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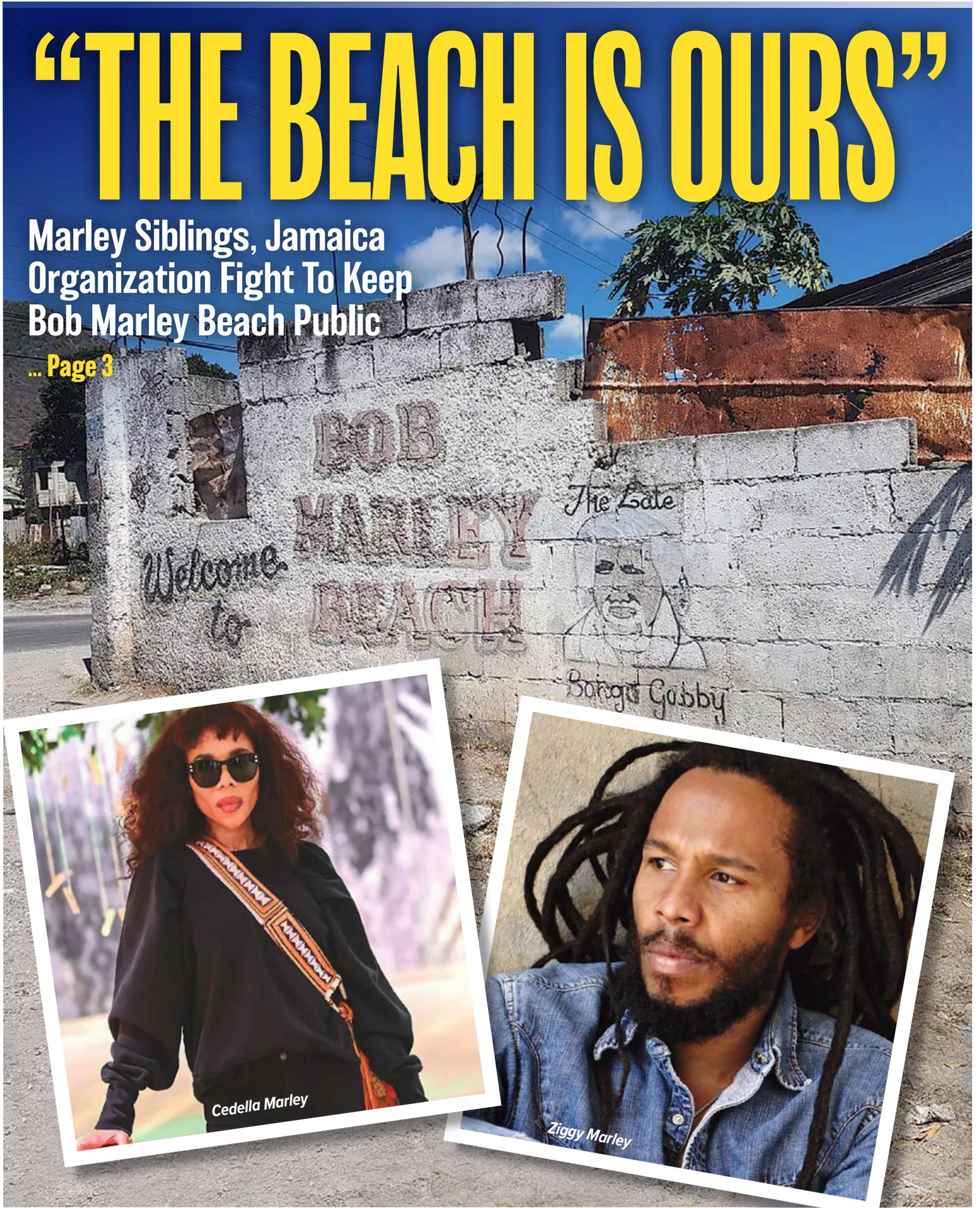
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# “THE BEACH IS OURS”

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(Photo credit: Change.org petition image)



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(Credit: INDRANIL MUKHERJEE/ AFP/Getty Images)

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**NEWS**



# Here Are Some Of The Top Headlines Making Caribbean News This Week:

**REGION**

The Bahamas, Antigua and Barbuda, St Vincent and the Grenadines, and Trinidad and Tobago, has joined Mexico in a lawsuit against the US government.

The governments as well as the Latin American and Caribbean Network for Human Security (SEHLAC), a network of non-government organizations and affiliated professionals specializing in international humanitarian law and seeking disarmament in the Latin American and the Caribbean region, have joined a brief filed by Mexico in the United States Court of Appeal in the First Circuit, in support of a US\$10 billion suit to hold US gun manufacturers liable for the harm caused by their products.

The named defendants in the US\$10 billion suit include seven major gun manufacturers and one gun wholesaler and distributor. The brief argues that the US district court could order the defendants, the US gun manufacturers, "to reduce



Twenty-four persons have been granted Jamaican citizenship by the government during a swearing-in ceremony at The Jamaica Pegasus hotel in St Andrew, on March 27th.

the violence committed abroad involving their products by adopting 'reasonable retail and manufacturing practices', including refraining from supplying the small number of dealers 'whose misconduct precipitates the vast majority of illegal firearms trafficking', committing to only work with dealers who take measures

to ensure the guns are not sold to criminals, and making manufacturing changes that would reduce the harm caused by the guns.

**GUYANA**

A High Court judge on March 24th found that Guyana President Irfaan Ali violated the country's Constitution when he

suspended the then chairman of the Police Service Commission (PSC), Retired Assistant Police Commissioner Paul Slowe in 2021.

Justice Gino Persaud ruled also that there had been no mechanism in place to give the former top cop a fair hearing.

"In summary, therefore, the decision of His Excellency the President to suspend the chairman and other members of the Commission was unlawful and in contravention of Article 225 of the Constitution, arbitrary, unreasonable, unfair, in violation of a suspended Chairman and Commissioners constitutional rights that are protection of the law and due process of the law," Justice Persaud said. In his ruling, the judge noted the issue should have been put to the tribunal of the Judicial Service Commission (JSC) for ventilation but there is no JSC in place.

**BARBADOS**

A Barbados magistrate court has committed the former

chairman of the Colonial Life Insurance Company (CLICO) here, Leroy Coleridge Parris, to stand trial for his alleged theft of more than three million dollars (One Barbados dollar=US\$0.50 cents) from the insurance company.

Magistrate Manila Renee committed the 77-year-old former executive to stand trial at the High Court after hearing submissions from his attorneys Hal Gollop KC and Neil Marshall. Parris is accused of stealing BDS\$3.33 million belonging to CLICO International Life Insurance Limited, between December 1, 2008, and April 27, 2009.

He is also charged with conspiring with other persons to defraud CLICO International Life Insurance Limited of the same amount by inducing the insurance company to pay out the money to Thompson and Associates.

**CUBA**

Elián González, the Cuban boy found clinging to an inner tube near Florida shores who became the center of an international child custody dispute as well as a political battle between Cuba's late leader Fidel Castro and Cuban exiles in Miami, is set to become a member of the island's National Assembly as Cubans go to the polls.

González, 29, was proposed as a candidate for the municipality of Cárdenas, in Matanzas, where he lives and works as assistant director of AT Comercial Varadero, a food import company run by the Cuban Ministry of the Armed Forces. Married and father of a 2-year-old girl, González said in an interview with the Juventud Rebelde newspaper that he had been encouraged by the Castro brothers to enter politics and thought Fidel Castro "would be proud" of his nomination. He has sometimes spoken in the past about how Cuba's population has lost confidence in government institutions.

**TRINIDAD & TOBAGO**

Trinidad and Tobago has a new President. The 62-year-old former president of the Senate, Christine Carla Kangaloo, was sworn into office as the seventh President of Trinidad and Tobago, promising to demystify the office as well as encourage intellectual, cultural and artistic debates in the oil rich twin island republic.

Kangaloo took the oath of office before Chief Justice Ivor Archie at a ceremony held at the Queen's Park Savannah on the outskirts of the capital and witnessed by her husband, her 95-year-old mother, as well as Prime Minister Dr. Keith Rowley

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# “The Beach Belong To We”

## .... Marley Siblings, Jamaica Organization Fight To Keep Bob Marley Beach Public



Cedella and Ziggy Marley (Facebook image)

BY FELICIA J. PERSAUD

In 1982, The Mighty Gabby, born Anthony Carter in Barbados, released ‘Jack’ (dah beach is mine), in a strong retort to Jack Dear, a lawyer for the Barbados Board of Tourism, who had made a decree that hotel owners had the right to bring their property down to the waterfront.

Gabby came up with the song to criticize the move to allow private beaches on public land singing, “The Beach Is Mine I Can Bathe Anytime ... despite what they say, I can bathe here any day.” The song subsequently led to changes in Barbados’ laws, to make all beaches public. The 1982 act in Parliament revised and consolidated “the law relating to public parks, beaches and related matters, and to make provision for the conservation of sites and buildings of national interest.”

### FIGHT FOR JAMAICA BEACHES

Fast forward to 2023 and the same fight is now in Jamaica. The new “Gabby” of this generation are Ziggy Marley and his sister Cedella, who have joined the Jamaica Beach Birthright Environmental Movement’s (JABEM), push to get the government of Jamaica to make unconditional access to, and use of all Jamaica’s beaches, including the Bob Marley Beach in St Andrew, to the public.

Ziggy Marley, who is the eldest son of Bob Marley, has shared a poster for the petition titled, “Protect Beach Access for all Jamaicans & keep Bob Marley Beach Public,” to his social media page. The petition calls for “the protection of public access to Jamaican beaches, including the declaration of general and unfettered rights to the entire beach and river ecosystems, to be constitutionally enshrined as pillars of the country’s ecological heritage.”

The petition notes that the JABEM is “alarmed by recent events at the Bob Marley Beach in Bull Bay, St. Thomas, a favorite spiritual retreat of the late Bob Marley, where the Jamaican public came under imminent threat of losing access

to yet another community beach, along with the destruction of fisherfolk livelihood and land dispossession of prominent Rastafari family members.”

In making his support for the movement clear in his discussion on Instagram, the Rebellion Rises singer said that he was particularly aggrieved

as “they are also trying to intimidate, cheat and force locals who have been there since I was a baby from these areas.”

“When I was younger, we freely had access to most of our local off the beaten path beaches and rivers including Bull bay and Cane river. Now, there is a pressure campaign to privatize

more of these local beaches and rivers and deprive Jamaicans and in particular Jamaicans who cannot afford to pay for a day of well needed stress relief and rejuvenation of these natural resources,” Ziggy declared in his caption.

“Jamaica is one of the only Islands in the Caribbean that

does not guarantee its people GENERAL rights of access to its beaches. There is no GENERAL RIGHT to bathe, fish, or walk along the beach. We always enjoy and encourage visitors to our Island and ask them to join us in making sure that Jamaican

(CONTINUED ON PAGE 8)

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# Tamarac Couple Still Kidnapped In Haiti

A Tamarac couple remains kidnapped in Haiti.

Abigail Toussaint and Jean-Dickens Toussaint, both 33, were taken on March 18th near the capital Port-au-Prince. They were in Haiti to see ailing relatives and attend a community festival when they were kidnapped while traveling on a bus from the capital.

A family friend who met the couple at the airport to escort them was also kidnapped, their niece, Christie Desormes, told ABC Miami affiliate WPLG.

“They stopped the bus ... and they asked for the Americans on the bus and their escorts to come off the bus and then they took them,” Desormes told the station.

The kidnapers initially de-

manded \$6,000 for the couple’s release, Nikese Toussaint, the sister of Jean Dickens Toussaint, told ABC News. Though once they sent the money, the price went up to \$200,000 per person and “we don’t have that type of money,” Desormes told WPLG.

The couple has a two-year-old son. A petition to bring them home has so far garnered 5,593 of 7,500 signatures. Family members say they have so far got less than five minutes to speak with their loved ones.

The State Department in the United States says that it has been notified of the kidnapping of two US citizens who were on a trip to visit family here.

“We are aware of reports of two U.S. citizens missing in Haiti,” said a spokesperson from



Abigail Toussaint and Jean-Dickens Toussaint, both 33, from Tamarac, Florida, were taken on March 18th near the capital Port-au-Prince. (Change.org petition image)

the State Department.” “When a U.S. citizen is missing, we work closely with local authorities as they carry out their search efforts, and we share information with families however we can.”

In the aftermath of the 2021 assassination of President Jovenel Moise, gangs have grown in strength, with large portions of the capital and other areas considered lawless territory.

- Edited from CMC & ABC Local 7 News



# What Does Jamaica ‘Moving Ahead’ With Plan To Scrap King Charles’ Monarchy Entail?

One year after the visit of Prince William and Kate, Duchess of Cambridge and now Princess of Wales to Jamaica, and as King Charles III, gears up for his coronation, Jamaica’s Prime Minister Andrew Holness insists the country will remove the monarch as head of state.

Holness told a recent press conference that the country has set “ambitious timelines” for the process, which will include a referendum. But the road ahead is a long one as Holness himself admitted.

## Here’s What Will Need To Happen

There are 13 provisions in the Jamaican Constitution that will require change before the country can transition from the current constitutional monarchy to become a republic.

The process of transitioning to a republic includes the introduction of a Bill to make the amendment. The constitution says three months must pass between the introduction of the Bill and the commencement of the debate on the Bill.

All amendments to the Constitution of Jamaica must be approved by an absolute majority in both the House of



Protests greeted Prince William and Kate during their 2022 visit to Jamaica. At the time, PM Holness indicated Jamaica will move to become a Republic.

Representatives and the Senate. However, certain sections of the constitution, including those pertaining to the monarchy, can only be amended if they are approved by a two-thirds majority in both houses and submitted to a referendum where the people will have to go to the polls to vote for or against the process to “abolish the British monarchy and establish the Republic of Jamaica.”

The next step in the process is to formally establish a Constitutional Reform Committee aimed at building consensus among the Government and the Opposition

as well as the public, through expert guidance and consultation.

The consultative committee will be comprised of representatives from the Government and Opposition, the Attorney General, constitutional law experts, including persons from academia, and the private sector.

The Minister of Legal and Constitutional Affairs, Marlene Malahoo Forte, has previously announced that the transition is to be completed by the time of next general election, currently scheduled to be in 2025.



# Here Are Some Of The Top Headlines Making Caribbean News This Week:

(CONTINUED FROM PAGE 2) and more than 500 invited guests.

She replaces Paula Mae-Weekes, who did not seek a further five-year term.

## PUERTO RICO

The United States has shipped three mega generators to the island of Puerto Rico in an effort to help stabilize the territory’s electricity grid and minimize continuing outages.

The generators will add 150 megawatts of power, and additional generators that the US is expected to ship soon will supply another 250 megawatts, Governor Pedro Pierluisi said.

Officials said crews will install the generators before the

start of the Atlantic hurricane season on June 1.

“It’s the first step in a very, very complex process,” said Nancy Casper, a coordinator with the US Federal Emergency Management Agency.

## JAMAICA

Twenty-four persons have been granted Jamaican citizenship by the Government. They were presented with documents formalizing their status by the Passport, Immigration and Citizenship Agency (PICA), during a swearing-in ceremony at The Jamaica Pegasus hotel in St Andrew, on March 27, 2023.

Welcoming the 24 new Jamaican citizens, Chief

Executive Officer (CEO) of PICA, Andrew Wynter, encouraged them to play their part in the advancement of the country. Jamaican citizenship is granted by virtue of marriage, registration (for Commonwealth citizens, naturalization (for non-Commonwealth citizens), by descent, citizenship in cases of doubt (for persons whose birth was not registered), and restoration (for persons who had previously renounced their Jamaican citizenship).

- Compiled from CMC, Miami Herald and the Jamaica Gleaner



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# The Latest On The SSL Saga

BY HOWARD CAMPBELL

It may be some time before Olympic legend Usain Bolt and depositors recover millions of dollars in a fraud scheme involving Stocks & Securities Limited, (SSL), the investment company once operated by private interests in Jamaica.

Christopher Townsend, a leading Jamaican attorney, said although charges have been laid against the principal player in the scandal, with signs of similar action to come, anxious investors are in for a long process.

“Whether or not Bolt will recoup his money, I don’t think that rests solely with the case of Miss Panton, that’s a separate issue entirely,” Townsend explained in an interview with Caribbean Today recently. “As you know, the institution has filed for bankruptcy already which means that the paying out of sums that are owed will be managed by a trustee or an appointed receiver, and the receiver would make decisions concerning sums of money that are outstanding and how much will be paid back to each debtor.”

“So, Bolt may require a potpourri of legal solutions targeting perhaps at different entities or persons etc, to recover the sum or any part thereof. It may be a very complex and involved road for him with the twists and turns of the legal journey,” the attorney added. “We won’t be hearing the end of this anytime soon, I believe.”

“Miss Panton” is Jean-Ann Panton, a client relationship manager at the SSL when the fraud was uncovered and publicized in January. She has been charged with breaches of the Larceny Act, forgery, uttering forged documents, falsification of accounts, engaging in a criminal transaction, and breaches of the Cybercrimes Act.

Panton has been denied bail twice and is currently at the South Camp Adult Correctional Centre.

In January, she admitted by



**Jean-Ann Panton, I., as a client relationship manager at SSL and seen in court, r. She has been charged with breaches of the Larceny Act, forgery, uttering forged documents, falsification of accounts, engaging in a criminal transaction, and breaches of the Cybercrimes Act.**

affidavit to fleecing the accounts of investors just over J\$1 billion. Bolt’s company, which invested US\$12.7 million in several accounts at the SSL over 10 years, had only \$12,000 when the irregularities were discovered.

Other SSL officials, including founder and chairman Hugh Croskery, have resigned their posts. He has maintained his innocence.

The Jamaican government, which has been criticized by the main opposition People’s National Party and some private sector

groups, for its handling of the scandal, has called in the Federal Bureau of Investigations to assist its probe.

In January, Bolt - who won multiple gold medals at three Olympic Games and World Championships - expressed anger and frustration at the discrepancies. He nor his lawyers have made a statement on the issue since February.

Senior players in the Jamaican Diaspora have also weighed in. They agree that the SSL debacle has eroded confidence in Jamaica’s financial system.

Dr. Kevin Brown, United Kingdom north representative on the Global Jamaica Diaspora Council, told the Jamaica Observer newspaper that the scandal has left many Jamaicans in that country “disappointed and concerned.”

Brown added that, “The SSL fraud scandal has been damaging to the image of Jamaica, and further deepens the level of distrust the Diaspora has for Jamaica. This is especially so regarding investing and doing business in the island which, at

best, has been challenging in the past.”

Brown said that the SSL fraud has made many Jamaicans in the UK are hesitant to invest in their country.

Peter Gracey, recently elected representative for the Global Jamaica Diaspora Council for Southern United States, agreed. He is calling on the Jamaican government to address the concerns of its citizens living abroad.

“There are already a lot of people who are either stepping back or holding back on plans to invest in their homeland as a result of the SSL fraud issue,” Gracey said in an interview with the Observer.

Jamaica’s prime minister Andrew Holness, a former SSL investor, has defended his administration’s handling of the scandal.

“We want to get to the truth of this matter... to uncover it and to expose it and to bring those responsible to account and secure justice for the victims,” Holness said.



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# US Slams Several Caribbean Countries For “Significant Human Rights Issues”

The US has slammed several Caribbean countries as having “significant human rights issues” based on laws on the book that criminalize same sex relations.

The 2022 Country Reports on Human Rights Practices was released by US Secretary of State Anthony Blinken on March 20, who said in brief remarks that the “report makes clear that, in 2022, in countries across every region, we continued to see a backsliding in human rights conditions – the closing of civic space, disrespect for fundamental human dignity.”

## Here’s what the report says about each Caribbean country:

### The Bahamas

The US says the “significant human rights issues” in The Bahamas includes credible reports of “cruel or degrading treatment of prisoners by prison officers.”

### Haiti

Significant human rights issues in Haiti were identified in the US State Department report. They included credible reports of: unlawful or arbitrary killings; torture or cruel, inhuman, or degrading treatment or punishment by government agents; harsh and life-threatening prison conditions; arbitrary arrest and detention; serious problems with the independence of the judiciary; serious abuses in a conflict, including widespread

civilian deaths or harm, enforced disappearances or abductions, torture, and physical abuse.” The report also identified other issues as the “inability of citizens to change their government peacefully through free and fair elections; serious government corruption; lack of investigation of and accountability for gender-based violence; substantial barriers to accessing sexual and reproductive health services; trafficking in persons; crimes involving violence and threats of violence targeting lesbian, gay, bisexual, transgender, queer, or intersex persons; and existence of some of the worst forms of child labor.”

### Jamaica

In Jamaica, the US report said “significant human rights issues included credible reports of: unlawful and arbitrary killings by government security forces; cruel, inhuman, or degrading treatment by the government; harsh and life-threatening conditions in prisons and detention facilities; arbitrary arrest and detention; serious government corruption; lack of investigation of and accountability for gender-based violence; and the existence of a law criminalizing consensual same-sex sexual conduct between adults, although



The 2022 Country Reports on Human Rights Practices was released by US Secretary of State Anthony Blinken on March 20th. (Image: Al Drago/Pool via AP)

the government did not enforce the law during the year.”

### Guyana

The US report says oil rich Guyana’s “significant human rights issues included credible reports of: unlawful or arbitrary killings, including extrajudicial killings; laws that criminalize consensual same-sex sexual conduct between adult men, which were not enforced; and existence of the worst forms of child labor.”

### Grenada

Significant human rights issues identified in Grenada in the US Human Rights report “included laws criminalizing consensual sexual conduct between men.” But the report added that the “law was not enforced.”

### Dominican Republic

The US Report identified several issues in the Dominican Republic including “credible reports of: unlawful or arbitrary killings by government security forces; cruel, inhuman, or degrading treatment or punishment by police and other government agents; harsh and life-threatening prison conditions; arbitrary detention; arbitrary interference with privacy; serious government corruption; and violence against lesbian, gay, bisexual, transgender, queer, and intersex persons.”

### Dominica

In Dominica, “significant human rights issues included reports of the criminalization of libel and the criminalization of consensual same-sex sexual conduct between adults, although there were no reported cases of enforcement during the year,” the US report said.

### Cuba

Cuba was slammed for a number of significant human rights issues. They included: credible reports of: unlawful or arbitrary killings, including extrajudicial killings, by the government; torture and cruel, inhuman, and degrading treatment of political dissidents, detainees, and prisoners by security forces; harsh and life-threatening prison conditions; arbitrary arrests and detentions; political prisoners; transnational repression against individuals in another country; serious problems with the independence of the judiciary; arbitrary or unlawful interference with privacy; serious restrictions on freedom of expression and media, including violence or threats of violence against journalists, censorship, unjustified arrests or prosecutions of journalists, and enforcement or threat to enforce criminal libel laws to limit expression.

Also identified were “serious restrictions on internet freedom; substantial interference with the right of peaceful assembly and freedom of association, including overly restrictive laws on the organization, funding, or operation of nongovernmental and civil society organizations; severe restrictions on religious freedom; restrictions on freedom of movement and residence within the country and on the right to leave the country; inability of citizens to change their government peacefully through free and fair elections; serious and unreasonable restrictions on political participation; serious government corruption; lack of investigation of and accountability for gender-based violence, including femicide; trafficking in persons, including forced labor; and outlawing of independent trade unions.”

### Belize

Significant human rights issues identified by the US’ 2022 Human Rights report in Belize “included credible reports of: abuse and inhuman treatment by security and prison officers; arbitrary arrest and detentions; refolement of

refugees to a country where they would face threats to their lives and freedom; serious corruption by government officials; and substantial barriers to accessing sexual and reproductive health services.”

### Barbados

The US slammed Barbados for “significant human rights abuse” because of a law criminalizing consensual same-sex sexual conduct between men. But the report also admitted authorities did not enforce the law.

### Antigua & Barbuda

Antigua & Barbuda’s “significant human rights issues included reports of government corruption and the existence of laws criminalizing consensual same-sex sexual conduct between adults,” the US report said. But it admitted that the laws criminalizing consensual same-sex sexual conduct between adults were not enforced, and the High Court ruled them unconstitutional in July.

### Trinidad & Tobago

Significant human rights issues, according to the 2022 US Human Rights Report includes “credible reports of: unlawful or arbitrary killings by police, refolement of asylum seekers, serious acts of corruption, and trafficking in persons.”

### St. Vincent and the Grenadines

Significant human rights issues in SVG, according to the 2022 US Report “included the criminalization of libel and the criminalization of consensual same-sex sexual conduct between men, but the laws were not enforced during the year.”

### St. Lucia

St. Lucia’s significant human rights issues in 2022, according to the US report, “included the criminalization of consensual same-sex sexual conduct between adults, although there were no reported cases of enforcement.”

### Saint Kitts & Nevis

Saint Kitts & Nevis’ “significant human rights issues included criminalization of same-sex sexual conduct between men, which was the law until August, when the Eastern Caribbean Supreme Court ruled the law was unconstitutional,” the US said. “The law was not enforced during the part of the year when it was in place,” the report added.

### Suriname

The US report says in 2022, Suriname’s “significant human rights issues included credible reports of: serious restrictions on freedom of expression, including enforcement of criminal libel laws; serious acts of corruption; and the existence of some of the worst forms of child labor.”

- NewsAmericasNow.com



## Haitian Heritage Month

May is Haitian Heritage Month. Come with Caribbean Today as we celebrate this most exciting and eventful time of year, while we salute the wonderful people of Haiti. The Haitian culture is one filled with strength, beauty, and grace. Let us be the conduit for showcasing your tribute to Haitian Heritage Month in this special Issue of Caribbean Today. Have your ad message in front of over 112,000 esteemed readers eagerly awaiting this special edition.

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# Jamaican Roots Canadian Joins Race For Mayor Of Toronto

Toronto's former Jamaican Canadian police commissioner, Mark Saunders, has thrown his hat into the race for Mayor of Toronto.

Saunders, the UK born son of Jamaican immigrants who moved to Canada, when he was a child, says his goal is to restore a sense of safety to the city.

"In my decades of service as a Toronto Police officer, I never experienced this level of fear creep across the city," Saunders said. "Every corner of Toronto is feeling the unease, from Scarborough to Etobicoke, Black Creek to the downtown core. Restoring public trust and bringing a sense of community safety back to our streets must be the No. 1 priority for Toronto's next mayor."

As a former police chief, Saunders said he knows that just adding more police officers or spending more money are Band-Aids that won't cure the city's ills.

"We need leadership focused on restoring Toronto to the city where my Jamaican immigrant parents dreamed their children could prosper," he added.

Saunders is entering what is shaping up to be a crowded mayoral campaign, but he brings strong name recognition both as a former police chief between



Mark Saunders is the UK born son of Jamaican immigrants, who moved to Canada, when he was a child. (Getty image)

2015-2020 and former provincial Progressive Conservative candidate in the riding of Don Valley West.

He resigned in 2020 with just eight months to go in his term as chief of the Toronto Police Service, surprising everyone without full was not why he resigned abruptly. He served as chief of police with the Toronto Police Service (TPS) from April 26, 2015 to July 31, 2020.

Saunders was born in England to Jamaican parents. His family moved from England to Quebec in 1967, and in 1969, they settled in Milton, Ontario. He was student council president while attending Milton District High School, and also attended W. I. Dick Middle School, J.M. Denyes School, and Martin Street Middle School. He earned an honours bachelor of applied

science in justice studies from the University of Guelph-Humber.

Saunders began his policing career after graduating from high school. Before being appointed chief in 2015, he held the position of deputy chief in charge of specialized operations command.

Saunders was selected by the Toronto Police Services Board on April 17, 2015, to succeed Bill Blair as the chief of police. Saunders is the first Black Canadian to lead the Toronto police and the second Black Canadian to lead a police force in Canada -having been preceded by Devon Clunis of the Winnipeg Police Service in 2012.

In October 2017, Saunders had a kidney transplant surgery with his wife as the donor. He was born with only one kidney and underwent nightly kidney dialysis at home for 15 months prior to the surgery. He stated that the family went public about the transplant in order to raise awareness of the organ donation program.

In August 2019, the Toronto Police Services Board extended Saunders' five-year contract by one year, until April 2021. However, Saunders announced his resignation on June 8, 2020, after serving 37 years with TPS. July 31, 2020, was his final day as chief - 8 months prior to the expiry of his contract. Saunders said then that he made the decision to leave sooner in order to "put family first."

Nominations for the 2023 Toronto mayoral candidates officially open April 3, but several people have already indicated they will run or are seriously considering it.

Saunders has four children with his wife Stacey; they live in Etobicoke. He unsuccessfully contested the 2022 Ontario general election

as the Progressive Conservative candidate for the riding of Don Valley West, previously held by former premier Kathleen Wynne since 2003, who was not seeking re-election. He was defeated by the Liberal candidate, accountant Stephanie Bowman.

- NewsAmericasNow.com



## Legislation Protecting Children From High-Potency THC Products Proposed

Florida Commissioner of Agriculture Wilton Simpson, State Senator Colleen Burton, and State Representative Will Robinson, are pushing legislation to protect Florida's children from high-potency THC products and brings commonsense reforms to Florida's hemp statutes.

Currently, individuals are using a loophole in Florida's hemp statutes to manufacture and sell euphoric, high-potency THC products for consumption without restrictions, including to minors. The proposed legislation, SB 1676 and HB 1475, adds an age requirement for the purchase of hemp products intended for consumption, protects Florida's



High THC products masquerading as hemp. (Florida Department of Agriculture and Consumer Services image)

children by prohibiting marketing that targets children, protects consumers by mandating that products sold in Florida be packaged in a safe container, holds hemp products that are ingested to the same health and safety standards as other food products, and addresses synthetic cannabinoids and restricts the concentration of specified cannabinoids.



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# Da-Venya Armstrong — A Passion For Community

BY DAWN A. DAVIS

Truly an inspirational community advocate, Da-Venya Armstrong has always allowed her passion for the collective to guide her. This Carol City (now Miami Gardens) native loves the city she was born in, and from early on knew she would always live and work among her people, “proudly serving this community in which I was born and raised,” she declared.

It is this core spirit that led this trailblazer to start her Miami-based business, Armstrong Creative Consulting, Inc (ACC), more than 20 years ago. Honoring the strong affinity she had to the Church and non-profit organizations, Armstrong saw a need and answered the call on a path that seemed tailor made for her.

## FRUITION

Articulate and outgoing, Armstrong’s early desire was to go into broadcasting, which came to fruition for her straight out of the University of Miami’s broadcast journalism program.

“I had the dream job right out of college, and that was not only working at a radio station but helping to start one. I was working hand in hand with a huge community activist, the NAACP president and pastor of one of the largest black churches, Bishop Victor Curry. He stepped out on faith and being the community activist that he is, said we need a voice to tell our stories, we need to stake a claim,” Armstrong explained in a conversation with Caribbean Today.

Bishop Curry purchased radio station WMBM AM1490 through his entity New Birth Broadcasting Corporation. That was 1995. Armstrong became his right-hand person, wearing many hats including News Director, Public Service Director, and importantly Co-Host on the station’s morning show ‘Morning Glory with Bishop and Da-Venya’. She found her voice and her calling.

But, four years later life circumstances nudged her to create her own path. Her mother’s cancer diagnosis and the disease’s worsening progression meant focusing more on family and caregiving. She also wanted more quality time with her young daughter. The birth of Armstrong Creative Consulting gave her more personal time, but still focused on community building.

“It was being there at that station that I saw a void. No one was really doing church marketing... I had this wonderful opportunity to work at this gospel formatted radio station. I also wanted to have the freedom and the flexibility to be there for my daughter who was young at the time, and I want to be able to serve this community. So, it was all of that coming together. It was the perfect mix for me.”

## FASTEST GROWING

From a faith-based outreach and marketing agency, ACC grew client by client and today boasts clientele across industries including Fortune 500 companies, government and social service organizations, non-profits, political campaigns,



Da-Venya Armstrong has always allowed her passion for the collective to guide her. (Contributed image)

professional athletes, and of course churches. Considered one of the fastest growing, minority-owned and operated businesses in South Florida, Armstrong Creative Consulting is a full-service communications firm unapologetically committed to the Miami Gardens community in which it operates.

“I think, from the very beginning, having my actions and my words line up, I wanted to make sure my clients knew they could depend on me. They could count on me for the work that I outlined for them, for the things that I said I was going to do.... It’s about going back to that place of purposefully and passionately serving this community,” said Armstrong.

This communications firm provides creative marketing, public relations, and community outreach as a large part of its strategy. ACC also offers expertise in corporate event planning and management. The communications professional

also noted that since the pandemic, the company has been doing more and more business around brand ambassadors or street teams. For example, Western Union, an ACC client, is a long-time sponsor of South Florida’s Jamaican Jerk Festival. So, instead of the company’s corporate employees flying in to the festival, Armstrong and her team will represent this client at booths, games, and engagement on the ground getting their messages and product info out to the community.

## ECONOMIC DEVELOPMENT

“I want ACC to do more street team and brand ambassador work that will allow me to hire more people. And that economic development piece for me is near and dear. I can hire more people, I can pour into their families, I can pour into their households. I can help put the gas in their tank and food on the table,” explained an impassioned Armstrong.

The company also helped “give birth” to new businesses during the pandemic with logo designs, website creation, brochures, custom signage, T-shirts. And in fact, some already established enterprises that were negatively affected by the lockdown period have sought creative advice from ACC to help repair the damage. Armstrong explained that her company is currently working with The Early Learning Coalition, a non-profit organization delivering pre-kindergarten and after school care for young children. Since

the pandemic, their enrolment has fallen off. So, ACC is working to get their message, collateral, and literature out to the community.

Armstrong could never do anything else. From an early age she has always known that her mission in life was to educate, inform, and empower others. Inspired by her mom, a nurse and the architect of her own successful Mary Kay skincare business, the communications executive learned the value of hard work, creativity, and giving back. Her involvement in mentoring new business owners is an example of her commitment to building and maintaining a stable and strong community.

“I’ve seen this community after a hurricane. I’ve seen this community during COVID. I’ve seen this community before COVID. I know these people, I know their experiences, they respond to me. I know how to communicate with them. I’ve stayed focused on wanting to be someone of service to this community.”



## “The Beach Belong To We”



The Bob Marley Beach in Jamaica is among those impacted by the colonial era law that remains on the books, and which state essentially that the public needs licenses to access the foreshore and floor of the sea.

foreshore and floor of the sea without a license.

“This law was the product of a colonial mindset that has remained on the books unchanged and allows for discrimination against the Jamaican people. This law is arguably racist and should have no place in the body of laws of Jamaica and must be repealed and replaced immediately,” the petition states.

## BEACH ACCESS

Most recently, in the

Jamaican government’s Beach Access and Management Policy ‘For Jamaica (BAMP-2020),’ it was stated: “In Jamaican common law, the public has no general rights of access to the foreshore except to pass over it for the purpose of navigation or fishing. There is therefore no general right of bathing, or to walk along the foreshore, except where acquired by custom or prescription, nor is there any general right to fish except as provided in Section 3(3) of the Beach Control Act, 1956.”

JABEM said the issue is systemic across the island including areas such as Bluefields and Little Bay in Westmoreland; Cousins Cove in Hanover; Cornwall beach in St. James, Alligator Pond in St. Elizabeth and Mammee Bay, Peach Beach and Little Dunn’s River beaches in St. Ann,” the petition points out, while also listing north-eastern beaches such as Reggae Beach and Lagoon at Goldeneye in St. Mary and San San and Dragon Bay in Portland as other affected beaches.

“It is at a crisis level, and if not addressed soon, Jamaica’s beaches will eventually be fenced off from its citizens,” the petition stated.

The JABEM’s petition, which is targeted to “Prime Minister Andrew Holness and the Jamaican Government”, Governor General Patrick Allen, and King Charles III as well as all people of Jamaica and its Diaspora “along with friends of Jamaica worldwide.”



(CONTINUED FROM PAGE 3)

people today can freely enjoy Jamaican waters like many of us did before,” he added.

Cedella Marley also took to social media to lend her support. On her Instagram page, she shared the post and expressed similar sentiments.

“Jamaican people should be able to freely enjoy Jamaican waters like many of us did before,” she noted.

## GLOBAL PETITION

The petition on Change.org that has garnered 2,165 of 2,500 signatures, notes, states that “We recognize that in Jamaica, the public does not have general rights to access the beach and use the sea and rivers. The law that regulates Jamaican rights to access the beach and use the sea is a colonial era law called the Beach Control Act of 1956 (BCA-1956).”

The Act, that remains in place even though Jamaica got independence in 1962, does not give the island nation’s 2.7 million people legal right to the

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# The US-Canada Border Deal And What It Really Means

BY FELICIA J. PERSAUD

A day after US President Joe Biden and Canada's Prime Minister Justin Trudeau announced changes to the Safe Third Country Agreement after a record number of asylum seekers arrived in Canada via unofficial border crossings, Canada began sending back asylum seekers to the US after some tried crossing into Quebec from Roxham Road in Champlain, N.Y.



FELICIA J. PERSAUD

The Safe Third Country Agreement between Canada and the United States (U.S.) is part of the U.S.-Canada Smart Border Action Plan. The Agreement, signed in 2002 but made effective in 2004, originally meant asylum seekers crossing into either Canada or the United States at formal border crossings were turned back and told to apply for asylum in the first "safe" country they arrived in.

The Additional Protocol to the STCA, which came into effect on March 25, 2023, follows completion of regulatory amendments across the entire land border of 6,416-km (3,987-miles), including internal waterways.

The expansion took effect as of 12:01 a.m. EDT on March 25, 2023. If a migrant crossed the border to make an asylum (refugee) claim and does not

meet one of the Agreement's exceptions, they will be returned to the U.S.

Roxham Road, which had become a notorious unofficial crossing for asylum seekers into Canada, closed at midnight on Saturday, March 25th. But dozens of migrants from Africa, Haiti and Latin and South America crossed anyway, including one group with a baby and a toddler just after midnight. Police took them into custody, warning them they could be turned around.

Police also unveiled a new sign near the dirt path linking New York State with the province of Quebec, informing people they could be arrested and returned to the United States if they crossed.

Confusion reigned at a bus station early on Saturday, where about 25 people from Venezuela, Haiti, Ecuador and Peru milled about, wondering what to do next, Reuters reported.

Under the revised Agreement, refugee claimants are required to request refugee protection in the first safe country they arrive in, unless they qualify for an exception to the Agreement. Asylum seekers make a refugee claim in Canada at a port of entry or online.

The Immigration and Refugee Protection Act requires that every person seeking to enter Canada must appear for an examination at a port of entry to determine whether that person has a right to enter Canada, or may become authorized to enter and remain in Canada.

Exceptions to the Agreement consider the importance of family unity, the best interests of children and the public interest.

There are four types of exceptions:

1. Family member exceptions.
2. Unaccompanied minors exception.
3. Document holder exceptions.
4. Public interest exceptions.

Family Member Exceptions  
Refugee claimants may qualify under this category of exceptions if they have a family member who:

- is a Canadian citizen
- is a permanent resident of Canada
- is a protected person under Canadian immigration legislation
- has made a claim for refugee status in Canada that has been

accepted by the Immigration and Refugee Board of Canada (IRB)

- has had his or her removal order stayed on humanitarian and compassionate grounds
- holds a valid Canadian work permit
- holds a valid Canadian study permit, or
- is over 18 years old and has a

(CONTINUED ON PAGE 10)

## Relinquishing Everything

Why would anyone in their right mind give up power, wealth, authority, influence over others, to relinquish a throne or high office? So many men give up their manhood and end up weak minions to those who they relinquished it to.

In many instances, men are masters of their fate, doing what they want to do, when they want to do it, until they meet a woman. Remember King Edward whose decision to abdicate has resonated throughout history?

After ruling for less than a year, Edward VII becomes the first English monarch to voluntarily abdicate the throne. He chose to do so after the British government, the public, and the Church of England condemned his decision to marry the twice divorced American Wallace Warfield Simpson.

The deed was even immortalized by Harry Belafonte who sang:

'Love, love, love, alone



TONY ROBINSON

Caused King Edward to leave the throne  
It was love, love, love, alone  
Caused King Edward to leave his throne.'

So, if a king can give up all that pomp and pageantry, what of the common man? The irony is, sometimes he isn't even aware that he has relinquished until it's too late.

(CONTINUED ON PAGE 10)



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# UberSoca Lawsuit Raises Awareness Of IP Infringement

BY SEAN DRAKES

The Bermuda-based chief executive of the UberSoca Cruise party was sued for using my photography without consent, and I accepted a five-figure settlement that wouldn't censor my story.

Going into the mediation I was intently focused on defending principle. Only a steep premium might persuade me to entertain the restraints of a confidentiality clause. To encourage companies, graphic designers, and the event producers who hire them to replace reckless habits with ethical conduct, this experience had to be shared.

Upon discovering my exclusive photograph of unmasked revelers in a 3canal j'ouvert band at Trinidad & Tobago Carnival, used to promote the first UberSoca Cruise on Facebook, I contacted notable intellectual property attorney Lillian Stajnbaher.

During initial contact in Dec. 2020 with UberSoca Ltd. chief executive Nathaniel Turner, an alleged litigator in Bermuda, we requested compensation for unauthorized use of my photography. My attorney reported that: "He claimed the use was the result of a graphic designer they no longer use." That conversation included a proposition that "the current counteroffer is \$2,400." His gesture suggested that he thought I didn't have the stamina to defend my work via legal process.

At that time, I was becoming the first person to file a copyright infringement claim for a

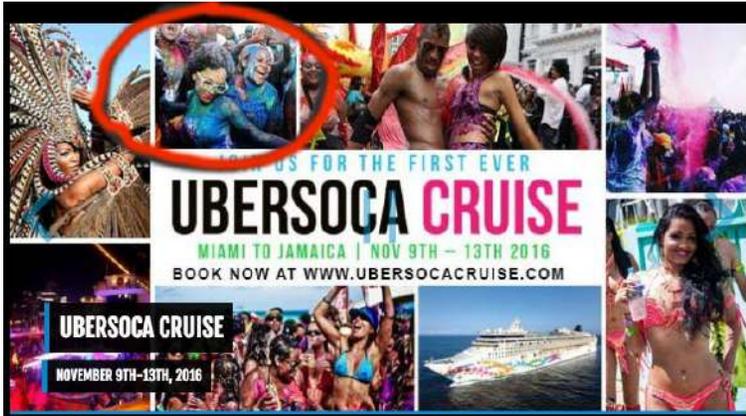


Exhibit-A in the UberSoca Cruise lawsuit. (Contributed image/Sean Drakes)

photograph in a Caribbean Court. The Defendant was Donald Grant who produced Tobago Fashion Coda. And I won!! That landmark case serves as a guiding benchmark and tool of empowerment.

My premium event coverage is represented by Getty Images and available for editorial use only via Getty's platform. My Carnival collection is distributed as news reportage, model releases are not required. When UberSoca Ltd., or its assigns, distributed that photograph in ads for a for-profit event, the door was opened for this photographer, all identifiable people in those images, and anyone else who can prove infringement to file a lawsuit for damages.

Every marketing campaign I photographed for Digicel, Trinidad & Tobago tourism, and Hyatt hotel, required "models" to sign a talent release and receive payment for their appearance in a campaign. Advertisements typically require contractual consent, copyright clearances and compensation for contractors.

To assemble evidence, I

scoured social media platforms for #UberSoca. I discovered my photograph in that 2016 party boat ad on postcards and Instagram, SoundCloud, Pinterest, Twitter, and four websites. U.S. copyright law permits retroactive pursuit of Legacy South Florida POWER pagination compensation for the three years prior to the date you file a court claim.

UberSoca Cruise launched in 2016 and sailed from Miami to tropical ports. Our strategy explored serving Royal Caribbean International, the boat owners, with a subpoena to identify the event producer's insurance carrier. Insurance exists, in part, to guard against liabilities created by third parties with whom business is conducted.

Intellectual property attorney, Lillian Stajnbaher, who is also a creative spirit, says getting service of the lawsuit executed in Bermuda was a significant roadblock to hurdle. In the following Q&A she satisfies common curiosities:

**Q: Does U.S. law**

**restrict people from pursuing restitution for unauthorized use of their image in an advertisement that appears in U.S. territory?**

**A:** "There is always a statute of limitations. It usually runs from the time you discover that you have a claim. The few years to seek recovery for exploitation of a person's rights to his or her likeness without permission varies from state to state."

**Q: What is your advice or best practice notes for photographers when they discover unauthorized commercial use of their artwork?**

**A:** "My advice to any photographer, is to get your application for copyright registration on file for collections of work, prior to ever exposing them to public access, as an absolute. If you haven't done so in advance, do so immediately upon discovering the infringement. Gather your evidentiary data regarding how much your photographs are worth. This may be based upon subject matter, revenue history, and/or industry norms for the type and extent of use. Determine where the photographs were used, and where the infringing party is located, to decide in which court you wish to pursue remedy. We recommended that you have an attorney involved in this decision, as it's complex, and error can be costly."

"And stomaching litigation is no joke. It's emotionally brutal, so litigants must be ready to steel

their nerves."

**Q: What is your take-away from the UberSoca Cruise case?**

**A:** "When the other party is being unreasonable during mediation, cut it short, and just go for the jugular. We only wasted dollars and time."

**Q: Care to offer any other insights?**

**A:** "Subsequent to filing, the Copyright Claims Board was opened, allowing litigants to obtain an administrative hearing at a cost of around \$100, for claims up to \$30k. This is a game changer for artists, creating a fairer playing field against those who seek to subordinate justice through economic oppression." Writing is cathartic and sharing dismantles hurtful residue. This David vs Goliath battle will encourage creatives to confidently challenge unscrupulous conduct. The expense incurred by UberSoca Ltd. to address this complaint, offers a lesson to event producers that should help photographers, across the Caribbean and beyond, to see their work treated with greater regard and value.

**EDITOR'S NOTE: Sean Drakes has been a contributor to Black Enterprise and the Atlanta Journal-Constitution. His forthcoming book, 'The Last Mas,' is a collab with five scholars and celebrates Emmy-winning artist Peter Minshall.**



## The US-Canada Border Deal And What It Really Means

(CONTINUED FROM PAGE 9)

claim for refugee protection that has been referred to the IRB for determination. (This claim must not have been withdrawn by the family member, declared abandoned or rejected by the IRB or found ineligible for referral to the IRB.)

### Unaccompanied Minors Exception

Refugee claimants may qualify under this category of exceptions if they are minors (under the age of 18) who:

- are not accompanied by their mother, father or legal guardian
- have neither a spouse nor a common-law partner, and
- do not have a mother, a father or a legal guardian in Canada or the United States.

### Document Holder Exceptions

Refugee claimants may qualify under this category of exceptions if they:

- hold a valid Canadian visa (other than a transit visa)
- hold a valid work permit
- hold a valid study permit

- hold a travel document (for permanent residents or refugees) or other valid admission document issued by Canada, or
- are not required (exempt) to get a temporary resident visa to enter Canada but require a U.S.-issued visa to enter the U.S.

### Public Interest Exceptions

Refugee claimants may qualify under this category of exceptions if:

They have been charged with or convicted of an offence that could subject them to the death penalty in the U.S. or in a third country.

However, a refugee claimant is ineligible if he or she has been found inadmissible in Canada on the grounds of security, for violating human or international rights, or for serious criminality, or if the Minister finds the person to be a danger to the public.

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



## Relinquishing Everything

(CONTINUED FROM PAGE 9)

He's so enamored by her beauty, her charm, her sensuality, his brain becomes addled and as far as he's concerned, she's the center of his universe and everything revolves around her.

His independence is the first casualty. He was a guy who was used to hanging out with his friends and having a good time doing his own thing. Until he met her. Suddenly she'll start to drop a few hints, "So, you're going to hang out with your friends again tonight, on a Friday?" "Football again, aren't you a bit too old for that now?" "What about our quality time?"

He now has a choice to make, hang out with his friends of many years, or spend quality time with his newfound love? After that, other freedoms are taken away as he stops doing the things that he used to enjoy. Watching movies, going to sporting events, even working late on weekends are now taboo. The sad thing is though, when the woman drops him like a hot potato, he tries to go

crawling back to the life that he once enjoyed, often to be met with ridicule from his friends. "Whap'n Leroy, your queen left you for another kingdom?, hahahaha!"

Some men relinquish everything willingly, while others don't even see it coming. These are men who were once icons of industry, masters of money, keepers of currency, until they met a woman and relinquished it all.

Not only do they hand over the keys to their heart, but the keys to the house too. "Here Honey, it's all yours, do what you want, I give it all to you."

He now has no hand, no say, no authority, no power. Sometimes these men are tired of being in charge and want a woman to run their lives for them.

That's all well and good if you can find a good woman who you can relinquish your way of life to. But horrible if she's a tyrant, for your life will be hell.

I was speaking to a mother recently, who spoke glowingly of her thirteen-year-old son. "He

makes his own breakfast before leaving for school, cooks for me when I'm not feeling well, and helps around the house without my even asking."

He is a model student in school, and a boy who's on the path to being a fine young man who will not relinquish his manhood when he meets a woman to settle down with.

Sadly, many men are not like that boy, and have relinquished their manhood even before they completed puberty. They allow women to enter their lives and take full control. They relinquished what little masculinity they had, ignorant in their bliss, oblivious to their fate.

Some men also relinquish their responsibilities for the wrong reasons. They relinquish their roles as fathers, as husbands, as friends to those who need them. So, relinquishing everything has consequences.

**EDITOR'S NOTE: Tony Robinson can be reached at seido1yard@gmail.com.**



## Marley Biopic Filming In Kingston

BY HOWARD CAMPBELL

For a few days in March, Bob Marley once again ‘strolled’ the streets of Trench Town, the fabled inner-city community in Jamaica which inspired some of his greatest songs. This time, someone else was playing his music.

Filming for the Jamaican leg of the Marley biopic starring British actor Kingsley Ben-Adir, took place in Kingston. A film crew, closely monitored by members of the reggae king’s family, shot scenes in Trench Town where he lived in the 1950s and 1960s.

They also filmed at nearby National Heroes Park for scenes of the One Love Peace Concert that took place in April 1978, where Marley famously brought bitter rivals, prime minister Michael Manley and opposition leader Edward Seaga, on stage. He held their hands aloft in a symbolic show of unity to help ease tension between their supporters.

Seeing a crew for a major movie production setting up in Trench Town was music to the ears of residents. One year earlier, Prince William and his wife Kate Middleton, Duchess of York, visited the area during their official visit and also attracted a large crowd.

This time around, most of them were paid to be extras in scenes or work with producers to ensure a smooth process. For singer/entrepreneur Hugh



Hugh English (right) and Damian Marley in Trench Town. (circa 2020)

English, who has lived in Trench Town all his life, the few days of filming was an economic boon for the community which is prone to bouts of gang violence.

“Di people dem feel good, is years dem don’t go through nothing like dat. Dem (producers) come in an’ write down people names dat dem want to be in the scenes, about 100 people. Whole heap a food (money) run inna di community through the movie,” he said.

Three of Marley’s children, Cedella, Ziggy and Stephen, were on location for the filming, some of which took place at the Trench Town Culture Yard, where their father and mother Rita once lived. That renovated tenement inspired the classic Marley song, No Woman No Cry.

English, whose songs include a cover of The Beatles’ Hey Jude, met Marley several times as a youth. His father, Rupert English,

was good friends with the legendary singer/songwriter who died from cancer in May 1981 at age 36.

Like Marley, he wants to see stability and unity in his fractious community.

“Mi would like to see a crime-free Trench Town, no gunshot an’ people live good. Dat

is my vision for years...couple times me go on di ground an’ get di thing in order but man mash it up, so mi jus’ stay far ‘cause mi realize dem don’t love peace,” he said.

Initial filming for the yet-titled movie --- which is directed by American Reinaldo Marcus Green --- took place in London

in mid-December. Producers recreated scenes of Marley, Peter Tosh and Bunny (Wailer) Livingston (his colleagues in The Wailers band) arriving at a Paris hotel, circa 1973.

The movie is being produced by Paramount Pictures and Tuff Gong Pictures.



## Sentencing Set In Murder Case Of Jamaican Roots Rapper XXXtentacion



Three men have been convicted of the murder of Jamaican roots rapper XXXtentacion and are set to be sentenced on April 6th.

Michael Boatwright, Dedrick Williams and Trayvon Newsome, the convicted murderers of Jamaican roots rapper XXXtentacion, are set to be sentenced on April 6th.

The three were all found guilty of first-degree murder late last month for the 2018 killing and robbery of the rapper, born Jahseh Dwayne Onfroy.

The platinum-selling singer-songwriter, 20, was robbed of \$50,000 and shot to death at age 20 as he drove his BMW away from a RIVA Motorsports motorcycle store in Deerfield Beach, Florida on June 18th of

that year.

Florida law dictates a life sentence in first-degree murder convictions.

Onfroy was born in Plantation to Jamaican immigrant parents Dwayne Ricardo Onfroy and Cleopatra Bernard, and raised in Lauderhill, Florida. He has three siblings with one being half, shared paternally.

When Onfroy was six years old, he stabbed a man attempting to attack his mother and was eventually put into a youth program before being forced to live with his grandmother.

Onfroy rose to fame while posting raps online from his bedroom on the audio distribution platform SoundCloud in June 2013. Onfroy released his debut album, 17, on August 25, 2017. In March 2018 he released his second album. His singles “Sad!” and “Changes” peaked at 7 and 37, respectively the Billboard Hot 100.



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# ARTS & ENTERTAINMENT



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## Man Arrested, Then Released For Trying To Propose To Rihanna

Police in LA have arrested a South Carolina man who tried to sneak onto the property of Bajan star Rihanna to propose to her, according to multiple reports. Reports indicate that the man travelled over 2,500 miles to get down on one knee for the singer

but was stopped by Rihanna's security detail along her driveway.

Police were then called, and the man was arrested for trespassing.

TMZ said that he was released by police after questioning because he had not broken any laws but was asked to leave and told not to return.

It's unknown if Rihanna, who is pregnant with her and rapper A\$AP Rocky's second child, was at home at the time of the incident.

Neither the Los Angeles Police Department nor representatives for Rihanna immediately responded to requests for comment.



Rihanna seen at the OSCARS, is pregnant with her second child with A\$AP Rocky. (LEXIE MORELAND/WWJ VIA GETTY image)

## Jamaican Reggae Artist Protoje For Free Hollywood Performance

Reggae star Protoje will be in the house this April 16th at the magnificent ArtsPark in downtown Hollywood, Florida and the concert will be free. The show will start at 7 p.m. The free concert is part of the Hollywood Arts Park Experience series produced by the Rhythm Foundation for the City of Hollywood. Concertgoers are invited to bring a lawn chair or a blanket to enjoy live music with friends and family.



Protoje will perform at the magnificent ArtsPark in downtown Hollywood, Florida and the concert will be free. (Hollywoodartsparkexperience image)

Protoje remains at the forefront of this movement. Born Oje Ken Ollivierre in Saint Elizabeth, Jamaica to singer Lorna Bennett and a former calypso king Mike Ollivierre of St. Vincent and the Grenadines, the GRAMMY-nominated artist creates a contemporary sound by blending hip-hop, R&B, soul and rock into his native genre of roots reggae and dancehall.

Among the most popular Caribbean artists recording and touring today, Protoje is known for his balanced musicianship and collaborations, fueled by his resident beatsmith and collaborations with top hit-makers and major name artists.

RSVP at [eventbrite.com/e/protoje-at-hollywood-artspark-experience-tickets-538264181657](https://www.eventbrite.com/e/protoje-at-hollywood-artspark-experience-tickets-538264181657)

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## Shabba Is Coming To South Florida



Shabba Ranks is set to perform at MCC. (Credit: Kevin R./Dancehall Mag.com)

Legendary Jamaican dancehall deejay, Shabba Ranks, is coming to the Miramar Cultural Center this May.

Ranks, born Rexton Rawlston Fernando Gordon, has been instrumental in gaining prominence for reggae and reggae-influenced music. He was the first reggae artist to win back-to-back Grammy Awards.

His string of hits throughout the 80's and 90's include: "Mr

Loverman," "Housecall," (with Maxi Priest) "Slow And Sexy," (with Johnny Gill) "Trailer Load A Girls," "The Jam" (with KRS One). He will perform at the Miramar Cultural Center – Theatre on **May 1st from 8 p.m.** Tickets from USD 52 dollar with tax and can be bought [etix.com/ticket/online/performanceSale.do?method=removeAllSeats](https://www.etix.com/ticket/online/performanceSale.do?method=removeAllSeats)

## Trinidadian-Owned Vodka Company Gets Investment

A new liquor company founded by a father-son team with roots in the Caribbean, is one of four companies to secure angel investment from Pronghorn.

Pronghorn recently unveiled its newest round of angel investments in four additional Black owned spirits companies which include the award-winning, gluten free IslandJon Vodka, founded by Levi and Kevin John. The amount of the investment was not revealed.

The vodka brand celebrates legacy, heritage, and the soothing warmth of the Caribbean's landscape. Levi's lifelong career traveling the world as a musician shines in the brand's vibrant, award-winning craft spirit.

Hailing from Trinidad and Tobago, Levi has spent his life on stage and traveling the world as a musician. John is a singer songwriter and entertainer who has performed all over the United States, Canada, Europe, and the Caribbean to a solid fan base. During his years at the world-famous Sanibel Harbor Resort and Spa he wrote and produced the song, Sanibel Harbor Sunset.

In his decades of island living and world travel, Levi learned that



IslandJon Vodka (islandjon.com image)

there is nothing more important than embracing unforgettable moments. It's this attitude that IslandJon Vodka is distilling their award-winning craft vodkas in New Port Richey, Florida.

IslandJon is available for purchase in select states in stores and online. Visit Islandjon.com for a store locator and for delivery options.

Pronghorn's capital investment will be supplemented with access to Pronghorn's supercharging program, which consists of a deep resource of consulting services, direct industry expert mentorship, and more to accelerate each brand's business growth beyond investment.

The latest round falls on the heels of the company's steady stream of investments debuted earlier this year, bringing Pronghorn's total number of investments to 13 brands in less than one year. The newest benchmark further propels Pronghorn's progress towards its mission of investing in 57 Black owned and led spirits brands over the next 10 years generating \$2.4 billion in economic value for the Black community – ambitious figures the company is positioned to achieve based on its rapid first year portfolio expansion.

To date, Pronghorn has invested in Ten To One Rum, an award-winning Caribbean rum brand founded by CEO, Marc Farrell and co-owned by GRAMMY-winning artist, Ciara as well as Ego Tequila, the first Black woman owned tequila in the state of Texas, Den of Thieves, Hella Cocktail Co., Tequila With Friends, Common Ground Spirits, Delta Dirt Distillery, Anteel Tequila, and Old Hillside Bourbon Company.

- NewsAmericasNow.com



## Two Unique & Healthy Dishes To Add To Your Easter Table

It's almost Easter. Where did the time go? Here are two unique and healthy dishes to add to your Easter dinner menu this year that are still authentically Caribbean.

### Curried Broad Beans With Mixed Vegetables

#### INGREDIENTS

- 2 tablespoons Vegetable Oil
- 2 teaspoons scotch bonnet pepper, chopped
- 4 cloves garlic, minced
- 1 medium onion, chopped
- 1 teaspoon(s) curry powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 cup plum tomato, diced
- 1 teaspoon salt
- 2 stalk(s) scallion, chopped
- 1/2 packet(s) Coconut Milk Powder
- 1 can Mixed Vegetables
- 1/2 teaspoon garam masala
- 1 can Broad Beans

#### METHOD

- Heat Vegetable Oil in a sauce pan over medium flame. Add scotch bonnet pepper, half the garlic and onion and sauté until lightly browned.
- Add curry powder, black pepper, paprika and the remainder of the garlic and onion.
- Mix in the tomato, salt and scallion and cook for about one minutes.
- Combine Coconut Milk Powder with liquid from the Broad Beans and mix well before adding to the simmering mixture.
- Cook for about 2 minutes.
- Stir in the Mixed Vegetables, garam masala and Grace Broad Beans.
- Cover and allow to simmer for 2 minutes.



Curried Broad Beans With Mixed Vegetables

- Recipe from Mr. Vishu Tolan/Grace Foods

### Stuffed Baked Fish

#### INGREDIENTS

- 1/4 cup of Margarine
- 2 teaspoons scotch bonnet pepper, deseeded and finely chopped,
- 2 sprigs thyme, chopped
- 3 cloves garlic, finely chopped
- 1 large onion, chopped
- 8 ounces Grace Rice
- 1 cup stock\*
- 1 can Grace Tomato Juice
- 8-ounce shrimp, cooked
- 1 tablespoon tomato, diced
- 1 can Whole Kernel Corn
- 2 tablespoons dried parsley
- 1/4 cup White Vinegar
- 2 cup(s) water
- 1 teaspoon Grace Caribbean Traditions Fish Seasoning
- 1/4-ounce Grace Fish and Meat Sauce

#### DIRECTIONS

Pre-heat oven to 190°C/375°F.

#### FOR STUFFING:

- In a large saucepan melt 2 Tbsps. Margarine.
- Add scotch bonnet pepper, chopped thyme, garlic and onion and sauté for 1 minute.

Add Grace Rice, stock and Grace Tomato Juice, stir well. Cover and leave to simmer over flames for 25 minutes or until rice grains are tender. Set aside.

In a large bowl place shrimp, diced tomato, Whole Kernel Corn, parsley and cooked Grace Rice. Combine well.

#### FOR FISH:

- Clean and wash fish in a solution of vinegar and water.
- Make diagonal cuts on sides of fish. Season with Grace



Stuffed Baked Fish

Caribbean Traditions Fish Seasoning, rub inside and outside of fish using 1 Tbsp. Margarine, then stuff fish with rice mixture.

- Using remainder of Margarine, grease aluminium foil, wrap stuffed fish in the prepared foil, place on a baking tray and bake for about an hour.
- Serve fish on a platter, drizzled with Grace Fish and Meat Sauce.

#### NOTE:

Stock is made by dissolving 1 packet Grace Cock Soup Mix in 2 cups boiling water. Allow to stand for 10 minutes, strain and use as directed.

- Grace Foods Recipe



## Jamaican Soccer Star Invests In Online African And Caribbean

Jamaican-born soccer star, Raheem Sterling, has become an angel investor in an online supermarket that sells African and Caribbean goods.

Sterling, who was born in Jamaica and plays for UK Premier League club Chelsea, invested in the online grocery, Oja, that was founded in 2020 by Mariam Jimoh.

Oja delivers African and Caribbean goods across London, with a recent expansion into Birmingham. Catering to various cuisines and dietary requirements, Oja's rapid growth has filled a void in communities throughout the city.

In addition to stocking African and Caribbean foods, the platform recently started selling beauty and hair care products, with plans to stock household items. Oja will use the funding to expand its product offering for more cultures and regions.

"I can get my favourite home comforts, like Biggas and plantain chips, and having access to these products at short notice is amazing," commented Sterling on the investment. "I am sure that



Jamaican-born soccer star, Raheem Sterling, has become an angel investor in an online supermarket that sells African and Caribbean goods. (Chelsea image)

the wider African and Caribbean communities will appreciate this too, and this is a key reason why I joined this investment round."

Jimoh, according to Versus said: "Within this community, we share a love of food. We feel the intrinsic link between who we are and how we relate to our cultures through food, and we share the frustration over its access."

"This authenticity shines through, and we're thrilled that Raheem not only recognised the problem we're trying to solve but wants to join us in solving it for even more people," Jimoh.

- NewsAmericasNow.com



## Bacardi Launches Caribbean Spiced Rum In Time For Easter

Bacardi has launched a brand-new spiced rum flavor, that is perfect with Caribbean dishes and cuisine.

Bacardi's new flavor is the brand's first ever premium aged rum, Caribbean Spiced, that combines the unique sweetness and floral notes of coconut blossom and juicy pineapple with cinnamon, vanilla, and the subtle oaky char from the barrel the rum is aged in.

Cocktail lovers can expect to be delighted with notes of caramelized pineapple and lightly toasted coconut – a feast for the palate that will transport you to the tropics with every single sip.

With versatility at its core, Caribbean Spiced is made for mixing, but is equally delicious sipped neat over ice. Whether it's elevating a refreshing rum and cola, adding a twist to a classic with a zesty Coco Daiquiri or shaken up in a Caribbean Colada – rich with the flavors of cinnamon and pineapple, it's set to bring the sunshine to any occasion and will be a hit with friends and family.

Bacardi has shared the recipe for their Caribbean Colada that you can delight guests with this Easter.

### Caribbean Colada

#### INGREDIENTS:

- 50ml BACARDÍ Caribbean Spiced



- 50ml Pineapple juice
- 25ml Coco Real
- 5ml Cinnamon syrup
- 2 Pineapple leaves
- Coconut shavings
- A sprinkle of cinnamon to garnish

#### Method:

- Combine the rum, pineapple juice, Coco Real, cinnamon syrup and plenty of ice into a shaker.
- Shake vigorously until the shaker looks frosted.
- Strain over crushed ice and garnish with pineapple leaves, coconut shavings and a sprinkle of cinnamon.

BACARDÍ Caribbean Spiced, (700ML), has a 40% ABV and is currently available to purchase from Amazon.

- NewsAmericasNow.com



**TRAVEL**



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# Turks And Caicos Islands Lifts All COVID-19 Entry Requirements



Turks & Caicos

Effective April 1st, the Turks and Caicos Islands will no longer mandate travelers to submit proof of vaccination against COVID-19 on entering.

During a recent press conference, the Health Ministry said that it will update its Public and Environmental Health Arriving Passengers Travel Clearance Regulations, due to the rapid decrease in COVID-19 cases and zero new COVID-19-related deaths in recent months.

Over the duration of the pandemic, The Turks and Caicos Islands has been working closely with local and national public health officials to implement stringent health and safety protocols to mitigate the spread of COVID-19.

From July 2020 to April

2022, The Ministry of Tourism created and enforced a testing and vaccination campaign which included the development of TCI Assured, a quality assurance portal, to ensure that the majority of the local population was vaccinated, and in doing so, provide an added layer of protection for visitors.

The Tourism Ministry says that the recent announcement invites visitors to the Turks and Caicos Islands for a hassle-free travel experience and the ability to confidently explore the destination's stunning natural environment from vast blue oceans and white sandy beaches to a diverse range of outdoor activities.

- CMC



# Jamaica Passport Agency Starts Issuing E-Passports

The Jamaica Passport, Immigration and Citizenship Agency (PICA) has begun issuing a new high-security electronic or E-passports document to the public as of March 31st.

According to PICA, it has been taking steps over the years to secure Jamaica's passport as part of its efforts to safeguard the identity of Jamaicans and

the Jamaican travel document, and the E-passport is the latest initiative in that regard.

An E-passport is an electronic machine-readable passport with an embedded microchip that stores a digital version of the holder's biographical data. The chip has a unique digital signature, specific to each issuing country and is activated once the chip is

encoded.

The E-passports is a robust biometric document with added layers of security that can aid in the fight against new and emerging threats to identity theft and national security.

- CMC



# A New Airport Is Coming To Cat Island, Bahamas

A multi-million-dollar airport is coming to Cat Island in the Bahamas.

Prime Minister Phillip Davis says the construction is part of a larger plan to boost investments and revitalize the island.

"This infrastructural upgrade promises to attract new investments, revitalize old industries, and catalyst new ones," said the PM as

he addressed attendees at the groundbreaking ceremony for the airport.

The airport is expected to cost in the vicinity of US\$18 million and Davis, the parliamentary representative for Cat Island, San Salvador and Rum Cay, said the project is expected to be completed in two years.

He said the facility will

be a tier two airport, in that "it will serve as a port of entry, with customs and immigration services, and will be equipped with a state-of-the-art station." The airport will feature solar panels, smart lighting, and rainwater collection.

- Edited from CMC



# American Airlines Adds Flights For St. Kitts Jazz Fest

American Airlines is adding more flights to St. Kitts and Nevis this summer.

Marsha Henderson, Tourism Minister of St. Kitts and Nevis, said the Dallas-Fort Worth-headquartered carrier will provide additional flights from



Miami in support of the 25th St. Kitts Music Festival, adding two inbound flights on June 21st and two outbound flights on June 25th to accommodate festival patrons.

The 2023 edition of the music festival will feature a dynamic lineup of musical artists performing from June 22-24, 2023, for a weekend of soul, soca, jazz, R&B and reggae at Warner Park. Performers will include Chronixx, Koffee, Govana, Skillibeng, Air Supply, Valiant, Patrice Roberts, Skinny Fabulous, Byron Messia, and

Grand Masters Band.

American will also offer double daily flights from August 15th to September 5, 2023, which will be especially helpful for international medical and veterinary school students traveling during the summer.

Tourism officials in St. Kitts also recently celebrated new thrice-weekly interCaribbean Airways flights between Barbados and St. Kitts.

- Edited from CMC



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## Guyana Turns 57

The oil rich South American CARICOM nation of Guyana turns 57 on May 26, 2023. Guyana, formerly British Guiana, secured its independence from Britain and joined the Commonwealth in May 1966. On 23 February 1970, Guyana was proclaimed a cooperative republic within

the Commonwealth with a president elected by the National Assembly.

Located in the north-eastern corner of South America and sandwiched between Venezuela and Suriname, Guyana is the only English-speaking country on the South American continent. Since independence from

the UK, Guyana has seen fierce political rivalry between the two main ethnically based parties. Most of the country is covered in tropical rainforest and, despite having rich reserves of bauxite, gold and timber, it has traditionally struggled to overcome poverty and attract investment to bolster its economy.

Guyana's economy has

been undergoing a transformation since the discovery of crude oil in 2015 and commercial drilling in 2019. A century-old border dispute with Venezuela has revived after this discovery of major offshore oil reserves.



## Guyana's Challenge: Avoiding 'Dutch Disease'

BY DR. MEREDITH ARNOLD MCINTYRE

Guyana's medium-term prospects are highly favourable and driven by fast expanding oil production. To date international oil producers have discovered 11 billion barrels of commercially recoverable oil and gas that promises to transform Guyana's economy from one based on agriculture and mining into a large oil producer, particularly considering it is a nation of about 790,000 people.

The International Monetary Fund (IMF) presents estimates of the Present Value of Guyana's oil reserves in percent of 2021 GDP. The data indicates that the present value of Guyana's oil reserves (percent of 2021 GDP) per capita is only surpassed by Kuwait. In short, this is a large resource find that will generate substantial economic rents to be spent on a small population. The key policy challenge is the management of natural resource wealth ensuring that intergenerational savings are prioritized, public spending strengthens economic capacity and improves the standard of living and quality of life of the population.

### Natural 'Resource Curse' and 'Dutch Disease'

'Dutch Disease' occurs when a resource boom reduces the internal incentives to produce, and/or the international competitiveness of, domestically produced non-resource tradable (exportable and importable) goods. With the resource boom, 'Dutch Disease' can occur if spending increases significantly and runs up against absorptive capacity constraints that results in higher prices or inflationary pressures leading to a revaluation of the real exchange rate and over the medium-term a loss of international competitiveness in the non-resource tradable sector and its subsequent decline. (The real exchange rate (RER) between two currencies is the product of the nominal exchange rate (the dollar costs of for example, the Guyana dollar) and the ratio of prices between the two countries).

Therefore, a key policy challenge is the pace at which

to ramp up public spending to meet legitimate development needs, for example, closing infrastructure gaps and achieving sustained improvement in social indicators – education and health. Economic policymakers must establish policy frameworks that ensure fiscal and debt sustainability and maintain price stability to support stronger growth.

### Guyana's Fiscal Policy Framework

Conventional wisdom suggests that with large natural resource windfalls countries face a choice between intemporal savings to provide income security for future generations and increased spending in the near term to meet legitimate societal needs. Guyana has been a low-income country, but with the substantial increase in GDP, it has graduated to middle income status. However, Guyana's human development has lagged the Caribbean region. The IMF reported in 2019 that a World Bank report suggests that Guyana's human capital is lower than the median for its region and income group. Guyana's human capital index (HCI) is 0.49, below the medians in the Caribbean (0.50) and Emerging Market Developing Economies (EMDE) (0.51). (The HCI measures the amount of human capital that a child born today can expect to attain by age 18. It conveys the productivity of the next generation of workers compared to a benchmark of complete education and full health.)

Given the significant development needs, Guyana's fiscal policy framework needed to appropriately include increased spending on the social sectors and to close infrastructure gaps while emphasizing intertemporal savings. One recommended option would be to have roughly equal shares of saving versus spending of the oil income in the medium-term (3-5 years) and as oil revenues substantially increase over the long-term and development indicators improve greater shares could go to savings.

The Guyana government has been prudent in managing (CONTINUED ON PAGE 16)

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# GUYANA INDEPENDENCE



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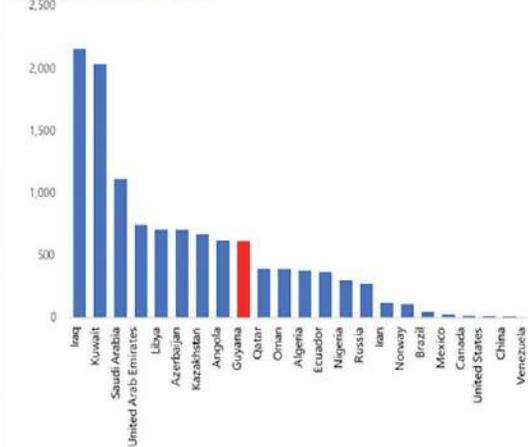
## Guyana's Challenge: Avoiding 'Dutch Disease'

(CONTINUED FROM PAGE 15)

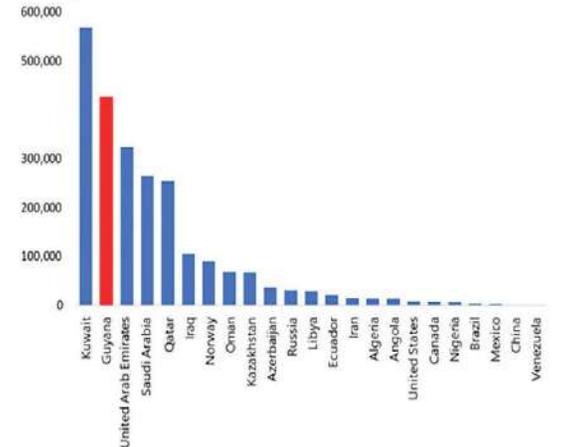
its natural resource wealth consistent with conventional wisdom emphasizing the importance of increased public spending to meet development needs while building savings for future generations and to provide a buffer to external shocks, for example, volatile oil prices. A Natural Resources Fund Act (2019) that governed the management of natural

resource wealth was amended by the new administration and the amendment contained several desirable features including: First, provisions strengthening transparency and accountability including removing extensive powers from the Minister of Finance and vesting them in a new Board of Directors, requiring that all reports and receipts of all petroleum revenues be published in the

Present Value of Oil Reserves 1/ (In percent of 2021 GDP)



Present Value of Oil Reserves per Capita 1/ (In US\$)



Sources: IMF, World Economic Outlook Database; U.S. Energy Information Administration; and OPEC.

1/ Estimated based on assumption of oil price increasing 0.7 percent per year and discount rate of 3 percent (the

The data indicates that the present value of Guyana's oil reserves (percent of 2021 GDP) per capita is only surpassed by Kuwait.

Official Gazette and the Minister of Finance could face up to ten years imprisonment if he fails to disclose the receipt of any petroleum revenues received by Government in the Official Gazette within three months of receipt of such monies.

Second, the amendment introduces a simple formula for the transfer of oil revenues to the budget that is easily understandable by the public. The Bill allows the government to withdraw the entire amount in the NRF in 2022. Note the authorities went through a deliberative and consultative process on the NRF before proposing amendments and did not withdraw funds in 2021 while the process was ongoing.

Going forward, after the first withdrawal, the proposed legislation sets out a ceiling on withdrawals, with a progressively smaller proportion of the balance in the NRF being allowed to be transferred to the budget for public spending, and the remainder of the petroleum revenues is accumulated as savings in the NRF. More specifically, in any given year, US\$500 million can be withdrawn and then a reducing percentage of what remains, starting with 75% from the second five hundred million; 50% from the third five hundred million; 25% from the fourth five hundred million, and then 3% from any amounts in excess of US\$2.5 billion.

The government is committed to containing the fiscal position over the medium term to ensure spending is increased in a measured way to meet human development needs while preserving overall macroeconomic stability. Annual budgets are set over the medium-term within a fiscal framework that constrains the annual non-oil overall fiscal deficit (after grants) to not exceed the expected transfer from the NRF, that is a fiscal transfer rule.

Note, Guyana's windfall is large enough to support increased spending without resorting to debt accumulation. In the near term this strategy will anchor fiscal policy and ensure that fiscal spending increases at a measured pace to address development needs without resulting in macroeconomic imbalances, including a loss of competitiveness and an appreciation of the real exchange rate due to a significant increase in prices in the non-tradeable sector, that is, 'Dutch Disease'.

However, Guyana is still in the process of crafting a fully spelt out medium-term framework with clear targets to anchor annual budgets. The experience of other oil producing countries e.g., Ghana, demonstrates that annual budgets that are not crafted in the context of a medium-term framework tend to result in negative macroeconomic outcomes and instability. An effective medium-term framework is needed to support the fiscal transfer rule that is aimed at achieving a zero overall balance target. In apportioning between capital and current spending policymakers should consider the impact on the economy's productive capacity. Empirical studies by the IMF indicate that a 1 percent point (ppt) increase in capital spending would have a more positive impact on real GDP growth than a similar increase in current spending in the medium-term (3-5 years). Capital expenditure spending could prioritize increasing connectivity with road expansion and rehabilitation together with increasing electrification to support a growing economy. Capital spending should be guided by absorptive capacity constraints to avoid 'overheating' the economy. Current spending would focus on increasing the access to and quality of education and health. Expenditures on the social sectors should be increased in

line with non-oil GDP to ensure spending is not outstripping increases in GDP.

In summary, Guyana's rapidly growing oil sector is resulting in substantial oil revenues that are potentially transformative allowing increased spending to close infrastructure gaps and meet human development needs. The government has appropriately emphasized intertemporal savings and increased spending for the use of oil revenues.

A simple, transparent formula has been implemented for the transfer of oil revenues from the NRF to the annual budget and this can ensure spending does not run up against absorptive capacity constraints and result in inflationary pressures and macroeconomic instability. However, the fiscal framework would further benefit from the adoption of a medium-term framework with well-defined targets guiding the design of annual budgets and an effective long-term fiscal anchor.

**EDITOR'S NOTE: Dr. Meredith Arnold McIntyre has been an economist for over 30 years. He has worked in a variety of Caribbean regional institutions including the Caribbean Development Bank, Organization of Eastern Caribbean States, and the Caribbean Regional Negotiating Machinery in the 1990's. Dr. McIntyre joined the International Monetary Fund (IMF) in February 2001 and worked on countries in Africa and the Caribbean including leading IMF country team missions to Guyana. Dr. McIntyre has published a book and a variety of articles on issues in macroeconomic and trade policy in small states. He is currently an Associate, Manchester Trade Ltd and a Fellow with the Caribbean Policy Consortium.**

- NewsAmericasNow.com



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## HIT & RUN FATALITY



### VICTIM/PEDESTRIAN

Rupert Webley  
B/M, 68 years old

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

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

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

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- Visit [www.CrimeStoppers305.com](http://www.CrimeStoppers305.com) and select "Submit a Tip"
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If the tip leads to the arrest of the subject(s), the tipster may be eligible for a reward UP TO THE AMOUNT OF \$5,000.00. All calls are kept strictly anonymous.

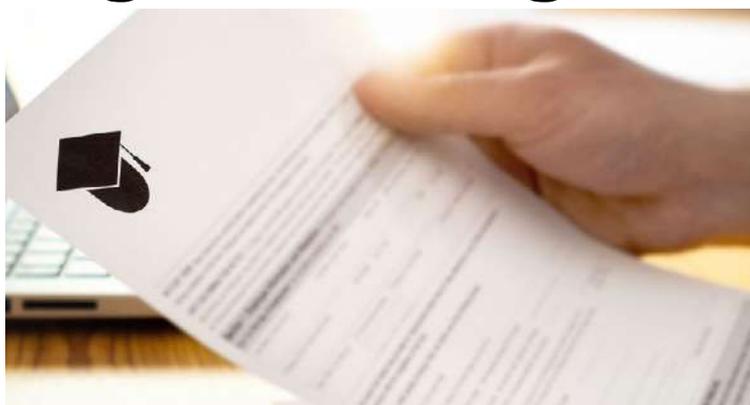
ISSUE DATE: 5/11/2021 RN SUPERVISOR: Sgt. Francisco Armendariz MDPD C/N PD210502138114

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

## Making Sense Of College Costs And Financial Aid

That moment when your child receives an acceptance letter to a coveted college is a time to feel pride in their achievements and excited about their future. It's also a time to make sense of the school's price tag. That's where financial award letters come into play.

"You'll receive an award letter from each school your student was accepted to listing all the details of the financial aid package," says Angela Colatriano, College Ave Student Loans. "This information helps you figure out what's covered and how much your family is



expected to pay."

Unfortunately, if you're like many parents, you may not be prepared for everything you read

in these award letters. In a recent College Ave Student Loans survey, only 30% of parents who received award letters

said they received as much aid as they expected, and 74% said they found the expected family contribution surprisingly high. Colatriano also notes that because the layout of these letters varies from school to school, it can be hard to compare their terms.

To help you decipher your financial aid award letters and figure out how to pay for college this fall, consider these tips and insights:

### 1: Sort Grants And Scholarships From Other Aid

If your child was awarded

a federal grant or scholarships from the college, they will be listed on your award letter. These do not need to be repaid and are applied directly to the school's tuition. You can also pursue outside scholarships. One easy one to apply for is the College Ave \$1,000 monthly scholarship sweepstakes. Encourage your student to apply for scholarships year-round, as every little bit helps.

### 2. Delve into federal aid.

The award letters will show

(CONTINUED ON PAGE 19)

## Top 5 Smartphone Features A College Student Can't Live Without

Smartphones are our lifeline – we use them to connect us to just about everything and everyone in our world. Americans check their phones an average of 344 times a day — once every four minutes — according to a 2022 Review.org survey. But when was the last time you upgraded your phone? If it's been more than two years, you may be missing out on some of the latest tech upgrades. Here are five must-have features to consider when shopping for a new smartphone:

### • Battery Life

When it comes to battery life, you may not realize what you've been missing out on until you start using your new phone. A decade ago, smartphone battery capacity ranged from 1560mAh to 3200mAh, according to findings from Android Authority. Today, that capacity typically ranges from 4000mAh to 5000mAh, with some batteries as large as 6000mAh. And, the latest development of USB-C ports has allowed for faster charging capabilities, charging a near dead phone in just 30 minutes. Look for phones with fast charging technology, from 15W to 20W, and wireless charging options.

### • Phone Storage

Storage matters, especially if

you're a business owner, gaming enthusiast or social media influencer. Read-Only Memory (ROM), the internal main storage on your phone, allows you to store media, files and games, and ranges anywhere from 64GB to 128GB, even 256GB and higher in some of the latest models. Random Access Memory (RAM) is used for short-term data like apps, photos and videos. The more RAM you have, the more multitasking you can do. When purchasing a new phone, look for at least 6GB to 8GB of RAM and 128GB of ROM.

### • Camera

Phones have nearly replaced traditional cameras, with 90% of people using only their smartphones to take photos versus digital cameras, according to 3D Insider. If you're an avid photo taker, make sure your new phone features editing software, a variety of camera lenses, like ultra-wide and telephoto, and special functions like night mode to optimize lighting.

### • Network

How you stay connected is an important decision. The latest deals can help you select a phone and wireless provider. For example, Samsung just unveiled its latest Galaxy S23 line-up, and

T-Mobile is the only provider that can light up 5G standalone three-carrier aggregation, unleashing faster speeds and better responsiveness for some of the newest 5G smartphones – 16% faster speeds on average than phones without it. And switching to what studies have shown is America's largest, fastest and most reliable 5G network comes with perks. New customers can get \$200 off via a virtual prepaid card (allow 8 weeks) for each line they switch to T-Mobile – that's \$800 off for a family of four. And paired with T-Mobile's offer to save \$800

on the new Samsung Galaxy S23 line-up via bill credits when they choose the Magenta Max plan, that family gets four new phones and saves a total of \$4000. To learn more about Samsung's latest Galaxy S23 Series line-up, visit [www.t-mobile.com/cell-phones/brand/samsung](http://www.t-mobile.com/cell-phones/brand/samsung).

### • Security

Gone are the days of remembering a PIN or typing in a password to safely access your phone's data. Biometric security features like fingerprint, facial or voice recognition are crucial for keeping

your private data secure. Most new smartphones feature in-display fingerprint screening and facial recognition, and more institutions like online banking apps are using this method now over passwords. Other important deciding factors include overall phone display, size and water resistance. Priorities may vary from person to person, but selecting what's important for your new smartphone is something only you can determine.

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# SPRING EDUCATION



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## Book Review - A Journey To Transformation

BY DAWN A. DAVIS

**TITLE:** *When We Were Birds*  
**AUTHOR:** Ayanna Lloyd Banwo  
**Banwo**  
**PUBLISHER:** Hamish Hamilton (an imprint of Penguin Books)

“Deep breath. Grab a fistful. Cut. The blade slice halfway through one lock and he have to cut again, sawing his way through. He stare at the black coils as they fall in the bag at his feet. Something catch in throat. Like walking uphill. Another fistful and the hill steeper, and it harder to breathe.”

This is the turning point in the story. It makes real Darwin’s decision to step away from the convictions of his Rastafari faith, at least temporarily. He comes to this place out of desperation, a path he takes because he sees no other way out. We have all had to make momentous decisions in our lives at some time or other, a path that we didn’t want to take, but felt we had no choice. He must transform himself, become someone else in order to maintain a semblance of balance.

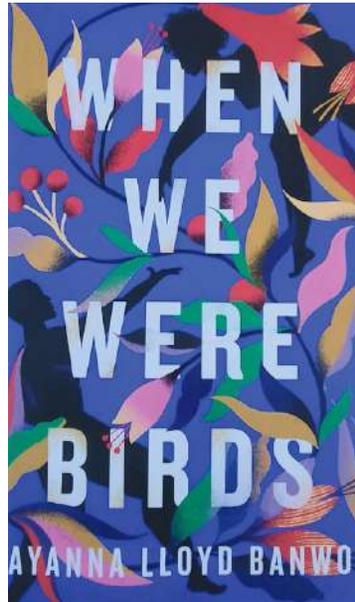
He is Emmanuel, son of Janaya, a Rastafari Empress who wears her wrapped crown proudly. He is Darwin, a

different person with shorn locks ready for the battle he must go through. This is Darwin’s dilemma in *When We Were Birds*.

### AUTHENTICITY

UK-based, Trinidadian-born writer, Ayanna Lloyd Banwo, takes us on a journey through the ordinariness of Caribbean life that is peppered with myth, fantasy, loss, and the power of love. The story draws us in with its plain English, without pretentious flourishes that distracts. It’s authenticity is underscored by Banwo’s use of local Trini dialect, making for a good read that takes you back home, no matter where you come from.

The story of Darwin’s journey through selfhood and Yejide’s path to acceptance brings these two protagonists together on a magical collision course that transforms their lives forever. Their trajectories must converge, for it is this bond that allows them, and us, to embrace the truth of human spiritual nature—the ability to see and communicate with the dead. The mythical stories Yejide’s grandmother, the wise one, tells her about the corbeaux, vultures, who steal the souls of the dead,



is symbolic of the inevitable, but is also a celebration of the power that should be acknowledged.

Banwo paints a picture filled with color, dialect, and poetry. We first meet Yejide, a curious little girl enthralled with the story her grandmother is telling her about the birth of the corbeaux and its role in transforming a land ravaged by death and destruction. On that veranda in the big house at the top of the hill surrounded by forest, Granny Catherine already knew the child’s special gift. This was her way of teaching Yejide.

Then we meet Darwin, a hapless young man with little material possessions, looking for

work in Trinidad’s sprawling, dusty city of Port Angeles. An honest young man who delves into his soul for answers for he too has the ability to ‘see’, but he needs a kindred spirit to open his eyes. He seemingly does the unthinkable for a Rastafari, taking a job in a cemetery as a gravedigger. But, it is this action that triggers the confluence of events the universe has designed for the inescapable encounter. He stumbles through the congested city and finally reaches Fidelis Cemetery and “a tall, black wrought-iron gate yawn open in front of him.”

### TRINIDADIAN CADENCE

Banwo uses language that comes alive with the rich Trinidadian cadence of its people. It gives the story a rhythm that makes the reader feel comfortable, at home, part of the tale. His first day on the job, Darwin approaches the men he figured he would be working with.

“I have overalls in my bag, I just didn’t know if we was doing an interview—”

“A interview?” One of the boys on the steps laugh out loud. “Allyuh hear that?” He look at the man next to him. “Jamesy, you do any interview when you come here?”

Jamesy answer is a screw face that make Darwin feel like

he is the one sitting on the steps and Jamesy looking down at him.

‘McIntosh’, the same man continue, ‘you had resume and ting when you come? McIntosh just steups and take another sip from the cup.’

Darwin try again. ‘Listen, just show me where to find Mr. Errol and let me—’

‘Is shame, the boy shame, Cardo,’ Jamesy laugh. ‘Eh want them woman in town to know he does dig grave for a living.’

Before long, he gets to know Fidelis, he breathes it in, he memorizes the long wide paths, the graves, the markers, the palatial headstones. He smells the love, the life, the grief that resides there. It is in this place that Yejide and Darwin will face the truth of each other.

When they meet, the familiarity is palpable, the connection, the attraction is unquestionable. But why in this place where bodies and souls mingle? Yejide sees what Darwin sees. It won’t be long before they realize why their spirits are intertwined - to come to terms with their dead and acknowledge the spirit of the corbeaux that lives within them, to accept the gift that each possesses - the power to speak to the dead.





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## Swimming Lessons Offers To Young Students In Communities With High Incidents Of Drownings

BY BOBBY D. WILLIAMS

The leading cause of injury death among young children in Florida is drowning, a tragic reality that swimming lessons can help prevent. For this reason, Miami-Dade County Public Schools offers swimming lessons during the school day in communities where access to pools is limited and the numbers of drowning deaths for young children is high.

“In our community, all of

these housing complexes have pools,” said Principal Jordana Schneider, whose school, Charles R. Hadley Elementary, was recently hosting swim lessons for its students. “The kids love the lessons. The lessons are engaging and are taught in small groups, definitely needed in our community where childhood drownings rank high.”

The Department of Life Skills at M-DCPS has been offering lessons using the Red

Cross Learn-to-Swim program (LTS) curriculum for over 45 years. The LTS program rotates to approximately 28 elementary schools throughout Miami-Dade County per school year, seven every nine weeks. The program focuses on students from pre-K to 2nd grade. Students receive 30-minute swim lessons in a shallow, round, portable and heated pool.

(CONTINUED ON PAGE 19)

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## Making Sense Of College Costs And Financial Aid

(CONTINUED FROM PAGE 17)

you if your student qualified for the Federal Work-Study program. Likewise, schools will list any federal student loans you're eligible to receive. Don't forget to complete the Free Application for Federal Student Aid (FAFSA) each year to qualify.

### 3. Meet the gap.

If after accounting for grants, scholarships and federal

aid there is still a gap between school costs and what you can afford, consider how you can reduce costs or get more funding. For example, you may reconsider your choice of school or have your student take on a part-time job. You might also want to shop around for a private student loan. If you do so, make sure you borrow only what you need. Also, look for a lender offering favourable terms, repayment options and

interest rates. College Ave Student Loans offers resources to help you navigate paying for college, including a student loan calculator to show what your monthly payments could look like. To learn more, visit CollegeAve.com.

### 4. Look Before You Leap

Remember that most types of financial aid come with terms and conditions. For example, a scholarship may require a

student to maintain a certain GPA for it to be renewed the following semester. Federal and private loans will have interest rates and repayment terms. Before accepting or pursuing any type of financial aid, be sure you understand what's involved.

### 5. Get Assistance

When in doubt, don't be afraid to reach out to your school's financial aid office for assistance. They are a great resource to help

you and your family navigate the financial aid process.

"With so many competing financial pressures, it's more important than ever for college-bound families to understand the ins and outs of their financial aid offers and what they're responsible to cover each year," says Colatrisano.

- StatePoint



## Swimming Lessons Offers To Young Students In Communities With High Incidents Of Drownings

(CONTINUED FROM PAGE 18)

LTS instructor Aliorky Garcia, who teaches the students at Charles R. Hadley Elementary, said that he finds out on the first day of lessons that most of these kids have never had swimming lessons so they are not aware how dangerous pools, and the ocean can be. This is important since many apartment complexes where students live are near canals or lakes.

"By the end of the lessons, 90 percent of these students can glide without the kickboard and are blowing bubbles so they can breathe," said Garcia. "They can be in the sea or a pool with no life jacket and they will survive."

Garcia finds that second graders who are now in their third year of the program are swimming the freestyle stroke since he can put all the elements together once

these students learn the basics.

For parents who live in communities where the numbers of drowning deaths for young children is high, these lessons are a great first step in keeping kids safe and helping them develop a love for swimming.

"It was a great opportunity for [Elijah] to learn the skills that he needs to introduce him to swimming. It's a great program," said Erica Guzman, whose kindergartener Elijah Lanzas participated in the swim lessons this year. "He enjoyed it so much he told me to make sure I packed his swimming stuff every day."

Guzman's 21-year-old son, as well as her husband, participated in the LTS when they were in M-DCPS. Both are now strong swimmers. Each parent receives an individual progress report. This report displays each skill introduced during the swim



The Department of Life Skills at M-DCPS has been offering lessons using the Red Cross Learn-to-Swim program (LTS) curriculum for over 45 years. (Contributed image/M-DCPS)

lessons. The report exhibits each swim skill detailing how well their child mastered each skill.

Beyond swimming skills, students are also taught important Red Cross safety tips. For example, they are advised on the

concept of "Reach or throw, don't go" which encourages swimmers to never jump into the water to save a drowning person. Students are instead instructed to get a pool pole, a big towel, a pool noodle, or other long object to try to aid the

person. They are also taught how to use lifejackets.

"This program makes me happy because we are doing something good for these kids," said Garcia. One of his motivations for teaching students to swim is because as a child, he witnessed a 10-year-old student drown. "There are too many kids drowning and I think we are bringing those numbers down."

For more information on this initiative, contact Miami-Dade County Public Schools' Life Skills Department at 305-995-1963.

**EDITOR'S NOTE:** Bobby D. Williams is a Curriculum Support Specialist in the Life Skills Department at Miami-Dade County Public Schools.



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# SPRING HEALTH



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## Why Early Detection Of Lung Cancer Is So Important

Lung cancer is the leading cause of cancer death in the United States. While early detection can vastly improve a patient's chances to lead a full and healthy life, the majority of those who are high risk are not getting screened.

The American Lung Association, which is committed to defeating lung cancer and supporting those with the disease, is sharing vital information to help more people learn their risk and connect them to screenings and other life-saving resources:

### Preventable Deaths

According to the 2022 "State of Lung Cancer" report, a mere 5.8% of Americans eligible for a low dose computed tomography (CT) scan were screened. A low-dose CT scan is a special kind of X-ray that takes multiple pictures as the patient lies on a table that slides in and out of the machine. A computer then combines these images into a detailed picture of the lungs.

Studies estimate that if even just half of the approximately 8 million Americans identified as high risk for lung cancer were screened with a low-dose CT scan, over 12,000 lung cancer deaths could be prevented. In fact, since low-dose CT scans started to be used for screening, it has reduced cancer deaths by 20% and it has reduced deaths from other causes by almost 7%.

Risk Eligibility



Many people who are at risk for lung cancer and are eligible for screening are not identified and are not referred for screening. Under the most recent lung cancer screening guidelines, those ages 50-80 who have a 20 pack-year smoking history or who have quit smoking in the past 15 years should get screened for lung cancer.

The American Lung Association offers a helpful tool for determining your eligibility for screening, found at [www.SavedByTheScan.org](http://www.SavedByTheScan.org).

### Eliminating Racial Disparities

It is especially important for Black men and women to speak to their health care provider about their risk and get screened if necessary, as they are more likely to develop lung cancer and less likely to survive five years with the disease than people of any

other racial or ethnic group.

Research suggests that Black Americans have a higher baseline risk for developing lung cancer - Black American smokers get lung cancer at least 20% more often than other people who smoke. Furthermore, systemic racism and injustices and issues continue to persist in the healthcare system, and Black people and other communities of colour are less likely to be diagnosed early, less likely to receive surgical treatment, and more likely to not receive any treatment at all.

### Fighting Barriers

Despite the fact that lung cancer screening is extremely effective at improving life expectancy and has the potential to dramatically improve lung cancer survival rates, many patients are not getting screened, even when they have a referral from their

doctor to do so. The reasons for low screening adherence range from practical concerns, such as financial and transportation barriers, to more elusive issues like distrust of the medical system and lack of awareness regarding the seriousness of the disease.

Emerging resources are helping eliminate these barriers and are making it easier for people to assess their screening eligibility, locate screening centres, schedule appointments, and receive financial assistance if they don't have insurance or transportation. Free tobacco cessation resources and other lung health resources

also exist to help people to reduce their risk. To learn more, visit [www.lung.org/lung-health-diseases.org](http://www.lung.org/lung-health-diseases.org) or speak directly to a nurse or respiratory therapist by calling the Lung HelpLine at 1-800-LUNG-USA.

When lung cancer is detected and treated in its earliest stages, more positive outcomes can be expected. That's why it's so important that everyone learns their risk and connects to resources to help them get screened.

- StatePoint



## Have A Bump On Your Foot? Don't Ignore It

Have a lump or bump on your foot? Whether it's painful or not, it could potentially signal a serious condition. Foot and ankle surgeons warn it's important to have it checked out, no matter its size or location on your foot.

"Whether your bump or lump is pea-sized or golf ball-sized, it should not go ignored. A proper diagnosis is key to proper treatment," says Michael Coyer, DPM, FACFAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS).

According to ACFAS, here's

what to know about some of the more common types of lumps found in the foot:

### Ganglionic Cysts

This soft, fluid-filled sac is a non-cancerous bump that experts believe may arise from single or repetitive trauma. A ganglionic cyst can be caused by a leaking of jelly-like fluid from the "capsule" surrounding a joint or tendon and may be located on the top of the foot, near an ankle joint or even on the side of the foot. While the

(CONTINUED ON PAGE 21)



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## Broward Health Makes History With Robotic Technology To Treat Heart Rhythm Disorders

Broward Health has made history in Florida with the opening of its advanced robotic electrophysiology lab to treat heart rhythm disorders.

A ribbon-cutting ceremony and tours of the lab and other cardiac areas recently marked the opening. Located at Broward Health Medical Center, the lab is the fifth in the nation and the first in Florida to be equipped with the latest robotic technology for cardiac ablation procedures using the Genesis Robotic Magnetic Navigation system by Stereotaxis.

The Genesis system's robotic magnetic navigation brings the benefits of robotic precision and safety to cardiac ablation, a common, minimally invasive procedure to treat arrhythmias. Tens of millions of individuals worldwide suffer from arrhythmias – abnormal heart rhythms that result when the heart beats too quickly, too slowly, or with an irregular pattern.

“Advancing patient care is our number one priority, and we are excited to make this unique technology available and expand



The Genesis Robotic Magnetic Navigation System at Broward Health. (Contributed image/Broward Health.)

our electrophysiology capabilities to treat the most complex heart arrhythmias with heightened precision,” said Ahmed F. Osman, M.D., medical director of the cardiac electrophysiology lab at Broward Health Medical Center.

“Broward Health is committed to adopting innovative technology and making it available to patients close to home,” added Shane Strum, President & CEO of Broward Health. “We are proud to be

the first in Florida to introduce this system to further enhance the comprehensive range of advanced cardiac services we deliver to our community.”

Broward Health is a nationally recognized health system in South Florida. As one of the 10 largest public healthcare systems in the U.S., Broward Health boasts two trauma centres and virtually every health specialty, offering compassionate, personalized care across its four hospitals and more than 50 health centres and physician practices.



## Have A Bump On Your Foot? Don't Ignore It

(CONTINUED FROM PAGE 20) lump itself is often the only symptom experienced, you may feel tingling or burning if it's touching a nerve, or a dull ache if it's pressing against a tendon or joint. Often, ganglionic cysts cause irritation, making it difficult to wear shoes. Such cysts generally will not go away on their own and may return, even after being drained. Surgical removal by a foot and ankle surgeon can help prevent recurrence. However, if the cyst is not causing pain and doesn't interfere with walking, your surgeon may simply monitor it over time.

### Plantar Fibromas

Plantar fibromas are benign, fibrous, hard nodules found within the ligament of the foot and are especially common in the arch area on the bottom of the foot. These bumps tend to be less than an inch in diameter but can get larger over time. They can cause pain when shoes push against them or when you're walking or standing barefoot. Steroid injections, physical therapy or orthotic devices may help relieve associated discomfort but will not make the fibroma disappear. While surgical removal is an option if pain persists following nonsurgical approaches, it's important to know that recurrence can occur post-surgery, as can complications, such as a flattening of the arch or the development of hammertoes. Haglund's Deformity

Haglund's deformity, sometimes called a “pump bump,” is a bony enlargement on the back of the heel. When it rubs against shoes -- from high-heeled pumps to running shoes -- the soft tissue near the Achilles tendon can become irritated. This often leads to painful bursitis, an inflammation of the fluid-filled sac between the tendon and bone. While certain foot structures are more prone to Haglund's deformity, you can treat the condition and help prevent recurrence with appropriate footwear, arch supports, orthotic devices and stretching exercises. Physical therapy, icing and NSAIDs can also reduce inflammation.

Sometimes, Dr. Coyer notes, a bump is suspected of being cancerous. In this case, your foot and ankle surgeon will perform a biopsy and if it is indeed cancer, will perform surgery to remove the mass, working in tandem with an oncologist for cancer treatment.

For more information on foot bumps or to find a foot and ankle surgeon near you, visit [FootHealthFacts.org](http://FootHealthFacts.org), the American College of Foot and Ankle Surgeon's patient education website.

“Remember, the sooner we're able to properly evaluate your bump, the sooner you can have peace of mind and move forward with treatment,” says Dr. Coyer.

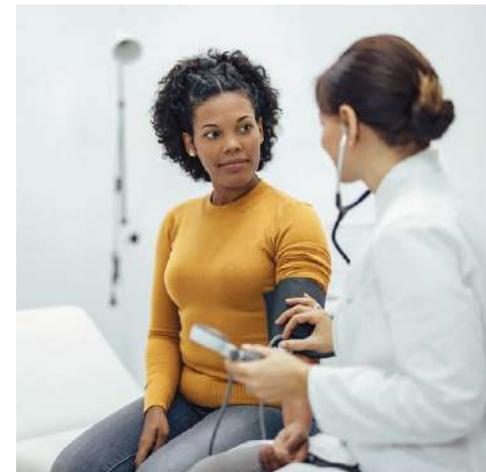
- StatePoint



## Take These 6 Steps To Manage Your Blood Pressure

High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and, in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

“Nearly half of all American adults have high blood pressure, and many don't even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack



Resneck Jr., M.D., president of the American Medical Association (AMA).

To get on the right track, consider these tips and insights from the AMA:

### 1: Know Your Numbers

Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit [ManageYourBP.org](http://ManageYourBP.org) to better understand your numbers.

(CONTINUED ON PAGE 22)

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**BROWARD HEALTH**

# SPRING HEALTH



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## New Telehealth Services Set Broward College Students Up For Success

For a single parent who is juggling school with work and raising a family, academic success is influenced by circumstances in and out of the classroom. The non-traditional college student, worried about her seven-year-old's earache, is who Broward College administrators had in mind when they launched the new My College Doctor program.

Personal and family health has been identified as one of the obstacles to education for this population. Broward College's diverse student body represents 144 countries and speaks 44 languages. Forty-six percent are the first generation in their family to attend college.

With My College Doctor, students have 24/7 access to a broad network of physicians from

the comfort of their homes. The round-the-clock free telemedicine service is the latest addition to the comprehensive list of services the College offers to support students holistically, recognizing that basic needs such as food, transportation, and access to health care can impact academic success.

Since launching in October of last year, 284 students have

turned to My College Doctor for a consultation, for a total savings of \$173,294.00. Based on aggregate data regarding diagnoses, students are using the service ailments such as routine sinus infections, stomach flus, and conjunctivitis.

"It is a relatively new program, but we are encouraged by this initial utilization data," says Esmeralda Sweeney, Associate Vice President, of Student Achievement Initiatives.

My College Doctor is one of several programs that are part of the Seahawk W.I.N.G.S (Wraparound Initiative for Non-Academic Greater Support) at Broward College. Via the program, students have the ability to access a national network of board-certified, licensed internal medicine and emergency room physicians who can diagnose illnesses, recommend treatment, and prescribe medications over the telephone or through secure bi-directional video, not just for themselves, but also for their dependents under the age of 26.

"This service makes it easier for students with transportation concerns to address personal and family health issues that may interfere with their studies. Our students know what they need, our job is to make sure we provide them with the tools they feel they need

to be successful," says Sweeney. A recent student survey revealed that transportation was one of the top barriers to success.

In addition to medical services, students also have access to My College Doctor's health care liaisons, supported through a national network of board-certified, licensed internal medicine and emergency room physicians who can diagnose illnesses, recommend treatment, and prescribe medications for its members over the telephone or through secure bi-directional video and email. Liaisons serve as member advisors and assistants to help schedule appointments, connect with physicians to transfer prescriptions to lower-price options, and advocate on the member's behalf, advising on how members can save on medical and pharmacy expenses.

While no insurance is required to use the service, and there is no additional cost to students or their dependents, students are cautioned that My College Doctor is not a replacement for health insurance. Physicians in the program can prescribe medication, but any prescription expenses are the responsibility of the student.



Your well-being is our priority.



April is National Minority Health Month. Certain chronic diseases and conditions are more common or severe among racial and ethnic minority groups. April is a time to recognize how having an active lifestyle can reduce your health risks. Simple changes like incorporating small amounts of moderate-to-vigorous physical activity in your daily routine can transform your life. At Jackson Health System, we take pride in providing world-class services for everyone, and are attuned to the special healthcare needs of minority communities. Look to us for unmatched and expert care.

Call 786-761-1598 to find a Jackson specialist near you.



## Take These 6 Steps To Manage Your Blood Pressure

(CONTINUED FROM PAGE 21)

### 2. Monitor Blood Pressure

Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

### 3. Eat Right

Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

### 4. Drink Alcohol Only In Moderation

If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

### 5. Be More Physically Active

Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.

### 6. Maintain A Healthy Weight

If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.

"Unmanaged hypertension can have life-altering consequences," says Dr. Resneck. "The good news is that there are many ways you can take control of your blood pressure and your health."

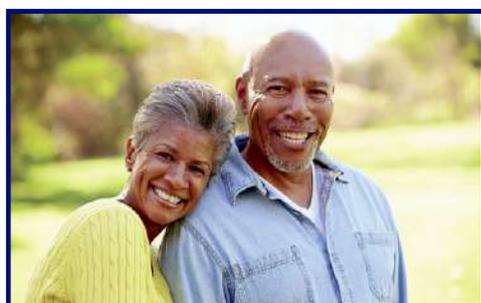
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# Countdown On To The CONCACAF Gold Cup



Jamaica fought hard to tie their match with Mexico on March 25, 2023, with a draw of 2-2. (GETTY Image)

Will a Caribbean team make it all the way to the finals of the CONCACAF Gold Cup this year? We will have to wait and see but so far, the Caribbean nations qualified for the 2023 Concacaf Gold Cup are Haiti, Jamaica and Cuba.

They are joined by Nicaragua, Guatemala, Canada, Costa Rica, Honduras, United States, Mexico, El Salvador, Panama, and invited nation Qatar as teams that will participate in this summer's tournament.

The winners and second-place finishers from the League A group, and the winners of each group in the League B group directly qualify for the Gold Cup. Jamaica is in League A with

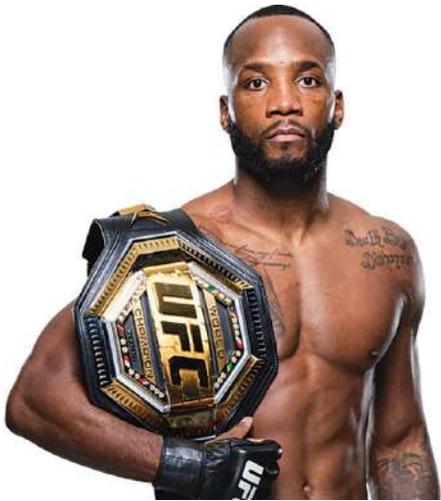
Mexico atop the standings table.

The second-place teams from the League B groups and the third-place teams from League A will join the winners of each League C group in the Gold Cup Prelims.

The 17th edition of the Gold Cup is scheduled to take place between June 16 - July 16, 2023. The Final at SoFi Stadium, on Sunday, July 16th, will crown CONCACAF's best men's national team and will conclude two months of elite football in the region that will also include the 2023 Scotiabank CONCACAF Champions League Final and 2022/23 CONCACAF Nations League Finals.



# Jamaican Retains UFC Title



Jamaican UFC fighter, Leon Edwards, has retained his welterweight title. (UFC image)

Jamaican UFC fighter, Leon Edwards, has retained his welterweight title in London, defeating Nigerian Kamaru Usman 48-46, 48-46 and 47-47 on March 18th.

Edwards, who was born in Kingston, offered up an offense filled with powerful leg kicks and scored the majority decision victory over Usman

to successfully defend the UFC welterweight title at UFC 286.

Edwards, backed by the support of a hometown crowd, picked apart the former champion throughout, landing clear strikes and avoiding much of Usman's signature offense. It is Usman's second loss to Edwards.

"London, you got yourself a hell of a guy, and a great champion," Usman said after the fight at The O2 Arena.

- NewsAmericasNow.com



# Jamaican Sets New Record At Clemson

Jamaica's Marie Forbes set a new Clemson University program record in the women's discus throw after she won the event with a personal best 56.93m at opening day of the University of Central Florida Knight Invitational on March 24th.

Forbes, the former Vere Technical standout, beat her



Marie Forbes set a new Clemson University program record in the women's discus throw. (Clemson image)

previous best 52.01m set last year and moved her from third to first on the Clemson list, beating the 56.70m set by Veronica Fraley in 2021.

It was the second school record set by Forbes this season after she broke the weight throw record in the indoor season.



# The Penn Relays Returns For The 127th Running

The countdown is on to the 127th running of the Penn Relays Carnival, set for April 27-29 at the University of Pennsylvania's historic Franklin Field.

Jamaican athletes will again take to the field, to continue the long tradition of rivalry with US athletes. At the 2023 Penn Relays, Grace Foods will sponsor 8 championship races, including the High School Girls' 4x100 & 4x400 Championship of America; the High School Boys 400m Hurdles Championship; the High School Boys' 4x100, 4x400, Distance Medley and the 4x800 Championship of America; as well as the College Men's 4x200 Championship of America.

"We are happy to continue our sponsorship of the Penn Relays, which spans over a decade," said Andrea Coy, CEO of GK Foods International. "The Relays offer our athletes well-needed international exposure, and the opportunity to engage with athletes, coaches and volunteers from across the region. It also gives Grace Foods the chance to exhibit our products and engage with our consumers who attend the event from all across the United States."

Team Jamaica Bickle, founded by Jamaican immigrant, Irwine Clare, Sr., OD, also returns to cater to the food, shelter and other needs of Caribbean athletes. 2004 Olympic sprint relay gold medalist Aileen Bailey will be the team Jamaica Bickle



FLASHBACK - Nicholas Bramwell, GraceKennedy brand manager, poses with members of the Hydrel High School relay team who won the girls' 4x400 Championship of America race at the 2022 Penn Relays. (Jamaica Observer image)

honoree at the 2023 Penn Relays. TJB's 'Labour of Love' fundraising luncheon to support the group's work at Penn is set for Crest Hollow Turnpike in Woodbury, NY on April 16th. Get tickets or donate at teamjamaicabickle.org/.

The Penn Relays is the oldest and largest track and field competition in the United States, hosted annually since April

21, 1895, by the University of Pennsylvania at Franklin Field in Philadelphia.

The Penn Relays presented by Toyota will be live-streamed every day on Flotrack at flotrack.org/live/50267-2023-penn-relays-presented-by-toyota.

Purchase single day tickets at <https://pennathletics.eventue.net/events/PRS>.



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