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JULY 2019



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Vol. 30 No. 8

THE MULTI AWARD WINNING NEWS MAGAZINE WITH THE LARGEST PROVEN CIRCULATION IN FLORIDA GUARANTEED

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Jamaica's Usain Bolt ruled the world of track and field. In 2017 he retired after competing at the World Championships, but his impact was huge and at this year's Penn Relays it was not forgotten, page 7A.



Reggae/dancehall has gone global. Creative minds have now expanded the music's reach into Grenoble, France, looking to conquer a place known for its magnificent mountains, page 14A.

KAMALA RISING

~ Caribbean American Kamala Harris gave a commanding performance at last month's debate between Democratic candidates trying to become the next United States president and her stock is rising - fast, page 2A



LICKLE BUT TALLAWAH

~ The successes of Jamaica and its citizens are celebrated in Caribbean Today's special annual "Salute to Jamaica" supplement, Section B.

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COMMANDING: Kamala Harris delivers strong debate performance

~ Caribbean American presidential candidate strikes hard against Democrats, Trump, moves up in polls

GORDON WILLIAMS

Kamala Harris, an American senator with deep Caribbean roots, last month delivered a standout performance during the first round of nationally televised debates between Democratic candidates for United States president.

In a commanding showing, Harris, daughter of a Jamaican father, consistently carved out clear positions on her proposed policies and plans if chosen to replace incumbent President Donald Trump in the 2020 election.

She also launched a stinging attack on Joe Biden, the former U.S. vice president and longtime senator, who was the clear frontrunner for the Democratic party presidential nomination leading into debate. As a result, Harris made a significant jump in favorability among the American public.

Harris, 54, drew proverbial “first blood” on the crowded stage early into the debate. As the other nine candidates vying for the Democratic nomination engaged in a shouting match

for attention, she calmly weighed in by declaring:

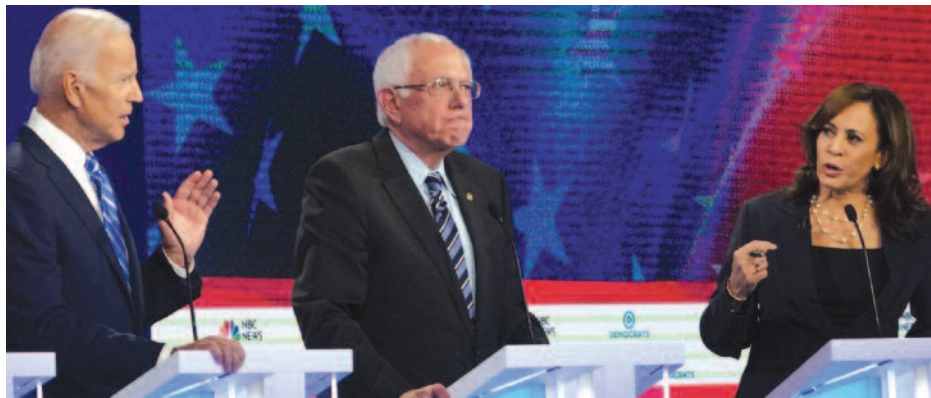
“Guys, you know what, America does not want to witness a food fight. They want to know how we’re gonna put food on their table.”

That drew thunderous cheers from the live audience in Miami. Even Biden, standing two candidates to her right, applauded.

FOCAL POINT

Harris’s interjection signaled her intention to become a focal point of the June 27 debate, the second half of a two-part arrangement which began the night before when 10 other Democratic candidates debated at the same venue.

She wasn’t done. Harris attacked Trump’s record on the U.S. economy, which she claimed only benefited the wealthy, and his policy of separating minor immigrants from their parents and locking them



Harris, right, engages Biden, left, as Bernie Sanders looks on.

up. She also sided with colleagues against mass deportations, reaffirmed her support for Deferred Action for Childhood Arrivals (DACA), a program which benefits hundreds of undocumented Caribbean nationals in the U.S., and repeated plans for improving healthcare and education.

But it was Harris’s brutal spotlight on Biden, who she trailed by more than 20 points in most polls leading into the debate, and his record on civil rights and race issues, which was the most talked about segment of both Democratic debate nights combined.

Following the debates, a CNN/SSRS poll gauging the opinions of Democrats or independents favoring Democrats, showed Harris moving to 17 percent – a nine percentage point gain – and up to second position among the Democratic candidates, placing her just five points behind Biden, since the last poll in May.

CONTROVERSY

In the days leading up to the debate, the former vice president made controversial statements, which appeared to indicate his respect for former U.S. lawmakers who made

their career on issues like segregation. Harris pounced. She made clear she did not think Biden was a racist, but then questioned why he would want to do that.

“It was actually hurtful to hear you talk about the reputations of two United States senators who built their reputations and career on the segregation of race in this country,” Harris said, directly addressing Biden.

She also pointed to the then senator’s opposition to busing students to desegregate public schools. The U.S. Supreme Court 1954 decision in Brown v. Board of Education of Topeka made it unconstitutional to segregate public schools.

Biden responded by indicating his views on the matter had been “misrepresented,” claiming he did not oppose busing, which was a system of sending black students to schools formerly attended by majority of white students and vice versa. Those schools were often in neighborhoods some

(CONTINUED ON PAGE 4A)

High Court blocks Trump’s census citizenship question

Caribbean and other nationals in the United States may not be forced to reveal if they are American citizens when participating in the census.

The U.S. Supreme Court late last month ruled that the question of citizenship cannot be included among those asked in the 2020 census, a blow to the administration of President Donald Trump, which had pushed hard to have it included although the question had not been used since 1950.

The Trump administration followed up the court’s decision by declaring, days later, it would proceed with printing the census form without the citizenship question, conceding it had lost the battle.

The Supreme Court, the highest court in the U.S., blocked the citizenship question via a 5-4 majority.

CONCERN

According to Chief Justice John Roberts there is concern surrounding the motives for including the citizenship question by Trump’s Commerce Department.

“The sole stated reason (for including the question) ... seems to have been contrived,” Roberts wrote.

Following the court’s ruling, the Trump administration declared it was willing to push for the inclusion of the citizen-

ship question on the census in the future, but later dropped the idea.

The census is used, for example, to collect information which determines distribution of federal funding and allocation of seats in the U.S. Congress. It is conducted every 10 years and requires participation by all residents of the U.S.

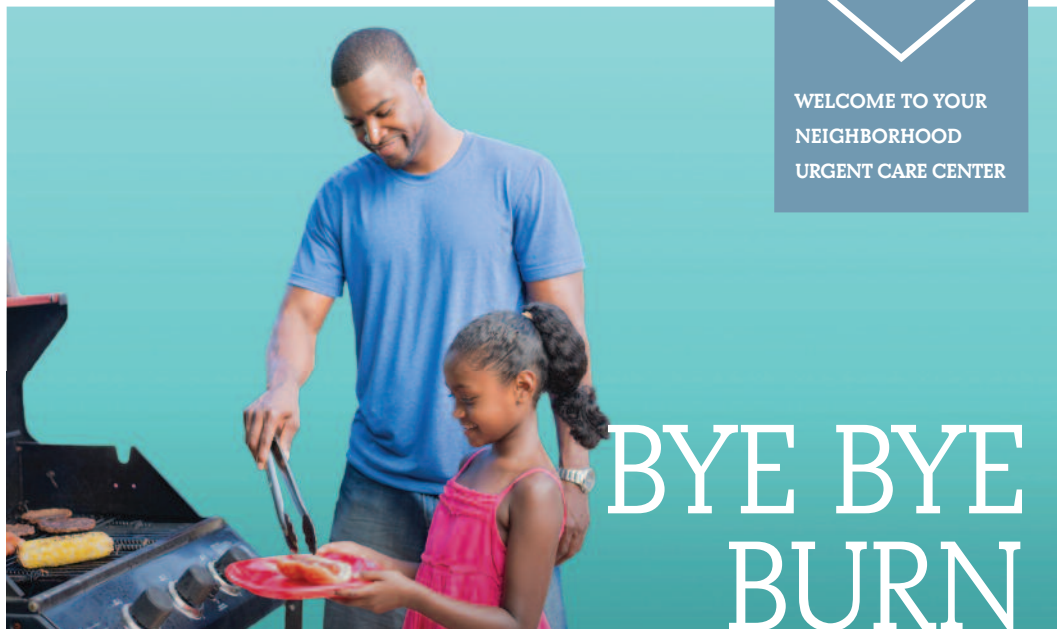
DETERRENT

According to the U.S. Department of Commerce, which administers the census, the inclusion of the citizenship question was necessary to comply with voting rights law at the federal level.

However, those opposing believe exposing residents to the citizenship question would serve as a deterrent to non-U.S. citizens, including thousands from the Caribbean, who fear the information would be used to discriminate against them.

While Trump remains adamant about the inclusion of the citizenship question, lower U.S. courts have ruled that Commerce Secretary Wilbur Ross did not have the authority to include the question on the census and questioned his motives for doing so.

- Compiled from various sources.



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Trump threatens mass deportations. Caribbean nationals wary, but not panicking



Trump

Uncertainty has gripped undocumented Caribbean nationals in the United States after President Donald Trump vowed to launch a massive roundup across the country, followed by deportations.

Trump announced last month that the Immigration and Customs Enforcement (ICE) agency would conduct raids in communities heavily populated by immigrants, including major cities such as Miami, Baltimore, Chicago and Los Angeles, home to thousands of Caribbean nationals.

The aim, he explained, is to apprehend and remove millions of undocumented residents from the U.S., specifically targeting those who entered the U.S. in recent years and were ordered deported or did not appear for hearings in court as required.

Trump's declaration sparked a rallying cry from Caribbean American legislators, who blasted the proposed roundup and offered advice to undocumented nationals to counter ICE's proposed actions.

The raids were scheduled for June 23. Some 20,000 families were initially targeted. But the president backed down the day before the raids were due to begin. Trump claimed the delay was to give Democrats and Republicans in the U.S. Congress time to "get together and work out a solution to the Asylum and Loophole problems at the Southern Border."

"If not, Deportations start!" he stated on **Twitter**.

However, several news outlets reported the raids were called off because the plan had been leaked, possibly by senior officials in immigration law enforcement who opposed it. Other reports indicated there may have been no real plan at all.

OPPOSITION

Meanwhile, elected offi-

cials with Caribbean ties in several cities publicly rejected Trump's plan and announced they would not support the ICE raids.

"We have a bigot-in-chief who is overstepping his authority in his role as president pushing to deport immigrants from America," U.S. Congresswoman Yvette Clarke, daughter of Jamaican immigrants, told the **Caribbean Media Corporation (CMC)**.

"It's clear that he has one objective: to white-wash America. But that's not who America is; we are a nation built by immigrants. I will continue to push back on Trump as he tries to instill fear in and bully our immigrant neighbors, friends and family."

Other legislators tried to calm the Caribbean community.

"We're asking everyone to stay put," New York State Assemblywoman Rodneyse Bichotte, daughter of Haitian immigrants, told CMC.

COPING

Legislators and immigration activists also offered advice on how to cope with Trump's threat.

"ICE is not supposed to harass people," Bichotte said. "... Do not open doors. ICE cannot come in without a signed warrant by a criminal court judge. They can only come in if you let them."

"If you are in a public space, ask, 'am I being arrested or detained. If yes, exercise your right to remain silent, and ask to speak to a lawyer. If no, ask if you can leave and then leave calmly.'"

Bichotte advised that if Caribbean nationals are passengers in a car, ICE can only ask information about the driver.

"They do not have the right to question passengers," she told CMC. "Passengers need to be silent and not say anything. Leave home only when you have to, and do your best to be a passenger with a driver who has (legal) papers."

WORRY

Trump's announcement left undocumented Caribbean nationals wondering why the president has chosen to relentlessly target them as they try to go about their normal business. Many are keep-

(CONTINUED ON PAGE 6A)

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American doctor shot dead while fly-fishing in Belize

A cardiologist from the United States was killed in Belize last month.

According to the **New York Post**, 53-year-old Dr. Gary Paul Swank from Virginia was shot dead as violence in the Caribbean community nation erupted, claiming several other lives.

The Post reported that Swank and his 53-year-old tour guide Mario Nestle Graniel Jr., were participating

in a fly-fishing expedition in the San Pedro Town lagoon when they were killed. The report indicated that several other fishermen had been shot and killed in the same area days before.

VIOLENCE

According to the Post, the "rash of violence follows what officials said have been months of deadly crimes in the beach oasis.

"So far, six months into 2019, there are 70 murders and that is not counting those people still missing ... and those whose remains have yet to be identified," an official said.

"Crime is an issue which should never be made political, it's a problem that requires all sectors of society to fight it together."



Messam misses cut for first presidential debate

One Caribbean American received an invitation, but another was snubbed, for the first debate among Democratic candidates for United States president last month.

Wayne Messam, the mayor of Miramar, Florida was not among 20 Democratic candidates at the June 26 and 27 debates in Miami, Florida. However, California Senator Kamala Harris was asked to join fellow candidates. Both candidates have at least one parent from Jamaica.

The debates offered a first televised look at the

Democratic candidates, on the same stage, who are running for U.S. president in 2020. The winner will run against incumbent President Donald Trump, a Republican.

Messam was one of four Democrats not invited to the first debate. The others were: Mike Gravel, a former U.S. senator; Steve Bullock, governor of Montana; and U.S.



Messam

Congressman Seth Moulton.

Qualification for the debate was based largely on poll-ing. A candidate had to poll at least one percent in three polls or receive donations from at least 65,000 backers, including 200 donors in 20 different states.

The Democrats, so far, are fielding a slate of 24 candidates overall.

Last month's debate was aired on NBC television network, MSNBC and Telemundo, in addition to being streamed online.



COMMANDING: Kamala Harris delivers strong debate performance

(CONTINUED FROM PAGE 2A)

distance away from the students' homes.

"I did not oppose busing in America," said Biden, although his statements and correspondence at the time clearly show he did.

"What I opposed is busing ordered by the Department of Education, that's what I opposed."

SECOND ATTACK

Then Biden, who has since come to be known as a civil rights champion, tried to blame the states for not carrying out the Supreme Court's decision.

But Harris pounced again. This time she pointed to a personal story, highlighting her own participation in busing as a child, some two decades after the Brown decision.

"That little girl was me,"

said Harris, a former attorney general for California who visited her family in Jamaica as a child, as she explained she had to ride the buses.

The exchange between Harris and Biden seemed to unnerve the 76-year-old former vice president. He mostly stared straight ahead as Harris verbally bombarded him. Eventually, in the middle of a response, Biden conceded: "My time is up."

UNDERSTATEMENT

That could prove a major concession. The CNN/SSRS polls noted 46 percent said Harris "did the best job" in the debate. Political observers had little doubt who won the exchange.

"Then after Biden had been beaten silly by California Sen. Kamala Harris, he looked

shaken," wrote Dan Gainor of **Fox News**.

Harris's performance drew raves from others.

"The evening's star was Kamala Harris," wrote Raul A. Reyes in a column published by CNN. "She seized her moment, delivering sharp, impassioned answers that did not avoid the questions."

"Harris put to bed any concerns about her electability and proved she has the fearlessness to stand toe-to-toe against Trump," wrote Bakari Sellers, a Democrat from South Carolina.

Unconfirmed reports indicated that Harris recorded her second highest fundraising total the day after the debate.

The next televised debate among the Democrats is scheduled for this month.



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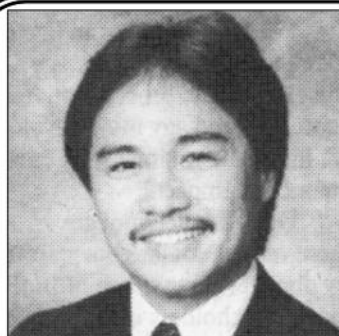
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U.S. gives Caribbean failing grade in fight against human trafficking

BRIDGETOWN, Barbados – The United States said several Caribbean countries were not in compliance with the minimum standards for the elimination of trafficking in persons (TIP).

Of the Caribbean countries listed in the “2019 Trafficking in Persons Report”, only The Bahamas and Guyana “fully” met the minimum standards for the elimination of trafficking.

Washington said the authorities in Nassau and Georgetown continued to

demonstrate “serious and sustained efforts during the reporting period” and as a result, the two Caribbean community (CARICOM) countries remained on Tier 1.

It said the efforts by The Bahamas included passing a national action plan, increasing funding for victim assistance and anti-trafficking prevention, elevating national anti-trafficking planning to the office of the prime minister, and instituting an anti-trafficking course into the training curriculum of the

Immigration Department.

‘SERIOUS EFFORTS’

In the case of Guyana, the U.S. State Department, which released the report noted, that Guyana “demonstrated serious and sustained efforts by increasing funding for victim assistance, identifying and assisting more victims for the

third consecutive year, and opening and operating a trafficking shelter outside of the capital area.”

But the report noted that the Antigua and Barbuda, Barbados, Belize, Jamaica, Haiti, St. Lucia, St. Vincent and the Grenadines, Suriname and Trinidad and Tobago had been placed on Tier 2.

In the case of Antigua and Barbuda, Washington said that the island does not fully meet the minimum standards for the elimination of trafficking but is making significant efforts to do so.

- Edited from CMC.



Grenadian wins Civil Court judgeship race in New York

NEW YORK – A Grenadian-born court attorney referee in Brooklyn has won her bid for a Civil Court judgeship in New York’s Democratic Party Primary.

What was initially characterized as a “dogfight” with African American Edward “Ed” King, in a two-way race in Kings County (Brooklyn), Derafim Bernadette Neckles resoundingly trounced King by a massive 44.06 percentage points.

According to the unofficial election night results by New York City’s Board of Elections, with 99 percent of polling precincts reporting, Neckles received 31,160 votes to King’s 11,994 votes. There were 339



Neckles

write-in ballots, accounting for a total of 43,493 votes cast in the judicial primary.

TEAM

Neckles, whose victory will enable her to serve a 10-year term as a judge in the Kings County Civil Court in Brooklyn, credited her team for the victory.

“It was great team work that led to my success,” she said. “I look forward to serving in the position as a Civil Court judge.”

Like small claims and some landlord-tenant disputes, the Civil Court in Brooklyn addresses civil cases involving \$25,000 or less.

Neckles is expected to win the November general elections in overwhelmingly Democratic New York.

- Edited from CMC.



U.S., Caribbean discuss disaster recovery support

WASHINGTON, D.C. – The United States Department of State says Caribbean ambassadors and diplomats here have met with a senior official of the administration of President Donald Trump to discuss ways to improve access to catastrophe insurance to support disaster recovery across the Caribbean.

The State Department said Deputy Secretary of State John J. Sullivan hosted representatives in this meeting of almost a dozen Caribbean countries: The Bahamas, Belize, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St. Kitts and Nevis, St. Vincent and the Grenadines, and Trinidad and Tobago.

“This meeting was a follow-up to the U.S.-Caribbean Resilience Partnership, which

the Deputy Secretary, together with representatives from key US agencies, and leaders from 18 Caribbean countries, launched in April 2019 to enhance collaboration for disaster recovery and preparedness,” the statement noted.

Last month’s meeting also included insurance industry chief executive officers from the National Association of Insurance Commissioners (NAIC) and the American Property Casualty Insurance Association (APCIA).

Participants also discussed “shared interests in achieving greater resilience to natural disasters and sustained cooperation to promote security, prosperity and democracy in the Western Hemisphere.”

- Edited from CMC.



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NEWS



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KINGSTON HUB: Jamaica aims to make capital focal point of Caribbean

DAWN A. DAVIS

Jamaica's capital Kingston is being primed to become the focal point of not just the island nation, but the Caribbean region, according to its leader.

Speaking at last month's 8th Biennial Jamaica Diaspora Conference, with its theme "Building Path-ways for Sustainable Development", Prime Minister Andrew Holness outlined ambitious plans for the city's future.

"We want to genuinely make Kingston not just the capital of Jamaica, but we feel that it is the central city in the Caribbean," Holness told delegates who attended his opening presentation at the June 16-20 event, held at the Jamaica Conference Centre in the capital.

"We want to make Kingston the center of trade, commerce of the Caribbean. We want to make Kingston the center of art and culture and entertainment. We want to make Kingston the business center, the finance center of the Caribbean."

The conference attracted thousands of delegates seeking

to reconnect with their homeland Jamaica, invest in rebuilding the country and seek answers to some of the ills affecting downtown Kingston, an area being redeveloped and re-energized for growth.

The prime minister said he views the diaspora as an integral part in the process to make Kingston, and the entire island, a vibrant economic hub for business, culture and families.

"Something is happening that is positive in the diaspora," he explained, "but more than that, we must never underestimate the value of our diaspora in ensuring that the economy of Jamaica remains strong even in the depths of a recession."

Holness addressed the diaspora's direct and indirect involvement in the more than 40 projects island-wide that are improving the lives of Jamaicans and the health of the nation's economy.

CRIME

Yet he also lamented the level of crime in Jamaica and how it affects the nation's psyche and economic growth.

"Over the last three



Holness

decades or so, we have seen an unabated rise, even acceptance, of violence in our society," Holness said.

"We have to look at ourselves and address this uncomfortable subject. And we require members of the diaspora to help us with this conversation about violence in our society."

The prime minister explained, for example, that corporal punishment is still viewed by many as the best way to instill discipline in children. He said many in the diaspora and Jamaica believe some physical punishment is beneficial to personal development and would be reluctant to sup-

port any other view.

However, Holness warned that not only does corporal punishment have a generally negative impact on psychology, outlook and emotional development, it also leaves an imprint of violence which is projected onto future generations.

GROWTH

But all is not dire, according to Holness. He said government is spending close to 20 billion Jamaican dollars on national security two years running, the highest ever spent on social issues, particularly violence. He also claimed that, coupled with massive investment on infrastructure and fiscal discipline, the country is experiencing positive growth.

"Our interest rates are the lowest they have been for decades," Holness said. "In 2013 our unemployment rate was 16 percent. Today, I am pleased to report that the last figures tell us it is now eight

percent. In 2013 thereabouts, our national debt, some people say it was 151 percent, but it was probably in reality 141 percent of GDP. Today, we are expecting it to be at 96 percent of GDP."

Holness also assured the diaspora his government is stepping up efforts to fight corruption to make it easier to do business in Jamaica. He urged the diaspora to show support for a country willing to embrace it.

"We invite members of the diaspora to now seriously look at Jamaica as a safe, profitable opportunity for investment," said Holness.

"Jamaica is open for your business. Yes, I want you to come back and be tourists in your land, but I want you to come back and be investors in your land as well."

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



Haitian American legislator wins New York City Council primary

NEW YORK – Haitian American New York City Councilwoman Farah Louis defeated primary challenger Monique Chandler-Waterman in a much-watched Democratic primary race for the 45th Council District seat in Brooklyn.

With 95 percent of the polling precincts reporting up to press time, Louis, daughter of Haitian immigrants, defeated Chandler-Waterman, daughter of Barbadian and Jamaican immigrants, by 10 percentage points, almost the same margin as in the special election for the seat held on May 14.

The 45th Council District comprises the Brooklyn neighborhoods of Flatbush, East

Flatbush, Midwood, Flatlands and Canarsie.

In essentially a two-way race, Louis, who served as the deputy chief of staff for the district's former City Council representative Jumaane Williams, had received 51.69 percent of the votes up to press time, as against 41.36 percent for Chandler-Waterman.

With her victory in the Democratic primary, Louis will occupy the seat until the general election in November. If she wins then, she will serve the remainder of Williams's term, which runs through 2021.

- Edited from CMC.



Trump threatens mass deportations. Caribbean nationals wary but not panicking

(CONTINUED FROM PAGE 3A)

ing a close eye on the president's latest threats.

"They want to know a wah di people dem do (Trump)," said a California-based undocumented Caribbean national. "People are talking about (the ICE raids) ... The people are watching (the government)."

However, despite some expressed concern, Trump's announcement did not appear to spark immediate widespread panic in the Caribbean community. Some believe

Trump's constant threats have made Caribbean nationals concerned, not rattled.

"Most people are being pragmatic," said Irwine Clare, a Caribbean American immigration activist. "... They've grown wary of (Trump's threats). They say 'what's new?' ... (The proposed roundup) is not a major chatter."

- Gordon Williams. Multiple sources contributed to this story.



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GONE, NOT FORGOTTEN: Track watchers laud Bolt's global impact

GORDON WILLIAMS

PHILADELPHIA, Pennsylvania - Nearly two years have passed since Usain Bolt's final competitive appearance on the global stage. But fans attending the recent Penn Relays here, where the Jamaican last raced in 2010, still welcomed the timely tip-of-the-hat to the former sprint sensation.

In the program to commemorate "Penns" 125th staging, organizers published a photograph of Bolt anchoring Jamaica's 4x100 meters relay team to victory in a facility record 37.90 seconds. The caption also highlighted another record: "This meet featured the largest crowd in Relays history and the largest crowd to watch track in the United States since the 1996 Olympics in Atlanta."

It was, organizers admitted, all because of Bolt.

"He is a spectacle," said Charles Dorman, Penns director of media relations, as he described the frenzy surrounding Bolt's appearance nearly a decade ago to **Caribbean Today**, when more than 50,000

fans crammed into Franklin Field stadium. "He's a rock star. People just wanted to be a part of that."

Massive crowds were a trademark of Bolt's time in track, drawn by his scintillating performances and flamboyant personality. At his peak, the sport's fortunes balanced squarely on his broad shoulders. Now the IAAF World Championship in Athletics, the first global meet since Bolt hobbled into retirement following the last WCA in 2017, looms in the fall and the gaping hole left by his departure is already looking ominous.

'NO SECRET'

"There is no secret that we're going through a tough time in track and field as it



Bolt's pose and personality buoyed track and field.

pertains to earnings that are available, races to be had and Bolt gave people reason to turn attention to the sport," former United States sprint star Lauryn Williams told Caribbean Today while attending Penns.

"I think it was really a cool thing for not just the men side of the sport, but also the women's side of the sport, where we all got to benefit from the excitement that was

created around him being able to bring so much attention to the sport in general, but then also those great performances. "... He got people's interest overall in the sport up to a new level."

Already, some track observers are calling Bolt's absence a trigger for the decline of Jamaica's domi-

were not prepared for the level of championship they faced," Jamaican Gregory Haughton, a former WCA and Olympic medalist, explained in a video release last month.

"Since the retirement of Usain Bolt I have witnessed some very poor performances. The tremendous energy and monumental momentum that Mr. Bolt infused in the sport is rapidly dissipating.

"The mental strength, the mental endurance and raw hunger to win just does not seem to be present at this time."

SCARED

Track observers claim they are at once excited over the possible emergence of other stars and scared the enthusiasm Bolt pumped into the sport - with a hefty dose of world records and gold medals on the biggest stages - could suddenly fizzle and die, and the next generation of athletes would be left without inspiration.

"I pray that this trend

(CONTINUED ON PAGE 8A)



- Photograph by Gordon Williams

Williams

nance in sprinting - at least on the male side. The nation failed to win an event at last month's IAAF World Relays in Japan, in what was widely blasted as its worst showing at the meet.

"Clearly they (Jamaica)

'TUN YU HAN': Jamaica's creative industry - the next big thing

DAWN A. DAVIS

The non-traditional, creative industry can be the "next big thing" to help bolster the Jamaican economy, according to the agency responsible for promoting the nation's products.

The industry includes fine arts, film, fashion, craft, music, dance and cuisine. According to the Jamaica Promotions Corporation (JAMPRO), the island's creative industry is the third largest contributor to its gross domestic product (GDP). If supported, it can become more.

Minister of Culture, Gender, Entertainment and

Sport, Olivia 'Babsy' Grange, gave an example of how the creative industry is contributing to Jamaica's growth at the recently concluded 8th Biennial Jamaica Diaspora Conference in Kingston Jamaica. She said there was a 4.8 percent increase in visitor arrivals during the carnival period from 2017 to 2018, with spending up 7.4 percent to US\$2.2 billion over that period.

Encouraged by the numbers and energy of the sector, Grange applauded creative entrepreneurs for helping to lift



- Photograph by Dawn A. Davis

Randy McLaren, right, shows off his "Bresheh" line to Damion Fray.

Jamaica's social and economic

Cultural and Creative

status.

"We've invested a lot in our creative and cultural industries because we've seen how many of our people have been able to lift themselves from poverty to prosperity through our own creations," she said.

"... Recently we got the green light to begin operationalizing the National

Industries Council. The NCCIC represents the next step in providing meaningful support for our creatives to ensure that they earn from their creations and abilities."

BRESHEH

Randy McLaren is one of Jamaica's creatives. He recognizes the nation's potential and is aiming to prove the business of creativity is an important pillar in the island's economic and social development. In 2015 McLaren and his brother Davian founded "Bresheh", a bag design and manufacturing company which produces

(CONTINUED ON PAGE 8A)



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FEATURE



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'TASTE': Barbados is top Caribbean team, Caymanian chef-of-year

MIAMI, Florida - Barbados was named the "Caribbean National Culinary Team of the Year", while Jason Thomas Ao of the Cayman Islands was crowned "Caribbean Chef of the Year", at the 2019 Taste of the Caribbean competition held here last month.

Hazen Rolle of The Bahamas was chosen "Caribbean Junior Chef of the Year", while Rajasekar Ravindran of Turks and

Caicos Islands was named "Caribbean Pastry Chef of the Year".

Bonaire's Dhanesh De Kok won the beef competition and compatriot Elise Weerstand took the chocolate contest. The Cayman Islands' Dimuth Munasingha won in the seafood category.

The "Caribbean Bartender of the Year" award went to Jurnick Merced of Curaçao. His nation also won "Best Vodka Drink". Trinidad and

Tobago won for "Best Non-Alcoholic Drink", while St. Lucia captured "Best Rum Drink" and Cayman Islands won "Best Mystery Bar Drink".

Grenada won the "Josue Merced-



Ao

Reyes Spirit of the Competition" award, while Floris van Loo of Bonaire earned the "Tony Mack Spirit of the Competition" honors.

The culinary tournament was held in conjunction with the Caribbean Hotel and Tourism Association's annual industry conference,

the Caribbean Hospitality Industry Exchange Forum and the Caribbean305 culinary and cultural consumer celebration.

Participating teams included The Bahamas, Barbados, Belize, Bonaire, British Virgin Islands, Cayman Islands, Curaçao, Grenada, Jamaica, Puerto Rico, St. Lucia, Suriname, T&T and Turks and Caicos.



'TUN YU HAN': Jamaica's creative industry - the next big thing

(CONTINUED FROM PAGE 7A)

backpacks, totes and pouches are made from vegan leather.

The company's name was deliberately coined to be synonymous with Jamaica.

"Bresheh is the Jamaican word that rural people use for breadfruit," McLaren explained. "I am from St. Thomas and the first breadfruit tree was actually planted in Bath, St. Thomas. When we were trying to decide on a name, we said why not Bresheh, something that represents us culturally, something that people here and abroad will connect with."

"I want to, as we grow as

a brand, to take the essence of who we are as a people, as Jamaicans, with us."

His most popular product line is "The Roast by Bresheh" collection, inspired by the roast breadfruit. It comes in charcoal black, rusty brown and ash grey. The inside is lined with cotton calico in a cream color to match the inside of a breadfruit.

According to McLaren, the high quality leather will not strip and is guaranteed to last at least 10 years. He said all materials are locally sourced and Bresheh uses this non-animal product, its pledge to be socially responsible.

"We realized that there were certain issues in certain parts of the world where people were killing animals for the skin," McLaren said. "We don't want to be a part of that process. So, we try to keep our supply chain as clean as possible."

MARKET

McLaren claimed there is "a niche market" for his products as Jamaica imports "over a million back-packs annually."

"So there was a clear opportunity for import substitution, to build a brand right here in Jamaica that we can share with the world; some-

thing that's known for quality, something that's authentic, something that's creative," he added.

According to McLaren, Bresheh is a social enterprise company employing a small, but growing team, including young single parents, youth and some from the deaf community. He sees his role as "chief dream maker", passing on opportunities for others to achieve their own dreams. To help his employees he said he's in the initial phase of setting up a Bresheh Academy that will provide training in "soft" skills.

"When we started, working with young people, we had

issues with them taking the work seriously, coming to work on time, and productivity," McLaren explained. "We see the gap, we see things that need to be done. Workforce training is necessary, so we are looking to bridge that gap."

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



GONE, NOT FORGOTTEN: Track watchers laud Bolt's global impact

(CONTINUED FROM PAGE 7A)

does not trickle down to the youths," Haughton said.

Quietly, some of Bolt's fiercest rivals hint his absence means a more competitive environment in world sprinting. Translation: More glory for themselves. Some claim they were closing the gap on the aging sprint giant by the time he finished in London anyway.

Yet they also concede they'll miss the spotlight - and rewards - Bolt brought to their sport. For some, he was the biggest spark.

"I remember as a young teenager just watching him warm up at Penns in 2010," recalled rising sprinter Cameron Burrell, whose father Leroy once held the 100 meters world record. "It was awesome. And to watch him race was so inspiring."

LEGACY

Organizers admit to Bolt's massive impact at Penns. For them, 2010 disrupted what had been normal for more than a century.

"(Bolt's appearance) caused Penns to make logistical adjustments in terms of security, scheduling, media demands," explained Dorman.

Once Bolt was confirmed



Scintillating performances helped make Bolt a legend.

for the meet, he said organizers received more than 600 media requests. Penns basked in the attention.

"It was great to have the most famous guy coming to your meet," said Dorman. "... It brought in added attention. It showed this meet is a draw."

Those new to the sport, who didn't have the opportunity to compete against Bolt,

feel his lingering impact. His absence from the track, they admit, has floated a cloud of uncertainty.

"Only time will tell who the next, I guess, face of the sport will be," said Burrell, now 24, while at Penns, "but (Bolt) was definitely a once-in-a-lifetime talent."

INFLUENCE

Bolt's influence spread track's appeal well beyond the sport's regular corridors. New converts flocked in worldwide. For Caribbean people, his success meant one of them had made it - really big - and it lifted an entire region.

"You had someone who resembles you, coming from a similar background and excelling in the sport," Nicole Gibbs, who was born in St. Thomas, U.S. Virgin Islands, explained to Caribbean Today at Penns.

"It broadened people's horizons, who we are and who we could be, in terms of (Bolt's) vibrant personality."

"And he always stayed true to himself. That's very important, because it gave the world not only an idea of what we could do, but also gave our children someone to look up to. They too can accomplish."

While observers like

Williams and Burrell are positive the sport will prevail, fans at Penns 2019 and other track meets still approach Jamaican media eager for a Bolt update.

"Maybe he'll come back?" one fan said, half hoping, half begging.

They still see Bolt in numerous advertisements, selling everything from drinks to watches. The popularity of Puma gear took off alongside its marquee model. Fans also cringed at Bolt's failed attempt at professional soccer. To them, it meant he had really moved on.

Even so, they pine for Bolt's electrifying performances, his distinctive pose and the circus atmosphere that followed him everywhere. Track's Pied Piper is gone, in that same "whoosh" Trinidad's Richard Thompson described when the Jamaican blew by him in the 100 meters final at the 2008 Olympic Games. The chilling draft he's left in his wake make fans nervous, but they won't forget him.

"Even when (Bolt's) not competing, he still makes news," said long time Jamaican broadcaster Ed Barnes. "So they're going to miss him."

"No question about it."



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Vol. 30, Number 8 • JULY 2019

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Trump's plan to punish Caribbean immigrants

FORT LAUDERDALE, Florida - In Jan. 2019, Jamila moved to the United States from Jamaica to join her U.S. citizen spouse in Florida. Now she is stuck in limbo because of a backlog in U.S. Citizenship and Immigration Services (USCIS) processing times for work permits.

The trained nurse cannot seek a job or apply for a Social Security card or a driver's license because her work permit application, that should have been processed within 90 days, is now taking five to seven months.

And it is not just work authorization applications that are in backlog. All immigration applications are backlogged, according to USCIS, leaving millions of immigrants in limbo and threading a thin line between legal and undocumented.



FELICIA J. PERSAUD

immigrants.

What many are feeling is a growing sense of frustration and also fear.

The USCIS' own timeline shows that processing time for an Application to Register Permanent Residence or to Adjust Status is taking about a year while a Refugee/Asylee Relative Petition is taking about 11 months. A petition for U Non-immigrant Status, which provides temporary immigration benefits to an immigrant who is a victim of qualifying criminal activity and their qualifying family, is now up to 43.9 months, up from 40. The time for a Petition by Entrepreneur to Remove Conditions is up to 31.7 months, from 27.1.

The immigration backlog also extends to U.S. citizenship applicants. Hundreds of thousands are waiting on applications to become U.S. citizens, a process that once typically took about six months.

Under the administration of U.S. President Donald Trump, the same processing has stretched to over a year in some places because of tighter scrutiny of applications and proposals that are making it more difficult and cumbersome for "green card" or permanent residence holders to

(CONTINUED ON PAGE 10A)

TIMELINE

Scenarios like this make the "get in line" statement right wingers love to throw out nothing but a fallacy, especially since the line is not only lengthy, it's now stretching on forever for millions of

Partnerships are key for Caribbean diaspora in U.S.

KINGSTON, Jamaica - World Bank: The Caribbean diaspora is a sizable, well-educated and affluent demographic.

Supported by right incentives and policies, diaspora members could play an even larger role in contributing to the region's development.

Migration from the British West Indies (BWI) seeking work in overseas countries and territories commenced in the 1860s and continued. Today, the main concentration of migrants from CARICOM member states is in the United Kingdom, United States and Canada. A rough estimate has the total combined CARICOM diaspora in the U.K., U.S. and Canada numbering about 3.4 million; 600,000 in the U.K., two million in the U.S., and 800,000 in Canada. The majority of people are from Jamaica, Haiti, Guyana and Trinidad and Tobago.

Besides Jamaica, other CARICOM member states engaging with their diaspora in North America and Europe are Haiti, Guyana, Barbados, Grenada, St. Lucia and Trinidad and Tobago. An important area for engagement is trade and investment. Jamaica's National Foreign Trade Policy and Draft Diaspora Policy identify this as an important area for cooperation.

DEMAND

Diaspora demand stimu-



Insannally

lated exports of non-traditional products from the region into the U.K., U.S. and Canada. These non-traditional products include fruits, vegetables, ground provisions, sauces, condiments and baked goods.

By opening stores, restaurants and bakeries, members of the diaspora introduced the wider population to the culture, products and cuisine of the Caribbean. Non-traditional exports have been growing. The diaspora is still seen as a niche market for the region.

The World Bank, Commonwealth and others see the potential of the CARICOM diaspora as a united force for advocacy and promoting regional growth and development. But how coordinated is this diaspora in the U.K., U.S. and Canada?

The CARICOM diaspora in the U.K. does not appear to have a formal structure, but is engaged through the CARICOM Caucus of High

Commissioners and Ambassadors in London. They collaborated successfully from 2009 to 2015 to change the Air Passenger Duty policy and, more recently, on the Windrush issue. A British-Caribbean Chamber of Commerce exists.

In 2017, the Ambassador of Guyana to the U.S. Dr. Riyadh Insannally called for a more structured engagement between the CARICOM Caucus of Ambassadors in Washington, D.C. and the diaspora to advance the region's causes. The largest concentration of CARICOM migrants is in the U.S. There's the Institute of Caribbean Studies and the Caribbean-American Political Action Committee. June is designated Caribbean American Heritage Month. There is a Caribbean American Chamber of Commerce and Industry, which aims to promote and sustain trade and investment between the U.S. and Caribbean.

It does not appear, however, that the CARICOM diaspora is as well coordinated as it could be, especially in New York, New Jersey and Florida, which have the highest concentration of CARICOM migrants.

INITIATIVE

In Canada, the CARICOM population is concentrated in the province of Ontario,

(CONTINUED FROM PAGE 10A)

EVERYDAY SIN: Do small ones, big whoppers carry same punishment?

From the dawn of time, man stole, lied, fornicated, committed adultery and indulged in all the sins that gave so much pain, profit and pleasure.

But with this pleasure came accountability, consequences, payment. The wages of sin is death.

Death? Isn't that kind of harsh? After all, sins aren't equal. There are small sins and great big whoppers. Isn't a fib a little white lie, as opposed to the serious sin of black-mail? And if there are different degrees of sin, shouldn't there be a grading system? Let the punishment be commensurate with the sin.

What is sin anyway? To offend against God, commit an offense, transgress, do wrong, commit a crime, misbehave, stray from the straight



TONY ROBINSON



and narrow, fall from grace.

The Bible says that we were all born in a world of sin, and even a newborn is born a sinner. Then there's the equality of sin as put forth in the Bible, purporting that all sins are equal and therefore so is the punishment.

How can all sins be equal and with them the punishment

administered? If a man takes a pencil from his office, that's stealing, and stealing is a sin. And if another man embezzles \$20 million, that's also stealing. Both are crimes, both are sins. Should the punishment be the same?

Now let's examine the sin of murder.

Is there leeway for extenuating circumstances? Let's say a man is provoked and gets into a fight and punches another man, killing him. Clearly it's murder and deserves punishment.

Let's take another scenario, where a man plots, schemes, plans the mass mur-

der of innocent infants. Will his punishment be the same as that guy who lashed out in anger and killed his friend? I read where a nurse in Germany killed over 100 patients in a hospital. What divine punishment is in store for that nurse?

Some sins bring so much pleasure that at times people weigh them in the balance and commit them anyway. One such sin is gluttony, excessive eating. How will that sin be punished, and does it draw the same punishment as the sins of greed, covetousness, fornication?

Sins of a sexual nature should be placed in a special category. Clearly they are sins that provide much pleasure and therefore the ones easiest to commit. The temptation is so great.

Some religions, like the Catholics, have a system of confession, where you can sin as much as you want, then sit in a booth across from a priest and confess those sins. That's why I believe in the grading system for sin.

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VIEWPOINT



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CAPTAIN KONYA: Plummer is proud to lead Jamaica's Girlz to World Cup

Konya Plummer is fast and athletic with a warrior's competitive spirit. But, at age 21, she's still learning the game of soccer. So when Jamaica asked her to lead its national team to the nation's first ever appearance at the Women's World Cup last month

in France, it seemed a heavy load. Yet Plummer, who has targeted graduation from a Florida college next year, has embraced her role. At the biggest tournament of her life, Jamaica's captain told Caribbean Today's Gordon Williams it's all been good.

QUESTION: How much pride does it give you to lead Jamaica into the World Cup, with the first match being against Brazil?
ANSWER: I'm grateful. I'm honored and just excited also to just be in this position and that I'm a part of something great.

To lead the team requires a lot of responsibility and I'm looking forward to the job; just to go out there and make Jamaica proud.

Q: How proud of you of your team, your coaching staff and the journey that you have come through in terms of the adversities and setbacks ... I know that is something that is with you?

A: I'm very proud of my team and everything that we bring to the table, from qualifying for the World Cup and leading on here. It's been a hard road and we dealt with it

well and I feel like the unity, love and everything we share in the camp has helped us to be stronger and look past all the things that we've faced, because it's the one that makes us stronger.

Q: When did it set in that you are at the World Cup and how did that make you and your team feel?

A: Honestly, the moment reality hit me is like probably (the day before Jamaica played Brazil in Grenoble). I am thinking about Brazil full 100 ... It's nerve wracking, as well as exciting.

Q: You're based in Florida, go to school in Orlando. You are exposed to the diaspora. The expectations are great. Do you feel it, and as the captain it must be greater, the (weight)?

A: Oh yes! I attend the University of Central Florida and I know my teammates and the coaching staff is very excit-



Plummer

ed ... and proud of me. Also, to lead the team is a great opportunity and a hard job. So I need all the support.

Q: The Caribbean diaspora, do you hear from them in Florida? What are they saying to you?

A: Moving on from Jamaica with our sendoff (to the World Cup), it was with great pride. Great turnout. And then into Fort Lauderdale, when we get to spend time with our Jamaican people, not just Jamaicans, but the whole Caribbean.

Q: You felt the love?

A: The love was there. Trust me, it was there.

Q: Expectations (on the field) aside, talk about the experience here, when you leave here, when you have children, a family, what will you tell them about this whole experience, the journey?

A: What I would tell my kids couple years from now is that whatever journey you go on, make sure you love it, you enjoy it and make the most of it ... Nothing is limited.



Trump's plan to punish, Caribbean immigrants

(CONTINUED FROM PAGE 9A)

qualify and complete the process.

SURGE

AILA, (The American Lawyers Association), has found that the overall average case processing time at USCIS surged by 46 percent over the past two fiscal years and 91 percent since FY 2014.

AILA also found that USCIS processed 94 percent of its form types – from green cards for family members to visas for human trafficking victims to petitions for immigrant workers – more slowly in FY 2018 than in FY 2014, while case processing times increased substantially in FY 2018 even as case receipt volume appeared to markedly decrease.

As AILA accurately summed it up: “Ballooning USCIS processing times

leave families – including families with U.S. citizen spouses and children – in financial distress, expose vulnerable protection seekers to danger and threaten the viability of American companies.

“Yet rather than relieving the logjam, USCIS exacerbates it with policies that inhibit efficiency and prioritize immigration enforcement over the administration of legal immigration benefits. Such measures act as bricks in the Trump administration's ‘invisible wall’ curbing legal immigration in the United States.”

This is all a part of the Trump strategy to scapegoat, punish and demonize immigrants who don't fit into his ideal vision of “Make America Great Again”.

Felicia J. Persaud is publisher at NewsAmericasNow.



Partnerships are key for Caribbean diaspora in U.S.

(CONTINUED FROM PAGE 9A)

where the Caribbean Women's Society, established in 2015, launched the Caribbean-Canadian Chamber of Commerce and Community. There was a prior attempt to establish a Caribbean/Canadian Business Council. The Caribbean Women's Society has taken the initiative to have October declared Caribbean Heritage Month in Ontario.

There is the CARICOM Caucus of High Commissioners and Ambassadors in Ottawa, which is also engaged with the diaspora in Ontario and other parts of Canada.

It is evident that some effort is being made to organize the CARICOM diaspora to improve their status in their countries of residence and promote the region's interests. More needs to be done to coordinate and manage a CARICOM diaspora structure in the U.K., U.S. and

Canada.

Currently, the priority of CARICOM member states is their national diaspora engagement. The potential is there for diaspora engagement on a regional level, but this is a work in progress which needs further encouragement from the region.

The newly established Caribbean Chamber of Commerce (CARICHAM) could be looking at partnering with Caribbean chambers in the U.K., U.S. and Canada.

To sustain growth within the region and to implement the United Nations Sustainable Development Goals, partnering to increase trade and investment flows is essential.

Edited from an article written for CMC by Elizabeth Morgan, a specialist in international trade policy and politics.



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GLORY GIRLZ



~ Jamaica made history by becoming the first Caribbean nation to qualify for soccer's senior Women's World Cup. The Reggae Girlz didn't win a match or earn a point, but they scored a goal and warmed the hearts of thousands who came to see them play in France. Stories inside Caribbean Today's special "Salute to Jamaica" feature.

Caribbean  day

*Jamaica is celebrating
57 years of Independence in 2019*

• Emancipation Day is Aug. 1 • Independence Day is Aug. 6

SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

ADMIRATION AFFAIR: World falls in love with Jamaica's Reggae Girlz

GORDON WILLIAMS

FRANCE - One of the most pleasant surprises at the FIFA Women's World Cup here was n't the outstanding level of soccer, but the strong support for Jamaica's Reggae Girlz, who made the Caribbean's first ever appearance at the game's biggest tournament.

Hundreds flocked to the first game Jamaica played against Brazil in Grenoble, a winter sports haven in south-east France, proudly wearing the colors of the nation - black, green and gold - on items ranging from clothing, hats, horns and flags. Many followed the team to the second game in Reims against Italy, before returning to Grenoble for the third and final group game against Australia. They had a blast.

"As a Jamaican this is great," Tony James, a former president of the Jamaica Football Federation, who made the trip with family and friends, told **Caribbean Today** in Grenoble.

"... People don't understand the vibes it puts through your body to see a national team, or any national player in gear (at the World Cup) ... that warms your heart."

Along the way, Jamaican



- Photograph by Gordon Williams

James, second right, and supporters of Jamaica get ready for Brazil in Grenoble.

fans loudly announced themselves with chants, songs and shouts - inside stadia where the Girlz played, in the streets and on public transportation.

The core group, which ventured mainly from Jamaica, United States and Britain, were joined by new fans attracted to the Girlz' colorful

demeanor and warmth. The team noticed and welcomed the support too.

"I think it's easy to get behind us," Allyson Swaby, who along with her sister Chantelle started all three

a great time here and showing pride in the spirit of the team, which was the lowest ranked coming into the World Cup and featured the youngest group of players.

The Jamaican players



- Photograph by Gordon Williams

Plummer, left, and Constantine braved rain to root for the Girlz.



- Photograph by Gordon Williams

The Girlz picked up many new fans along the way.

games, said in Reims. "It (Jamaica's presence) is definitely different from anything the World Cup has seen ...

"... We're also picking up fans on the way. I think people are just inspired by us and what we've done with we have compared to some of the other teams. It's a great feeling."

NEVER MIND

Despite three losses in a row, which ended Jamaica's World Cup dream, few of the Girlz' supporters seemed to mind, intent instead on having

and officials had their own supporting band. Most of the team had family members and friends at Jamaica's games. One coach reportedly had more than two dozen family and friends in Grenoble.

Midfielder Marlo Sweatman's parents and extended family from the U.S. showed up as well, along with the player's boyfriend Melvin Digk, who is from the Netherlands. He brought along relatives and friends - a cousin, her husband and their two young daughters. The kids were dressed in Jamaica T-shirts and proudly waved the Jamaican flag. It was a formidable show of solidarity for the Girlz.

"I'm here to support my girlfriend ... and the rest of the Jamaican team," said Digk, who lives with Sweatman in Hungary, where she plays professionally, as he prepared to enter the stadium in Reims, where Jamaica played its second World Cup game on June 14 against Italy.

"Marlo (and the Girlz) sacrificed a lot to be on this stage."

PRIDE

Apart from family and friends connections, it

(CONTINUED ON PAGE 6B)




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SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

'One Nation, One People' is theme for Jamaica's 57th Independence celebrations

"One Nation, One People" will be the theme for the celebration of Jamaica's 57th anniversary of Independence in 2019.

That announcement was made last month by Olivia Grange, Jamaica's minister of culture, gender, entertainment and sport. According to Grange, the theme was chosen because it addresses an important area of focus Jamaica must pay attention to.

"We are at a very critical time in our life as a nation," the minister explained in a recent press release issued by the government.

"We are witnessing the transition from one generation to the next and I believe that unity has to be a very important ingredient in the process to help us to solidify the gains we have made so far and build on them for the future."

MOTTO

Grange said while the

nation continues to celebrate the "International Decade for People of African Ancestry", it is important in the wider Jamaican context to observe the tenets of its national motto: "Out of Many, One People".

"We must always be reminded that this nation is a melting pot of cultures, built by people from many different ancestries," she said.

"It is remarkable what we have been able to achieve by working together and it is that spirit of unity that we want to engender as we celebrate our Independence and look to the future."

Grange said Jamaicans at home and abroad should look forward to a spirited Independence celebration as



Grange

her ministry is working to make sure events such as the Jamaica Festival Song Competition, Jamaica Festival Queen Competition, Jamaica Gospel Song Competition and the Grand Gala are spectacles to be remembered.

WELCOME

"This year we will welcome various heads of government for Independence and we intend to display the best of Jamaica as the eyes of the world will be upon us," Grange said.

"We will be streaming most of our activities to the diaspora so that everyone feels a part of the Jamaica 57 celebrations. We are well advanced in our planning and things have been going well."

The Jamaica Festival Song Grand Final will be held on July 27, with the Emancipation Jubilee slated for July 31.

The Miss Jamaica Festival Queen Grand Coronation will be on Emancipation Day, Aug. 1, the World Reggae Dance Championship Grand Final on Aug. 2, Mello-Go-Roun on

Aug. 3, the Jamaica Gospel Song Grand Final on Aug. 4 and the Pop and Variety Grand Final on Aug. 5.

Grand Gala will be held on Independence Day, Aug. 6,

at the National Stadium.

For more information on the Independence celebrations, call 876-926-5726-9 or visit www.jcdc.gov.jm.



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Port Royal up for UNESCO World Heritage nomination

KINGSTON, Jamaica – The historical town of Port Royal, located to the east of here, has been nominated to be placed on the World Heritage list.

Once known as the "the most wicked and sinful city in the world", Port Royal in the 1600s was one of the most famous English cities, known for booze, pirates and prostitutes.

The city was ruled by the notorious pirate Captain Henry Morgan.

In 1692, Port Royal was destroyed when a 7.5 magnitude earthquake struck the island and over 30 acres of the city disappeared under water.

Four of the five forts were destroyed or submerged and 2,000 people were killed.

Jamaica is the only Caribbean country with a nomination on the UNESCO's World Heritage List this year. Up to July 10, the World Heritage Committee will examine 36 nominations for inscription on UNESCO's World Heritage List during its 43rd session, which will take place in Baku, the capital of Azerbaijan, under the chair of Abulfas Garayev, minister of culture of Azerbaijan.

- Edited from CMC.



'Reggae Sumfest' set for Montego Bay July 17-22

"Reggae Sumfest" will kick off its 27th year next month with a line-up of artistes from host country Jamaica and overseas.

The music festival is set for **July 17-22** in Montego Bay.

Organized by Downsound Entertainment and sponsored by the Jamaica Tourist Board, this year's festival follows UNESCO's designation of reggae as an intangible cultural heritage.

This year, Festival Nights 1 & 2 will include Buju Banton, Beenie Man, Bounty Killer, Chronixx, Spice, Spragga Benz, Elephant Man, Protégé and Beres Hammond.

LINE-UP

The following is the festival's seven-night line-up of events:

- July 14 – Mornin' Medz Brunch Party
- July 15 – Street Dance Party
- July 16 – All White Party
- July 17 – Blitz All Black Party / Bunji Garlin's Birthday Celebration
- July 18 – Global Sound Clash
- July 19 – Festival Night 1
- July 20 – Festival Night 2

"Reggae Sumfest continues to add unprecedented value to Jamaica, the birthplace of the music genre, as it offers one of the most authentic cultural experiences on the island for locals and visitors alike," Donovan White, Jamaica's director of tourism, noted in a press release promoting the event.

For more information, visit www.ReggaeSumfest.com.



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SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

DR. MALOU HARRISON: Forging opportunities in higher education

DAWN A. DAVIS

Like most children, Malou C. Harrison wanted to be many things when she grew up: flight attendant, hair dresser, broadcast journalist. But, it seems she was destined to be in education.

Today, Jamaican American Harrison heads Miami Dade College's (MDC) North and Padron campuses. As president of the two MDC locations, Harrison not only helps shape lives through educational leadership, she oversees the enrollment of some 60,000 students representing more than 100 nations, including many from the Caribbean.

Harrison was born in Jamaica. Her father is the late Dr. Mervyn Alleyne, noted University of the West Indies professor of linguistics. Her Guyanese mother was a high school teacher. They passed on their love of teaching and learning to her. Harrison also credited her formative years in Jamaica for grounding and molding her values.

"My years at St. Hugh's (high school), the phenomenal teachers and staff, not to mention my peers, were what molded me into the servant leader I am today," she explained.

"For anyone who knows what a Caribbean upbringing

entails, it is grounded in a sensibility that apart from one's faith, education is the most important tenet of life. And I was a Girl Guide throughout high school. So discipline, decorum and an active dedication to serving the underserved ordered my life."

Harrison called herself "a proud Caribbean American woman tried and true ... Can't leave out the escoveitched fish and bammy, 'buss up shut' and curry, and my mother's delicious shrimp vegetable chow mein."

FIRST JOB

Harrison brought those memories and values with her when she migrated to the



Harrison

United States in 1979 at age 17. She recalled her first job in the U.S. fondly.

"I was responsible for stocking and restocking the

Hallmark Cards in the store," she said of her parttime gig at Woolworth in Buffalo, New York. "I felt so important, and I took pride in making sure the cards were in the right place and arranged well ... Work ethic is so important in one's professional and personal development."

Harrison's rise in education administration began after she graduated from the University of Buffalo with a bachelor's degree and assumed a full time position in the school's Personnel Department, where she previously worked as a student assistant. She was later

(CONTINUED ON PAGE 8B)

SALUTE TO YOU



Lady Allen, second left, wife of Jamaica's governor-general, pins the Governor General's Achievement Award for the Diaspora Over 35 Age Group, USA on attorney Wayne Golding as Governor General Sir Patrick Allen, left, and Jamaica's Ambassador to the United States Audrey Marks look on.

Government approves national plan to prevent violence against children

KINGSTON, Jamaica – The Jamaica government has approved the National Plan of Action for an Integrated Response to Children and Violence (NPACV) in response to its commitment made to the Global Partnership to end violence against children.

Dr. Grace McLean, permanent secretary in the Ministry of Education, Youth and Information, said recently the plan, to be implemented over a five-year period, has also been tabled in the Parliament.

She told the plenary session for the eighth Biennial Jamaica Diaspora Conference that the aim of the plan is to create and maintain a protective environment supportive of and responsive to the issues of violence, child abuse and maltreatment of children in Jamaica.

"What this means is that, for the first time, we have a comprehensive response, an intersectoral response to treating with violence against children," McLean said.

COLLABORATION

The plan involves collaboration among several stakeholders, including government ministries, agencies and departments and civil society groups.

The core objective of the NPACV is to reduce the impact of violence against children through an integrated approach to prevention, control, intervention responses, monitoring and evaluation. This aim is to ensure that the rights of children are preserved, and that an environment is created to stimulate their positive growth and development into productive citizens of Jamaica.

The Diaspora Conference was hosted last month here by the Ministry of Foreign Affairs

and Foreign Trade under the theme "Jamaica and the Diaspora: Building Pathways for Sustainable Development".

SUPPORT

Meanwhile, the government said it is lobbying the support of Jamaicans living overseas for the establishment of proposed Global Jamaica Diaspora and Global Jamaica Youth Councils. Foreign Affairs and Foreign Trade Minister Kamina Johnson Smith said the Global Jamaica Diaspora Council is intended to be an expanded and inclusive body with a wide membership of individuals "who hold Jamaica at the forefront of their voluntary efforts."

She also said that not only will the Council "ease the burden" placed on the Diaspora Advisory Board, "but it will allow for greater inclusivity of Jamaicans living afar in lands across the oceans" and is intended to have members from six regions not currently represented on the board. These are Africa, Asia and the Pacific, Latin America, the Caribbean, Europe and the Middle East.

"This way we ensure that in diasporic regions, which are real but are not as yet organized, they will have an opportunity to engage with us directly and to learn from colleagues who are more organized," the minister explained.

According to her, efforts will also be made to ensure that wide-ranging sector interests are represented. These include health; education; arts, sports and culture; faith-based institutions; citizen security; commerce, and development.

- Edited from CMC.



**The Honorable
Barbara J. Jordan**
Miami-Dade County
Commissioner
DISTRICT ONE



Congratulations on 57 Years of Independence!

The residents of Miami-Dade County join all Jamaicans, locally and abroad, as they celebrate their Independence. Let us all observe this milestone as Jamaica marks its 56th year of self-governance. Let's take a moment to rejoice and reflect on a country that has produced world renowned music composers, legendary sports figures, great literary artists, distinguished physicians, and record-breaking aviators.

Congratulations on this special day and best wishes for continued prosperity in the years to come!

Barbara J. Jordan

Barbara J. Jordan

SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

'RIGHT TIME': Mighty Diamonds celebrates 50 years in music

DAWN A. DAVIS

One of Jamaica's legendary harmony trios, The Mighty Diamonds, will be honored for their immeasurable contribution to reggae music and longevity in the business at the Tribute to the Greats event in Jamaica July 27, which will also pay homage to The Wailers.

Formed in 1969, the trio including Lloyd "Judge" Ferguson, Donald "Tabby" Shaw and Fitzroy "Bunny" Simpson went on to create hit songs and nearly 50 albums.

It was in Dec. 1969 when the young men, who went to the same school and lived in the same community in Trench Town, Kingston, decided to form the group after jamming together one night. Ferguson remembers clearly.

"Everything clicked on that fateful night in December 1969," he told Caribbean Today. "I was on the road talking to a girl in Trench Town where we all lived. Bunny passed by as he was going down 10th Street with his guitar in hand. At the same time, Tabby was coming up 10th Street.

When they met they had a conversation and then turned inside a yard. So, I immediately excused myself and went to the house to join Bunny and Tabby.

"As I approached them, Bunny stretched out the guitar to me and said 'hold a rhythm'.



Mighty Diamonds

I started to play and we sang the tune '25 to 30 Years of Love' (Ferguson demonstrates in song) and it sounded so melodious. So, we decided to start the group, right then and there."

CHANNEL ONE

The group wasn't an overnight success, Ferguson declared. He said it took five years to create a hit tune. Diamonds' early recordings were produced by noted Jamaican singer/producers, including Derrick Harriott, Lee "Scratch" Perry, Pat Francis, Stranger Cole.

It wasn't until they met and worked with producer Joseph Hoo Kim, through his Channel

One studios in the mid-1970s, that things took off. It was under Hoo Kim's tutelage that the album "Right Time", considered The Mighty Diamonds best classic roots reggae album, was recorded, then released by Virgin Records after the group was signed by the United Kingdom-based record company. Their best known songs from the album are "I Need a Roof", "Have Mercy", "Shame and Pride" and "Africa".

The Diamonds' smooth harmonies and meaningful lyrics captured the hearts of the populous at the time, who were listening to American R&B groups and popular rocksteady singers of the era. Some of those groups inspired and encouraged The Mighty Diamonds, Ferguson recalled.

"I don't know if that's what

make The Mighty Diamonds so good, but, we listened to every genre of music, R&B, reggae, calypso, soca, everything," he explained.

"Also, what really inspired us is the Wailers. We took the three-man group idea from them. They were our local inspiration to really get the group together.

"We used to rehearse all over Trench Town, including where Toots, of Toots and the Maytals, lived. Toots always encouraged us, saying that we sounded good. Actually, he was the first one we went on tour with when we started creating tunes."

ORIGINAL

Ferguson credited his song-writing skills to life experiences, noting that The Mighty

Diamonds always strives to be original. He has written the majority of the group's tunes and believes they will survive, even when up against today's dancehall and digital music.

"We don't look at it as a competition," said Ferguson. "We know there is a place for our music. We just hang in there and keep it going."

He said it is heartwarming to see the mix of young and old in the audiences of The Mighty Diamonds. He recounted a story of a 17-year-old fan at one of his European concerts saying "I love your music".

"It was always about the three of us creating together," said Ferguson.

However, the group has changed slightly. In 2015, Simpson suffered a stroke and has not been able to sing or tour with the group since. So, Ferguson and Shaw had to consider a new member. It wasn't difficult. Joseph "Capo" Williamson, popular on the South Florida music scene with his own group Benaiah, was the obvious choice to the original members.

"Joseph did two tours with the Diamonds before I asked him to join us," explained Ferguson. "He is a complete musician and singer. He also has his own band, Benaiah, in which he is lead singer. I know he was very competent; he fits in perfectly.

"You know, up to this day

(CONTINUED ON PAGE 8B)

James Bond's 25th movie set for filming in Jamaica

It's been almost 60 years since the first James Bond movie was filmed. This year, the 25th film returns to Jamaica, the famous winter home of Ian Fleming, the man behind Bond.

The 007 books and films are filled with images of Jamaican landmarks, particularly in the three stories set on the island: "Dr. No", "Live and Let Die" and "The Man with the Golden Gun". But there's much more to Bond's connection to Jamaica.

In preparation for the forthcoming 007 film, which is being shot on the island this year and released in April 2020, fans can travel to the locations frequented by the author and his characters. Whether it's staying at the Half Moon resort where Bond spent a night with Rosie Carver, relaxing on Laughing Waters Beach where Ursula Andress iconically emerged from the water, or touring the lesser-known locations where Dr. No and Live and Let Die were filmed, Jamaica will offer an opportunity for holiday makers looking



Sean Connery in "Dr. No"

to step into 007's shoes.

FACTS

Below are some facts about Bond films in Jamaica:

- Two James Bond films - "Dr. No" and "Live and Let Die" - were made near the town Oracabessa, where the 12 original James Bond novels were written.
- The White River, dividing the parishes of St. Ann and St. Mary, is the location for the river scenes in Dr. No.
- The famous scene with

(CONTINUED ON PAGE 7B)



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Miami-Dade Board of County Commissioners
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Salute to Jamaica

Celebrating 57 Years of Independence
August 6, 2019

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Wayman G. Bannerman, M.B.A.
Chief of Staff

SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

TWO IS BETTER: Parents support Swaby sisters on World Cup journey

GORDON WILLIAMS

GRENOBLE, France - An hour before kick-off for Jamaica's first ever FIFA Women's World Cup match, the clouds hovering over the Stades des Alpes here were still squeezing out rain drops big enough to force fans to pop umbrellas and haul on hoodies.

It might as well been a tsunami for all Dianne and Lennox Swaby cared.

The couple had come from the United States - only a small part of their journey of undying support - to see their daughters Allyson and Chantelle play for the Reggae Girlz against Brazil. Nothing was going to dampen their enthusiasm.

"I was there, literally, from the beginning," said Dianne, who couldn't stop smiling. "There's nothing that could have stopped me from being here now ... I'm the mom ... and a proud one. Yeah!"

Dianne admitted she "never, never" foresaw one of her daughters playing for Jamaica in the World Cup. Two was an unimaginable bonus.

"It's still even hard to believe," she said. "Even though we're walking into the stadium, it's still hard to believe ... We have two. So we have the best of both worlds."

The accomplishment filled the couple with joy.

"Absolutely!" said Dianne. "Can't stop smiling."

INFLUENCE

Dianne was born in England to Jamaican parents. She's married to Jamaican-born Lennox, who played soccer for his American high school in West Hartford, Connecticut, where the couple lives, and in U.S. college.



Sisters Allyson, left, and Chantelle.

He and Dianne never restricted U.S.-born Chantelle, 21, and Allyson, 22, to one sport, although his interest in soccer may have tipped the scale for the sisters.

"I think (they played) because soccer is this sport that's dominant in the household," Lennox explained. "That's why they probably gravitated to it. But they could have done any other sports. They were pretty active."

"Soccer was just the main stream and everything revolved around soccer afterwards," added Dianne. "And dad played soccer too."

The sisters agree.



- Photograph by Gordon Williams

Mom Dianne, right, and dad Lennox wouldn't miss their daughters' World Cup.

"My dad grew up playing soccer; it's like always on T.V. in the house, so that's how we kind of picked it up," said Chantelle before Jamaica played its final World Cup game against Australia.

START

According to their parents, around age seven or eight, Chantelle and Allyson started soccer. They never stopped. Dianne and Lennox remained lock-step with their support. It hasn't gone unnoticed.

"It's really nice to have a family that's so behind (you)," said Chantelle. "... It's great to have parents that are so dedicated ... and just help us to get to where we are now."

The sisters were both part of U.S. youth programs and played in college. Allyson is now a professional in Italy. Chantelle is still at Rutgers

University. The couple described the sisters' becoming part of Jamaica's national setup as another natural step in the process. There was never pressure to decide on Jamaica, they explained. They can't even remember talking about it.

"No, I don't think so," said Dianne. "... Everything I think so far has been the next process, the next level and here we are."

DIFFERENT

By all accounts, the sisters have decidedly opposite personalities, a point their parents acknowledged but declined to discuss in detail. Jamaica's coach Hue Menzies has noticed that too.

"They have the same last names but they are two different persons," explained Menzies, who said Allyson and Chantelle are not paired as

roommates with the team. "The younger one is more understanding of the situation and the other one is still trying to figure out the situation ... But at the end of the day they are both good kids. They get after it ... They really help each other."

At the World Cup parents and daughters stayed in touch. Through ups and downs, including Jamaica's heavy defeats, the Swabys stuck together.

"It's great to know (my parents) don't care about the wins and losses right now," said Allyson after Jamaica was beaten 3-0 by Brazil and 5-0 by Italy. "They're just happy that we are here and we are happy they are here to support us."

The girls fully understand the importance of their accomplishments to their parents.

"My dad is always like 'do you know what this means to us?'" said Chantelle. "And we're like, 'we get it, we get it. We know'."

Dianne and Lennox attended all three of Jamaica's first round games, traveling hundreds of miles between venues in Grenoble (twice) and Reims. It was just like the old days, when they had to shuttle Allyson and Chantelle to various tournaments as kids. Neither Jamaica's results at the World Cup nor threat of foul weather could deter them.

"It's awesome," said Lennox. "I don't think words can explain."



ADMIRATION AFFAIR: World falls in love with Jamaica's Reggae Girlz

(CONTINUED FROM PAGE 2B)

appeared that the will to compete against tremendous odds - including well publicized

lack of resources and floundering support from their own federation - also attracted fans to the Girlz.

"The fact that we quali-

fied, it was difficult," said Owen Plummer, a resident of London, England who was born to Jamaican parents and claimed to be a second cousin

of Jamaica captain Konya Plummer.

"But I think we've won already. Given the history of our background and the struggles that we have - even back home the ladies have struggles to get the financial and the political support that they need."

Non-Jamaicans with Caribbean heritage gravitated towards Jamaica's team at the World Cup as well, claiming the Girlz represented all the nations of the region.

"I'm very proud," said Cynthia Constantine, who was born in London, England of St. Lucian heritage. "... It's not just Jamaica, but one family, one country."

"We are the Caribbean," added James. "... When people talk of the Caribbean they're looking to Jamaica and here it is on the world stage. Women's (soccer) who is there again? Jamaica!"

CONQUERORS

The fact that Jamaica,

based on pre-World Cup rankings and almost all projections, appeared to have little chance to advance beyond the group stage, mattered little to most of the nation's supporters. Some, however, got carried away with their optimism.

"We've come to support the underdogs, but we know they're gonna win this thing," claimed Audley Skyers from the so-called Skip Crew, a group from London, via Jamaica's parish of Portland, before Jamaica lost 3-0 to Brazil.

"We don't think they're underdogs. We know different."

Jamaica's Reggae Girlz didn't win the World Cup, a game or even secure a point. However, they did leave a mark here, conquering the hearts and minds of many who showed up here to witness them make history.



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SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

EDWARD SEAGA: Nation bids farewell to former prime minister

KINGSTON, Jamaica – Hundreds of mourners were on hand to bid farewell to former Prime Minister Edward Phillip George Seaga, who died late May.

The ecumenical service of thanksgiving for Seaga, who was 89, was held at the Cathedral of the Most Holy Trinity here.

Seaga, who was accorded a state funeral, was lauded for his contribution to Jamaica's political and cultural development.

In his tribute, Prime Minister Andrew Holness said Seaga was a great man, who was at times misunderstood.

"I feel as privileged to be standing in tribute to him today, still in awe – as I was on the first day I met him," Holness said.

"He was a visionary, a big thinker, yet he was a pragmatist, he was not a populist, he

was not issuing political confectionary. These contradictions gave fodder to misrepresentations and often times he was misunderstood.

"All his work, from culture to sports, education, justice, the economy, music-everything, has been beneficial to the poor," Holness added.

"... We pay tribute to a great leader, a visionary and a thinker, a man of dignity, order and excellence ... a modern man, an architect, a teacher, a father, a friend, a man for all seasons, a man for all peoples. Now we lay you to rest Pappa Eddie, but what you stood for lives on. It lives on in the institutions you created and the people you have tutored and mentored ... rest well."

'TITANIC WARRIOR'
Former Prime Minister



Seaga

P.J. Patterson said that, while they were political rivals, Seaga was a "titanic warrior" who had the will to succeed at whatever he did.

Also paying tribute was Grenada Prime Minister Dr. Keith Mitchell, who described Seaga as a Caribbean champion, adding that Grenadians are grateful for Seaga's role in the 1983 invasion of Grenada that toppled the government of Marxist revolutionary

Maurice Bishop, which had overthrown elected officials in a coup.

"There may not have been unanimous support for the course of action taken then, but you were acting in Grenada's best interest and for that we thank you," said Mitchell.

Another tribute came from Desmond McKenzie, the current member of Parliament for the West Kingston constituency, who said Seaga's work as M.P. for West Kingston is a testimony to what his vision, love for the people can achieve.

"He created a cultural revolution in West Kingston that made us the envy of many communities across Jamaica," said McKenzie.

"... You were not born here, but you renounced your American citizenship and became a total Jamaican

through and through."

The body of the former prime minister was laid to rest at the National Heroes Park.

Seaga was the only remaining member of the generation of leaders who drafted the constitution when Jamaica gained Independence from Britain in 1962. He won a parliamentary seat that year, representing West Kingston, and remained in office for over 40 years, longer than anyone in Jamaica's history.

Seaga, who was Jamaica's fifth prime minister, also served as the leader of the ruling Jamaica Labour Party (JLP) from 1974 to 2005 when he retired from active politics.

He died on his birthday May 28 at a hospital in the United States.

- Edited from CMC.
★

James Bond's 25th movie set for filming in Jamaica

(CONTINUED FROM PAGE 5B)

Ursula Andress meeting James Bond for the first time was filmed at the private beach Laughing Waters in Ocho Rios. Other scenes were filmed at Dunn's River Falls.

• Several Jamaican hotels have been used as film locations in James Bond films. What is now Cottage 10 at the Half Moon resort is the bedroom where Bond spent the night with Rosie Carver.

• Couples Sans Souci was used as a location in Live and Let Die. Bond's hotel room is remembered with a special sign, 'D20.'

• The iconic voodoo dance scene in Live and Let Die was shot in a restaurant in Ocho Rios in 1973.

• Bob Marley nearly bought Goldeneye, the home of Ian Fleming in the 1960s, before it was eventually bought by Chris Blackwell.

• Jamaica's capital city Kingston was a principal location for Dr. No.

• The home of Jamaica's governor general, called Kings House, is where Bond met United Kingdom intelligence at the beginning of his mission.

• The Grand Port Royal Hotel, (formerly Morgan's Harbour Hotel) in Kingston was a film location in Dr. No and features in several scenes of the film.

• Iconic Jamaican soca band the Dragonaires, led by Byron Lee, recorded and performed "Jump Up" in the Dr. No film and are on the first Bond soundtrack.

• Ernest Ranglin, the jazz and blues guitarist from Jamaica, appears several times

on the Dr. No sound track, including in "Under the Mango Tree" with his wife Dianna Coupland.

• The Reynolds Pier in Ocho Rios, part of the Ocho Rios cruise ship facility, was used as Crab Cay in Dr. No.

• Fleming was a keen bird-watcher and appropriated the name James Bond from a leading American ornithologist. The real James Bond turned up with his wife at Goldeneye in 1964. Fleming said he was, "terribly amused by the whole thing."

• The first ever Bond girl from the books, Vesper Lynd of Casino Royale, was named after a cocktail Flemming had been given in Jamaica, a mix of frozen rum, fruit and herbs.

• Two of Fleming's famous heroines, Solitaire from Live and Let Die and Domino from Thunderball, are named after rare Jamaican birds.

• The desolate barren swamp scenes of Crab Cay in Dr. No were filmed at the dry swamp at Falmouth in Trelawny.

• The first Bond girl "villain" was Jamaican beauty queen Marguerite Lewars. She played Annabel Chung, the photographer sent to follow Bond. Her sister Barbara Lewars married Jamaica's three-time Prime Minister Michael Manley.

• Jamaica was the film location for the fictional island of San Monique in the Bond film Live and Let Die.

• The Green Grotto Caves, a tourist attraction on the north coast of Jamaica, is the location of many of the subterranean scenes in Live and Let Die.

• The grounds at Rose Hall

Great House, an 18th century plantation in Montego Bay, were used in the filming of Live and Let Die. A makeshift graveyard was built on the grounds and the scene of the poppy field was shot in the hills behind the house.

• Chris Blackwell, record mogul and founder of Island Records music empire, worked as a location scout on the original Dr. No.

• Those in the know think

that Blanche Blackwell, mother of Chris, may have been an inspiration for Honeychile Rider, the Bond girl from Dr. No who like Mrs. Blackwell, was the Jamaica-born child of an old island family and a passionate student of sea life.

• In the book "The Man with the Golden Gun", Fleming based the Bond character and plot across many Jamaican locations, including Morgan's Harbour Hotel, Green Island

and Lucea.

• Monty Norman, the composer of the iconic Bond theme tune, has grossed over \$1 million in royalties since the franchise began.

For more information on Jamaica, go to www.visitjamaica.com.

Information submitted by the Jamaica Tourist Board.
★



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SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

DOUBLE DUTY: 'Mommy' Matthews plays for Jamaica, infant son

GORDON WILLIAMS

GRENOBLE, France - Playing sports professionally can be grueling - training, traveling and matches. Breastfeeding is not usually part of that equation.

But Jamaica's Cheyna Matthews is a new mother and that's what moms do. So she was still nursing her son Josiah - now nine months - up to the time the Reggae Girlz left for the last month's women's World Cup soccer tournament in France.

"When I had my first camp in Jamaica I was still breastfeeding," Matthews told **Caribbean Today** here. "Honestly, I was still breastfeeding up until I came to Europe."

That's when mother and child had to be separated. It hurt.

"This is the longest we've been apart," said Matthews, who was eventually joined here by Josiah just before Jamaica's first World Cup match against Brazil on June 9, a match she started.

COMING BACK

For Matthews it was a tough, but gratifying struggle racing the clock to seal a place in Jamaica's World Cup squad. Following Josiah's birth, she had to recuperate before getting the green light to train.

"It was challenging," explained Matthews, a forward. "I had my first camp with Jamaica when he was four months old.

"So I worked very hard.

From the time he was born you get cleared to run and stuff after six weeks. I didn't have any setbacks, so I just worked my way up from there to the four months so I was ready for camp. So now I'm here."

Before the World Cup, Matthews, who is from Georgia, United States, had Josiah with her most times. When that isn't possible, she relies on her mother Corinia Williams, who's from Jamaica, the connection which makes her eligible to represent the Girlz. Although she has confidence in Williams, separation from her son is always difficult.

"It's hard," said Matthews. "It's really hard, but I know he's in good hands... Well, she raised me, so I trust her.

What's hardest?

"Being away from him and not seeing him," she added. "... We were with each other every day, pretty much, up until this point, besides, you know, maybe a weekend for my club games."

SUPPORT

Major support also comes from her husband Jordan Matthews, a wide receiver with National Football League (NFL) club San Francisco 49ers. As a professional, he understands the demands his wife faces.

"Absolutely," Cheyna explained. "He is really big on recovery. So there are times when I get home and, you know, all I want to do is care for my son and he's like 'No, I got it. Go take an epsom salt bath'. Or 'Make sure you get a



Matthews shares the spotlight with Josiah after Jamaica's third World Cup match.

massage or different treatments that you need'.

"... So he's been good in a sense that he makes sure that I'm taking care of my body."

The two met in college, when Cheyna was a freshman at Vanderbilt and Jordan a junior. They became "good friends," she said. When she was drafted by the Washington Spirit of the National Women's Soccer League (NWSL) in the U.S. Jordan was with the NFL's Philadelphia Eagles in Pennsylvania, not far away. They began dating and later got married. However, although Jordan has played soccer, Cheyna said there are lines they don't cross.

"He doesn't like to give me too much advice, because we don't give each other advice on our sports," she said. "But

we understand, I guess, the commitment to the sports ... We're professionals."

SCHEDULE

The NWSL and NFL seasons are played at different times of the year, so Cheyna and Jordan have worked out a home base solution.

"Our seasons are exact opposite," she said. "So when I'm playing inseason, he's training in the off-season where I play. And then when he's in season I train in the off-season where he plays."

Now Josiah is part of the family. So he'll be wherever his parents are. He won't remember much of what's happening now, especially that his mom was part of a historic Jamaica team which was the first from the Caribbean to qualify for a women's World Cup. But Cheyna promises to tell him. She sends him a blog.

Yet there was one really special World Cup snapshot. Just before Jamaica's final game Cheyna saw Josiah in the stands and "he clapped for me," she recalled.

"That was a crazy moment," she added. "That's the moment that kind of stuck in my head."

When he's older, Cheyna said, she won't push Josiah to play sports. If he does, however, she would prefer he choose soccer, not American football, "because I just love this game so much." If he does too, she vows to be a soccer mom, although she doesn't guarantee she'll be yelling from the sidelines.

"I'll talk tactics," Cheyna said.

ROLE MODEL

In the meantime, she's been a role model to her Jamaica teammates. The Girlz made up the youngest squad at the World Cup, meaning all are -potentially - future mothers. They observe Cheyna and ask questions.

"I think it's also cool for them to see, kinda how I handle it, and I've definitely taken on a motherly role with some of the girls," she explained.

"Like Jodi Brown, who's like the youngest player on our team (at 17). She calls me mama and I call her pickney. So it's funny to have those relationships, but still be able to relate to the girls.

"I'm still only 25, so we have a good time. We laugh. Sometimes they forget until they see my son ... So it's cool on that level, but also to kinda see that it's possible too."

Cheyna embraces the glory and rewards of top level sports, but it's Josiah that gives her most grounding.

"Yeah, (his birth) just puts everything into perspective," she explained.

"I just have this human that just loves me no matter what. No matter what happens, my number one responsibility right now is to care for him.

"It gives me also a sense of purpose, but also, you know, it's encouraging to know that I can do this and still have a career."



'RIGHT TIME': Mighty Diamonds celebrates 50 years in music

(CONTINUED FROM PAGE 5B)

we have never rehearsed the songs with Joseph since he joined the group almost four years ago. He listens to the songs, learns them and fits right in."

Although Benaiah is not as

active now, Williamson has been in the studio recording his own music. But, he feels a strong connection to The Mighty Diamonds through the music.

"Good music never dies," he said. "It's about working with good musicians and creat-

ing great songs."

Williamson, a talented singer/songwriter, has also virtually taken over the group's management. He secures visas for their international tours, books the tour dates and makes sure The Mighty Diamonds'

business affairs are in order. As the new Diamond, Williamson will also be celebrated as the group is honored this month.

"It's a great expansion for my career to be sitting with the greats like Bunny Wailer, The Mighty Diamonds and sharing

in this type of tribute," he said. "I am honored to be in their company and the celebration."

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



DR. MALOU HARRISON: Forging opportunities in higher education

(CONTINUED FROM PAGE 4B)

given more responsibility as an administrator. She earned master's and doctoral degrees from Florida International University and Walden University and taught English as a second language and served as dean of students at MDC.

As MDC dean, Harrison made it her mission to connect with students personally, helping them to reach their own educational goals and making sure they were economically and emotionally stable.

"Almost 45 percent of our students are living in poverty," Harrison explained. "Many are

the head of their households.

"Therefore, knowing the affordable housing, transportation, food insecurity, and overall poverty issues of our local community, we at MDC understand that our students are facing many life challenges as they work toward attaining a college degree and moving beyond."

SINGLE STOP

That realization motivated Harrison to create a social program to address those needs. She was a founding dean for MDC's Single Stop program, which provides students direct support and referrals to address

life issues, including help with cash assistance, food stamps and other support dealing with housing and child services.

As president of MDC's North and Padron campuses, Harrison continues to affect students directly.

"My goal for both campuses is that our 'Students First' motto will continue to prevail in the hearts and minds of all faculty and staff as we endeavor to heighten our mindfulness and action around student success," she said.

"... We meet our students where they are, and together we develop a pathway of courses,

support services, and experiential opportunities to propel them to the finish line, with degree in hand plus a tool box of competencies in communication, critical thinking, social responsibility, environmental and aesthetic appreciation."

Dr. Harrison views her accomplishments as shared successes, noting they came with the support of staff, students, community and family that has propelled the university to where it is today. She said she has instilled values in her four children to be thankful, humble and willing to be guided. Harrison is grateful for her

background.

"My Caribbean upbringing has everything to do with how I carry myself as a woman in leadership, the high standards to which I hold myself so that I ensure I am an example of fairness and integrity to others," she said.

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



SALUTE TO JAMAICA

A Caribbean Today special 57th Independence feature

Jamaica establishing early warning system on drugs

KINGSTON, Jamaica – Jamaica is moving to establish an early warning system (EWS) on drugs.

The Ministry of National Security is collaborating with the National Council on Drug Abuse (NCDA) and other local stakeholders to establish the EWS, which is a multi-disciplinary network incorporating several organizations and personnel directly or indirectly involved in work to curtail drug abuse and illicit trafficking.

These include ministry agencies and organizations such as the Jamaica Constabulary Force's Narcotics Division, the Jamaica Crime Observatory the Institute of Forensic Science and Legal Medicine, as well as the Jamaica Customs Agency, the Ministry of Health and Wellness, along with drug treat-

ment specialists and local hospitals.

Rohan Richards, chief technical director in the Ministry of National Security, said a multi-stakeholder effort is needed as the government continues efforts to stem the supply of drugs.

"Our geographical position and the growing association between drugs and crime necessitate a collaborative approach to tackling the issues that face us," said Richards.

The EWS is designed to identify early events that pose a threat to public health and security regarding new psychoactive substances (NPS) or "emerging drugs" and facilitate the rapid exchange of information.

- Edited from CMC.



INDEPENDENCE: The birth of a gifted nation

In Feb. 1962, a new Constitution was approved by the Legislature and Premier Norman Manley called general elections.

Alexander Bustamante was elected in April and became the first prime minister of Jamaica. On Aug. 6, 1962, Jamaica became an Independent nation and a member of the British Commonwealth.

Jamaica becoming an Independent nation meant that Britain no longer controlled the affairs of the country. It was now the responsibility of the newly elected prime minister and the locally elected Cabinet. Independence also meant that a Constitution, symbols, emblems, an army,



Manley, left, and Bustamante

Jamaican currency and passports had to be developed for the country.

OWN PATH

As an independent nation, Jamaica assigns ambassadors overseas who represent the country. They sign treaties on behalf of Jamaica and become members of various interna-

tional organizations. This gives Jamaica equal rights on various issues relating to international trade, policies and treaties.

Every year on Aug. 6 (previously first Monday in August), Jamaicans celebrate the removal of the nation's dependence on Britain to control specific functions of the country. At this time Jamaica also honors those persons who were responsible for the transfer of power.

In October, during National Heritage Week (third Monday in October), Jamaica also honors its six national heroes and one heroine, in recognition of their contribution to the birth of the nation.

- Edited from Jamaica Information Service.



Cuisine, culture shine at 'Caribbean305' in Miami

MIAMI, Florida – The Jamaica Tourist Board (JTB) joined the Caribbean American Heritage Month celebrations in the United States as a premium sponsor of "Caribbean305" here.

Presented by the Caribbean Hotel and Tourism Association (CHTA), Caribbean305 is an annual event that highlights the art of Caribbean cooking, bringing together top chefs and bartenders from more than a dozen destinations in the region.

Jamaica's culinary team, led by the Culinary Federation of Jamaica, presented a menu



Chefs from Jamaica served up delicious meals during Caribbean305.

of authentic dishes, including ackee and saltfish tostones, curried goat dumplings and jungle juice, a tropical cocktail made with melon, pineapple, ginger, rum, scotch bonnet pepper and mint.

The JTB added the sounds of reggae to the evening's entertainment with a special live performance by Willie Stewart & Friends.



The Jamaican National Anthem

Eternal Father bless our land,
Guard us with Thy Mighty Hand,
Keep us free from evil powers,
Be our light through countless hours.
To our Leaders, Great Defender,
Grant true wisdom from above.
Justice, Truth be ours forever,
Jamaica, Land we love.
Jamaica, Jamaica, Jamaica land we love.

Teach us true respect for all,
Stir response to duty's call, strengthen us
the weak to cherish,
Give us vision lest we perish.
Knowledge send us Heavenly Father,
Grant true wisdom from above.
Justice, Truth be ours forever,
Jamaica, land we love.
Jamaica, Jamaica, Jamaica land we love.

National Pledge

Before God and all mankind, I
pledge the love and loyalty of
my heart, the wisdom and
courage of my mind, the
strength and vigour of my body
in the service of my fellow citizens;
I promise to stand up for
Justice, Brotherhood and Peace,
to work diligently and creatively,
to think generously and honestly,
so that Jamaica may,
under God, increase in beauty,
fellowship and prosperity,
and play her part in advancing
the welfare of the whole
human race.

JAMAICA THROUGH ART



Jamaican artist Paul Blackwood, right, explains his work to Jamaica's Ambassador to the United States Audrey Marks, center, and fellow artist Courtney Morgan at the "Open House" exhibition which was put on display last month at the Jamaican Embassy in Washington, D.C. Nearly 100 oil-on-canvas paintings and prints depicting slices of Jamaican life, from urban and rural landscapes, human forms, still life items to abstract images, were part of the exhibition. Blackwood and Morgan hail from western Jamaica. They are founding members of the Trafalgar Artists Group of Jamaica. The exhibition later moved to the Martin Luther King Jr. Center in New York, where it was scheduled to be displayed through almost the end of the month.

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SATISFACTION GUARANTEED



Dian Holland, left, Jamaica Tourist Board's business development manager - west United States, accepts the award for "Destination With The Highest Client Satisfaction, Caribbean" and "International Tourism Board Providing The Best Travel Advisor Support" from Valerie Chen, digital editor at TravelAge West. The presentation took place at the 2019 TravelAge West Western Agents' Votes of Excellence (WAVE) Awards Gala last month in California.

'Harlem EatUp!' shows off Jamaican cuisine in New York

Jamaica showcased the bold and diverse flavors of its cuisine at the fifth annual "Harlem EatUp!" held in New York City recently.

The Ultimate Grand Tasting at the Harlem Stroll in the historic Morningside Park brought together creations from the city's leading chefs to celebrate the village of Harlem



Chef Wenford P. Simpson, center, poses with his assistants.

with live music, dancing, art and culture.

Among the signature events were "Dine In Harlem" series "WarmUp! To EatUp!" Jamaican Chef Wenford P. Simpson partnered with Walkerswood Caribbean Foods to serve curried chicken chickpea tacos.

Government moving to complete Data Protection Bill

KINGSTON, Jamaica – The Jamaica government says it is moving "rapidly" to complete the Data Protection Bill, which would provide citizens with the requisite safeguards to control their personal information online.



Science, Energy and Technology Minister Fayval Williams said the bill supports the fundamental right of every Jamaican to have their privacy protected, and will complement the new national identification (ID) system that the government intends to implement.

"The courts have looked at it (national ID system) and made a pronouncement, so we will have to go back and look at it again, but we're coming back with it," said Williams.

"All that data that is collected about them (citizens of Jamaica), they'll have a right to know who is collecting, what are they collecting [and] what are they using it for."

GUIDELINES

The Data Protection Bill, which is before a Joint Select Committee of Parliament, provides guidelines on how personal data should be collected, processed, stored, used and disclosed in physical or electronic form.

It requires that data

should only be obtained for specific lawful purposes, with the consent of the individual, and not be further used or processed in any way incompatible with the original purpose.

It also stipulates that the data collected must be accurate and, where necessary, kept up to date; must not be held for longer than is necessary for the original purpose; must be protected using appropriate technical and organizational measures, and be disposed of in accordance with the regulations.

The bill further provides that data must not be transferred to a state or territory outside of Jamaica, unless that state or territory ensures an adequate level of protection for the rights and freedoms of the individual from whom the data has been collected.

In May, Williams said the Joint Select Committee of Parliament would be reconvened no later than June, in an effort to have the Data Protection Bill approved in this

financial year.

She said that having gone through public consultations, the committee will now look at the recommendations and take the act back to Parliament.

FIRST STEP

Meanwhile, the government says that the Information and Communications Technology (ICT) Authority Bill, which was passed in the House of Representatives last month, is a first step in putting all of government on the same technology platform.

"It's to bring all the government's ICTs under one roof, so the government speaks with one voice about ICT and we can deploy the platform across government. This is just the beginning, but it's starting," Williams noted.

The bill also facilitates transfer of the functions of eGov Jamaica Limited and the Office of the Chief Information Officer to the ICT Authority to be established.

"The e-Gov ... (is) going to transition into the ICT Authority with laws so, for the first time, we're going to have an entity that has the backing of law to be able to say to the other Ministries, here are the policies," she noted.

- Edited from CMC.



Philadelphia banker is new honorary consul in Pennsylvania

Philadelphia-based banker Christopher Chaplin is Jamaica's new honorary consul for Pennsylvania.

Chaplin, who succeeds the late Dr. Alston Meade, assumed the post in April. It had been vacant for five years.

Chaplin is senior associate with Opportunity Finance Network in the United States. He also has banking experience in Jamaica.

"I am greatly honored that the Government of Jamaica, through the Ministry

of Foreign Affairs and Foreign Trade, has seen it fit to appoint me to this very important position," said Chaplin.

"It is a position in which I am strongly committed to serving the Jamaica's interests in the state of Pennsylvania."



Chaplin

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P.M. predicts drastic crime reduction in Jamaica

GEORGE TOWN, Cayman Islands – Jamaica's Prime Minister Andrew Holness is confident that his administration will drastically reduce murders in his country, even as he acknowledged that the island has a "very complicated social construct."

Holness, who was speaking here recently, said his government is committed to bringing crime under control

without making a trade-off in relation to human rights. However, he said as his country moves to deal with the situation, it has had to deploy emergency measures in the form of a declaration of a state of public emergency.



Holness

Holness promised his audience that the next time he addresses them "the next statistic I will put out regarding our crime situation will be a phenomenal reduction in murders in our country."

Last year, 1,287 murders were committed in Jamaica. Up to April this year, the figure stood at 406.



FORWARD FALMOUTH



- Photograph by Derrick Scott
Lisa Bryant Smart, right, Jamaica's acting consul general in New York, receives mementos depicting Falmouth, Jamaica from Lance Hall, director of Friends of Falmouth, after she officially launched the organization at the Jamaica Consulate in Manhattan, New York last month. The newly formed organization is aiming to encourage former residents of Falmouth to pool their resources and talents towards the improvement of their hometown.

TRAILBLAZERS



: - File photograph

Jamaican assistant referees Stephanie Yee-Sing, left, and Princess Brown were appointed to officiate this month's semi-final game between Sweden and the Netherlands at soccer's Women's World Cup in France.

"Having already created history by being appointed to officiate at the tournament, the ladies have done the country proud by being appointed to the level of the semi-finals," Jamaica Football Federation President Michael Ricketts noted in a statement.

"An amazing achievement, as it must be as a result of how well they have done throughout the tournament. This example will go a far way in showing young girls the breadth of possibilities available to them in (soccer)," Jamaica's Reggae Girlz also created history by becoming the first Caribbean nation to compete at the Women's World Cup

Happy 57th Independence, Jamaica!



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SALUTE TO JAMAICA

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HONOREES: Bolt, businessman to receive AFJ's humanitarian award

A former track star and a businessman will be the honorees at the American Friends of Jamaica's (AFJ) 2019 Hummingbird Gala later this year.

Jamaica's Usain Bolt, who won multiple Olympic gold medals as a sprinter, breaking several world records, and Dr. Glenford Christian, founder and chairman of Cari-Med Group of Companies, will be awarded the International Humanitarian Award at the gala, to be held Oct. 25 in New York City.

The honorees were nomi-

nated by the AFJ Board of Directors to highlight their impact in philanthropy, successes and significant contributions to economic development in Jamaica. The gala is expected to showcase the AFJ's work in Jamaica and celebrate the achievements of the two philanthropists.

Bolt, who retired from track in 2017, still holds the world records in the 100 meters (9.58 seconds) and 200 meters (19.19). He has also been part of the Jamaican 4x100 meters relay team which has broken the

world record.

In 2011 he founded The Usain Bolt Foundation in with the goal of enhancing the character of children through educational and cultural development. It supports the Jamaica Special Olympics, hosts an annual Christmas treat in Bolt's hometown and has funded The Walkers Place of Safety and other projects.

IMPACT

In 1986, Christian started his own pharmaceutical distribution company, CariMed Limited

with three employees. Today the Cari-Med Group is a major player in the Jamaican pharmaceutical and consumer goods industries, hiring over 800 employees. The group is involved in manufacturing of consumer goods and over-the-counter drugs.

Christian established the Cari-Med Foundation with a mandate to positively impact early childhood education, health care and community building. The foundation has supported several initiatives at hospitals across Jamaica. Its

major educational initiatives include construction of the Evelyn Mitchell Infant School and Centre of Excellence, designated the first early childhood centre of excellence by the Ministry of Education in Jamaica.

For more information about the gala, visit <https://theaff.org/all-event-list/2019-hummingbird-gala/>.



BRIEFS

Independence thanksgiving service

A church service to mark Jamaica's 57th anniversary of Independence will be held **4 p.m. Aug. 4** at The Bethany Baptist Church in New York.

Reverend Dr. Adolphus Lacey, senior pastor at the church, will serve as host pastor. Officiant will be Bishop Dr. Cecil G. Riley, senior pastor of Freedom Hall Church of God.

The Bethany Baptist Church is located at 460 Marcus Garvey Blvd., Brooklyn. For more information, call **347-281-6549** or **212-935-9000**, ext. 123.

'Miss Lou' celebration

A celebration of late Jamaican folk icon Louise Bennett will be in the spotlight at "Miss Lou Full Hundred" shows **Sept. 6 and 7** in South Florida.

The event will begin at **7 p.m.** both dates. The first show will be staged at Palm Beach Community High School, the second at Coral Springs Center for the Arts.

Among the scheduled performers are The Jamaican Folk Singers, Joan Andrea Hutchinson, Malachi Smith, Tallawah Mento Band, Fae Ellington and Maxine Osbourne.

For more information, call **954-257-0375**.

Students in U.S. get scholarships

Five students of Jamaican heritage, who attend colleges and universities in the United States, were recently awarded the 2019 Jamaican Nationals Association (JNA) College Student Scholarship Award.

The scholarship winners are Justine Braham and Ashley Medley, of Howard University; Temera Duncan and Shannel Hibbert, of University of the District of Columbia; and Kemesha Robinson, of Bowie State University in Maryland.

The scholarships were presented at the JNA's annual scholarship awards ceremony. President Dr. Elaine Knight said the awards are based on high academic excellence, outstanding community service and financial need. The scholarships are awarded to students studying in Washington, D.C., Maryland and Virginia.



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JAMAICA
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BAPTISM BY FIRE: Jamaica's Reggae Girlz dealt harsh World Cup lessons

GORDON WILLIAMS

FRANCE - Jamaica was dealt some harsh lessons on their historic debut at soccer's Women's World Cup here, but won the admiration of many who witnessed their spirited effort against elite opponents and left the sport's biggest tournament vowing the experience will make them better in the future.

The Reggae Girlz failed to win a game or earn a point against three Group C opponents ranked in the top 20 by FIFA, soccer's global governing body. They scored one goal and were beaten by heavy scores in all three games.

The results exposed the gulf in quality between the Caribbean's lone representative and some of the best teams in the world, a timely reminder the region is lagging behind in the global game.

"These are good learning



Shaw and the Girlz showed promise.

experiences," said Jamaica's head coach Hue Menzies. "... We learned a lesson that these players we're playing against are top quality."

The first game against 10th ranked Brazil, on June 9 in Grenoble, Jamaica's inexperience showed early and often. Playing in front of a large, col-

orful and vociferous Jamaican contingent in the Stade des Alpes, the Girlz, ranked 53rd, labored against a veteran team and were torched by a hat-trick of goals from Cristiane to lose 3-0.

It was, baptism by fire.

BITTER

A second bitter lesson followed on June 14 against 15th ranked Italy at Stade August-Delaune in Reims. Led by three goals from striker Cristiana Girelli, Italy swamped Jamaica 5-0 and Menzies echoed the same lament of his team's shortcomings.

"We're learning," he said. "It's unfortunate we have to come here to learn."

Entering the third group game against Australia, Jamaica had been all but eliminated from the World Cup, holding only a slim mathematical chance of advancing to the

next round. Yet the Girlz remained upbeat, promising to seek a win against the sixth ranked team in the world.

"We want to qualify (for



Inexperience cost Jamaica, said Menzies.

the next round)," Menzies said the day before the game.

"That's what we're here for."

Once more he juggled

Jamaica's starting lineup and switched the team's playing formation. In all, only three of Jamaica's 23 member roster did not play at the World Cup. One was injured and ruled out of any possible action. It was a torturous three games of mix and match, patching a team as its leaks were exposed on a global stage. Menzies repeatedly offered it was normal for Jamaica to alternate players, but it was clear the Girlz - up to the end of the tournament - never truly identified a solid starting team.

Jamaica's revamped lineup against Australia, however, appeared its best. The Girlz played with confidence and character, regularly putting the Aussies pressure. That led to a brilliant and historic goal by the Caribbean team. Star attacker Khadija Shaw, who had her best game of the tour-

(CONTINUED ON PAGE 12A)

India bowls off tour against Windies with Florida T20s

South Florida will be the first stop for India as part of its cricket tour against the West Indies starting next month.

Cricket West Indies announced last month West Indies will play India in two Twenty20 internationals Aug. 3 and 4 at Central Broward Regional Park in Lauderhill. Both games are scheduled to start at 10:30 a.m.

Following those matches, both teams will journey to Guyana, where they will play a third Twenty20 game on Aug. 6 and a one-day international on Aug. 8 at the Guyana National Stadium.

The teams will then depart for Trinidad where they will face-off in the second and third one-day internationals at the Queen's Park Oval.

A three-day tour match will follow between the two teams Aug. 17-19 at the Coolidge Cricket Ground in Antigua. The tour will wrap up with two Test matches. The first Test is set for Aug. 22-26 at the Vivian Richards Cricket Ground at the Vivian Richards Cricket Ground in Antigua. The second will be played Aug. 30 to Sept. 3 at Sabina Park in Kingston, Jamaica.



SPRINT QUEENS



South Florida-based 17-year-old sprint sensation Briana Williams, second right, finishes third behind winner Elaine Thompson, right, and Shelly-Ann Fraser-Pryce in the women's 100 meters at last month's Jamaica senior national track and field trials in Kingston. Williams clocked a personal best 10.94 seconds, but had to settle behind the veteran stars, who were both timed in 10.73 seconds. All are expected to make Jamaica's team to the IAAF World Championships in Athletics to be held later this year in Doha, Qatar.

KNICK IN TIME



RJ Barrett, the 19-year-old grandson of Jamaicans, is greeted by National Basketball Association Commissioner Adam Silver after being selected by the New York Knicks with the third overall pick of the NBA draft held last month. The late Noel Duhaney, the Jamaican father of Barrett's mother Keshia, used to root for the Knicks and watch games with his grandson. The parents of Barrett's father Rowan were also from Jamaica. Barrett, a 6' 7" player, is from Duke University. He said Duhaney told him he'd play for the Knicks and that's the NBA team he wanted to play for as well.

Lara survives chest pains, on road to recovery

BRIDGETOWN, Barbados – Iconic former West Indies batsman Brian Lara says he has been cleared of anything serious after being admitted to a hospital in Mumbai with chest pains last month.

In a message to fans and well-wishers, the 50-year-old Lara said several of the tests completed by doctors at Mumbai's Global Hospital in Parel had revealed "nothing major."

"I know everyone is very concerned about what is happening," said Lara, a former Windies captain and record holder for the most runs for the regional team in Test cricket.

"I think I just extended myself too much in the gym this morning and was feeling a little bit of pain in my chest. I just felt it was best to see a doc-



Lara

tor and I was taken to the hospital.

"The pain continued so obviously a lot of tests have been done."

Trinidadian Lara was in India performing duties as a media analyst for the ongoing

World Cup in England. He is one of the renowned personalities in the game, having scored 11,953 runs in from 131 Test matches with 34 centuries and 10,405 runs from 299 one-day Internationals.

Lara still holds the records for the highest individual score in Tests – 400 not out

– and in first class cricket – an unbeaten 501. He quit international cricket in 2007 following the historic Cricket World Cup in the Caribbean.

- Edited from CMC.



SPORTS



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Jamaica shakes off-field troubles, beat U.S. in soc-cer friendly

WASHINGTON, D.C. — Jamaica's senior men soccer team rose above yet another explosive episode of internal conflict to beat the United States last month in an international friendly match played

here.

The Reggae Boyz, troubled by disagreement with the Jamaica Football Federation (JFF) over player benefits, clipped the U.S. 1-0 on June 5 at Audi Field stadium.

The dispute with the JFF, the game's ruling body on the Caribbean island, covered mainly financial compensation. It boiled over publicly when veteran player Kemar Lawrence voiced his frustra-

tion on social media, calling the situation "bulls..t"

Captain Andre Blake, also expressed frustration.

"It's very difficult in moments like these," Blake said. "... At some point we've got to take a stand, not just for us, but for the younger generations to come."

However, head coach Theodore Whitmore declined to discuss the dispute.

"I think that's an internal matter," Whitmore said during a post-match press conference. "That's not something I

want to discuss publicly. My role and job description is to prepare the team, both technical and tactical. So I think the powers that be dealt with that part of the situation."

The Boyz handled their business on the field against the U.S. On the hour mark, substitute Shamar Nicholson collected the ball outside the box, dismissed his defender and rifled a powerful, curling shot into the net.

- G. Williams



BEATEN AND BOWED



West Indies player Carlos Brathwaite expresses disappointment after West Indies was beaten by India at last month's Cricket World Cup in England. The loss eliminated the Caribbean representatives from the 50-overs competition in the first round of the 10-team tournament.

BAPTISM BY FIRE: Jamaica's Reggae Girlz dealt harsh World Cup lessons

(CONTINUED ON PAGE 11A)

ment, skillfully shrugged off multiple challenges and thread a wonderful pass to Havana Solange. She rounded the goalkeeper and slotted the ball into the empty net.

BEST

It was Jamaica's best World Cup moment and it cut Australia's two-goal lead in half. But glaring rookie mistakes again cost Jamaica as Australia roared back, led by Sam Kerr, who Menzies earlier touted as the best player in the world.

Kerr scored four times in the 4-1 win to send the Girlz home early. But they left knowing they had warmed hearts here. Fans, many with no particular affiliation to Jamaica, repeatedly erupted in chants of "Reggae Girlz! Reggae Girlz!" during games. They knew stories of the Girlz' struggles to get proper resources. But on the field, Jamaica also earned respect from more fancied opponents and proved they were no World Cup pushovers.

"Jamaica is a good team," said Brazil's Leticia Santos. "We respect ... them."

"The Jamaican team are really strong," added Australia's Katrina Gorry. "... We definitely weren't surprised. We know they have quality players on their team."

PROOF

More importantly,

Jamaica proved teams from the region, with a bit more help and improvement, can be a force in women's soccer.

"It's all experience and we knew that," said Shaw after Jamaica's final game. "The World Cup is all about experience."

Raw rookies or not, however, the Girlz admitted their bigger ambitions failed.

"At the end of the day it's not the result that we really wanted," said Shaw.

While what they encountered at the World Cup exposed shortcomings at all levels - administration, coaching and players alike - most of the problems can be fixed. Time, the team believes, is on Jamaica's side.

"This is just the beginning," said Shaw. "Our average (age) is 22.5 (years). That's crazy."

"I think we're the youngest team in the World Cup and to come out here ... and to give the effort and to work for each other it's a great feeling and it's something that we can look back on and we can say 'hey, you know, we were here. We did this'."

"We actually scored a goal. So we can look back at that as a positive."

Jamaica lost all its matches at the 2019 FIFA Women's World Cup, but won hearts and minds. See Caribbean Today's 'Salute to Jamaica' supplement.



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Munch on savory cheese rolls as appetizer, snack

The cheese roll is a savory cheese filled pastry that is especially popular in Guyana. It can be served as an appetizer or snack. Here's the recipe:

INGREDIENTS

- 1/2 cup salted butter or one Stick
- 1/2 cup vegetable shortening
- 2 cups flour
- 1 teaspoon salt
- 1/4 cup ice cold water
- 8 ounces sharp cheddar cheese (shredded)
- 1/2 teaspoon mustard
- 1 teaspoon pepper sauce
- Dash of garlic powder
- Dash of black pepper
- Dash of dry parsley flakes
- Egg whites for brushing edges
- Egg wash
- 1 egg and a tablespoon of water

METHOD

Mix a teaspoon of salt into two cups all-purpose flour. Add one stick of salted butter and half cup vegetable shortening.

With a pastry cutter, cut shortening and butter into flour until small pieces are formed throughout the dough. Add about a quarter cup of ice cold water to the dough and knead slightly to form a



Cheese rolls

ball. This can be done quickly in a food processor by adding dry ingredients, pulsing, adding shortening and butter, pulsing until pea-sized form, then adding water until ball forms.

Place ball on plastic wrap, flatten and shape into a square. Refrigerate for a couple hours or overnight. Remove dough from fridge an hour before use so it can thaw.

Preheat oven to 350 degrees.

Shred cheese and mix in mustard, pepper sauce, garlic powder, black pepper and parsley flakes, toss and set aside.

Cut dough into 16 squares for thinner cheese rolls or nine squares for thicker cheese rolls. Flatten one square and roll into a rectangular shape. Brush edges of dough with egg whites.

Fill a tablespoon or two on the lower half, roll into the center then add more cheese. Seal edges.

Place all cheese rolls on a baking sheet and brush the tops with egg wash.

Bake for 15 to 18 minutes until rolls are golden brown.

- Edited from News Americas.



Soup with Spanish, Dutch flavor

A truly unique soup in some Spanish and Dutch Caribbean nations is one made out of green plantain.

Unlike the English Caribbean, this soup is not chunky, but creamy. It is perfect for the Lenten season. Here's the recipe:

INGREDIENTS

- 3 green plantains, peeled and sliced into small chunks
- 8 cups of vegetable broth or more if needed
- 1 cup chopped onion
- 4 garlic cloves, minced
- 2 scallions, chopped
- Salt and pepper, to taste
- 1 large carrot peeled and diced
- 1/2 teaspoon ground cumin powder
- 1/4 cup cilantro

METHOD

Place the onion, garlic, scal-

lions and one cup of broth in a blender and blend for about 30 seconds.

Place the broth mixture in a medium pot and bring to a boil.

Reduce the heat to medium and add the rest of the ingredients, except the cilantro.

Cover the pot and reduce the heat to medium low and cook for 30 minutes or until the plantains are tender.

Transfer the soup to a blender and purée. Add the purée soup back to the pot, stir and cook for 10 more minutes.

Add more broth if necessary

Divide the soup in bowls and sprinkle with fresh cilantro on top. Serve hot.

- Edited from News Americas.



Miami to host mango festival

A sweet taste familiar to Caribbean Americans will be available in abundance this month at the "South Beach Mango Festival".

Lummus Park on Ocean Drive, Miami will be the venue for the festival **July 27 and 28**.

More than 100 vendors are expected to show-case a variety of locally grown man-

goes and other tropical fruits. Noon to 6 p.m. on July 27 will feature a "Mangopolooza".

The following day, from 11a.m. to 6 p.m. will be a "Sunday Funday", including music, food, drinks, mango eating competitions and a best baked mango dish contest.

For more information, visit www.sobemangofest.com.



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ARTS & ENTERTAINMENT



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GRENOBLE: Jamaican reggae/dancehall music conquers France's 'Capital of the Alps'

GORDON WILLIAMS

GRENOBLE, France - Hundreds of Jamaicans flocked here to witness their nation's historic debut at the FIFA Women's World Cup. But right next to Stade des Alpes another treat awaited.

For those curious enough about the heavy, intoxicating and unmistakable beat of reggae pounding across the adjacent park on June 9, the day Jamaica played Brazil, it was a pleasant surprise.

Even more shocking was the source of the music. Perched atop oversized tricycles were huge speaker boxes, colored red, green and gold and equipped with computer/turntables. Iternal Sound System was in the house, parked under a huge tree which offered umbrella-like protection on a drizzle-drenched day, drawing for tunes normally heard in dancehalls from Kingston to London.

Grenoble is nestled at the feet of the majestic French Alps mountains. The city of 160,000-plus is known as a scientific center and prime resort area. Over the past decade, it has embraced Jamaican reggae/dancehall as well.

"Grenoble is one of the first cities who get a sound system in France and also one of the biggest reggae bands, called Sensimilla," Don Pepito, Iternal's owner and a native of the city, told *Caribbean Today*.

BLAST

Tunes from Yellow Man and Tippa Irie, Buju, Chronixx and Sizzla, with on-the-spot guest artistes spliced in between, blasted away through the sound system. In charge of this Caribbean injection is Pepito, a balding, bespectacled man who looks more like an



- Photograph by Gordon Williams

Abdul rules the mic as Edward, left, and Don Pepito admire the show with Iternal's sound system and wheels in the background

accounting exec than a music selector. He's one of the most influential reggae/dancehall proponents in this city. It's no small operation.

"I've got one of the biggest crews in my town," Pepito said. "... We are, with my crew, we are three in the crew ... Have two bike ghetto blasters and five in the sound systems."

Pepito learned about reggae growing up in Grenoble. He fell in love immediately, drawn to the beat and the idea that music can be more than just entertainment. Bands like Bob Marley and the Wailers, Steel Pulse and Aswad were among his biggest influences. To Pepito, reggae's sweet sound also represents a sharp tool against oppression.

"The most I like is the positive thinking and that subversive (element)," he explained. "It's fighting for people."

Iternal's crew includes Edward, who at first glance looks like he just walked out of

a party at 4 a.m. and is heading for the next one. Complete with spliff in one hand and a bottle of beer in the other, he too expressed love for reggae's protest style. Yet he side-stepped any deep attachment to the music's religious foundation. No back to Africa movement for him, Edward explained. Reggae soothes his soul. It helps him escape.

"I'm about reggae, smoking the weed and a good party," Edward said, before bursting into laughter.

INFLUENCE

He was originally hooked on hip-hop, the not-too-distant urban American cousin of Jamaica's dancehall. But hip-hop lost some of its edge, said Edward, and reggae/dancehall filled the gap. Still, he's picky about the Jamaican genre as well, and prefers stuff from back in the day.

"Ranking Toyman for me is one of the best," said Edward. "Yellowman. Yellowman is very nice."

"Yeah, old school, because old school is not like too much Jah Jah, too much gangsta. It's just good, you know. In fact, it's history."

According to Pepito and Edward, reggae took root in Grenoble well over a decade ago. Now they claim the city has fully embraced it.

"This town has a really great culture about sound system," said Pepito, "and then we go to party, to the dancehall and we play dub plates and people understand what's going on ... In this town people know the rules, the sound system of the reggae and everything about (it)."

But reggae/dancehall has spread well beyond places like Grenoble. It's influence showed up in the park too. Abdul, who said he is from the African nation of Guinea, made a debut appearance for Iternal - right there under the tree. Abdul took the mike, asked Pepito to select a rhythm, and launched into an impromptu set. He rode the

upbeat rhythm with well-honed skill, lyrics bubbling along without hitch, prancing around. His delivery was almost all in French, with occasional patois and Jamaican cuss words spliced in.

'SMALL JAMAICA'

Abdul called Guinea "a small Jamaica" and described his home as a haven for dancehall/reggae

"Sound system ... lots in Guinea," Abdul explained in limited English. "... All over the country."

He listed Jamaican artistes Capleton, Sizzla, Buju Banton and Chronixx among his favorites, but claimed he loves everything reggae and the Caribbean nation.

"Yeah, much too much!," said Abdul laughing. "Too much Jamaican music. I like Jamaican music, yeah man! Reggae music is good music."

Pepito, Edward and Abdul all admitted that although they would like to, they had never been to Jamaica. Edward cited the huge cost to travel from Europe to the Caribbean.

"The price for the flight is expensive," he lamented.

So they'll settle for Jamaica's music - its beat, its message - and spreading it in their hometown, a supremely serene spot for music forged on disruption.

"In Grenoble we love reggae," explained Edward. "We're surrounded by mountains, but we are reggae people for real."

"... Like when I didn't know English I thought reggae was like hippie music ... and then I understand the English and I understand the reggae, for real, because it's really powerful music for love ... for the revolution against the system."

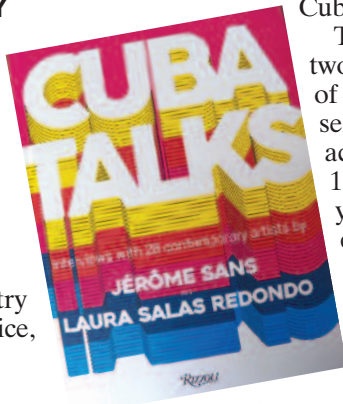


'Cuba Talks' reveals different generations of artistic voices, values

- **TITLE: CUBA TALKS: INTERVIEWS WITH 28 CONTEMPORARY ARTISTS**
- **AUTHORS: JEROME SANS AND LAURA SALAS REDONDO**
- * **REVIEWED BY: DAWN A. DAVIS**

The artwork of a country is key to its cultural voice, revealing its values, beliefs, and even its sociopolitical environment.

That's what "Cuba Talks" highlights. Authors Jerome Sans and Laura Salas Redondo embarked on a quest to unveil the textures, colors, and rhythms that define Cuba's cultural landscape



through interviews with 28 contemporary Cuban artists.

They focus on two generations of creatives, selecting artists active in the 1980s and a younger cohort of art-makers who began to make their mark in the late 1990s

and early 2000s - their work influenced by the social and political climate of their times.

The voices of each artist jumps out at the reader as he/she talks about the aesthetic value, meaning, and tonality

of their creations. It is a big 340-page, bold coffee table book filled with large format color photographs of the artworks, including photography, painting, found material, plastic arts, sculpture, many of them taken in the artists' studios or as they were displayed in exhibitions.

'SPECIAL PERIOD'

Some artists from the 1980s have chosen to use their art to shine a light on the regime that ushered new social norms after the break-up of the Soviet Union that caused a tightening Cuban economy during the "Special Period" marked by scarcity. Others tackle emigration and identity. Millennial artists use their creative and experimental media

to underscore gender and human rights issues, global warming and globalization.

Case in point is Kcho, also known as Alexis Leiva Machado. Born in 1970, his massive installations, sculptures and drawings deal with the issues around emigration. His wooden three story canoes, some crammed with occupants, others connected by myriad oars that give them forward movement, force readers to think about the thousands who have fled the island on small boats, possibly in search of utopia. The body takes center stage with the powerful performance art of Susana Pilar Delahante, who was born in 1984. She reflects on the feminine condition, particular-

ly as it relates to being a black woman. Delahante explores the issues of gender discrimination and violence against women in Cuba and around the world.

"I use my body as a file for reporting physical violence against women," the artist says. "... I hope to contribute much more to the awareness in de-objectifying the female body."

In "Cuba Talks", Cuban artists are telling their stories and using new artistic languages that paint vivid visceral images of a Caribbean nation emerging from battles won and lost.

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



Jamaican American mayor highlights development in Lauderdale Lakes

DAWN A. DAVIS

The growth and development of Lauderdale Lakes were highlighted by the South Florida city's Jamaican American Mayor Hazelle Rogers during her "State of the City" address last month.

Dubbed the "We Care" city, Lauderdale Lakes continues to grow at a clip necessitating the approval of new residential developments, according to Rogers.

"The Atlantic Luxury Rental Project is now complete with a total of 420 apartments," she said. "The Bella Vista project has added yet another beauty to our city with 74 town homes and villas.

"Your city, along with the Community Redevelopment Agency (CRA), took a huge step to diversify our housing stock by dedicating the 20 plus or minus acres at Commerce Park located at 31st and Oakland to build 77 luxury estate homes in a gated community named The Cassia Estates. And, we have also approved a 62 unit owner occupied condominium waterfront development on 21st

street, which will provide market rate housing."

IMPROVEMENTS

Rogers also explained that the city's redevelopment plan, through the CRA, is focused on improving transportation mobility, community policing strategies, economic development, and commercial revitalization opportunities.

"The CRA has funded preconstruction cost totaling over \$200,000 for the N.W. 31 Avenue Roadway Improvement Project to install a sidewalk, repave roadway, lighting features, and landscaping in addition to \$7,500 to businesses for machinery and equipment," said Rogers.

"The CRA is making a significant investment to revitalize our commercial district. Over \$169,000 was awarded to the Lauderdale Lakes Industrial Park which is located in the Foreign Trade Zone to make commercial facade improvements totaling \$1.4 million. We are leveraging dollars to complete major projects in the CRA area," she added.

Lauderdale Lakes is one



Rogers

of 30 cities in Broward County, Florida. Since its city designation in 1961, it has increased its population from 300 to more than 36,000.

KEY

The mayor said that one of the key areas of focus today is bringing investors to Lauderdale Lakes. She mentioned the creation of an entertainment district as part of the city's strategy to attract visitors and businesses.

But, with 44 miles of roadways, 22 miles of canal

banks and 15 miles of storm water drains and culverts there are hurdles to clear. Among them is canal bank erosion, according to Rogers.

"The financial process currently being used is not efficient or effective, and with further delays will be more costly to you, our taxpayers," she explained.

Rogers said the city used \$1.6 million to address debris removal and damage to various locations caused by Hurricane Irma in 2017. The city, she added, "is currently awaiting reimbursement from FEMA (Federal Emergency Management Agency) to recover a portion of its costs. To date, the city has received over \$18,000. We are still waiting on the reimbursement of the larger amount of approximately \$1.3 million."

Rogers said Lauderdale

Lakes has an excellent relationship with the Broward Sheriff's Office (BSO) and is currently in contract negotiations with the new sheriff to continue a partnership that resulted in a 16 percent reduction in the crime rate in 2018, compared to 2017, according to the December 2018 Uniform Crime Report.

Rogers also bragged about "Unifest", Lauderdale Lakes' signature event, that draws thousands every year. The Caribbean-themed event is a major draw to the city. The newest jamboree, "Taste of Lauderdale Lakes" brings together foodies in celebration of Caribbean and American cuisine, family, and community.

Rogers reminded the audience she is also part of the community.

"Your elected officials are residents also, and we love our 'We Care' city of Lauderdale Lakes," she said.

Story and photograph by Dawn A. Davis, a freelance writer for Caribbean Today.



New York co-names street to honor Grenadian envoy

NEW YORK – A street in Brooklyn, New York has been co-named in honor of the late Grenada Ambassador to the United Nations Dr. Lamuel Stanislaus.

New York City Councilman Dr. Mathieu Eugene, the Haitian-born representative for the predominantly Caribbean 40th Council District in Brooklyn, hosted the street co-naming for "Dr. Lamuel A. Stanislaus Way" in his district last month.

"As an immigrant, I feel very proud. I am proud to commend this street Dr. Stanislaus Way," he said.

U.S. Congresswoman Yvette D. Clarke, the daughter of Jamaican immigrants who represents the 9th Congressional district, said she, too, was proud to represent a district in which Dr. Stanislaus lived and served.

"Sir Lamuel A. Stanislaus' life demonstrated a love of God, humankind, love of country, love of his birthplace and its people, as well as the Caribbean community at large," Clarke noted in a letter read by her Brooklyn district manager Anita Taylor.

Dr. Roy A. Hastick, the Grenadian-born president and founder of the Brooklyn-based Caribbean American Chamber of Commerce and Industry (CACCI), called it



Family, friends mark the occasion.

"an historic day for the Stanislaus family.

"Dr. Stanislaus was a legend; was a father, a grandfather, a mentor; he was a role model to many of us. He was a statesman. We must make sure this neighborhood remains historic to continue the legacy of Dr. Lamuel Stanislaus."

Dr. Stanislaus died Sept. 18, 2016, nearly five months after he was recognized by then United States President Barack Obama and First Lady Michelle Obama, as "a part of our great American story." He was 95.

Dr. Stanislaus, who was knighted by Queen Elizabeth II, died at a hospice in Manhattan Beach in Brooklyn after suffering from cancer.

- Edited from CMC.



It's that time of year again!! August is 'Back to School' month in Caribbean Today. Please join us as we explore what is new and expected for the upcoming school year.

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HEALTH



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SUMMER SHIELD: Are you doing enough to protect your skin from the sun?

People from the Caribbean are used to being in the sun.

But, with summer here, are they doing enough to protect their skin from the sun?

Don't be so sure. Experts say that many people assume their sun protection routine is sufficient when it's not.

"While summer is an excellent reminder that sun protection is a vital component of health and wellness, it's actually necessary all year round and under circumstances you may not realize," says Florida-based dermatologist Dr. Richard C. Kirkpatrick.

TIPS

Here are a few things to keep in mind:

• **Makeup may not be enough** - If your makeup contains SPF 15, don't assume you're covered.

Luckily, there are sun protection options today that leave a matte finish and won't mess with your cosmetics rou-



Proper skincare is important while sunbathing.

tine. For example, an easy-to-apply, clear matte finish layer of broad-spectrum protection under your makeup will add needed protection while nourishing skin.

• **Think in all-day terms** - Many people mistakenly believe they receive most of their sun exposure from going to the beach. It's all too easy to underestimate the damage to skin from daily incidental sun

exposure, which accumulates and prematurely ages skin.

Whether you're driving and catching rays through the window, or walking the dog in the morning, be mindful that you're getting sun exposure and take necessary precautions.

• **Think in all-year terms** - Again, summertime does provide a visceral reminder of the importance of sun protection

and is an excellent time of year to develop a sun protection habit, but don't let this be the only time of year you think about protecting skin.

Take a cue from the summer you, and apply sun protection all year.

• **Make it easy** - One of the toughest aspects of applying sun protection is remembering to do it. But if it's

with you, you'll use it. So toss some in your purse or bag.

Products enriched with deep-sea minerals, seaweed, algae extracts, aloe vera and antioxidant vitamins B, C and E help replenish and nourish your skin.

• **Like your choice** - Doing the right thing for your skin shouldn't be a chore or create different skin care issues. So be sure you like your choice of

sun protection. Look for options that won't clog pores, are lightweight and offer easy application.

• **Take care of yourself and the planet** - oxybenzone and octinoxate are chemical ingredients used in certain sun protection that are considered to be harmful to coral reefs. But you can select a sunscreen that's oxybenzone- and octinoxate-free and not tested on animals, a win-win for you and the planet.

With no parabens, PABA, or retinyl palmitate, it offers a lightweight, non-greasy menthol formula with a cooling sensation.

From poolside and beachside bathing to a walk around the block, this summer, create a daily sun protection routine that you take with you everywhere you go.

- Edited from StatePoint.



Eight tips to make the most of your next doctor's visit

Visits to the doctor can be very productive with a little preparatory work in advance of the appointment, say experts.

"For some people, visits to the doctor can be daunting or even scary, but there are steps you can take beforehand that will improve the experience,

foster communication, and, in turn, improve health outcomes," says Dr. Barbara L. McAneny, president of the American Medical Association (AMA).

"By being open and honest with your physician and by asking questions, you can play a key role in preventing the

progression of chronic disease and in charting a healthier course."

Here are eight ways to get more from your next doctor's visit:

1. **Know your history** - A family health history can help your physician and other health care practitioners identify whether you're at a higher risk for particular conditions and diseases. With this information, they can make informed care decisions, from recommending particular treatments or diagnostics to helping you plan lifestyle changes that will help keep you well. Before your next visit, gather as much information as you can to share with your doctor.

2. **Be honest** - Your doctor will likely ask you about such health habits as alcohol, tobacco, and drug use as well as the amount of exercise you get. It is important to be honest and accurate when answering these questions. Ask your doctor if you use tobacco, drugs or alcohol, and need help quitting.

3. **Make a list** - Even if

you are just going in for a regular check-up, make a list of the things you want to discuss during your visit and bring it to your appointment. Topics may include symptoms you've experienced, ailments you've suffered and more.

4. **Get screened** - Ask your physician about needed health screenings based on your age, sex and other risk factors including family history. Healthfinder.gov is a good resource for finding recommended preventive services.

5. **Learn your risk and take action** - Talk with your doctor about your risk for developing type 2 diabetes. Before your appointment, you can take a free online self-screening test at DoIHavePrediabetes.org to learn whether you have prediabetes.

During your visit, your doctor will need to confirm a pre-diabetes diagnosis and can help you develop an individualized plan to prevent it from progressing to type 2 diabetes.

6. **Get immunized** - Please discuss with your physician the

importance of vaccination. Many immunizations require boosters after time has passed. Make sure you are up-to-date on your immunizations.

7. **Get help** - Tell your doctor if you haven't been feeling like yourself and you think you might be suffering from depression.

8. **Know your numbers** - Track health data such as your height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed.

Visit LowerYourHBP.org to learn about your blood pressure numbers and the life-altering risks of uncontrolled high blood pressure - also known as hypertension - and find a list of questions to ask your doctor to help get your blood pressure under control.

By being prepared with the right questions and information, you can make the most of your next doctor's visit.

- Edited from StatePoint.



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Caribbean spends 'excessive out-of-pocket' on health care

TOKYO, Japan - A new World Bank report has noted that people in developing countries, including the Caribbean, spend half a trillion dollars annually - over \$80 per person - out of their own pockets to access health services.

The report, which was launched ahead of the G20 Summit in Japan, said such expenses "hit the poor the

hardest."

It noted that lack of universal access to quality, affordable health services threatens decades-long progress on health, endangers countries' long-term economic prospects, and makes them more vulnerable to pandemic risks.

The Washington, D.C.-based financial institution said the report informed a first-ever G20 Finance and Health

Ministers joint session hosted by Japan on June 28 in Osaka, after being discussed by G20 finance ministers last month.

"Globally, health is an important economic sector that accounts for 11 percent of GDP (gross domestic product) and generates millions of jobs, many of them for women," the World Bank said.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

New governor general of The Bahamas sworn into office

NASSAU, The Bahamas – Cornelius A. Smith has been sworn in as the 11th governor of The Bahamas.

Smith succeeded Dame Marguerite Pindling, who stepped down late last month after serving as head of state since 2014.

During the ceremony, Prime Minister Hubert Minnis delivered remarks and conveyed congratulatory sentiments to the newly-appointed governor general. In response, Smith thanked the prime minister for recommending him



Smith, left, takes the oath of office.

for the post and also thanked the Bahamian people for their support. He vowed to carry out his duties to the best of his abilities.

The new governor general is a community and political activist from the 1970s and is also a founding member of the governing Free National Movement (FNM).

Smith, 82, has also served as a senior Cabinet member and as ambassador/permanent representative to the Organization of American States and nonresident ambassador to Mexico, Malaysia and Columbia.

- Edited from CMC.



July 10 is Independence Day

On **July 10**, The Bahamas will mark its Independence.

This holiday commemorates the day when The Bahamas became a fully independent nation on July 10,

1973, separating from the United Kingdom.

However, The Bahamas remains a member of The Commonwealth of Nations.



'Essence of Bahamas Festival'

The second annual "Essence of The Bahamas Festival" and "Bahamian Motorcade, Flag Day" will be held **July 27** in the South Florida City of Miramar.

The festival will be held at Lakeshore Park, 8501 Sherman Circle S.

The motorcade will leave

from the West Miramar Regional Park, 16801 Miramar Parkway at 10 a.m. The route will take it to Lakeshore Park.

For more information, call **305-780-9230** or **242-468-5625**.



The Bahamas wants seat on U.N. Security Council

NASSAU, The Bahamas – The Bahamas is seeking to become the third Caribbean community (CARICOM) country to be elected as a non-permanent member of the United Nations Security Council.

St. Vincent and the Grenadines last month became the smallest island ever to be elected as a non-permanent member of the Security Council after defeating El Salvador. Jamaica was the first CARICOM country elected to the

position.

In a statement, the Ministry of Foreign Affairs here said that Nassau had supported St. Vincent and the Grenadines for the single, non-permanent seat open to the Latin American and Caribbean Group (GRULAC) for the biennium 2020-2021.

"The Bahamas has put forward its bid for membership on the Security Council for the biennium 2032-2033, election for which would be in 2031,"

the statement noted.

"A seat on the Security Council is one of the most sought after U.N. bodies, and 2032 is the first available opportunity for The Bahamas to seek the seat for the GRULAC region. The Government of The Bahamas will call on the Bahamian public and the international community for support at the appropriate time," the ministry added.



The Bahamas joins U.S. to mark Independence

The Bahamas joined the United States in celebrating America's 243rd anniversary of Independence last month.

Although the official U.S. Independence anniversary is July 4, on June 24, at Albany on the Western tip of New Providence, a host of dignitaries, including Dame

Marguerite Pindling, and Prime Minister Dr. Hubert Minnis joined in to mark the occasion.

Minnis said he was happy to celebrate with the U.S. on behalf of The Bahamas and extended greetings to American citizens living in The Bahamas or visiting, and to the U.S. president and first lady.

"Today, we once again celebrate the friendship and the enduring bond between our two sovereign Independent nations," said Minnis. "Our nations are linked by geography and a history that predates the independence of the American colonies."



Billions in new investments coming ~ government

NASSAU, The Bahamas – The Bahamas has approved an estimated eight billion dollars in international investments as of May, including the \$100 million Carnival Cruise Port for Grand Bahama and new developments throughout the island chain.

Speaking during the 2019/20 budget debate last month, Prime Minister Dr. Hubert

Minnis said that over the next three years, the country would experience unprecedented growth in investments, adding "we are in negotiations for a

mega project that will transform Freeport, including the Grand Lucayan properties, into one of the premiere destinations in our region."

Minnis told legislators that his administration was also investing in jobs, education and training, home ownership, and granting access to land for Bahamians.

BUILDING

"We are investing in the Family Islands, crime-fighting, social assistance, young people, roads, airports, Over-the-Hill development, Bahamian entrepreneurs and small business people," he said, noting that further investments include young environmental monitors in Over-the-Hill area where people are assisting in the efforts to rebuild their communities, to Spring City, Abaco, where young people in their 20s have received conveyances and

deeds for new homes.

"This government is building a better, brighter Bahamas for all Bahamians. We are building a more just society, in which the needs and the aspirations of the poor and the disadvantaged, are a priority," he added, claiming that the country has had two consecutive years of positive growth.

"In the last two years we have improved revenue across the board. These are funds that can now be invested in young entrepreneurs, pre-school students, Family Island air-

ports, poverty reduction and Over-the-Hill," Minnis said.

"We will not rest in our efforts to create a better, brighter, more prosperous and safer country for all Bahamians. We seek to build a country intolerant of mass corruption by public officials. We seek to build a country filled with opportunity for all," Minnis said, noting that it has been his greatest privilege to lead the effort in building a fairer and more just society.

"Today, because of our crime strategy, crime is finally coming down. But, there is still much work to do to make our people safer ... Let us continue to pray that the God of New Beginnings may continue to bless our Bahamas," he said.

- Edited from CMC.



The Honorable
Barbara J. Jordan
Miami-Dade County
Commissioner
DISTRICT ONE



Celebrating 46 years of Independence

As the Bahamas observes its Independence Day, Bahamians locally and abroad will commemorate this historic occasion. The residents of Miami-Dade County join in celebrating this milestone and we all will reflect on the many contributions of Bahamian people.

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