermath: Toll of death, missing rises in Dominica

ROSEAU, Dominica – Dominica's police chief said the death toll following the passage of Hurricane Maria had risen to 27 up to press time late last month.

Chief Daniel Carbon also



Carbon

said 18 persons had also been confirmed missing.

Carbon said among the major challenges was "massive looting" in the capital here and other sections of the island.

"I can report that immediately following the passage of Hurricane Maria, we have had massive looting," he explained.

has moved to provide relief, in the form of food, water and medical supplies. But residents of the island have claimed the relief has not come quickly enough, as distribution has been slowed.

Yulin Cruz, the mayor of San Juan, a major city in Puerto Rico, has been critical of the slow progress of relief distribution. U.S. President Donald Trump responded by blaming poor "leadership ability" in Puerto Rico, adding that the island "want everything to be done for them when it should be a community effort."

The president was scheduled to visit the island on Oct. 3.

Up to press time, just over 40 percent of Puerto Rico had potable water. Federal agencies had delivered food and water to the country's 79 municipalities. More than half of Puerto Rico's gas stations were open for business. In addition, over a third of the population had telephone service. The number of flights into Puerto Rico had stepped up and most hospitals were in operation.

Still, close to 9,000 people were still staying in shelters across the island.

More on Caribbean hurricane damage, pages 7 and 8.



"Several business places in the city of Roseau and to a less extent in the town of Portsmouth had looting."

He said that to date 40 arrests had been made in relation to criminal matters and 86 persons who violated the curfew had also been arrested. But Carbon stressed that the situation was under control, thanks to help from security personnel across the Caribbean.

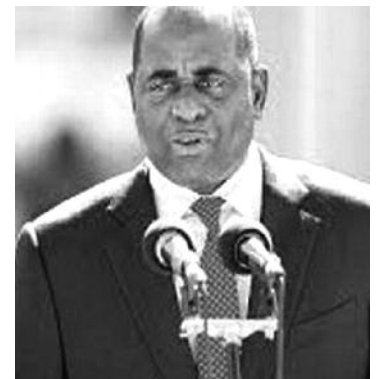
"We now have the situation under control," he said. "We have our regional colleagues here and they are helping us in that regard."

Meanwhile, Prime Minister Roosevelt Skerrit late last month dismissed as "nonsense" suggestions that relief food supplies were being used for partisan politics and urged those behind these allegations to cease saying it was hurting not only the image of the Dominica, but the citizens who are trying to rebuild the island following the passage of Hurricane Maria.

"This talk about food supplies and partisanship with

food supplies and politicians are the ones dealing with the delivery of food supplies, this is total nonsense," an angry Skerrit told a news briefing.

"As the prime minister of this country, I sleep on the



Skerrit

floor. As the prime minister of this country I bathe ... with a bucket of water. I don't eat corned beef, I don't eat sardines, so where the hell am I going to put sardines or stack up sardines at my home or somewhere else."

- Edited from CMC.



CaribbeanTales honors filmmakers Toronto

Eight awards were presented during the 12th annual CaribbeanTales International Film Festival last month in Toronto, Canada.

Organizers said they were impressed by the response of the filmmakers and audiences which participated in the festival.

"We are thrilled with the really passionate feedback from our audiences in response to this year's compelling program of films and shorts," said Frances-Anne Solomon, the festival's executive director. "Our 2017 goal was to challenge our fans to think about what legacy

means for us, as people of the Caribbean and its diaspora, and reflect that back through stories told in film."

"We knew we had a great festival while we were creating it, but the feedback and support has been simply amazing!"

The festival honors the filmmaking talents of those with Caribbean heritage. Awards were presented for the following:

- **Caribbean Spirit Award for Best Feature Film** - "Le Gang Des Antillais" - Jean-Claude Barny
- **Best Documentary** - "Traces of Sugar" - Ida Does

- **Best Short Film** - "Viré" - Hugo Rousselin
- **Impact Award** - "Shashamane" - Giulia Amati
- **Innovation Award** - "Kafou" - Bruno Mourral
- **Best Cinematography** - "Cutlass" - Darisha Beresford
- **Intersect Award for Best LGBT film** - "Play The Devil" - Maria Govan
- **CineFAM Award** - Best Woman of Color Creator - "Traces of Sugar" - Ida Does

- More arts and entertainment on page 15.





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DACA'S DEATH?: Thousands of Caribbean nationals caught in uncertainty

GORDON WILLIAMS

Caribbean nationals deemed capable of making positive contributions to the United States under the Deferred Action for Childhood Arrivals (DACA) program now face a dangerously uncertain future and possible deportation following President Donald Trump's decision to end the program last month.

Thousands of Caribbean nationals are among an estimated 800,000 DACA recipients who, although originally listed as undocumented U.S. residents, were given a reprieve by former President Barack Obama. His executive order allowed them to legally live, attend school and work in the U.S. because they had been brought to the country as youngsters – sometimes unknowingly – and have adopted America as their home.

However, on Sept. 5 Trump, despite expressing concern for its recipients' future, ended DACA, which had overwhelming public and political support, in a move apparently to fulfill a 2016 election campaign promise made to his base of support-

ers. Caribbean Americans were unhappy with Trump's decision.

"It's very mean spirited by the president," said Houston, Texas-based Jamaican American Khalfani Omari Fullerton, speaking in his role as an attorney who has handled DACA cases.

"The last people you want to pick on are children. Children are our future. He (Trump) cut off a lot of skilled people.

"... No one with a real good heart would make that decision," added Fullerton, who estimates that some 50,000 Caribbean nationals are among DACA recipients or applicants, at least 20,000 in Texas alone.

Trump then gave the U.S. Congress six months to enshrine DACA into law, instead of allowing it to continue as a presidential executive order. He also promised to "re-visit" the issue if Congress did not act by his



Protesters have rallied to protect DACA recipients.

deadline.

UNSURE

However, Trump's decision has placed DACA recipients immediately in a box of uncertainty. If the Congress does not make DACA law, and the president does not renew the executive order, DACA recipients could be subject to deportation.

The U.S. Customs and Immigration Services stopped accepting new or "initial" DACA applications on Sept. 5, although the USCIS stated it will continue to adjudicate DACA renewal cases and the accompanying two-year work permit, for those whose status expires by Mar. 5, 2018.

DACA supporters blasted Trump for his decision to stop the program.

"This reckless and cruel decision constitutes a vicious attack on hundreds of thousands of young women and men who want to attend college, find jobs, and participate in our civil society," U.S. Congresswoman Yvette D. Clarke, daughter of Jamaican immigrants, told the media.

"Their contributions – and the contributions of all immigrants – to this nation are enormous, and will only increase in the coming years.

"Donald Trump has chosen, however, to punish them, in a misguided effort to undermine the proud legacy of

President Obama and to satisfy anti-immigrant white supremacists who are afraid of our modern, diverse nation."

'CRUEL'

Obama called Trump's decision "cruel" and "self-defeating."

DACA allows foreign nationals who arrived in the U.S. under age 16, lived in the country continuously without legal status since June 15, 2007, were under age 31 by June 15, 2012 and at least 15 at the time of application, graduated high school or earned equivalent qualification, and had not been convicted of crimes or threatened national security, to stay legally in the U.S. under a two-year arrangement subject to renewal.

Most DACA recipients – about 75 percent – are from Mexico. However, statistics also show significant number of Caribbean nationals have benefitted from the program as well. For example, more than 1,000 DACA applications were identified as being from either Jamaica, Dominican Republic, Trinidad and Tobago or Guyana.

Trump may have finally gone too far with DACA decision, Viewpoint, page 9.



T&T's Warner losing fight against U.S. extradition

PORT OF SPAIN, Trinidad – Former Trinidad and Tobago politician and Caribbean soccer boss Austin "Jack" Warner has lost a lawsuit challenging his extradition to the United States.

Warner is wanted by U.S. authorities to answer charges of fraud arising out of a bribery scandal involving Fédération Internationale de Football Association (FIFA), soccer's world governing body, which he once served as vice president.

Delivering a 50-page ruling in the High Court on Sept. 27, Justice James Aboud dismissed the claim for judicial review brought by Warner. That lawsuit challenged the process used by the T&T's Office of the Attorney General in signing off on the U.S. government's request for his extradition in May 2015.

ON HOLD

It now means that the extradition proceedings in the Port-of-Spain Magistrate's Court will resume. That matter was on hold while Warner's challenge was being heard.

There was agreement, however, for the stay on the extradition proceedings to remain for 28 days to give



Warner

Warner time to consider whether he wants to appeal the decision.

Warner was indicted by U.S. authorities over allegations of racketeering, wire fraud and money laundering conspiracies spanning 24 years. He is charged with 12 offenses related to racketeering, corruption and money laundering allegedly committed in the jurisdiction of the U.S. and Trinidad and Tobago, dating as far back as 1990.

Warner claims the case against him is politically motivated and accuses the U.S. of seeking revenge because it lost to Qatar in its bid to host soccer's 2022 World Cup.

- Edited from CMC.



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Oil revenue decline forces T&T to diversify economy

PORT OF SPAIN, Trinidad – The Trinidad and Tobago government has presented a TT\$50.5 billion (one TT dollar = US\$0.16 cents) budget to Parliament, outlining a number of taxes as the twin-island republic moves to diversify its economy as a result of a significant decline in revenue from the oil and gas sector.

“We must move away from our dependence on oil and gas,” Finance Minister Colm Imbert said in a three and a half hour presentation Oct. 2. “... We cannot continue to live on borrowed money.”

Imbert told Parliament that the budget is predicated on an oil price of \$52 per barrel and a gas price of \$2.75 per mmbtu.

PROJECTION

“It should be noted that our assumed oil price is below the International Monetary Fund (IMF) forecast of US\$56 per barrel for 2018 and lower than the current oil price forecast made by the World Bank and the United States Energy Information Administration and the International Energy Agency,” he explained.

Imbert said based on these assumptions, the government is projecting total revenue of TT\$45.7 billion, of which oil revenue will be TT\$6.41 billion and non-oil revenue TT\$32.9 billion, capital revenue TT\$6.4 billion.

“The total expenditure net of capital repayments and sinking fund contributions TT\$50.501 billion,” he told legislators.

NEW TAXES

Imbert said there would be new taxes on fuel, a new range of incentives for the importation of hybrid vehicles taking into consideration a loophole that allowed for persons to import these type of vehicles with big engines and avoiding paying the necessary taxes.

He said while the incentives in the past had encouraged the importation of clean energy vehicles “... individuals have taken advantage on the tax waiver on hybrids to import luxury vehicles.

“This has caused a significant leakage of tax revenue,” Imbert said.

- Edited from CMC.



Caribbean can benefit from heritage tourism ~ Bartlett

KINGSTON, Jamaica – Jamaica's Tourism Minister Edmund Bartlett says Caribbean countries could benefit from the growth in heritage tourism.

Bartlett noted that recent international tourism trends have pointed to a shift from the traditional “sun, sea and sand” phenomenon towards a more interactive experiential form of tourism.

“Over the last decade or so there has been a dramatic increase in the number of tourists, who travel exclusively for the experience of partaking in new, exhilarating and exotic cultures in faraway shores,” he told the Jamaica Information Service (JIS).

“According to the Caribbean Tourism Organization, the heritage tourism segment represents one of the highest yield tourism groups, ahead of both traditional mass markets and other niche tourism audiences such as arts,” he said, adding that heritage tourists spend 38 percent more per day, and stay 34 percent longer than traditional tourists.

EXOTIC

“From the standpoint of

the Caribbean, recent research estimates that up to 75 percent of adults, who visit the region engage in some form of cultural activity or event,”

Bartlett said.

“We believe that Jamaica and other islands in the Caribbean and other

exotic regions can be positioned as premier destinations for cultural tourism.

“Indeed, Jamaica, like most other Caribbean islands, is widely known for its myriad of spices and herbs, its native food preparation techniques and dishes, its many exotic fruits and grains, its music, its dance forms, its language and other aspects of its exotic culture.”

Bartlett said the exotic, exhilarating culture of the islands hold tremendous potential to promote sustainable tourism development in the region by aligning the



Bartlett

tourism sector with cultural preservation and infusing more of the cultural element in tourism packages.

RESPECT

“This will ensure that tourists visiting these islands will not only get an opportunity to partake in local culture and heritage but will also develop a profound appreciation and respect for the cultures of others,” he explained.

Bartlett said ordinary citizens will also benefit as they will get increased opportunities to showcase and market their cultural and creative products and services through craft vending, street food establishments, island tours, food festivals, musical and cultural concerts, art exhibitions; and visits to museums, galleries and heritage sites.

“The impact of promoting cultural tourism will thus be educational, social and as well as economic,” Bartlett added.

- Edited from CMC.



B'dos launches banknote app to combat counterfeiting

BRIDGETOWN, Barbados – The Central Bank of Barbados (CBB) has launched a currency application as part of its efforts to combat counterfeiting.

The CBB said the mobile application known as “Barbadian Banknotes: Are Yours Real?,” can be downloaded free from Google Play or iTunes.

“With this app, Barbadians have the informa-

“So if you're looking at the BDS\$100 note (one BDS dollar = US\$0.50 cents), you can select the hologram and it will show you it changing color. With this app you know exactly what you should be looking for on your notes,” she said.

COLLABORATION

The new app was created in collaboration with

Barbados's banknote printer De La Rue, which also helped produce Bank of England's currency app.

Several other international central banks, including Switzerland's, Pakistan's and Australia's have also introduced similar apps.

“This is only the latest resource available in our fight against counterfeiting,” said Octavia Gibson, deputy director, currency at the CBB.

“We've always stressed the importance of checking your notes as soon as you receive them, and this is an on the spot counterfeit detection guide.”

Gibson said the application works by choosing the denomination the person intends to examine “and it not only shows you where the security features are on that note but also how they work.

“What's unique about this is the convenience. I encourage everyone to download the app and to use it to protect themselves,” she added.

- Edited from CMC.



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DISASTER: Caribbean, diaspora buckle after back-to-back hurricanes

GORDON WILLIAMS

The Caribbean braced, then buckled to the fierce onslaught of multiple hurricanes recently, which scattered death and mass destruction across the region and left an ugly mark on the diaspora in the United States as well.

The Caribbean and its nationals in the U.S. were not spared the brutal impact of powerful hurricanes Harvey, Irma and Maria, as even those who escaped loss of life and property - particularly in Texas and Florida - were forced to worry about the fate of family and friends in the countries of their roots.

In some cases, Caribbean nations were left to ponder their immediate future, as homes, schools and businesses were destroyed, and utility services, such as electricity and water, rendered non-functional - some estimated to be down for months.

Thousands were forced to evacuate areas of Houston during Harvey. Barbuda was vacated after being blasted by Irma. Up to press time, devastated Puerto Rico was ponder-

ing a similar fate after being pounded by Maria.

FIRST

Hurricane Harvey was the first to hit Caribbean Americans in the U.S. in late August. Houston bore the brunt of the damage. Record flooding led to a U.S. government estimate of up to \$180 billion in damages. Some 50 people died in the disaster and roughly 200,000 homes were heavily damaged. Caribbean nationals were among those hit hard.

"Quite a few Caribbean people were affected," said Khalfani Omari Fullerton, Jamaica's honorary consul general in Houston. "A lot of people were flooded out."

Fullerton said they were slowly returning to stability, although many required help.

"People are finding their way," Fullerton said. "But they still need assistance."

However, the Caribbean



Hurricane Irma hit St. Martin hard.

community, particularly businesses like restaurants, rallied to support hurricane victims by providing food and shelter.

"They stepped up," said Fullerton.

CONCERN

Yet even as Caribbean Americans in Texas pondered their future after Harvey, many were forced, almost immediately, to turn their concern to

the Caribbean. They worried for residents of the region who were first hit by Hurricane Irma early last month. It devastated several countries, including the British Virgin Islands, U.S. Virgin Islands, St. Martin and Barbuda. Dozens died and many places were left uninhabitable.

"The damage is complete," Antigua and Barbuda's U.S. Ambassador Ronald

Sanders told Public Radio International last month while describing damage to his country. "It's a humanitarian disaster."

The Caribbean's despair hiked to desperation shortly after when Hurricane Maria smashed into the region. St. Lucia suffered heavy damage. Dominica recorded at least 15 deaths and billions of dollars in damage. The U.S. territory Puerto Rico lost at least 27 residents and was left without electricity, possibly for months. Food, water and gas supplies dwindled quickly. Cell phone services were cut off and medical facilities hampered in the wake of the hurricane. Desperation set in quickly and pressure mounted on the federal government to step up efforts. Relief was slow to come.

Maria was also blamed for deaths in Haiti and Guadeloupe.

Dozens were listed as missing across the Caribbean following the onslaught of Irma and Maria, which also affected countries like The Bahamas, Dominican Republic and Turks (CONTINUED ON PAGE 8)

IRMA'S WRATH: Antigua open for business, but Barbuda closed for now

When Hurricane Irma ravaged the island of Barbuda in the Caribbean, the ferocious storm "extinguished" the isle's way of life and left the beautiful spot "uninhabitable". And, now, for the first time in a few centuries, no one lives there.

"The damage is complete," Ronald Sanders, the Antigua and Barbuda ambassador to the United States, told Public Radio International last month. "It's a humanitarian disaster."

"For the first time in 300 years, there's not a single living person on the island of Barbuda - a civilization that has existed in that island for close to, over 300 years has now been extinguished."

Sanders made similar remarks in an interview with CNN.

Antigua and Barbuda - located southeast of Puerto Rico and where the Atlantic Ocean and the Caribbean Sea meet - became a sovereign state in the British commonwealth in 1981. Its population in July was estimated to be 94,731, with 97 percent of the population living on the island of Antigua, the CIA World Factbook noted.

The majority-Christian and the majority-English speaking nation is reliant in large part on travel and tourism and has financial services businesses. But tourism is

its bread and butter - accounting for nearly 60 percent of its GDP.

OBLITERATED

When the storm hit, Antigua received minimal damage, but the storm obliterated Barbuda's infrastructure, flattening structure after structure. At least one death was reported. Rescuers evacuated residents to Antigua and a state of emergency was declared.

"We've tried to make living accommodations as good as humanly possible in these circumstances. Fortunately, we had planned ahead for this hurricane, and we had ordered supplies in from Miami and the United States before the hurricane hit," Sanders told PRI.

He told CNN about 1,700 people were evacuated from Barbuda to Antigua and said others went to Antigua on their own. Young people from Barbuda will be going to school in Antigua, for the time being.

"It's government facilities in which they are being located. We've opened some others. We've taken a nursing



The hurricane wreaked havoc in Barbuda.

home for instance and converted that into accommodation and Antiguanians have been very generous in opening their homes to some of the Barbudans, particularly those with young children," he told PRI.

HOME

The government believes that while some Barbudans might choose to stay in Antigua, even after their island is rebuilt, many will want to go home. It's a small island, 62 square miles, and its residents have a strong sense of belonging. That's where their ancestors are buried, Sanders said.

"Generations of people have lived on that island. They know nothing else. The

commitment to that island is extremely strong. They have a strong sense of who they are," he told CNN.

The government intends to rebuild the island, which will take time. International humanitarian help is needed in what is a gargantuan job, Sanders said, adding that the small island community can't rebuild without such assistance.

Prominent voices, such as actor Robert de Niro, are urging help for the island. Wealthy individuals have made donations that add up to around \$5 million or more and countries have come forward with immediate relief.

The country is thankful for the help, but Sanders noted that a few million dol-

lars is a "drop in the bucket." A massive effort is required, he told CNN.

"We're a \$1 billion economy facing a \$250 million problem," he said. "We need to look at how we get this island back into shape."

NO TIMETABLE

He can't give a timetable for any of the steps to rebuild. It all depends on how much funding the country can raise.

The first thing to do now is clean up so construction can start on buildings strong enough to withstand hurricanes.

"The island is not exactly safe for anything to happen," Sanders told CNN.

After the hurricane, he added, there were dead animals, water flies and rubbish everywhere. Electricity was also cut off, along with water.

Antigua and Barbuda is in a different situation from other hard-hit Caribbean islands that are territories of larger and richer nations that can step in to help rebuild: the United States, United Kingdom, France and the Netherlands, for example.

"Antigua is a tiny place, and we have no godfather," Sanders told CNN.

Officials are envisioning assembling a donors confer-

(CONTINUED ON PAGE 8)

BVI VERSUS IRMA: 'It was scary like hell ... At least we survived.'

ROAD TOWN, British Virgin Islands - At age 64, Aubrey Forbes has experienced several severe storms, including the devastating Marilyn of 1995, which many older Virgin Islanders use as the yardstick to measure the impact of tropical cyclones.

However, Forbes, a commissioner of customs in the British Virgin Islands (BVI), all but had the wind knocked out of him when he saw his workplace, the Jost Van Dyke Ferry facility in West End, Tortola, four days after Hurricane Irma battered the islands.

"It is unbelievable," he told **Caribbean Media Corporation (CMC)** after visiting the facility, which had been stripped of its roof by the winds and had the sea surge deposit a crumpled sports utility vehicle (SUV) on a six-foot-high platform outside the facility.

On land, the trees appear as if they were subjected to some sort of water flow that had defied the laws of gravity by flowing across the mountainside, rather than down it. Various types of sea crafts, including powerboats, lined the road leading towards the berthing facility.

Across the bay, at Sophers Hole, the remains of a large yacht are clearly visible - sitting atop a one-story building.

A closer examination showed that it was shredded, the result of a powerful sea surge that deposited debris, including a vehicle high on the incline of the hillside

'DEVASTATION'

"This is devastation, man," said Forbes. "I've never seen nothing like this in my life. This doesn't look like the place I used to know. This doesn't look like West End at all.

"Man, everything is blown

apart. Everything is just destroyed. This was one of the most beautiful harbors in the Virgin Islands and look at it today. You can't believe. Wow! What is this?" added Forbes, who has been working at the Customs Department for three decades and seen the impact of many hurricanes.

For him, Hurricane Marilyn, which in 1995 became the most powerful storm to hit the Virgin Islands since Hurricane Hugo of 1989, was the point of reference. Yet, as far as Forbes is concerned, Marilyn doesn't even compare with Irma.

"Marilyn passed over here, but it nothing like this," he explained. "This is the worst that every passed over the Virgin Islands that I have ever seen. There's nothing, nothing close (to Hurricane Irma) at all. Wow! Is this for real?"

Forbes's comments echo the widespread disbelief at the devastation that Irma has cut across this British overseas territory. Similar sentiments were expressed at the ferry facility in Road Town, where Kenneth Maduro, a dock master with the BVI Port Authority, helped clean up so people could resume travel between Anegada and Tortola.

"It was terrible," Maduro, 49, told CMC. "Nothing like this we ever experienced. All the hurricane I've went through all my years, nothing like this.

"All the other hurricanes we had, we just bounce back like that. The only destruction we ever had was like road damage, fallen trees, some



Forbes, right, surveys the damage.

house roofs and poles, but nothing like this ... It look like we had tornadoes in this one," he said of the damage caused by the Category 5 hurricane.

Maduro, like other Virgin Islanders, believe the extent of Hurricane Irma's damage suggested it was accompanied by tornadoes.

"All the buildings damaged, buildings falling," he said. "We never had this kind of destruction, all these years of hurricane."

In addition to processing passengers to Anegada and Virgin Gorda, the dock in BVI is also used to ferry passengers to the United States Virgin Islands. The building was extensively damaged.

NO DISCRIMINATION

Hurricane Irma did not discriminate when it swept across BVI. It forced national disaster managers from their headquarters, sending them to the home of a nearby Member of Parliament.

They have since set up the National Emergency Operation Centre in a section of the recently constructed New Peebles Hospital, a high-rise building, which was gener-

ally unaffected by the hurricane.

The hospital is also a temporary home for the healthy, including some members of the Caribbean Disaster Management Agencies (CDEMA) team conducting rapid needs assessment, who slept in the chapel during nights after the hurricane.

Governor Augustus "Gus" Jaspert, who arrived in the British Overseas Territory nearly two weeks before last month's hurricane, was given a

rude welcome, with the storm damaging the recently constructed new Government House, his official residence.

Ironically, the older Government House, now a museum located adjacent to the newer one, was nearly untouched by the hurricane.

Comprehensive details on Irma's overall impact on BVI were still sketchy up to press time, at least five persons were confirmed dead. The precise number of persons who were displaced and moved into emergency shelters or with relatives was still being determined up to press time.

LOST

However, a casual look across the country revealed the widespread damage to housing and commercial buildings, vehicles and public infrastructure. Power lines were down and there was no municipal supply of waters immediately after the hurricane.

Telecommunication was available in a few places and, even there, it was botchy.

At Sophers Hole, in the West End, 72-year-old Egbert Smith said he had never seen a hurricane like Irma.

"It was scary like hell, all I can say it was scary," he told CMC, adding that he ran back and forth to his house picking up items that were being blown down.

"But it was so bad afterward that I just left it. I sat down in my dining room. I put my two foot on a chair. My wife was in a clothes closet hiding. I went to check on her and I saw she was good, then when I couldn't do anymore, I just (sat down)."

Smith lost everything inside the bedrooms, all of which were trashed.

"I see a lot of hurricanes pass through here but I never see none like this," he said, surveying the damage. "Never! This one was bad.

"They say it was a Category 5, but I think it was more than that. It might have been more than that. At least we survived."

- Edited from CMC.



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DISASTER: Caribbean, diaspora buckle after back-to-back hurricanes

(CONTINUED FROM PAGE 7)

and Caicos Islands. In many places the future looked bleak.

THANKFUL

By the time Irma reached Florida, home to thousands of

Caribbean Americans, many had battened down their homes, bracing for the worst. Hundreds evacuated, heading north to places like Georgia, which was also hit by the hurricane.

However, many Caribbean American residents were relieved that the hurricane damage was not they had anticipated; thankful that lives and properties were spared worse.

"No major damage," said a Jamaican-born resident of Lauderdale Lakes, Florida.

"Just light (electricity) gone for about a week. We have to give thanks."



IRMA'S WRATH: Antigua open for business, but Barbuda closed for now

(CONTINUED FROM PAGE 7)

ence, he said, where international agencies and nations would plan a rebuilding initiative. He said it makes sense for larger industrial nations to help out his small and pristine country because of climate change.

"We are the victims of greenhouse gases. We contribute little to pollution," he

told CNN. "We are hoping our neighboring countries can respond."

The country would have been hurt even worse if Antigua had taken the same kind of beating from Irma that Barbuda did, Sanders said. But it has been spared and the tourist industry is still functioning well.

"Antigua remains open

for business," he told CNN.

Sanders described the "remarkable beauty" of Barbuda and its beaches.

"Crystal clear water with pink sand beaches. You stand in that water up to your neck and you can look down and see your toes," he said.

While rebuilding Barbuda is a daunting task, the alternative of abandoning the island

is "crazy," Sanders said.

It would become a haven for drug traffickers if it is left alone.

"The island has to be secure. It has to be populated. It has to be policed," Sanders told CNN.

- Reprinted and edited from CNN.



ICE vows no immigration crackdown after hurricanes

According to the United Census and the Pew Research Center, Texas is home to more than 1,000,000 undocumented immigrants.

Broken down, the numbers show that the Houston-Woodlands-Sugar Land area accounts for 575,000 alone.

Before Hurricane Harvey slammed into Texas and caused catastrophic flooding in Houston and its surrounding areas, many of these immigrants were living in fear, given U.S.

President Donald Trump's ramped up immigration order to round up and deport many – criminal and those simply living in the country without legal status.

Post-Harvey many are fearful of seeking help without having any “papers” as some 200 U.S. Immigration and Customs Enforcement (ICE) agents from its Rapid Response Teams (RRTs) and Special Response Teams (SRTs) have been deployed to southeast Texas to provide security for search and rescue teams and to assist with search and rescue operations.

CREDIT

ICE, to its credit, has reiterated that “immigration enforcement operations are not being conducted at evacuation sites, or assistance centers such as shelters or food banks.” Officials also stated that “in light of the hurricane,

ICE's highest priorities are to promote life-saving and life-sustaining activities, the safe evacuation of people who are leaving the impacted area, the maintenance of public order, the prevention of the loss of property to the extent possible, and the speedy recovery of the region.”

Houston and FEMA officials, including Governor Greg Abbott, have all debunked rumors that undocumented immigrants can't go to Hurricane Harvey shelters or, if they do, their immigration status will be checked.

Houston Mayor Sylvester Turner even said he would personally defend any undocumented immigrants deported because they sought help after the storm.

“If someone comes and they require help and then for some reason (someone) tries to deport them, I will represent them myself,” he said.

This is welcome news, but the message needs to get repeated to the key target audience as just the presence of ICE agents in uniform in the area has been enough to scare many immigrants away, afraid to be stopped and asked for government identification they do not have.

It is also important that ICE hold this same stance as many now try to recover as best as they can.

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



FELICIA J. PERSAUD

Trump digs deeper into own DACA doo

GORDON WILLIAMS

Donald Trump may have really stepped into deep doo this time.

Forget, for a bit, about the probe into possible collusion between his 2016 presidential campaign and Russia. Put aside his conflicts of interest, nepotism, repeated lies, flip-flops, disrespect for women and ethnic groups, plus bombastic pronouncements, including juvenile exchanges with North Korea, which could get millions of Americans killed. Pause on Trump's floundering, promise to “build a wall” on the U.S. southern border, his waffling on health care, ridiculous “both sides” comment on Charlottesville and Muslim ban.

The 45th president of the United States may have finally made too many Caribbean nationals mad by his decision to end the Deferred Action for Childhood Arrivals (DACA) program. He's messing with immigrants again and could drown in his own wasteful rhetoric.

This time, Trump may have painted himself into a political corner with little room for escape. In his frantic haste to bolster his voting base – the same people he boasted would still support him if he shot someone in the streets of New York – Trump ended a program which allowed some 800,000 young, ambitious but undocumented immigrants in the U.S. to stay



Trump

in the country with permission to work, attend school and even serve in America's armed forces.

Yes, he actually may trigger the deportation of people willing to die for the U.S., something the so-called “Deal-maker Don” wasn't too keen on doing when he had the chance.

See, DACA, which benefits thousands from the Caribbean, was another policy of his predecessor Barack Obama – in this case executive order – which Trump simply cannot allow to live, even if he claims compassion for the plight of the “Dreamers”. So he wiggled into a campaign promise and sounded DACA's possible death knell. Now he's tangled neck-high in a web of deceit.

BLOWBACK

The official announcement came on Sept. 5, delivered publicly not by Trump himself, but his anti-illegal immigration Attorney General Jeff Sessions, a sign the president wasn't all in on the idea himself.

It was greeted by sudden and ferocious blowback. So

the president injected a familiar wheel-and-come-again strategy. Trump said he would allow the U.S. Congress six months to vote DACA into law – or not. Yes, that same Republican-dominated Congress which for years had refused to do the same when Obama was president.

As the heat rapidly turned up on Trump, he issued another tweet, stating that if Congress didn't act he would “re-visit” DACA himself. Of course, Trump could have simply left Obama's order in place while asking the Congress to sort it out. He can still issue another pro-DACA executive order.

However, there is a famous saying in politics: If you are already in a hole, stop digging. Trump, it seems, prefers to plough deeper.

WHO TO PLEASE

So here we are. Six months – or less – away from the reckoning. See, Trump's diehard supporters – the notorious base – do not like immigrants much. Undocumented ones make some cringe with hate. The majority of beneficiaries under DACA are brown or black people, especially those from Mexico and the Caribbean. Some of Trump's supporters are white supremacists, among them those he called “fine”.

“At the end of the day, (Trump's DACA decision is) based on his base,” argued Jamaican American attorney Khalfani Omari Fullerton, who has represented DACA recipients.

Trump may have thought (CONTINUED ON PAGE 10)

INGRATITUDE: Ungrateful kids who abandon their parents

“Pickney ... first dem break yu pocket, then dem break yu heart.”

Now, doesn't that paint a graphic picture of children's ingratitude? King Lear said: “How sharper than a serpent's tooth it is, to have a thankless child.”

Children should be a blessing in people's lives and, in most cases, they are. But so many turn out wrong. To add to this blessing, many parents of yesteryear put faith in their children to be their pension, hoping as they grew older, those kids would take care of them.

Many parents were bitterly disappointed, as those chil-



TONY ROBINSON



dren who they invested so much in – financially and emotionally – failed to deliver on the returns they hoped for.

A lady I have known for a long time told me a story that almost broke my heart. She's a poor vendor who sells on the streets. By hard work, disci-

pline, sacrifice and the help of the Almighty, she managed to put her daughter through primary, secondary and eventually law school.

That was the good part. I hadn't seen her in many years, so when we spoke a few weeks ago, I enquired of her daugh-

ter, hoping to hear good tidings. Well, I got the shock of my life when she told me how her daughter had come back from overseas with bad attitude, started to berate her and put her down, and eventually stopped talking to her, giving her the cold shoulder even while she lived with her in her modest home for a few months.

PAIN

I could not believe what I was hearing. “After all you did for her over the years?” I queried. “Yes sir, and now she move out and I don't even know where she lives,” the lady added.

What a painful experience it must be to have an ungrateful child, I thought. The lady is not alone. I tried to console her, but it was scant consolation. When it's your child who inflicts those wounds, the pain

must seem unbearable.

I know of cases where mothers have multiple children and not even one of them would offer assistance. Instead, they say: “I have my own life to live and my expenses are high, so I can't help at all.”

Times are hard, but to totally abandon your parents in their old age is a sin of epic proportions. I have seen it in so many families. Children who got so much when they were young, turned around and totally abandoned their parents and never looked back.

IRONY

Thankfully in some cases, other siblings took up the slack and cared for the aging parents. That's another thing, it usually falls on one child to bear the burden of caring for

(CONTINUED FROM PAGE 10)

VIEWPOINT



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CARIB
Comments

“Lives have been lost; homes and infrastructure destroyed; economies reduced to tatters; years of development wiped out; and, in the case of Barbuda, an entire island evacuated and rendered uninhabited and uninhabitable for the first time in 300 years” - St. Kitts and Nevis’s Foreign Affairs Minister Mark Anthony Brantley tells the 72nd Session of the United Nations General Assembly about hurricane dam-

age in the Caribbean last month.

Last month, United States President Donald Trump announced that he will end the Deferred Action for Childhood Arrivals (DACA) program. The decision prompted immediate reaction from Caribbean American politicians:

“To formally rescind the DACA program and order the Department of Homeland Security to stop processing any



new applications sends a continued message that some lives matter more than others in the eyes of this president. We should not take these types of steps lightly. History teaches us that deportations and the threats of them have been used as a measure to dehumanize, ostracize and as prelude to legitimize horrors that followed” - New York City Councilmember Jumaane Williams, son of Grenadian parents.

“This reckless and cruel decision (to end DACA) constitutes a vicious attack on hundreds of thou-



sands of young women and men who want to attend college, find jobs, and participate in our civil society” - U.S. Congresswoman Yvette D. Clarke, daughter of Jamaican immigrants.

“(The end DACA) move to force thousands of individuals who have worked hard to be productive members of society is now pressuring them to retreat back to the shadow. Families are worried that, after trusting in good faith, to self-report themselves to government for legitimacy that they may now face consequences. This will lead to increased public mistrust and setbacks in our

immigration policy, which will hurt our community in the 2020 census” - New York State Assemblywoman Diana Richardson, daughter of St. Martin and Aruba immigrants.



*** “(Ending DACA) will tear apart families and communities, while forcing young people to live in the shadows” - acting Brooklyn District Attorney Eric Gonzalez, who traces his roots to Puerto Rico.**

- Compiled from various sources.



Trump digs deeper into own DACA doo

(CONTINUED FROM PAGE 9)

he was clever by batting the anti-DACA ball over to the “court” of Congress. Yet, many of his so-called Republican colleagues there support DACA and are unlikely to end the program. If, however, the majority Republican Congress fails to decide, the ball will bounce right back over to Trump’s court.

Already, his immigration game is fragile, especially

among so-called backers. Trump inflamed some of his base by striking a reported “agreement” with leading congressional Democrats Nancy Pelosi and Chuck Shumer to push for DACA to become law. However, pro-Trump news organization **Breitbart** immediately labeled him “Amnesty Don”. Staunch Trump supporter Ann Coulter, a conservative commentator, said the president was betraying his campaign

promises, even suggesting he could be impeached.

With backers and opponents blasting his ever shifting DACA moves, Trump again backtracked, claiming there was no agreement.

All this is happening under the watchful gaze of the public - from all sides of the political spectrum. The hardcore Trump base is eagerly demanding its leader finally smash DACA into oblivion. They want all undocumented immigrants out

of the U.S. - now. But several opinion surveys reveal the larger U.S. community is pushing him to preserve it. That includes a **NBC/Wall Street Journal** poll which shows support for DACA at 78 percent.

Immigration is a massive issue in the U.S. A Monmouth University poll shows 73 percent of Americans consider it a serious or somewhat serious

topic. Trump simply cannot dodge its blistering glare.

So his wiggle room is shrinking rapidly. Both sides have a political shovel at the ready. At least one will get the chance to help Trump bury himself deep in his own DACA doo.

Your play, Mr. President.



INGRATITUDE: Ungrateful kids who abandon their parents

(CONTINUED FROM PAGE 9)

parents. As soon as that child steps up and does the right thing, all the others back off, leaving that offspring to carry all the weight.

What is ironic is that in many instances it’s not the eldest who takes on this huge mantle of responsibility, but oftentimes the middle or even the youngest child who does all the running up and down and bears the financial burden. What’s ironic, too, is that it’s usually the child who got the most that turns out rotten.

“Imagine, she was the last one who got more than the others, and that’s how she treat me,” many mothers cry.

Now, I’m not saying that children should drop all that they’re doing and starve themselves to care for their aging parents. That would be unreasonable and impractical. But to totally abandon parents, especially those who are in need, is an abomination.

Yet it happens so frequently. It tends to occur a lot when children go away to foreign lands. They somehow think that their lives began when they first stepped off that plane and then forgot all about home and the sacrifice that parents made. Upon graduation it’s a new life for them, a life that does not include momma back home.

“As soon as dem touch ‘merica dem forget dem roots and feel shame of dem par-

ents,” is what I have heard.

CHANGE

Back in the day, Caribbean children were never like this and would always be satellites around their parents and grandparents. Some were called sandwich children, as they cared for their own kids, plus their parents too. They get caught in the middle of an emotional, mental, financial and physical whirlpool.

But these are modern times and many children nowadays don’t think they owe their parents. Strangely, this seems to occur more among daughters than sons. Sometimes those daughters will have a child and expect grandma to raise it, as they are off to greener pastures. Try and remember how many children were raised by granny or aunty as the mother leaves.

So many mothers invest so heavily in their children, making sacrifices just so they can get the best education and be fed and clothed during those challenging years. For those children to not only neglect their parents, but to be abusive, must be heartbreaking.

Kudos for those children who do not forget the sacrifices that their parents made and stand by them in their darkest hour.

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Jamaican appointed justice for Florida's Court of Appeal

Florida Governor Rick Scott recently appointed Jamaican Renatha Francis to the Miami-Dade County Court.

Francis, an attorney with the firm Shutts & Bowen in Miami, primarily represented insurance providers in personal injury protection litigation matters, specializing in the interpretation and application of automobile insurance policies.

Before joining the firm, she was a senior attorney at the First District Court of Appeal located in Tallahassee, including as an attorney to Judge Scott Makar, staff attorney and law clerk to Judge Peter Webster.

Francis migrated from Jamaica after attending the University of the West Indies, St. Hugh's High and Bridgeport Primary schools. She received her juris doctorate degree from



Francis

Florida Coastal School of Law in Jacksonville, Florida in 2010.

In her new post, Francis will fill the vacancy of Judge Jason E. Dimitris, who was promoted to the Eleventh Judicial Circuit Court.

- Contributed



Ex-Jamaica ambassador gets U.S. honor – finally

Anthony Hylton, a former Jamaica ambassador, has received a President's Volunteer Service Award for lifetime achievement from United States – finally.



Hylton

The honor was bestowed on Hylton for voluntary work in January by Barack Obama, while he was U.S. president. However, the Jamaican didn't get the medal until last month, according to a report in the **Jamaica Observer** newspaper.

According to the newspaper, the medal was presented to Hylton at the law firm of Samuda & Johnson, where he works as a partner.

Hylton was recognized for offering free legal services to Jamaicans via the U.S.-based organization Joseph Assignment Global Initiative.

The President's Volunteer Service Award is the premier volunteer awards program in the U.S. It encourages persons to live a life of service.

For the past decade, the Joseph Assignment has provided services in health, education and skills training in Jamaica.



Miami-Dade offers fitness programs for children

As part of its ongoing efforts to improve the lives of the area's youth, the Miami-Dade County Parks, Recreation and Open Space Department is inviting parents to enroll their children in specialized programs.

The "Fit2Play™: Health, Wellness, and Physical Activity" after-school program, for ages six to 14, is designed to help children discover the "fun" in fitness and develop healthy habits for a lifetime. Activities will be focused on fitness, nutrition and wellness, and developing appreciation of nature, science and the cultural arts.

Fit2Play™ will be held from 2 p.m. to 6 p.m., Monday through Friday, through June

8 at 25 Miami-Dade park locations.

"Fit2Lead Youth Enrichment & Sports (Y.E.S.)" program, for ages 12 to 14, presented in collaboration with the Department of Juvenile Services and local universities, aims to empower youth through sports and recreation, offering life and leadership skills through personal, academic, career and citizenship enrichment activities.

Fit2Lead Y.E.S. is free and offered 4 p.m. to 7 p.m. Monday through Friday during the regular school calendar year at 10 county parks.

For more information about the programs, call 3-1-1.



'Caribbean Day of Giving' to aid hurricane victims

Hurricane ravaged nations of the Caribbean will get support from the United States this month.

A "Caribbean Day of Giving" will be staged on Oct. 7 in New York.

On that day, the Caribbean diaspora and friends of the region will get together for a mediathon to support Caribbean countries ravaged by recent hurricanes Irma and Maria.

The media-thon was also expected to get support from the Image Entertainment Distinction (IED) Awards slated for Sept. 30 in Brooklyn, New York.

"We plan to use our platform in whatever way possible, to give support and visibility to the 'Caribbean Day of Giving' and the event being planned," event founder Diva Madonna said. "It is impor-



Sutherland

tant that we assist our brothers and sisters who were devastated by hurricanes Irma and Maria."

ALL DAY

"Caribbean Day of Giving" will be a full day event, incorporating programmers on WVIP-FM (93.5) in the U.S., as well as other participating stations across the country and beyond. It will

also feature other relief efforts, including opportunities to donate goods.

According to organizers, funds raised directly through "Caribbean Day of Giving" will be given to the Caribbean Disaster Emergency Management Agency (CDEMA), which is the official body coordinating relief efforts to the various Caribbean countries affected by the hurricanes.

Several popular entertainers from the Caribbean have signaled their intention of supporting "Caribbean Day of Giving", including singer Nadine Sutherland.

"There is no second thought in helping my Caribbean family," Sutherland was quoted as saying. "We are all so interconnected."



Delta Airlines to allow free texting during flights

Starting Oct. 1, United States-based carrier Delta Airlines will be allowing passengers worldwide to text free on its flights.

"We want our customers when they're flying to stay connected," Delta Chief Executive Officer Ed Bastian said on the "CBS This

Morning" television show on Sept. 27.

The free texting, to be made available on Delta planes with two or more cabins, will be offered through a Gogo app.

Travelers will be able to text through Delta's wi-fi portal page airborne.gogoin-flight.com.

flight.com.

Delta offers service between multiple U.S. destinations and the Caribbean.

However, Bastian said there are no plans for Delta to offer in-flight calls.

"Never in my lifetime," he said.



U.S. warns citizens against traveling to Cuba

The United States late last month stopped issuing visas and cut staff in Cuba after the American government claimed its embassy on the Caribbean island was being subjected to sonic attacks.

Cuba has denied responsibility for the attacks.

The source of the attacks has not yet been officially identified and the U.S. has not described its decision to reduce the embassy staff by 60 percent as a retaliatory measure.

The U.S. has retained staff in Cuba to assist American citizens still on the



island. However, the U.S. State Department has warned Americans against traveling to the island as they could be risking their health.

According to reports,

more than two dozen U.S. diplomats and family members have been subjected to mysterious sonic waves which produce a variety of symptoms, including

dizziness, hearing loss and concussions. According to U.S. officials, up to 50 attacks have been reported.



Jamaican woman, world's oldest person, dies at 117

A Jamaican woman, who was recently identified as the world's oldest person, died last month.

Violet Moss Brown was 117 when she passed in the early afternoon of Sept. 15 in Montego Bay, St. James in Jamaica.

Brown was born Mar. 10, 1900. In April, when Emma Morano died at age 117, she became the oldest known person on Earth.

The Jamaican supercentenarian, meaning someone who has lived beyond 110 years,



Brown

was the last living subject of England's Queen Victoria, who died January 1901. At

that time Jamaica was ruled by the British Empire. The Caribbean nation gained Independence in 1962.

At the time of her death, Brown was reportedly in good physical shape - for a 117-year-old. She could see, hear and walk with assistance.

With Brown gone, the title of oldest person, according to the Gerontology Research Group's World Supercentenarian Rankings List, now goes to Nabi Tajima of Japan, who is 117.



FOOD & DINING



www.caribbeantoday.com

~ A CARIBBEAN TODAY SPECIAL FEATURE

'See and Taste Belize' in Miami Oct. 7

The culinary flavor of Caribbean neighbors Belize will be on show this month in South Florida.

The "See and Taste Belize 2017 Festival" will be held Oct. 7 in Miami.

The second staging of the event will be staged at the Florida International University Kovens Center. It is to aimed at raising funds for

the Inspiration Center of Belize, which cares for children with disabilities.

The festival celebrates Belize's diverse culture in South Florida, represented by a fusion of foods spanning its Mayan, Garifuna, creole and European heritage. Chefs and artists from Belize are scheduled to attend. Guests will also be able to sample

Belizean rum and beer. Music will be provided by the Garifuna Collectives Band.

The festival will run from 10 a.m. to 5 p.m. The Kovens Center is located at 3000 N.E. 151st St.

For more information, visit www.seeandtastebelize.com.



PERFECT PAIRING: Amarone wine and prime strip steak

A good steak and glass of red wine offer a delightful traditional pairing.

A way to elevate this experience is to choose an Amarone della Valpolicella, a traditional red wine from Italy, to accompany a perfect cut of steak with high marbling content for more flavor.

Why an Amarone?

Considered the gentle giant of Italian red wines, Amarone has bold yet subtle characteristics, which pair nicely with a nice cut of New York strip steak.

Produced with indigenous grape varieties (Corvina, Rondinella, and Molinara) of the Venetian regions, Amarone wines are full-bodied, rich, well-balanced red wines. Since Roman times, winemakers have been using a specialized technique called the Appassimento method, which consists of drying the grapes on straw mats during the winter months to concen-



- Photograph © Africa Studio - Fotolia.com

A delicious combo.

trate the fruit's aromas and flavors.

PRIME CUT

Select a rich cut of steak with visible marbling, which will have a higher fat content to pair with bold red wine. A good option would be a New York or Kansas City strip steak. This cut is affordable, has texture and is flavorful.

Purchase a strip steak

with a thickness of one inch. Season with salt and pepper, then grill on high for two to four minutes.

Decrease heat to medium temperature until desired degree of doneness is achieved, such as medium rare or well done.

Pair your strip steak with an Amarone wine. It is full-bodied with balanced tannins that will stand up beautifully to this flavorful cut. The high tannins will also act as a palate cleanser during the meal.

Serving a beautiful steak and glass of high-quality Amarone will bring your experience to the next level.

- Edited from StatePoint.



'Bully beef and kegs' – cheap, easy belly full

It been rough recently for the Caribbean and its diaspora.

The devastation caused by hurricanes Harvey in Texas and Irma and Maria in Caribbean have hit close to home, destroying lives and property.

Given the state of the region, cooking is difficult, so basic foods will have to suffice. To do this we resort to hurricane or rainy weather foods. An example of this is canned corn-beef and flour dumplings - sometimes known in Jamaica as bully beef and kegs - which offers a cheap, easy to make, but delicious meal. Here's the recipe:

Corned beef

Ingredients

- 1 can of corned beef
- 1 medium onion
- 2 cloves garlic
- 2 medium Tomatoes
- 1 teaspoon black pepper
- 1/4 cup ketchup
- 1 tablespoon coconut oil
- 3 cups flour
- Salt



Corned beef

Method

In a medium size Dutch pot, sauté onions, tomatoes and garlic. Add corned beef. Crush until flattened and add ketchup.

Simmer until completely heated. Add black pepper.

Make flour dumplings by kneading flour and/or cornmeal in a bowl and make into small round balls. Then flatten in your palm and add to the same pot. Add salt to taste.

Boil until cooked thoroughly.

Serve dumplings with corned beef.

- Minna LaFortune. Edited from News Americas.



Delightful summer sipper ideas to serve your guests

From pool parties to evenings around a bonfire, summer is the ultimate time to entertain.

Artisanal cocktails make a statement at any gathering, so become the trendsetter of the season by using interesting spirits to get the party started.

The key to successfully designing a creative cocktail is simple - keep an open mind and use the best possible ingredients. Using quality spirits and seasonal ingredients will make for an intriguing and delicious drink.

Think outside the box when crafting cocktails, a hidden gem may already be in your bar collection, such as cognac liqueur. A common misconception is this spirit is only meant to be consumed during the wintertime. However, these liqueurs can be served chilled or made into refreshing cocktails.

Consider these three cocktails created by New York City mixologist Jaime Rios. Each recipe can easily be prepared ahead of time, so guests can help themselves.

Belle of the Ball

- 1.5 oz. Belle de Brillet Liqueur
- 1.0 oz. light rum
- 0.75 oz. lime juice
- 3 raspberries
- club soda

• sprig of rosemary

Add raspberries, ice and alcohol ingredients into a shaker. Shake and strain into a highball with fresh ice. Top with club soda. Garnish with rosemary sprig.

Brilliant Belle

- 1.0 oz. Belle de Brillet Liqueur
- 0.5 oz. lime juice
- 1.5 oz. premium vodka
- 0.25 oz. green chartreuse
- 3 dashes orange bitters
- 3 red grapes
- 1 basil leaf

Muddle red grapes and a basil leaf in a shaker then add all ingredients. Shake and evenly strain to the rim of the martini glass. Garnish with basil leaf.

Summer in the City

- 1.0 oz. Belle de Brillet Liqueur
- 0.5 oz. lime juice
- 2.0 oz. joto junmai sake
- cucumber slices
- mint leaves

Muddle cucumber and mint and add all ingredients with ice into tin shaker.

Shake and strain into a highball glass with crushed ice. Garnish with mint sprig and cucumber.

- Edited from StatePoint.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

Nuff niceness in sour sop juice

Fruit and vegetable juices are popular in the Caribbean. Mango, pineapple, orange, tamarind, carrot, cucumber and beet juice are all tasty treats, often served with Sunday dinner, which was followed by some delicious dessert like pineapple upside down cake, sweet potato pudding, carrot cake, corn pone or blue draws.

Among the favorite fruit juices is sour sop. Here's the recipe:

Ingredients

- 1 ripe soursop
- 1 can condensed milk
- 6 cups water
- 1 teaspoon nutmeg
- 1 tablespoon vanilla
- 2 tablespoons sugar

Method

Wash soursop. Peel the

fruit by removing the skin with your hands.

In a large wide-mouth bowl, divide the soft flesh pulp of the fruit into small portions. Add the water one cup at a time as you squeeze the pulp of the fruit with your hands.

Squeezing the sour sop allows the juices to flow into the water.

Add the rest of the water until all the juice is squeezed out of the pulp of the fruit. Put the squeezed pulp in the trash.

Pour the sour sop juice in a glass or plastic jug. Sweeten with condensed milk and sugar. Add the spices and vanilla.

Serve with ice.

- Minna LaFortune. Edited from News Americas.



Codfish patties, Haitian-style

Haitian patties are tasty, small cocktail-size made with beef, chicken, codfish or red herring.

Here's the recipe for Haitian codfish patty:

Ingredients

- 1 lb. cooked cod fish (finely chopped)
- 1 small onion diced
- 1 scotch bonnet pepper minced
- 1 large onion chopped finely
- 1 teaspoon of lime juice
- 2 tablespoons tomato paste
- 1 teaspoon Adobo seasoning
- 1 tablespoon olive oil
- 1 egg
- 1 tablespoon water
- 1 package (two sheets) puff pastry sheets (from super-market freezer section)
- 1 teaspoon lemon juice

Method

Put puff pastry sheets to thaw (30 to 45 minutes from freezer).

Mix the cooked codfish, Adobo seasoning, onion, pepper and lemon juice.

In a large frying pan, heat the oil on medium high heat and sauté the fish for about five minutes.

Add the tomato paste and mix all ingredients together.

Remove from the heat.

Preheat oven to 350 degrees. Unfold thawed puff pastry sheets lay them on a pastry board dusted with flour.

Roll sheets and flatten out the sheet with rolling pin. Cut pastry in rectangles with a knife.

Put a tablespoon fish filling in the center of the rectangle. Fold and seal with water and a fork. Place patties onto a baking sheet. Brush patties with an egg wash.

Bake patties in the oven for about 25 minutes or until golden brown on the outside.

Remove patties from the oven and serve warm.

- Minna LaFortune. Edited from News Americas.



Ginger bread, a baker's treat

In the Caribbean and its diaspora ginger is often used to make a beverage called ginger beer. It's used in the popular Caribbean drink sorrel.

Ginger is also used in cooking meats and baking cakes and cookies. Here's the recipe for ginger bread, another popular Caribbean dessert:

Ingredients

- 2 1/2 cups flour
- 1 cup brown sugar
- 1 cup boiling water
- 1 cup molasses
- 1/4 cup melted butter
- 2 eggs
- 3 teaspoons ground ginger
- 1 teaspoon mixed spice
- 1 teaspoon cinnamon

- 1 teaspoon baking soda

Method

Cream eggs and sugar. Add melted butter, then molasses.

Combine flour, baking soda, cinnamon, mixed spice and ginger and add to the mixture. Add boiling water.

Combine all ingredients thoroughly. Pour in loaf pan and bake in the oven at 350 degrees for one hour.

After 45 minutes, test with a knife. When done, knife should come out clean.

- Minna LaFortune. Edited from News Americas.



Grace Jamaican Jerk Festival set for Nov. 12 in Sunrise

Food and fun will be the main attractions at this year's Grace Jamaican Jerk Festival next month in South Florida.

The family event, to be staged from 10 a.m. to 10 p.m. Nov. 12 at Markham Park in Sunrise, will feature cooking contests and culinary demonstrations, coupled with live entertainment featuring some of the biggest names in Caribbean music.

"Jamaican culture is international and infectious and we want to share it with as many people as possible by attracting all ethnicities and demographics," Eddy Edwards, the festival's chief executive officer,



Chef Fowles will offer cooking demonstrations.

noted in a recent press release to promote the event.

"This year's festival is an opportunity to create a bigger experience that

appeals to a broader audience of South Floridians who can appreciate the culture, music, cuisine and the Caribbean energy."

ATTRACTIONS

Among the attractions will be The Grace Village, which will offer demonstrations, product sampling and interac-

tive activities. There will also be a Publix Cook-Off Pavilion, where Chef Irie and Food Network's two-time "Chopped" champion chef Andre Fowles showing culinary skills.

A "Party Pavilion" will feature DJs and selectors, plus a "Kids Zone the Western Union Cultural Stage and the Fuzion Sound Stage.

Scheduled performers on the main stage are Morgan Heritage, Tarrus Riley, King Yellowman and the Sagittarius Band, Ken Boothe, Leon Cordero and Code 868, Septimus and Code Red Band.

For more information, visit JerkFestival.com.



Rice pelau – a one pot mix-up delight

One pot meals are a favorite in the Caribbean and its diaspora.

Among them are: seasoned rice, peas soup, pumpkin soup, corn beef and macaroni, oil down, pepper pot and sancocho. Here's the recipe for rice pelau:

Ingredients

- 1 lb. chicken breast cut in 1 cubes.
- 1 1/2 cups uncooked brown rice
- 1 cup coconut milk
- 2 cups fresh pigeon peas
- 1 cup chopped carrot
- 1/2 cup chopped onion
- 1/2 cup chopped scallion
- 2 bunches chopped fresh parsley
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 tablespoon Worcestershire sauce

- 1 tablespoon Tomato Ketchup
- 3 tablespoons cane sugar

Method

Wash chicken breast with vinegar. In a large bowl, place chicken, green seasonings, garlic, Worcestershire sauce, soy sauce and ketchup along with salt and pepper to taste.

Toss to mix and coat the chicken with the seasonings. Set aside and let marinate for at least an hour.

In a large Dutch pot over medium heat, make burnt sugar by sprinkling it into the heated oil in an even layer. Let the sugar melt until it starts to froth and bubble.

As soon as the edges of the froth/bubbles start to get a slight shade darker, immediately add the seasoned chicken and stir to

mix and coat with the burnt sugar. Let it cook for seven to 10 minutes.

Stir in the chicken and cook until well browned. Add coconut milk, water, rice, onions, scallion, pigeon peas and carrot. Stir all the ingredients and mix thoroughly. Add salt, cumin and black pepper.

Lower flame and steam until rice and all the ingredients are cooked.

Sprinkle the parsley on top and fold into pelau.

Taste and adjust seasonings with salt and pepper if necessary.

Serve hot or at room temperature.

- Minna LaFortune. Edited from News Americas.



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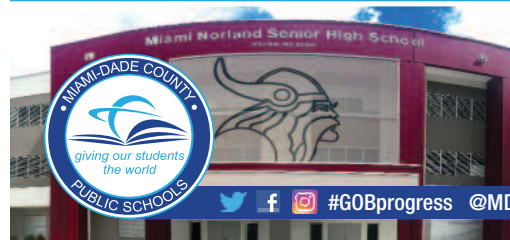
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BOOKS



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Welcome 'Retirement' with adventurous spirit

- **TITLE: RETIREMENT: A NEW ADVENTURE**
- **AUTHOR: PATRICIA REID-WAUGH**
- **REVIEWED BY: DAWN A. DAVIS**

Think retirement is a boring, hibernating experience? Well think again.

Jamaican-born retiree Patricia Reid-Waugh will turn your perception of this well-deserved respite from work upside down in her book "Retirement: A New Adventure".

Waugh outlines retirement as a life filled with non-stop living and renewal, taken up with everything you always wanted to do and more.

"No one could picture me sitting around the house all day in a drab, ill-fitting house-dress doing nothing," insisted Waugh.

She jumps right into the myriad adventures that await those in the prime of life now that their time is totally self-controlled. The book is the perfect example of living

dreams after work life.

YOU CHOOSE

In Waugh's first book, the reader can simply choose a topic of interest and start from there. Whether you want to

learn to play an instrument, focus on fitness or write your own story, the book is easy to navigate.

It is also dotted with the author's personal stories. For example,

as an avid traveler, Waugh often reaches out to other adventurers. However, Waugh's stories are not just about her passion. She also gives advice on how to research, acquire visas, book and take flight. She details the websites and people to consult before starting a journey.

The author also highlights

experiences of famous and not so famous individuals who epitomize the spirit of retirement. She refers to former United States President George H.W. Bush skydiving to celebrate his 80th, 85th and 90th birthdays, ending with the mantra "nothing is off-limits."

Waugh also embraces mentoring or taking on a new "retirement career", for example teaching in foreign countries, passing on knowledge and specialized skills. It's about getting and staying connected to maintain an active fun-filled life.

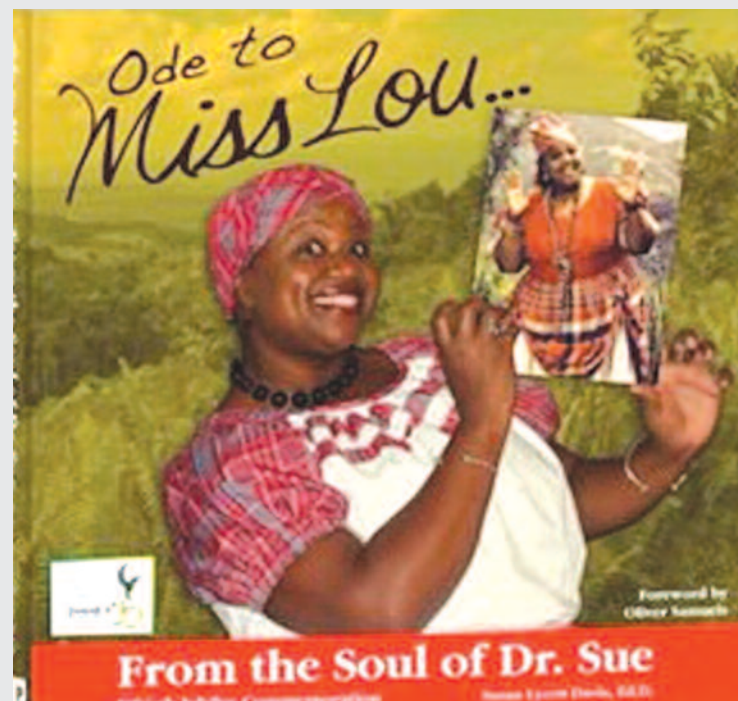
Waugh insisted that retirees change their attitudes toward the Internet and get connected to the technological world, including social media. Want to see pictures of your grandchildren? You better be able to use e-mail.

So, take inspiration from a fellow retiree. Be inquisitive, be active, live a life filled with purpose.

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



DR. SUE'S LITERARY VIEW



Jamaican American Dr. Susan Lycett Davis, popularly known as "Dr. Sue" recently published two books, which show her passion for Jamaica's culture. "I am Jamaica" and "Ode to Miss Lou ... From the Soul of Dr. Sue", a tribute to late Jamaican cultural icon Louise "Miss Lou" Bennett-Coverley, are now available.

Guyanese American author releases two new books

Guyanese American author and poet Christopher H. K. Persaud recently released his first book of poetry, titled "Windows of My Mind – Sixty Poetic Expressions", and a book of his philosophical quotations, "MUSINGS – 175 Reflections to Enliven Your Mind".



Persaud

"Windows of My Mind" features 60 of Persaud's poems, some composed as far back as the 1970s, when he lived in Guyana.

"MUSINGS" represents the author's thoughts on a variety of topics, including religious, social, political and moral considerations.

Persaud, who lives in New Milford, New Jersey with his wife and three sons, is the author of eight books.



Spring Education



It's time to once again to plan for spring classes!

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HAPPY READING!



- Photograph contributed

Kids attending last month's "The Children's Happy Reading Journey Event" in South Florida found time to enjoy some books. The event promoted reading as fun for young children and their families and reading development skills. It also featured authors, illustrators and guest readers. Popular children entertainment figures like "Curious George" and "Belle" attended and kids received books to take home, courtesy of Houghton Mifflin Harcourt. Jamaican American Sandy Isaacs co-ordinated the event.

Sent from Judy Lindquist - Author of 'Saving Home', OCPS Teacher and Adjunct Professor and Dept. Chair of Children's Literature Dept. at Univ. of Central Florida

Caribbean artistes rally to support hurricane relief

Caribbean artistes from across the region have stepped up to help victims of hurricanes Irma and Maria.

On Sept. 24, dozens of artistes reportedly joined forces for the “One Island” concert in Trinidad. The show, organized by No Laughing Matter, a group of citizens brought together by Trinidadian entertainer/businessman Errol Fabien, featured performances in aid of hurricane relief efforts.

Rihanna rips Trump

Barbadian pop superstar Rihanna jumped into the fray of criticizing United States President Donald Trump for what she believes is his administration's weak response to the mounting hurricane crisis in Puerto Rico.

The “Umbrella” singer claimed the president has not been fully focused on providing relief for Puerto Rico, which was flattened by Hurricane Maria last month, and blasted Trump on social media.



Rihanna

“Dear @realDonaldTrump I know you’ve probably already seen this, but I just wanted to make sure! Don’t let your people die like this,” Rihanna tweeted on the morning of Sept. 28. She attached a photograph of the front page of the New York Daily News newspaper to the tweet, which carried the headline: “Puerto Rico needs more help, Mr. President!”



Caribbean acts for ‘Jamfest’

Caribbean performers Third World and Jack Radics will be among the musical acts showcased as this month’s “Florida Jamfest” in Miramar, Florida.

The event, themed “Grown & Sexy”, will be staged Oct. 28 at the Miramar Amphitheater. Showtime is at 6:30 p.m.

Other scheduled performers include Frankie Beverly and Lenny Williams. Actress JoMarie Payton will be the hostess.

For more information, visit <https://www.pluggedentertainment.net> or call 404-601-2840.



The public was asked to make contributions of money or items such as water and food for the victims.

Among the artistes who took up the relief message was Antiguan soca star Ricardo Drue. Through his I Do Care Foundation in Antigua, Drue helped raise funds. Soca artistes Skinny Fabulous, Peter Ram and Teddyson John also heeded his call.

Drue performed at a benefit show on Sept. 17 in New York City, which also featured soca artists Lyrikal and Kerwin DuBois, Skinny Fabulous, Vincentian Problem Child, Teddyson John and Majah Hype.

Lyrikal partnered with the West Indian American Carnival Day Association and the



Soca artiste Ricardo Drue was among the stars who stepped up to help victims.

Caribbean American Center of New York (CACNY) to collect cash and other items for hurricane victims.

On Oct. 1, Drue was also scheduled to team up with Promoters United, for a benefit concert in Orlando, Florida.

- Edited from News Americas.



Jamaican music trends, future focus of Nov. 9-12 conference

An opportunity to catch up on the latest trends in Jamaican music will present itself next month in the Caribbean island.

“Jamaica Music Conference 2017” will be held Nov. 9-12 in Kingston.

The conference, featuring the theme “Reclaiming Our Identity”, is expected to offer music professionals the chance to network and identify the industry’s stars of tomorrow. The theme will also focus on the rising global impact of Jamaica’s music, content and culture.

The conference is slated to feature seven venues and 10 separate sessions, including a sound system summit, visual

and performing arts and panel discussions. Independent music professionals will have an opportunity to discuss challenges in the industry and propose solutions.

Among the topics scheduled for discussion are:

- How can Jamaica and its diaspora retain the main share of ownership within the reggae/dancehall space?
- How can the enduring international popularity of Jamaica’s music embrace the global landscape to benefit Jamaica and Jamaicans at home and abroad?

For more information, visit www.jamaicamusic-conference.com.



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Help Caribbean Today to educate our children, and thereby providing a leg up for all.

Caribbean Today has established “The Caribbean Today Foundation for Journalistic and Healthcare Excellence” which will provide scholarships to students attending Miami Dade College. Donations can be made in the following way:

- Via Check: Make checks payable to “The Miami Foundation” and include the Fund name “The Caribbean Today Foundation for Journalistic and Healthcare Excellence” in the memo line of the

check. Mail checks to, The Miami Foundation, 200 South Biscayne Boulevard, Suite 505, Miami, FL 33131

- Via Credit Card: miamifoundation.org/givenow. Choose the Fund from the dropdown menu and submit payment. Please look for the Fund name Caribbean Today Foundation.
- Please contact the Miami Foundation directly for cash wiring or stock transfer instructions if needed.

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Caribbean Today

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~ A CARIBBEAN TODAY SPECIAL FEATURE

Trump temporarily waives U.S. law to help hurricane relief

Responding to immense pressure to step up assistance for hurricane-ravaged Puerto Rico, United States President Donald Trump last month temporarily loosened rules which restrict ships carrying relief supplies.

The Trump administration announced on Sept. 28 that the president had waived the Jones Act following a request by Puerto Rico's Governor Ricardo Rossello.

"At @ricardorossello request, @POTUS has authorized the Jones Act be waived for Puerto Rico. It will go into effect immediately," White House Press Secretary Sarah Sanders tweeted.

The Jones Act is a federal law which protects the financial interests of U.S. shipbuilders by limiting shipping by foreign vessels. Without the waiver, relief supplies to Puerto Rico would have been limited to American shipping partly because the Act makes it twice as expensive to ship from the U.S. mainland to Puerto Rico as it is to ship from any other foreign port in



Trump

the world.

When recent hurricanes hit Texas and Florida, Trump quickly lifted the Jones Act. The U.S. Department of Homeland Security claimed it was slower in lifting of the restrictions for Puerto Rico because the Department of Defense requested a waiver for Texas and Florida, but hadn't yet done so for Puerto Rico before the president's decision.

Before the waiver, Trump said he had not waived the

law because of pressure from the U.S. shipping industry

"We're thinking about that," the president said at a White House press event last month. "But we have a lot of shippers and ... a lot of people who work in the shipping industry that don't want the Jones Act lifted. And we have a lot of ships out there right now."

- Edited from CNN and other sources.

**Seaboard Marine expands PortMiami cargo services**

MIAMI, Florida - Seaboard Marine, PortMiami's largest cargo terminal and carrier, has added a new direct service between Miami, Guayaquil, Ecuador, Callao, Peru and Paita, Peru.

According to a recent press release issue by PortMiami, the weekly service was scheduled to start in early August and will be supported by three vessels from Ecuador and Peru.

"Our customers, which appreciate the high level of service and convenience at PortMiami, have been requesting faster transit times to and from Ecuador and Peru," Edward Gonzalez, Seaboard Marine president, noted in the release.

"This new weekly service does exactly that by providing more rapid southbound transit to Guayaquil, Callao and Paita from Florida. Moreover, the new northbound transit times to PortMiami are unmatched by other carrier



Expansion at PortMiami.

and are ideal for the transportation of both dry and refrigerated cargoes from both Peru and Ecuador."

"We are very pleased to welcome Seaboard Marine's new service between Miami and South America," Miami-Dade County Mayor Carlos A. Gimenez added in the release. "Seaboard Marine is a trade leader in the Western Hemisphere, and its new service will enhance cargo offerings at PortMiami."

**Crowley steps in to aid FEMA with Puerto Rico supply shipments**

United States-based shipping company Crowley has pitched in with relief efforts to hurricane-hit Puerto Rico.

Crowley Puerto Rico Services transported relief cargo to Federal Emergency Management Agency (FEMA) receiving locations in the Caribbean island.

"This is a team effort," said Jose "Pache" Ayala, Crowley's vice president for Puerto Rico services, was quoted in a recent press release from the company.

"We are working with our commercial customers to understand their shipping needs and help them scale back, while maintaining our focus on expediting FEMA cargo through the supply

chain."

Our team and FEMA continue to transport, receive and distribute water, food and other relief items as fast as we can as it arrives at the terminal to support the island's recovery."

Crowley and other transportation companies have played a significant role helping FEMA relief efforts in Puerto Rico's communities. As of Sept. 28, Crowley had facilitated providing 1.3 million meals and 2.77 million liters of the meals and water that



Crowley has transported supplies to support relief efforts in Puerto Rico.

Jacksonville.

In addition, Crowley is scheduled to move 272 emergency relief vehicles, including 140 fuel trucks, and 100 disaster recovery vehicles from Jacksonville to San Juan.

Crowley's barge "El Rey" was scheduled to arrive in Puerto Rico on Oct. 2 with a shipment of 100 fuel distribution trucks with 275,000 gallons of diesel fuel and 75,000 gallons of gasoline.

"As commercial customers begin getting back on their feet, we will continue to coordinate with them to pick up their cargo from the terminal," Ayala was quoted as saying.

"Retailers and grocers must also be part of the recovery. The sooner they can begin receiving loads and making goods available to consumers, the better. Additionally, this will help restore the supply chain here and create the opportunity for more relief supplies to reach people in need as fast as possible."

Crowley, which has about 300 Puerto Rico employees, has served that country's market since 1954.

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have arrived in San Juan.

FEMA has provided food and water to over 60 municipalities with the logistics and transportation assistance of Crowley.

PARTNERSHIP

The joint effort began the morning of Sept. 23, after the U.S. Coast Guard re-opened the port at 8 a.m. and Crowley's first barge was unloaded with 144 government relief loads.

Crowley, through the end of the month, had moved more than 700 government relief loads with 3,100 loads booked and 1,000 loads ready to leave the Port of

~ A CARIBBEAN TODAY SPECIAL FEATURE

Shippers should not depend strictly on an ocean carrier paying its claim

DANIEL W. RAAB

International shipments could be exposed to all kinds of danger.

Furthermore, many bills of lading have various limitations of liability under the Carriage of Goods by Sea Act such as the \$500 per package limitation and a defense excusing improper navigation of the ship under many circumstances.

An ocean carrier and its coverage provider - a P & I Club or domestic insurer - are in more of an adversarial position to the shipper than is its own insurance company. In many states in the United States, an insurance company's failure to pay a claim that should be paid can result in an assessment of attorneys' fees if there is litigation. This is typically not true with cases against ocean carriers.

The most common type of policy that is purchased is an all risk policy. However, such a policy typically has exclusions, including for improper packing and intentional acts. These policies are often written as open cargo policies.

OPEN CARGO

Open cargo policies can be purchased by shippers, ocean freight forwarders and other third party intermediaries. They allow for shipments to be covered on an ongoing basis.

Shipments must be reported to the insurer. These types of policies will typically cover cargo from one warehouse to another and include shipments that go not only by ocean, but also for the inland portion of the shipments by truck or rail. There are also special cargo policies, which often deal with an expensive piece of cargo such as a stage or luxury car.

When you purchase a cargo policy or any policy, it is important to request a copy of the policy so you are aware of



Shippers must be sure cargo properly insured

the terms and conditions of the policy. Florida laws, except for possibly on some surplus lines policies, do not have a time frame within which an insurance company must provide a copy of the policy to its insured.

If there is a loss, it is important that you give notice to the insurance company or its designated representative as quickly as possible. Do not assume that the insurance agent is the representative of the insurance company. You want proof that the insurance company is on notice of the claim. The insurance agent is not the same thing as the insurance company.

REVIEW

Review the policy to see where you should give notice. Certificates on an open cargo policy can give the name of a contact person and/or company in another country in the event of a loss.

It is also good practice to notify the ocean carrier of the loss immediately - certainly within three days. Failure to do so will place a heavier burden on the shipper to prove a loss.

The insurance company will typically send a marine surveyor out to look at the cargo. If you find the surveyor appointed by the insurer is questioning the claim, then you might want to get your own surveyor. You can check

the listings with the Society of American Marine Surveyors, Inc. and the National Association of Marine Surveyors, Inc. to find a cargo surveyor in your area. You will have to provide various documents to the insurance company, including a bill of lading, packing list, invoice, consular documents and delivery receipts.

If the claim is paid, then the insurance company will have the right to sue the ocean carrier or any other party it feels caused the loss. You will have to co-operate with the insurer. This could involve giving a statement, providing documents, and appearing at a deposition and at trial.

You will most likely have to sign a subrogation or a loan receipt if the payment was labeled as a loan. The insurance company controls this lit-

igation and any lawsuit will most likely be brought in the name of the insurance company.

This should give you an overview of what is a first party cargo policy and some basics of initiating a claim. A shipper should not depend strictly on an ocean carrier

paying its claim.

Daniel W. Raab is a Miami, Florida-based attorney whose practice includes representation of steamship companies, ocean freight forwarders, motor carriers, surface transportation brokers, insurance companies, importers and exporters. The above article deals with the importance of having a cargo policy on international shipments and an overview of how to make a claim under such a policy.



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St. Lucia's P.M. wants new U.S.-Caribbean trade plan

NEW YORK —St. Lucia's Prime Minister Allen Chastanet has proposed the establishment of a new trade initiative between the United States and the Caribbean.

Chastanet, in a recent interview with the U.S. business network CNBC, said recent hurricanes that have devastated parts of the Caribbean have shown the

need for diversity, even as it relates to sources of food. He also pointed to a shutdown of American hub Miami for several days.

"So it really has shown us that we need to diversify ourselves a bit and maybe look a bit more to Panama in terms of supplies of food," Chastanet said.



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SPORTS



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Jamaicans blast Trump over Usain Bolt tweet

Jamaicans on social media were highly critical of Donald Trump last month after the United States president hauled their compatriot, legendary track star Usain Bolt, into the center of a controversy involving his clash with the National Football League (NFL) and U.S. athletes from other sports.

Trump posted a video clip of Bolt at the 2012 Olympics, which showed the Jamaican halting an interview to stand for the playing of the U.S. national anthem. The president tweeted: "Even Usain Bolt from Jamaica, one of the greatest runners and athletes of all time, showed RESPECT for our National Anthem!"

The tweet was part of Trump's ongoing feud with professional athletes in the U.S., mostly NFL players, who have protested unfair treatment of African Americans by kneeling during the playing of



Bolt

the national anthem. The president has expressed outrage at their action.

NOT AMUSED

Jamaicans, however, were not amused that Trump had involved Bolt in his controversy. Many vented their anger at the U.S. president on social media, some calling on Trump to leave Bolt out of his "politricks".

"Let me just speak for all Jamaicans on this one: Please keep Jamaica and our national heroes out of your racist tweets," Robert Murray tweeted.

"For the love of God stop talking and don't bring my country and countryman in this whole debacle," tweeted El Jefe.

Team Jamaica@Jamaica Olympics was more blunt on Twitter: "Donald J. Trump Please leave The Boss out of your politricks."

Up to press time Bolt, a multiple Olympic and world champion who retired this year, had not responded to Trump's tweet.



T&T roots player wins U.S. Open

Sloane Stephens, a Plantation, Florida-born tennis star who traces her roots to Trinidad and Tobago, is the new United States Open champion.

Stephens won her first Grand Slam title last month by defeating fellow American Madison Keys in the final in New York. She beat another American, Venus Williams, in the semi-final.



Stephens

According to reports, Stephens's grandfather grew up in T&T before migrating to the U.S. to attend Howard University, where he became a doctor.

The 24-year-old Stephens returned to action this summer after being sidelined for 11 months with a stress fracture in her left foot.



Bajan Bowen wins riding title

AUBURN, Washington – Barbadian Rocco Bowen won his second successive title at Emerald Downs here last month.

The 28-year-old scored in race eight with favorite Betrbecone on Sept. 24 to bring his final tally for the 2017 campaign to 126 wins – an increase of 16 wins over last year's performance.

Bowen also claimed 92 seconds and 79 thirds from 506 starts overall. He ended with \$1.22 million in winnings.

Julien Couton finished in second with 65 wins, while Kevin Orozco was third on 63.

Last year, Bowen made history by becoming the first of his countrymen to win a jock-



Bowen

ey's title on U.S. soil with his conquest at Portland Meadows. He proved the achievement was no fluke by dominating the season at Emerald

Downs months later and again this season.

Among the highlights of the season for Bowen was his five-timer last month, the 33rd time a rider had pulled off the feat at Emerald Downs, but the first time in two years at the Pacific northwest track.

- Edited from CMC.



T&T clings to fast fading World Cup soccer dream

GORDON WILLIAMS

Trinidad and Tobago will this month be fighting to preserve its fast vanishing hopes of qualifying for the World Cup, the only Caribbean nation still with a chance to compete at soccer's biggest tournament in 2018.

Following a series of poor results, including losses last month to Honduras and Panama, the Soca Warriors will finish its CONCACAF qualifying schedule with games against Mexico away on Oct. 6 and the United States at home on Oct. 10.

Going into those matches, T&T's World Cup qualification chances are dangerously slim. It has three points and remains rooted to the cellar of the six-team qualifying group for countries in the Caribbean, North and Central America.

With all teams completing eight group games with two remaining, Mexico has already secured one of three automatic places from CONCACAF for next year's global showcase in Russia with 18 points. Costa Rica is next on 15, followed by Panama, 10. U.S. and Honduras have nine.

NO CHANCE

T&T has no chance to be



Lawrence

among the three automatic qualifiers and must win its last games to have any hope of finishing fourth in the group, which would enable the Warriors to play off with a nation from the Asian Football Confederation for the right to qualify for the World Cup.

T&T lost 1-0 to Mexico in their first encounter in March. Mexico's final game will be against Honduras on Oct. 10, the same date Panama faces Costa Rica and T&T closes out against the U.S.

Yet even if, for example, T&T wins its two remaining qualifiers and its closest competitors for the fourth spot in

the group – U.S. and Honduras – each lost their last games, making the Warriors tied with them on nine points, T&T would still have to compile a better goal difference – among other tiebreaking scenarios – to advance to the playoff.

There is no margin for error for the Caribbean's final hope.

T&T has even conceded the 2018 World Cup dream is already a nightmare.

"Of course it's very disappointing," said Warriors head coach Dennis Lawrence following last month's 3-0 defeat to Panama.



Caribbean teams set for Florida netball tourney

Teams from several Caribbean countries are scheduled to participate in next month's "Senior Florida Netball Classic" in Coral Springs.

The event, to be staged at

the Coral Springs Gymnasium, is slated for Nov. 18 and 19.

According to organizers, teams from Jamaica, St. Kitts and Nevis and Trinidad and

Tobago have confirmed their participation. They will be joined in competition by teams from Florida and elsewhere in the United States.



Windies misses auto-qualification for World Cup cricket

Caribbean ambassadors the West Indies have missed out on automatic qualification for the 2019 World Cup, cricket's showcase tournament.

The West Indies lost the first game in a five-match one-day international series against England last month. That result made Sri Lanka the eighth and final nation to gain an automatic berth to the World Cup, to be staged in England.

The West Indies needed to win at least four of those five games, and avoid defeat, to gain an automatic World Cup spot, based on the ranking/qualification points system. The Caribbean team eventually lost the series 4-0. One game was rained out.

CHANCE

However, the West Indies, World Cup champions in 1975 and 1979, still have an oppor-



Chris Gayle and teammates must go through another qualification campaign.

tunity to compete in the tournament via qualification campaign. Two of 12 countries

from that competition will play in the World Cup, among them Afghanistan, Zimbabwe and Ireland, the bottom three teams in the International Cricket Council (ICC) ranking. Other teams will come from the ICC World Cricket League Championship and the ICC World Cricket League Division 2.

So far, Sri Lanka, Australia, Bangladesh, England, India, New Zealand, Pakistan and South Africa have gained automatic qualification to the 2019 World Cup, to be played May 30 to July 15.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

TARGET 2030: Caribbean adopts ambitious universal health agenda

WASHINGTON, D.C. – Health leaders from throughout the Americas, including the Caribbean, have endorsed an ambitious and wide-ranging agenda for fighting diseases and making their countries' health systems universal and sustainable by the year 2030.

The Sustainable Health Agenda for the Americas 2030 (SHAA2030), which takes inspiration from the global U.N. Agenda for Sustainable Development 2030, was unanimously adopted during the 29th Pan American Sanitary Conference meeting here last month at the Pan American Health Organization (PAHO).

PAHO said on Sept. 27 that the new agenda commits countries to pursuing 11 goals and 60 targets that will be used to measure progress toward those goals. They

range from achieving universal health coverage to ending the HIV/AIDS epidemic in the Americas, all by the target year 2030.

LEADERSHIP

In launching the new agenda, PAHO Director Dr. Carissa F. Etienne said it is a prime example of the public health leadership the region of the Americas has shown for more than a century.

"I believe if any region can bring this agenda to reality it is the Americas region," Dr. Etienne said. "It is because of our solidarity, our commitment and our passion that we can make it happen."

The agenda's 11 goals cover a range of action areas deemed essential for strengthening countries' health systems to ensure their efficiency, effectiveness, equity and sustainability, with the ultimate



Etienne

goal of guaranteeing that all people have access to the health care they need when they need it, without fear of financial difficulty, PAHO said.

It said the agenda builds on progress made in the first part of the 20th century toward achieving the Millennium Development Goals (MDGs), as well as goals set in the Health Agenda for the Americas

2008-2017, which was adopted by PAHO member states in 2007.

MILESTONES

PAHO said that regional health progress includes an increase of 3.2 years in average life expectancy between 2000 and 2015, significant reductions in infant mortality, and major declines in communicable diseases such as HIV, tuberculosis, and malaria.

The region has also reached three historic health milestones so far this century: the elimination of endemic measles circulation (in 2016) and the elimination of rubella and congenital rubella syndrome (in 2015), PAHO said.

Despite this progress, PAHO said significant health gaps remain between low and higher-income countries of the region and between different population groups within

countries.

In the new Sustainable Health Agenda for the Americas, PAHO said countries have agreed to prioritize actions that will help ensure that future health progress is more equitable, so that no country or population group is left behind.

"Until every man, woman and child can live a life that is healthy and productive, we will have failed, and I don't want the next generation to say, 'what did they do,'" said Etienne. "Let's go forward with the commitment that we will reach everyone who is not being reached."

GOALS

PAHO said the goals of the Sustainable Health Agenda for the Americas are, among others: To expand

(CONTINUED ON PAGE 23)

Tips to boost your family's fitness by staying active, alert

Regular exercise is an important part of helping to keep your family healthy and strong.

Indeed, physical activity can help you live longer, improve your mood, reduce your risk for life-threatening diseases and strengthen bones and muscles, according to the Centers for Disease Control and Prevention in the United States.

Sept. 30 is "Family Health and Fitness Day USA" and a good time to think about ways of getting the family to move more together. Today's modern families may find incorporating new technology into their fitness plans will help motivate everybody to participate. Here are a few ideas:

Get on your feet - Whether it's a rainy day or you just want to do something super fun right at home, you can make an afternoon of playing a dance video game.

Many gaming systems support dance games, and these days there are so many choices featuring various dance styles and genres of music - from hip hop to pop to Broadway. This is a super fun way to exercise that won't even feel like a workout.

Fitness wearables - Rugged, water-resistant wearable tech gear can enhance your outdoor fitness experience.

For example, the WSD-F20 Pro Trek Smart Outdoor Watch from Casio features



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Hiking trips can keep you healthy.

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and other outdoor adventurers take expeditions further afield. Low power consump-

tions GPS and location memory can help your family map your course and stay on track.

Movement apps - New apps, many with a gaming component, can remind users to get on their feet and move at periodical intervals.

Whether you're on a family road trip or vegging out on the couch for a movie marathon day, simple notifications will remind you to pull over the car or pause the movie for a short stretch or walk. Many such apps even guide you through a brief routine targeting the entire body.

- Edited from StatePoint.



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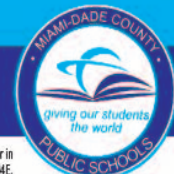
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~ A CARIBBEAN TODAY SPECIAL FEATURE

LIFESTYLE CHOICES: Does where you live determine how long you live?

From one corner of a city or county to another, life expectancy can vary by five, 10 or even 20 years, according to a report from the Center on Society and Health.

"What would it take to close those gaps across our community and ensure that

everyone has the opportunity to be as healthy as possible?" asks Dr. Clyde Yancy, American Heart Association past president and chief of cardiology at Northwestern University in Chicago. "For many communities, it requires removing obstacles to health

such as poverty and discrimination."

Thirty million people in United States neighborhoods have little or no access to healthful food like fruits and vegetables, and almost two-thirds of teens living in the U.S. don't get the recommended 60 minutes of daily physical activity. While progress is being made to help children grow up healthy, every state has communities with greater gaps and racial disparities.

To make sure all kids can lead a long and healthy life, a new campaign called "Every Child Needs" is shedding light on the types of resources schools and communities need to create healthy environments that help children succeed. As a result, more than 20 organizations dedicated to improving nutrition and increasing physical activity among children, have come together to build a foundation for a healthy future.

Experts involved have identified the following key elements that every child needs to grow up healthy:



Photograph © Scott Griessel/stock.Adobe.com

Parents' decisions can affect the entire family.

A HEALTHY START

- At hospitals and work-sites, moms need support and guidance for breastfeeding to help ensure infants receive the best nutrition.
- At home and in centers for early care and education, children need age-appropriate play and space to roll, crawl, wobble and run.
- All kids require healthful drinks and food such as milk or water, fruits, vegetables and whole grains.

A HEALTHY SCHOOL

- Nutritious school lunches and smart snacks, and a school free from marketing of junk foods and sugary drinks, are crucial.
- Children need time to be active at recess; physical education and bursts of energy through classroom movement activities.

(CONTINUED ON PAGE 23)

SKIN TIGHT: Weight loss tips to fit into your favorite jeans

Are your favorite pair of jeans sitting in your closet waiting to be worn again? If so, you're not alone.

More than three in five American women (62 percent) own jeans that no longer fit them, according to a new survey conducted on behalf of Nutrisystem by Harris Poll. And on average, they say they would have to lose 16.8 pounds to fit into their favorite pair.

Trying on those jeans and not fitting into them can be frustrating, but being geared with the right tips can help you get on the weight loss track and back in those jeans.

• Eat smart and often - Aim to eat smaller meals every two to three hours, six times a day so that you don't binge or overdo it. You'll feel



Getting into your old pairs is not always easy.

full and satisfied, which will help you make smarter choices.

• Be prepared - Always keep a baggie of your favorite snacking veggies handy in the car, at work and on-the-go. If you feel a craving, snack on those carrot sticks guilt-free.

• Don't go at it alone - Losing weight isn't exactly a cakewalk. But it doesn't have

to be impossible. Find a weight loss plan that works for you and fits in with your lifestyle.

• Drink up - "Hunger and thirst are easily confused, so stay hydrated. But don't make the mistake of drinking your calories. Opt for water," says Courtney McCormick, corporate dietitian at Nutrisystem.

If you're looking for a more flavorful option, add fresh fruit slices, a few squeezes of lemon or some sprigs of mint leaves.

• Stay committed - You owe it to yourself to focus on your health. Making changes is never easy at first, but hang in there. Your results will fuel your continued commitment.

More tips and inspiration, as well as recipes, can be found at leaf.nutrisystem.com.

- Edited from StatePoint.



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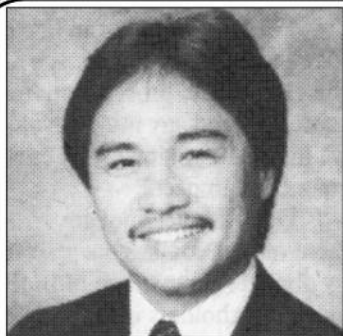


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~ A CARIBBEAN TODAY SPECIAL FEATURE

Surprising ways to improve skin

If you've spent any energy devoted to improving your complexion, you may think you understand all the strategies for achieving clear and healthy-looking skin.

However, there are some surprising skin care facts you may not know about that can help you rethink your routine.

For example, acids in skin care products can mean many different things and there is often a negative connotation with the ingredient. However, there are many effective ways to work acids into your skin-care regimen.

• Glycolic acid is the most effective alpha-hydroxy acid, according to dermatologists, due to its small molecule size - allowing it to penetrate deeper, act as an exfoliant to remove dead skin cells and reveal renewed skin.

Consider incorporating this acid into your mask routine to smooth skin, reduce the appearance of wrinkles and allow for smoother application of makeup.



- Photograph © Goodluz/stock.Adobe.com
Make acids work in skin care.

• Oleic acid, an omega-9 fatty acid that replenishes the skin's lipid layer, is an essential component of skin barrier function, and the foundation of healthy, resilient skin.

As skin's lipids deplete as you age, you may need to actively offer your skin the benefits of this acid. The ingredient will repair visible signs of aging and soothe dry, damaged skin.

• Hyaluronic acid, a hydrating molecule that attracts and retains up to 1,000 times its weight in water, is naturally found in skin. As one ages, its presence diminishes, leading to dehydration, fine lines and wrinkles.

However, you can rehydrate and replump skin by applying this acid topically.

To learn more about incorporating acids into your skin care routine, visit strivectin.com.

- Edited from *StatePoint*.



Dealing with the subtlety of back pain

The majority of adults in the United States will suffer from back pain at some point in their lives and migraine headaches are reportedly one of the top disabling illnesses in the world.

The most common types of pain are not necessarily associated with an extraordinary life event. Pain can result from major as well as minor injuries, poor lifting techniques, bad posture, improper footwear and natural wear and tear of your body over time.

HIDDEN

Damage to muscles, ligaments and tendons, known as soft tissue injury, is unlike the visible trauma of broken bones. These kinds of injuries are not always aptly addressed.

For instance, a slip and fall at the grocery store, a pulled hamstring at the gym or muscle spasms and cramps on the basketball court may seem



Dr. Fidel Goldson, Jr. examines a patient.

negligible, but can produce daily agony and prolonged discomfort if not correctly assessed and treated. Life entails a lot of moving about and, as a consequence, pain is almost inescapable.

But that doesn't mean a person's quality of life should deteriorate because of it.

OPTIONS

There are extremely effective non-invasive and holistic approaches to treatment and pain management, as the idea

of surgical procedures and intrusive instruments can be daunting to many. Physical therapy and chiropractic care are life-repairing options that offer relief to those suffering from back, neck and shoulder pain, headaches and migraines, muscle and joint aches and more.

Services provided by these practitioners go a step beyond the diagnostic function of a traditional doctor as licensed physical therapists and chiropractors identify the problem and work with the individual in devising a specific treatment plan.

- Edited from an article submitted by South Florida-based Goldson Spine Rehabilitation Center, which also contributed the photograph. Goldson centers are located in North Lauderdale, Pembroke Pines, Plantation and Aventura.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

BABY CARE: Natural ways to support infant health during pregnancy

In the last 10 years, scientists have learned that having enough beneficial gut bacteria is a critical component of overall health.

Now, research shows that ensuring newborns have sufficient exposure to probiotic bacteria during infancy and early childhood can give them a head start on lifelong wellness.

What makes bacteria so

important? Well, with nearly 80 percent of the immune system residing in the gut, a healthy microbial makeup from birth is essential for proper immune system development and optimal digestive, metabolic, and brain function.

When looking to encourage a healthy infant microbiome (AKA the array of bacteria and microorganisms in the body), science tells us that the

mother's gut health is key. Here's how it works: During pregnancy, babies are exposed to their mother's bacteria in the placenta, which harbors a variety of microbes. A baby's immune system begins to develop just after birth, during which a mother passes on her beneficial bacteria to her child (often termed "seeding the microbiome") as he or she passes through the vaginal canal and partakes in breast milk and skin-to-skin contact.

Then, through an interactive connection between host cells and the baby's brand new gut microbiome (inherited directly from the mother), helpful microorganisms selectively colonize the gut and participate in the maintenance and promotion of the child's immune system.

PROACTIVE

Expecting and nursing mothers can be proactive by ensuring their gut health is in tip-top condition, since the microbes they pass on to their



Photograph © pololia - Fotolia.com
Gut bacteria essential for baby's health.

antibiotics.

Many doctors, midwives and other experts are touting the health benefits of a supplement for expecting and new mothers believed to increase a child's chances for a healthy start at life: probiotics. Not only can probiotics help with digestive discomfort during pregnancy, but an effective supplement can repopulate a mother's system and help ensure she is passing on the best and most beneficial bacteria to her children.

To learn more about how to support optimal gut health for moms and babies, visit hyperbiotics.com or join the conversation on social media at #followyourgut.

Because gut and microbial health have an overwhelming impact on lifelong wellness, tending to it while expecting is one of the most important things to consider for mothers-to-be in order to properly pave the path of health for little ones.

- Edited from StatePoint.



Martinique aids cancer screening

CASTRIES, St. Lucia – Martinique is to provide equipment that will facilitate the availability of cancer tests not now available in the sub-regional Organization of Eastern Caribbean States (OECS).

A statement from the St. Lucia-based OECS Commission noted that stakeholders met in the capital of the French island last month

to "solidify plans" for the project.

It said that the Territorial Authority of Martinique has committed to the installation of the Cyclotron machine, which will produce radioisotopes needed for PET-CT scanning, used in the staging and management of various forms of cancer.



LIFESTYLE CHOICES: Does where you live determine how long you live?

(CONTINUED FROM PAGE 21)

A HEALTHY COMMUNITY

- On the way to school, every child needs safe sidewalks and street crossings to bike or walk.
- After school, every child needs nutritious snacks, healthful beverages, and time to be active and play in after-school programs.
- Throughout the neighborhood, every child needs safe places to go for a walk, play at a park and ride on a bike; and grocery and corner stores stocked with appealing nutritious foods and drinks.

Community leaders: To get free tools, guidance and support to improve health in your community visit voices-

forhealthykids.org.

Parents and families: To participate in the conversation online about what children need in your community to grow up healthy, and to learn about joining a state or local coalition to be an advocate for change, visit voicesactioncenter.org.

"Every child needs and deserves the opportunity to grow up healthy," says Yancy. "Fortunately, we have the tools to improve health across the lifespan by ensuring every child has nutritious foods to eat and safe places to be active."

- Edited from StatePoint.



TARGET 2030: Caribbean adopts ambitious universal health agenda

(CONTINUED FROM PAGE 20)

equitable access to comprehensive, integrated, quality, people-, family-, and community-centered health services, with an emphasis on health promotion and illness prevention; to strengthen stewardship and governance of the national health authority (ministries of health), while promoting social participation; and to strengthen the management and development of human resources for health with skills that facilitate a comprehensive approach to health.

The goals are also to

achieve adequate and sustainable health financing with equity and efficiency, and advance toward protection against financial risks for all persons and their families; to ensure access to essential medicines and vaccines and to other priority health technologies, according to available scientific evidence and the national context; and to strengthen information systems for health to support the development of evidence-based policies and decision-making.

- Edited from CMC.



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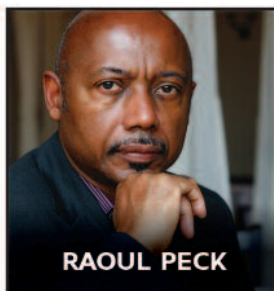
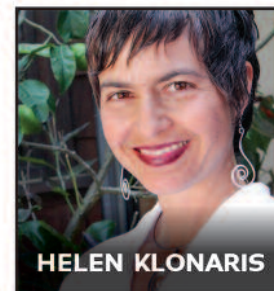
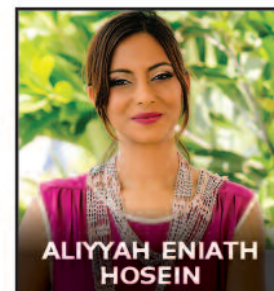
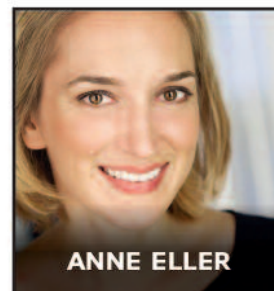
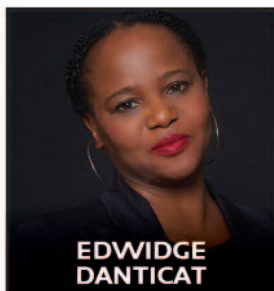
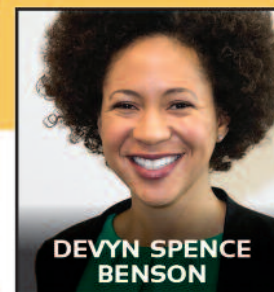
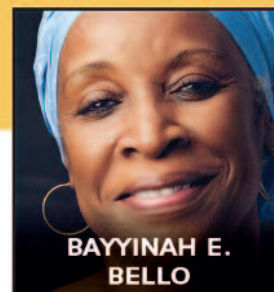
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