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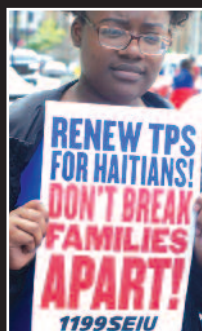
FORCED OUT

~ Thousands of Caribbean nationals are being forcibly removed from the United States as Immigration and Customs Enforcement continues to crack down on undocumented residents and non-citizen criminals, page 3.



The Islamic State is losing territory rapidly and its fighters are fleeing enclaves like Syria. Now there is fear those who left the Caribbean to fight for ISIS could be looking to return home, making the region a potential hotbed for terror, page 7.

Haitian nationals living in the United States under temporary protected status can breathe a sigh of relief as they will now be allowed to stay in the U.S. under that program for at least another 10 months, page 2.



FOOD, GLORIOUS FOOD



~ Caribbean cuisine is again in the spotlight:

- The sweet taste is being celebrated at the "Caribbean Culinary Museum and Theater Exhibition" on display in Lauderhill, Florida, page 11;
- Last month, the grounds of the Lauderhill Performing Arts Centre in South Florida lit up with delectable aromas and spirits of the Caribbean during "Sola Rum Food Wine Festival", page 13;
- Two Jamaican-born sisters took a leap of faith. With no entrepreneurial experience, but filled with determination, they opened "The Dutch Pot Jamaican Restaurant" in Florida, page 14.

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NEWS



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Haitians get relief as U.S. extends TPS through Jan. 2020

Haitian nationals living in the United States under temporary protected status (TPS) will be allowed to stay in the U.S. under that program for at least another 10 months.

The U.S. Department of Homeland Security (DHS), in compliance with an October ruling from a U.S. Circuit Court in California, on Feb. 28 announced the extension of TPS through Jan. 2, 2020. It was originally scheduled to expire in July.

The TPS extension covers nationals of Haiti, El Salvador, Nicaragua and Sudan.

Haitians were first granted TPS by then U.S. President Barack Obama after a massive earthquake devastated the French-speaking Caribbean island on Jan. 12, 2010. The quake killed more than 300,000, injured roughly the same number and left over a million homeless. Many Haitians who were in the U.S. at the time were granted permission to stay under TPS instead of going home to face the tragedy.

SPARED

TPS allows recipients to live and work legally in the U.S. The extension is expected to benefit more than

250,000. More than 50,000 of those are reportedly Haitians. Without the program's extension, they would have been subject to deportation.

However, current President Donald Trump, who once reportedly lumped Haiti among so-called "shit hole countries" has sought to end the program. The issue has since been tied up in U.S. courts. The California court's ruling last October stopped the DHS from terminating TPS.

Last month's DHS decision is being viewed as a way to stabilize the uncertainty over TPS until the courts or the U.S. Congress makes a final decision on the program.

GOOD NEWS

Members of the Caribbean American community welcomed the latest DHS decision.

"This is tremendous news for the TPS recipients from Haiti, Nicaragua and Sudan," Marleine Bastien, Haitian-born executive director of South Florida-based Family Action Network Movement (FANM) stated in a press release.

"This is a temporary relief for these families. At FANM, we believe that Congress must



Bastien

act promptly to find a permanent solution of all TPS recipients and their families."

The DHS decision also found favor with some lawmakers.

U.S. Congresswoman Frederica S. Wilson, who represents a constituency in Florida with a large Caribbean American community, noted in a statement that the DHS "extension will give hundreds of thousands of hardworking immigrants a temporary reprieve from deportation."

However, Wilson said she believes the Trump administration will continue to try and end TPS.

- Gordon Williams



Drug trafficking operation linked to Cayman Islands

NEW YORK – A New Jersey man has been found guilty of conspiring to distribute more than five kilograms of cocaine linked to the Cayman Islands.

It's reported that Tyrone Woolaston, 35, also used a firearm "in furtherance of cocaine trafficking, in connection with a multi-year scheme to smuggle cocaine into the United States through Newark International Airport" in New Jersey.

A unanimous jury convicted Woolaston after a two-week trial before U.S. District Judge Robert W. Sweet. He is facing 15 years in prison.

"As proven at trial, Tyrone Woolaston abused his position as an airline employee with secure access to restricted areas of Newark International Airport," Geoffrey S. Berman, U.S. attorney for the Southern District of New York, noted in a statement. "In reality, Woolaston was also a drug dealer, who smuggled large cocaine shipments through the airport and into the United States.

"To protect his drug dealing operation, Woolaston possessed an arsenal of weapons,

including a .40 caliber Glock pistol equipped with a laser sight," he added.

EVIDENCE

According to court documents and the evidence at trial, Woolaston was a lead baggage handler for a commercial airline at Newark Liberty International Airport. It's reported that from 2013 through Feb. 2018, Woolaston conspired to smuggle shipments of cocaine into the U.S.

In 2017 and 2018, Berman said agents from the New Jersey Office of the Department of Homeland Security, Homeland Security Investigations (HSI) conducted an undercover operation to investigate cocaine smuggling at the airport. Woolaston was eventually caught in the operation.

Berman said Woolaston was convicted of one count of conspiracy to distribute at least five kilograms of cocaine and one count of using a firearm in furtherance of narcotics trafficking.

- Edited from CMC.



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KICKED OUT: ICE removes thousands of Caribbean nationals from U.S.

GORDON WILLIAMS

Thousands of Caribbean nationals were again forcibly removed from the United States as U.S. Immigration and Customs Enforcement (ICE) continues to crack down on undocumented residents and non-citizen criminals.

However, ICE statistics also showed that despite an uptick in total removals for fiscal year 2018, there was a dramatic reduction in Caribbean nationals kicked out of the U.S. when compared to the previous year.

The law enforcement agency sent 4,523 persons back to the Caribbean last year, out of a total of 256,085 removed. That was roughly half the number of Caribbean nationals removed from the U.S. in fiscal year 2017.

Haiti was responsible for the largest single drop. In 2017, 5,578 of 9,066 Caribbean nationals removed from the U.S. were Haitians. Last year, 934 were sent back to the French-speaking Caribbean nation.

Meanwhile, just over 200 less nationals of the Dominican Republic were sent home in 2017 and 24 less to Trinidad and Tobago.

In 2018, nationals of the Dominican Republic were fifth among the most removals with 1,769, followed by Haiti, Jamaica (792) and Cuba (463).

Some 142 Guyanese were returned home, followed by 104 to T&T, 101 to The Bahamas and 91 to Belize.

St. Lucia was responsible for 28 nationals removed, Antigua and Barbuda for 24, 19 for Dominica, 17 for Barbados and 15 for St. Kitts and Nevis.

A combined 24 nationals were returned to Grenada (nine), Bermuda (five), Turks and Caicos Islands (four), Netherlands Antilles (two), and Aruba, British Virgin Islands, Guadeloupe and Montserrat one each.

Mexico was responsible for the most removals with 141,045 in 2018, followed by Guatemala (50,390), Honduras (28,894) and El Salvador (15,445).

HIKE

The overall number of removals in 2018 was 29,966 more than the previous year. Some Caribbean nations recorded higher removal numbers last year than in 2017. Jamaica, for example, was responsible for 782 nationals sent home in 2017. Some 160 Cuban nationals were returned to the Spanish-speaking country that year.

To accommodate those being removed from the U.S.,

some Caribbean countries have set up programs to support returning nationals. Last month, for example, Jamaica's Ministry of National Security announced that, through its Involuntary Returned Migrants (IRM) program, which was set up in



- File photograph

Law enforcement continues to crack down on violators.

2008, it will "ensure that those IRMs who are not received by family and friends are also adequately supported with food, shelter, clothing, employment and education opportunities."

According to ICE, its Enforcement and Renewal Operations "identifies, arrests, and removes aliens who present a danger to national security or a threat to public safe-

ty, or who otherwise undermine border control and the integrity of the U.S. immigration system."

U.S. Customs and Border Protection and the U.S. Citizens and Immigration Services work with ICE for enforcing and administering U.S. immigration laws. Its sta-

(CONTINUED ON PAGE 4)

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Judge blasts government's effort to force Caribbean nationals to declare citizenship on 2020 U.S. census

The legal tussle over whether or not Caribbean nationals and other United States residents will be forced to declare their citizenship status in the 2020 U.S. Census took another twist earlier this month.

A federal judge ruled that Wilbur Ross, commerce secretary, broke U.S. law when he included the citizenship question on the census.

U.S. District Judge Richard Seeborg also declared that the U.S. Commerce Department, led by Ross, had a "strong showing of bad faith" when it included the citizenship question.

The judge stated that Ross attempted to hide his true reasons for including the question because, although he couldn't find an expert at the Census Bureau to back his plan to add the question, the commerce secretary embarked on a "cynical search to find some reason, any reason" to justify the decision to add the question to the census.

zension question would not produce an accurate census count. Under law, every resident of the U.S. is required to participate in the census. The head count is used to assist in decisions covering a variety of matters in the U.S., including distribution of federal funds and drawing political districts.

A common belief is that many people, especially members of immigrant-dominated communities who do not have legal U.S. residence, will not participate in the census if they are forced to answer the citizenship question. Many fear the government will be able to identify them as undocumented residents and possibly deport them.

Seeborg's ruling added further debate to the heated issue of the census citizenship question. In January, a federal judge ruled in the case of Department of Commerce v. New York that the census could not ask a respondent if he or she is a American citizen.

process by which the question was added was not in line with the Administrative Procedure Act and that Ross ignored the damage the citizenship question could cause, based on information provided by experts. Furman called Ross's conclusion to include the question "sham justification."

Since 1965, when the Voting Rights Act was passed in the U.S., the citizenship question has not been asked.

Meanwhile, the highest court in the U.S. in mid-February decided to speed up its review of a case which will possibly decide if the citizenship question will be allowed in the 2020 census. The U.S. Supreme Court is expected to hear arguments in the case next month.

The Supreme Court announced it is willing to accommodate a request by the U.S. Census Bureau for an earlier hearing because the bureau must finalize questions for the 2020 census by June.

- Compiled from various sources.



INACCURATE

The judge added that Ross knew the addition of the citizenship question would be inaccurate.

'SHAM'

U.S. District Judge Jesse Furman noted then that the

NYC elects Caribbean American new public advocate

NEW YORK – Caribbean American New York City Councilman Jumaane Williams emerged victorious in the special race for public advocate in New York City last month.

Preliminary figures released by the New York City's Board of Elections show that Williams, a Democrat and son of Grenadian immigrants, secured 33 percent of the 396,000 ballots counted up to

press time.

Eric A. Ulrich, a Republican, placed second with 19 percent. Melissa Mark-Viverito, a Democrat, placed third with 11 percent.

"We're going to hold the



Williams

powerful accountable," said Williams, who represents the predominantly Caribbean 45th Council District in Brooklyn.

The public advocate position serves as an ombudsman to the city. It is second in line to succeed a mayor exiting before the end of his or her term.

- Edited from CMC.



KICKED OUT: ICE removes thousands...

(CONTINUED FROM PAGE 3)

tistics show an increase in arrests in recent years. According to ICE, it "made 15,111 more administrative arrests" in fiscal year 2018 than the previous year, which represented a 30 percent

uptick over 2016.

Crimes leading to arrests ranged from traffic offenses (driving under the influence), to drugs, fraud, sex offenses, theft, kidnapping and homicide.



CORRECTION

Michelle Cawley Dreseris' byline was regrettably omitted in the December 2018 issue of Caribbean Today. She is the writer of the story "CELEBRATION TIME: Colorful event marks Caribbean Today's 30 years", pg. 5B.

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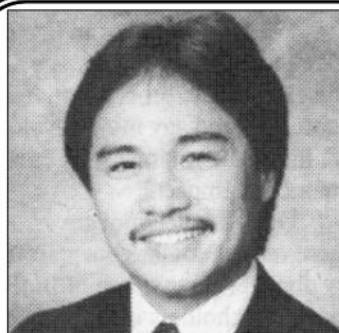
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Guyana celebrates 49th anniversary as republic

GEORGETOWN, Guyana – Guyana celebrated its 49th anniversary as a republic on Feb. 23 with President David Granger urging “national unity.”

“Let us work together to ensure that our country remains secure, our economy is stable and that everyone is safe and could enjoy a good life,” Granger said as he delivered his fourth republic anniversary speech to the country.

Granger said he is confident that Guyanese “are also happy to live in a state that is committed to the rule of law, the independence of the judiciary, freedom of the press and respect for fundamental human rights,” an apparent reference to the ongoing political situation in the country where Granger’s coalition government fell as a result of a vote of no confidence tabled by the main Opposition People’s Progressive Party (PPP) last December.

The government has since appealed a High Court ruling that the motion, which received the support of a gov-

ernment backbencher, is valid and that elections should be held within 90 days of the motion being tabled and passed.

STABLE

“Our Guyana today remains peaceful, stable and orderly,” said Granger, “with a multi-ethnic and multi-cultural population that is striving daily to realise the goal of being one, united Guyanese people, as one nation with a common destiny.”

Meanwhile, the United States said it recognizes Guyana’s systems of democracy and governance.

“As your government and the people of Guyana assess the future direction of your country, know that the United States recognizes and honors Guyana’s respect for the principles and integrity of democratic governance and institutions,” President Donald Trump stated in a congratulatory letter to Granger.

- Edited from CMC.



‘Grown up’ St. Lucia celebrates 40 years of Independence

CASTRIES, St. Lucia – Prime Minister Allen Chastanet urged St. Lucians to reflect on the country’s journey as the nation observed the 40th anniversary of political Independence from Britain last month.

In his message on Feb. 22 to mark the occasion, Chastanet said St. Lucians should “keep in mind the things that bind us together: our faith, our values, our community, our shared accomplishments, our families.”

He noted there is still a

lot to be done in the areas of crime, education, health care, agriculture, housing, environment, and in the eradication of poverty.

However Chastanet was confident that together the country will solve these problems.

“As a grown up nation of 40, we need to be bold and confident, to be disciplined,



Chastanet

family-oriented, show maturity and above all remain humble,” the prime minister said.

“On this 40th anniversary of our Independence, let us as Saint Lucians make a solemn pledge to turn over a new leaf,” Chastanet added. “Recognizing our ability as a small country to compete with the rest of the world.”

- Edited from CMC.



Grenada marks 45 years of Independence, U.S. sends congratulations to ‘Spice Isle’

ST. GEORGE’S, Grenada – Grenada last month celebrated 45 years of political Independence from Britain with Prime Minister Dr. Keith Mitchell claiming his administration is committed to the nation’s development.

In his Independence Day message on Feb. 7, Mitchell said 45 years means that the island has achieved a certain level of maturity. He noted that the development of the island has been on an upward

trend and his government remains committed to enhancing the country economically.

Mitchell also underscored the importance of unity and the need to work together to further enhance development. He said regional organizations continue to champion the interest of regional states.

The Organization of Eastern Caribbean States Commission congratulated Grenada on its Independence. The United States also sent

congrats.

“On behalf of the Government of the United States, congratulations to the people of Grenada on your 45th anniversary of independence on February 7,” U.S. Secretary of State Michael R. Pompeo noted in a statement.

“Grenada is a warm and welcoming host to thousands of Americans each year, and many U.S. students also call the ‘Spice Isle’ home.”



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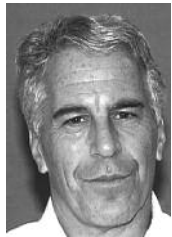
Caribbean linked to sex, lies, corruption and U.S. multi-millionaire

An island in the Caribbean has been drawn into an explosive scandal involving sexual exploitation of underage girls, possible United States justice system cover-up and a rich, powerful American.

And, based on media reports, court records and U.S. Justice Department investigations, it appears the matter's tentacles stretch to lofty levels of the U.S. government, including a member of President Donald Trump's Cabinet.

A U.S. court on Feb. 21 ruled that federal prosecutors broke the law while handling the case of Jeffery Epstein in Florida. The multi-millionaire pleaded guilty to two felony prostitution charges in 2008. One case involved a 14-year-old girl. The age of consent in Florida is 18. Epstein claimed he did not know she or other alleged victims were underage.

Federal Judge Kenneth A. Marra ruled that prosecutors, including Alexander Acosta, who currently serves as secre-



Epstein

tary of labor in the Trump administration, violated the Crime Victims' Rights Act by not informing numerous girls, who had accused Epstein of abuse, that the multi-millionaire's case had been concluded. The alleged victims were, therefore, denied their day in court.

SWEET DEAL

Epstein's crimes could have drawn a life sentence. However, prosecutors brokered a deal with Epstein, which allowed him to be benefited from far more generous sentencing terms, including shortened time in prison and being allowed to leave his Palm Beach County lockup each day to go to work at his office while serving his sentence.

In Nov. 2018, the **Miami Herald** newspaper, whose investigative work has been largely responsible for unveiling facts surrounding Epstein's illegal exploits and deal with prosecutors, reported that "about 80 women who say they were molested or otherwise sexually abused by Epstein from 2001 to 2006".

Epstein reportedly committed crimes at various prop-

erties he owns, including "Little St. James", an island in the U.S. Virgin Islands in the Caribbean. Following his conviction, Epstein was now listed as a sex offender in the U.S. Virgin Islands.

However, none of the victims, 36 of whom were identified by federal prosecutors as being underage at the time of their interactions with Epstein, showed up in court June 30, 2008, the day Epstein was sentenced.

Marra last month granted prosecutors additional time to find a settlement with the victims. Whether Epstein, a money manager whose clients included some of the wealthiest people in the U.S. and lists Trump and former U.S. President Bill Clinton as friends, could receive additional punishment was not clear up to press time.

SECRET

Reports indicate that Epstein sexually abused numerous minor females



Acosta

between 2001 and 2006, primarily at his home in Palm Beach, Florida. He was sentenced to 13 months in a county jail after the deal worked out between him and prosecutors, led by Acosta, who was a U.S. attorney in Miami, Florida at the time. The agreement, signed off by Acosta in 2007, was kept secret from the victims.

None of Epstein's co-conspirators, including those who set up the multi-millionaire's meetings with victims, were prosecuted. The **Herald** reported that the underage girls were mostly from poor, broken homes.

Acosta has denied any wrongdoing in the case. However, recent revelations, particularly based on the **Herald's** reporting, has generated fierce political backlash, with some observers calling for Acosta's resignation as labor secretary and further investigations into his conduct as U.S. attorney in Miami.

- *Compiled from various sources, including the Miami Herald.*



Opposition wins BVI elections

TORTOLA, British Virgin Islands – Eight years after it was swept out of power, the Virgin Islands Party (VIP) headed by Andrew A. Fahie won the nation's general elections on Feb. 25.

The VIP won eight of the 13 seats at stake. The party, which formed the government between 2007 and 2011, won four district seats and four territorial at-large seats. The incumbent National Democratic Party (NDP) won three seats.

The other two seats were won by the Progressive United (PU) and the Progressive Virgin Islands Movement (PVIM).

Fahie was last December ousted as Opposition leader following the split in the then ruling NDP, with Ronnie Skelton leading a faction. It is the first time in the history of the BVI that four political parties - the PU, VIP, PVIM and NDP - contested elections here.

The elections were the first in the territory to use electronically tabulated voting rather than manual counts.

- *Edited from CMC.*



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Caribbean national rape victim fighting Catholic Church abuse

A Caribbean national, who said she was raped and impregnated as a teenager four decades ago by a seminarian, is now helping to lead the charge to stop abuse by the Catholic Church.

Denise Buchanan, now 57, is part of Ending Clerical Abuse, a new international organization which last month sought to unite victims who suffered abuse by members of the church.

Charges of sexual abuse have rocked the Catholic Church with numerous cases being made public in recent years. Many have blasted the church for allowing the abuse to continue over decades as its leaders attempted to cover up incidents and keep offenders among its hierarchy.

Last month the Catholic Church's leader Pope Francis held a Vatican Summit on Child Protection in Rome to try and quell the rising outrage. He is being pushed to take a hard line against abusers.

SPEAKING OUT

Meanwhile, victims like Buchanan, who said she was 17 and living in her hometown of Kingston, Jamaica when she was raped, have refused to stay quiet.

"I got pregnant and he (rapist) arranged a clandestine abortion," Buchanan told the **AFP**.

According to the news agency, Buchanan said "she has struggled in vain for years for the Church to officially recognize her as a victim - even writing to the pope himself - while the priest who abused her has escaped justice."

Buchanan recalled to **AFP** her ordeal and the Catholic Church's "denial, particularly in poorer countries where the Church remains politically and socially influential." She believes the institution of the Catholic Church has often made it seem immune to correction. In her case, she noted, the church retained its acceptance, making it difficult to break the savage cycle.

"Brother Paul (her alleged perpetrator) would talk at length with my father, and my mother would invite him to stay for dinner," she told **AFP**. "Brother Paul" was then a theology student and future priest.



Buchanan

On-the-run ISIS fighters may return to Caribbean seeking refuge

GORDON WILLIAMS

The Caribbean has become a potential hotbed for dozens of Islamic State (ISIS) fighters fleeing their current overseas locations as the terrorist group faces mounting military pressure.

With United States-led coalition forces squeezing ISIS-occupied territories into tighter spaces in Syria and Iraq, reports indicate that surviving ISIS members, from places like Trinidad and Tobago, may seek to go back to their homeland. The return of ISIS fighters to places like the Caribbean has been a lingering worry for years.

"The threat from the possible return of foreign terrorist fighters remains a primary concern," the U.S. State Department noted in its review of 2017.

Recently, U.S. President Donald Trump declared ISIS defeated. Late last month, Trump said almost 100 percent of ISIS territory in Syria had been captured by coalition forces. While top U.S. military intelligence disagreed with the president's assessment, they



- Photograph by The Guardian

Fighters from T&T in military training in Syria.

confirmed the ISIS stronghold in eastern Syria had been weakened significantly and possibly on the verge of collapse. Trump has demanded that captured ISIS fighters should be returned their country of origin and threatened to release those fighters if their home territories refused to take them back.

"Time for others to step up and do the job that they are so capable of doing," Trump

said last month.

WORRY

The president has also made clear he will not welcome U.S. residents who joined ISIS to return. In one instance last month, Trump told U.S. Secretary of State Michael Pompeo to bar the return of Ahmed Ali Muthana, a U.S.-born resident of Alabama who joined ISIS five years ago. Muthana is chal-

lenging the president's decision in court.

Other countries also appear worried about the prospect of taking in ISIS members. Some have announced drastic steps. Germany, for example, declared ISIS members returning home must stand criminal trial, even while admitting that "all German citizens" have the right to return to the country. Other European nations, like France,

however, are not willing to accept ISIS members.

The Caribbean faces a similar dilemma even as it becomes a possible target for returning fighters. More ISIS members have originated from T&T than any other nation in the region, according to a report by the U.S.-based The Suphan Center. It claims 130 T&T nationals had left the country to join ISIS by 2017. The number included spouses of fighters and their children.

It is not clear how many remain alive and are trying to return to T&T. However, T&T has already expressed concern about the presence of ISIS fighters. Early last year, the T&T Foreign Office announced it believed a terrorist attack was "very likely" in the twin-island republic. In Feb. 2018, T&T law enforcement reportedly arrested individuals who planned to carry out attacks against carnival, the annual mass celebration.

Caribbean Today's efforts to get further clarification on T&T's position regarding the issue of possible returning ISIS members to the country were

(CONTINUED ON PAGE 8)

British committee wants legal Caribbean same sex marriages

LONDON, England – The House of Commons Foreign Affairs Committee wants all British overseas territories (OT), including those in the Caribbean, to legitimize same sex marriages.

In addition, the committee believes the British government could do more than "simply support" same sex marriages in principle.

In its 44-page report titled "Global Britain and the British Overseas Territories: Resetting the Relationship", the committee said "it is time for all OTs to legalize same-sex marriage and for the U.K. Government to do more than simply support it in principle."

"It must be prepared to step in, as it did in 2001 when an Order in Council decriminalized homosexuality in OTs that had refused to do so. The Government should set a date by which it expects all OTs to have legalized same-sex marriage. If that deadline is not met, the Government should intervene through legislation or an Order in Council."

The OTs in the Caribbean include Montserrat, British Virgin Islands, Anguilla, Bermuda, Turks and Caicos Islands and the Cayman Islands. They are not part of the U.K. and each has its own constitution, but all share a

bond with the U.K.

CITIZENSHIP

In the report, the committee is also calling on the British government to urgently address concerns in the OTs about the issue of citizenship by descent and anomalies in the British Nationality Act that have taken too long to resolve.

"It should also consider options for removing quotas on the number of people in the OTs that can access NHS (National Health Service) services in the U.K.," it added.

The committee said "belongership" and its equivalents are wrong, noting that "while we recognize that the OTs are small communities with unique cultural identities, we do not accept that there is any justification to deny legally-resident British Overseas Territory and U.K. citizens the right to vote and to hold elected office."

It suggested that London should initiate a consultation with the elected governments of the OTs and work with them to agree a plan to ensure that there is a pathway for all resident U.K. and British overseas territory citizens to be able to vote and hold elected office in territory.

- Edited from CMC.



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FEATURE



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HEART TO HEART: Broward Health drives discussion on cardiovascular care

DAWN A. DAVIS

The prevalence of high blood pressure among African Americans is amongst the highest in the world.

According to the American Heart Association, more than 40 percent of African Americans have this condition, which can lead to heart disease. Although attributable to several factors, the rates of obesity and diabetes in the same population are also contributing elements.

Included in these numbers are black Caribbean Americans.

Concerned about these statistics, Broward Health Medical Center (BHMC) in Fort Lauderdale, Florida, which serves a high number of African American and Hispanic patients, corroborates these numbers, adding that the heart disease and stroke rate among the more than 530,000 black population in Broward County is above 57 percent. BHMC has stepped up its outreach to educate the community about signs, symptoms, and treatment for cardiovascular disease.

POVERTY

BHMC recently held a panel discussion highlighting its strategy to stem and turn around these numbers. Among the speakers were doctors Arnoux Blanchard, Violet Atanasoski-McCormack and Aldo Calvo, specialists in interventional cardiology, con-

gestive heart failure and coronary artery disease.

Dr. Calvo, a family physician, discussed the socio-economic factors affecting African American communities he works with, confirming that poverty affects health.

"Despite the genetic factors that we understand, if you can't access the healthcare system, if you can't afford the medications, if you don't know your risk factors, don't know what your numbers are, you don't know what the signs and symptoms of stroke are, you are going to have more negative impact on your healthcare," he explained.

An executive summary on African American men and blood pressure from the Centers for Disease Control and Prevention (CDC) underscores his point. The report states: "Low socioeconomic status is a stronger predictor of hypertension among African Americans compared to whites. Low socioeconomic status coupled with lack of health insurance can make it particularly difficult for this population to obtain adequate health care, resulting in African American men being diagnosed at later disease stages or after a serious event, and having greater difficulty keeping their blood pressure under control, once diagnosed."

EFFECTS

Dr. Atanasoski-McCormack, medical director of interventional cardiology at BHMC, has also seen the



From left, Dr. Aldo Calvo, Dr. Violet Atanasoski-McCormack and Dr. Arnoux Blanchard engage the audience at BHMC panel discussion.

effects of inadequate healthcare and education.

"I tend to see the patients when they already have the disease and have been affected," she said. "It's sad to see that in some of these populations the first time that they see a doctor, the first time of presentation is coming into the emergency room with a heart attack ... We save their lives, and improve their quality of life, but nevertheless, they have lost a lot of heart muscle, and they now have heart failure and all the things that go along with heart failure."

"... People should have at least the basic healthcare and at least know what their blood pressure is and what's available."

GENETICS

Dr. Atanasoski-McCormack said genetics plays a big part in coronary artery disease, but was quick to

explain that socio-economic status, diet, lifestyle, and poverty are also risk factors. She said negative factors, such as smoking, high cholesterol, diabetes, hypertension, can be modified by lifestyle changes and medication. She also explained the significance of genetic predisposition.

"If you have three brothers who died from coronary artery disease in their 40s and 50s and your father did the same thing; if you had multiple family members that had coronary artery disease chances of you having it are quite high," Dr. Atanasoski-McCormack said.

"And, even if you take care of all your risk factors, chances are you will delay the process and you may not get the disease in your 40s or 50s, but the likelihood is high."

Dr. Blanchard, director of the BHMC's Cardiology Fellowship Program, agreed. He emphasized the importance

of education and doctor-patient trust.

Dr. Blanchard insisted the network of community and family cannot be ignored when reviewing the problem.

"That patient lives in the context of a family," he said. "That family lives in the context of a community, and the physician himself happen to live in that community."

"So, when we look at a patient, we have to understand their environment ... Medicine is not just about taking pills, medicine is education."

Along with a multidisciplinary approach to care education BHMC operates community outreach programs to educate residents about cardiovascular health and the symptoms and treatments for cardiovascular disease.

Photograph and story submitted by Dawn A. Davis, a freelance writer for Caribbean Today.

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On-the-run ISIS fighters may return to Caribbean seeking refuge

(CONTINUED FROM PAGE 7)

unsuccessful last month. At the time of deadline for filing this story, a senior official at the T&T Consul General in Florida had not responded to a request for an interview.

WEAKER

At the time of the Suphan report, ISIS still held multiple strongholds. But those have steadily crumbled under pressure, causing foreign fighters to leave. The report identified "5,600 citizens or residents of 33 countries who have returned home," although up to the time of publication in Oct. 31, 2017 the report did not document any going back to T&T. It is estimated that more than 40,000 foreign fighters from 110 countries overall joined ISIS.

The Caribbean is generally not seen as a place ripe for ISIS terror. However, like other nations that could witness the influx of fleeing ISIS members, the report doubted the region is ready for the challenges their return could pres-

ent. The returning fighters, it noted, could become a serious threat.

"All returnees, whatever their reason for going home, will continue to pose some degree of risk," the Suphan report noted among its key findings.

WARNING

The Suphan report warned that almost all nations, including in the Caribbean, have no comprehensive plan to deal with the influx of ISIS members.

"States have not found a way to address the problem of returnees," it noted. "Most are imprisoned, or disappear from view."

ISIS fighters not monitored or controlled by law enforcement in their home nations could become a worrying long-term problem.

"(T)hey will present a challenge to many countries for years to come," the Suphan report added.

The report indicated foreign fighters usually left their

home countries to join ISIS "in reaction to persistent and obdurate local conditions of poor governance and social stagnation, but in addition to the possibility of self-betterment and freedom from discrimination and injustice, many have also seen in (ISIS) an opportunity to find purpose and belonging."

If ISIS members returned to T&T, for example, it is unlikely that conditions would have changed significantly since they left.

Still, the Suphan report explained that not all returning ISIS members will become dangerous in their homeland, although, it added, "it is inevitable that some will remain committed to the form of violent 'jihad' that al-Qaeda (another terrorist group) and IS (ISIS) have popularized, both within and outside the Muslim world."

CONCERN

Meanwhile, the U.S. is also concerned about ISIS members returning to the

Caribbean. With nationals free to move about the region, the worry is that ISIS fighters could figure out how to cross into the U.S.

In 2017, the New York Times, crediting U.S. official sources, reported "that Trinidadian fighters could return from the Middle East and attack American diplomatic and oil installations in Trinidad, or even take a three-and-a-half hour flight to Miami."

A dozen years ago, a terrorist plot to blow up JFK International Airport in New York was linked to nationals from Guyana and T&T.

In late 2017 the T&T National Security Council gave the green light to a counterterrorism plan, which involved cooperation with the U.S. With ISIS rapidly losing its foothold in places like Syria and Iraq, and its members looking for a safe haven, it's effectiveness, and the Caribbean's safety, may be facing its sternest test.



Trump keeps gov't open, but continues to run scam

ROGER CALDWELL

Many Americans think United States President Donald Trump is not competent enough to be one of the most powerful men on the planet, but he is.

Many think he is a double agent with the Russians, but they cannot prove it. Others think he has mental health issues, but he is still their boss and the leader of the free world.

Trump is the Teflon king, and everyone expects a lie when he speaks, and he does not care what anyone thinks or says. He lives in an alternative reality with his base and facts and data are not relevant or important.

On Feb. 16, the president signed a bi-partisan bill to keep the U.S. government open, but he also declared a national emergency on the border with Mexico.

"We're going to confront the national security crisis on our southern border, and we're going to do it one way or the other. It's an invasion. We have an invasion of drugs and criminals coming into our country," said the president in a televised statement in the Rose Garden.

"Look, I expect to be sued," he said, launching into a mocking riff about how he anticipated lower court rulings against him would pan out. "And we'll win in the Supreme Court."

ALARM

As the Democrats sound the alarm and condemn the president for his decisions, Trump went to Florida, where he played golf. The Trump reality is in real time and the only response to his actions is to resist, push back and fight. This is a make believe emergency, another Trump scam or con game and there appears to be a big legal battle brewing.

Trump does not really believe there is national emergency at the border, but his base needs red meat to be engaged in the political system. They are organized, motivated and they have a leader who is protecting their guns and ideology.

If there was a national emergency, the main stream media would be writing articles about the impending dangers and the armed forces would be put on red alert. Instead, after Trump declared a national emergency, there were no strategic meetings, barely anything has been discussed about the border and Trump took a short vacation in Florida.

SPIN

Our president's technique is to spin fiction into fact, even though crossings of undocu-



Trump is seen as the "Teflon king".

mented aliens at the U.S.-Mexico border plummeted last year to around 400,000, from 1.6 million in 2000.

"The number of illegal immigrants in the United States has been falling for more than a decade and two-thirds of those who remain have been here for more than a decade," according to the Pew Research Center. "An estimated 10.7 million unauthorized migrants were in the country in 2016, and there were 1.5 million fewer than in 2007."

Among unauthorized migrants in fiscal 2017, about twice as many entered the U.S. legally and overstayed their visa. Based on the data, there appears to be no national emergency, but things could get tricky and maybe the president and his legal team could win in the lower courts.

CON

There would be certain statutes that the president could use to build the wall. The president could use resources from the Department of the Army's civil works program and utilize the secretary of defense to undertake military construction projects.

This national emergency could also get tied up in court for two years and the next president could decide to cancel this executive order. Many Democrats believe this national emergency is a political scam and con game, but they must resist and sue the president in the courts.

The national emergency is all about the "Benjamins" and Trump's team will be searching under rocks and using Pentagon money to build his wall. It appears that the bipartisan language used in the recent "State of the Union" address is no longer applicable between the president, Democrats and Republicans.

Roger Caldwell is a freelance writer for Caribbean Today.



FACTS ON BLACKS: The voting bloc in U.S. is growing rapidly

Seems rarer and rarer these days to see advertising on television or anywhere that says that around 12 percent to 14 percent of the United States population is considered to be black or African American.

That includes, conservatively, 4.2 million black foreign-born immigrants, who now make up a sizeable percentage of the immigrant voting bloc.

In a period in our history when at least two black Democratic candidates for U.S. president will be lobbying hard for the support of black voters in 2020, the significance of this bloc has been ratcheted up a few notches.

Here are five things you should know about them:

1: According to 2016

Roughly half of all foreign-born blacks living in the U.S. as of 2016 - or 49 percent - are from the Caribbean. Jamaica, Haiti, Trinidad and Tobago, the Dominican Republic and Guyana account for the largest number of black foreign-born immigrants.

American Community Survey data, roughly one-in-10 blacks living in the U.S. are foreign born, which totals to around nine percent or about 4.2 million. That's up from three percent from 1980, according to the Pew Research Center.

By 2060, the black immigrant population could triple to about 12 million people, according Mark Hugo Lopez, director of Hispanic research at the Pew Research Center.

2: Nearly six-in-10 foreign-born blacks or 58 percent are naturalized U.S. citizens, meaning they can vote.

That's compared with just 49 percent of foreign-born immigrants overall, according to Pew.

3: Black immigrants age five and up are more likely than the overall immigrant population to be proficient English speakers. Pew Research puts the number at 74 percent, compared to 51 percent for other immigrants.

CARIBBEAN

4: Roughly half of all for-

eign-born blacks living in the U.S. as of 2016 - or 49 percent - are from the Caribbean.

more dispersed throughout the U.S. Among the top cities for African-born blacks are

New York, Washington, D.C., Minneapolis and Atlanta, but three-fifths live in some other metropolitan areas, such as Philadelphia, Los Angeles or Dallas.

5: Compared to blacks born in the U.S., black immigrants tend to be older, are more likely to hold a college degree and be married, and are less likely to live in poverty, according to the report.

Educational attainment was found to vary widely by country of origin. For example, 59 percent of foreign-born blacks from Nigeria and 47 percent from Kenya have a bachelor's or advanced degree, according to the Pew data. That's roughly double that of the overall U.S. population.

Some 20 percent of Caribbean-born blacks have a college degree.

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



More blacks in the United States, including Caribbean nationals, are becoming eligible to vote.

Jamaica, Haiti, Trinidad and Tobago, the Dominican Republic and Guyana account for the largest number of black foreign-born immigrants.

Black Africans make up 39 percent of the overall foreign-born black population, up from 24 percent in 2000, with Nigerians and Ethiopians leading the bloc.

More African-born blacks arrived between 2000 and 2005 than in the previous decade. Nearly two-thirds of Caribbean-born blacks live in the New York or Miami metropolitan areas.

African-born blacks are

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VIEWPOINT



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LONESOME DOVE: To be, or not to be, in your own company

Typically, man is gregarious, loves company, relishes being among others of his own ilk, enjoys the fellowship of others.

But there are others who relish solitude and actually resent when that state of aloneness is encroached upon.

Why are they that way, what makes them withdraw into their own world and shun the fellowship of others?

Most people not only prefer, but have to exist in the company of others. They simply must have other people around them or they'll go crazy. To them, being alone can be a curse, shame.

Being alone can be debilitating to the human psyche, and the most severe punishment that a prisoner can suffer is to be placed in solitary confinement. Extended periods of solitude have been known to drive people insane.

Even so, there are a few souls who relish being alone and are not phased by a solitary existence and actually prefer it to one where people are always present. There are individuals who get involved in relationships, even get mar-

ried, not because they really want to, but because they're afraid of being alone. The irony is, there are people who are in relationships, yet still end up feeling alone.

SHUTOUT

Some withdraw into their own little world, shutting out everyone else, while others are pushed into a box by their partner who has no time for them.

Then there are people who opt to be alone. They, of course, are often viewed by society, as being strange, weird, suspicious, as their actions seem to defy the norm.

"Something must be wrong with him, always alone by himself suh."

Songs have been sung about being alone: "Alone again, naturally", "I just don't wanna be lonely", "Scared to



TONY ROBINSON



be lonely", "Alone in the dark", "Nobody wants to be alone", "Hey there lonely girl" and countless others.

Being alone can be a curse for some people. There are women who prefer to remain in an abusive relationship rather than be alone.

"I know that he's terrible, but I'd rather live with him in the mess than be alone."

Some also say it's better to be alone than be badly accompanied.

But what about the people who love being alone, preferring their own company to

that of others? For those people, alone doesn't mean being lonely. If you love yourself, love your own company, you won't mind being alone sometimes.

SIGNS

So when someone begs you to leave them alone, allow them that privilege. If it becomes too often though, then that's not a good sign as it means that they prefer their own company to yours.

There are people who love to go to the movies alone or dine alone. But those look-

ing on simply cannot understand this and often view them with pity.

"Poor thing, she can't find anybody to go with her?"

But being alone sometimes is good, as it gives you time to reflect, get your thoughts together, be far from the madding crowd. There are many people surrounded by crowds who are lonely; many wives, husbands, pop stars, wealthy leaders, who are lonely. Some reach out to other sources for companionship, alcohol, drugs, religion. Others buy pet dogs or cats.

Man was not meant to be alone, it's been said in the Bible. So even if you enjoy your moments of solitude, don't spend too much time alone, for sometimes too much thinking can prove to be detrimental to your mental health.

Too much solitude often brings paranoia, suspicion, depression and anger. Ask any prisoner who has been confined to solitary confinement.

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CARIB Comments

• **"There is no real crisis at the border. This is just another attempt to distract from the fact that neither Mexico, Democrats or the American people want to pay for Donald Trump's ridiculously expensive and racist border wall"** – Caribbean American Congresswoman Yvette D. Clarke voices her disapproval over United States President Donald Trump's declaration of a national emergency.

• **"The country is suffering too much. I open my arms to all those who agree with me, come to sit and talk, seek a broad consensus to find a political agreement that resolves the problems that upset the country. I ask all the forces of the nation to join me ... to make changes for the benefit of the Haitian people, in a real dialogue"** – Haitian President Jovenel Moise, under pressure to step down as turmoil intensifies in his nation, pleads with citizens for peaceful end to the crisis.

• **"A music as important as reggae needs to have its film history documented and pre-**

served for future generations so that they can appreciate and have a good understanding of the music and the people who created it" –

Jamaica's Culture Minister Olivia Grange explains plans to establish a reggae film archive in the Caribbean island.

• **"Children, especially those of color, should be allowed to enjoy their childhood without fearing for their lives"** –



Haitian American New York State Assemblywoman Rodneyse Bichotte laments the shooting death of a 15-year-old Haitian boy in Little Haiti, Brooklyn.

• **"I know that there are some who have sought to get rid of it. I'm sure there are powerful people who want it gone even more. But we aren't going anywhere ... Instead, we're going to hold the powerful accountable. The mayor, the police commissioner, the governor, the big money interests – we are watching, and we will speak out"** – Jumaane Williams, a Caribbean American legislator in New York City, vows to carry out his role as newly elected public advocate.

- Compiled from various sources.



Taste of the Caribbean on show at Lauderhill culinary exhibition

The sweetness of Caribbean taste is being celebrated at the “Caribbean Culinary Museum and Theater Exhibition”, which opened last month in Lauderhill, Florida.

The exhibition, which runs **through Mar. 16**, features artifacts, informational graphics, spices, produce and culinary theater showings.

The project was conceptualized by Calibe Thompson, David Muir and Marsha McDonald, respectively the producers of “Taste the Islands” culinary and travel television series, “The Taste the Islands Experience” food and drink festival; the “Reggae Reel” and “Pieces of Jamaica” photographic exhibitions; and the “Diversity in Design, Art and Architecture” artist talk series.

The museum section includes a collection of artifacts and memorabilia, including pieces from Jamaica,

Trinidad, Haiti, Barbados and the Latin Caribbean islands.

The culinary theater features actors onscreen representing different Caribbean islands delivering dramatic presentations of the meaning behind their shared culinary cultures.

Last month’s opening was attended by dignitaries from the Caribbean and South Florida.

The Lauderhill installation of the exhibition is co-presented by City Commissioner Howard Berger and the City of Lauderhill.

Exhibition viewing hours are **2 p.m. to 8 p.m. Tuesdays and Thursdays** and **from 10 a.m. to 6 p.m. Saturdays**.

Admission to the exhibition is free. The museum is located at 1080 N.W. 47th Ave., Lauderhill.



- Photograph by RJ Deed

Nadia Assad, left, constituent service representative, City of North Miami, is joined by City of Lauderhill Mayor Ken Thurston, center, and retired Lauderhill police officer Debbie Banner in observing some of the artifacts at the exhibition.

‘Miami Reggae Festival’ set for Mar. 15

Roots band Akae Beka (formerly Midnite) will be the headline act at this year’s “Miami Reggae Festival” on **Mar. 15** in South Florida.

The St. Croix band will be joined in the performers’ lineup by Jah9 and the Dub Treatment from Jamaica, Locos Por Juana from South America, DJ Nurstacris from

Switzerland, and Rhythm Flow.

The event, presented by Rockers Movement, will be staged from **5 p.m. to 11 p.m.** at the North Beach Bandshell, 7275 Collins Ave., Miami Beach.

For more information, visit miamireggaefestival.com.



IT WAS ME!



Jamaican star Shaggy celebrates with the Grammy Award he received last month for “Best Reggae Album”. Shaggy collaborated with British artiste Sting on “44/876, Sting & Shaggy”, which defeated “As The World Turns” (Black Uhuru); “Reggae Forever” (Etana); “Rebellion Rises” (Ziggy Marley) and “A Matter of Time” (Protoje) to win the category. Shaggy and his wife Rebecca Packer Burrell were also honored recently by Food For The Poor in recognition of their efforts to help the poor in Jamaica through the Shaggy Make A Difference Foundation.

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RIDE-ALONG, SING-ALONG



Singer Wayne Wonder, left, Taste the Islands host Chef Irie, center, and Calibe Thompson take a ride together as part of an eight-part web series featuring entertainers Wonder, Julian Marley, Spragga Benz, Mr. Vegas, Nyanda, Anthony B and Lavie. The Taste the Islands Experience (TTIX) has teamed up with Yellow Cab of Broward for the series, titled "TTIX Yellow Cab Karaoke". Thompson, a TTIX producer and the program's host, drives the entertainers around Broward County, Florida with Chef Irie or Chef Thia. During the trip, the trio sing along to the entertainer's songs. Thompson also interviews the entertainers. The series is set to premiere this month on Loop News platforms. For more information, visit www.ttiexperience.com.

Jamaica to establish digital reggae film archive ~ minister

KINGSTON, Jamaica – Jamaica's Culture Minister Olivia Grange says a digital reggae film archive will be established in an effort to preserve the Caribbean nation's cultural heritage and reggae history on film.

Grange made the announcement at the recent screening of the film "Legends of Ska".

"The film side of reggae doesn't get mentioned that often and this is mainly due to the fact there is very little early footage which is easily accessible of the founding reggae musicians," Grange explained.

"Most of the footage that does exist is scattered across the globe in archives and private collections and is often difficult and costly to access.

"A music as important as reggae needs to have its film history documented and preserved for future generations so that they can appreciate and have a good understanding of the music and the people who created it."

IMPORTANCE

Grange also said that several reggae legends have never been seen on film.

"Some people will know

their music but will have only ever seen photos of the artiste," she said. "So to have moving images of them at work is of great importance."

Grange explained that the database will preserve the hundreds of documentaries, feature films and videos to enable study and research, as well as viewing of films that record Jamaica's reggae music history.

More than 200 films collected during the staging of the Reggae Film Festival between 2008 and 2013 will be donated by festival organizer Barbara Blake-Hannah to begin the database. Those will be added to films from Reggae Films United Kingdom archivist Peter Gittins.

Grange said her intention is that "one day people will be able to come into the National Library of Jamaica and type in the name of any reggae practitioner and be able to view a long list of all the films that exist of that particular artiste/musician to learn from, to teach about and to spread Jamaica's musical gift to the world."

- Edited from CMC.



Cops issue warning after fans take Grenadian's song literally

PORT OF SPAIN, Trinidad – Police are warning party goers that they could face criminal charges if they continue to follow the lyrics of Grenadian singer Hollis "Mr. Killa" Mapp to "Run With It".

Mapp's 2019 song for the carnival celebrations here literally led to persons picking up items when the song is being played, including tents, coolers and chairs belonging to others.

"What we are asking party goers, in your enthusiasm, the song is a nice song and persons are very charged up when that song is playing (but) we are asking partygoers to please be mindful and do not violate the rights of others," Assistant Police Superintendent Wayne Myster told reporters last



Mr. Killa

month.

"There are a lot of offenses that could stem from some of the actions taking place of being allowed by this particular song."

- Edited from CMC.



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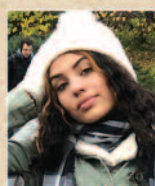
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SAMPLE: Caribbean flavor lights up 'Sola Rum Food Wine Festival' in Lauderdale

DAWN A. DAVIS

The grounds of the Lauderdale Performing Arts Centre in South Florida lit up with delectable aromas and spirits of the Caribbean during last month's "Sola Rum Food Wine Festival".

Three celebrity chefs were among the couture food creators enticing the hundreds of people who came to indulge in Caribbean cuisine and drinks on offer. There were samplings from a wide selection of food, rum and wine vendors and some guests gladly paid \$100 to experience a VIP food event that included a three-course meal paired with selected wines.

Adding to the kaleidoscope of tastes was a musical line-up that featured local talent, an "American Idol" finalist and a Grammy nominated R&B artiste.

Live food demonstrations marked the spot for foodies eager to watch Chef Irie, Chef Chad Cherry and Chef Andre "Sky" Walker whip up dishes in the "Tasting Pavillion" that were then shared with the audience.

HEALTH

Cherry founded Chef



The festival's VIP Experience offered an evening's delight.

Kulture, an organization dedicated to educating communities about healthy lifestyles and eating habits after his own battle with diabetes and weight. Today, he said he is an example of how healthy choices can turn around or help control negative health issues. Based on the reactions to his Jamaican-inspired tasty bites, healthy organic meals also mean delicious.

Walker, who also has

Jamaican roots, said his culinary artistry is shaped around the herbs and spices he grew up on. His creations have a fresh signature taste, living up to his company's name "Seasoned Leaf Catering".

Chef Irie, born Hugh Sinclair, is known for his "Taste the Islands" television cooking show on PBS. The Jamaican said he will always explore Caribbean cuisine because that is where it began

for him.

Long tables stylishly covered with white cloth and utensils wrapped in cloth napkins marked The VIP Experience, organized by Evonne Everett of Chic Wine Events. Guests were welcomed with hors d'oeuvres of cod fish fritters drizzled with pineapple sauce, chicken satay in peanut drizzle and three bean salad. The entree featured curried seafood gumbo

and coconut jasmine rice followed by a dessert of southern style sweet potato cheesecake.

"Our chefs should always put love into whatever they are doing," Everett said of the night's selections. "They should be passionate, experienced, and well-traveled, which will be reflected in their food. And, we choose wines to reflect that as well."

After the food, festival attendees had a chance to work off some of the calories they ingested. Entertainment

from local singer April Raquel, "American Idol" finalist DeAndre Brackensick and headliner R&B singer Jazmine Sullivan served up the perfect rhythmic nightcap to an evening at the "Sola Rum Food Wine Festival".

Photograph and story submitted by Dawn A. Davis, a freelance writer for Caribbean Today.



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~ A CARIBBEAN TODAY SPECIAL FEATURE

STIR IT UP: Jamaican sisters establish 'Dutch Pot' restaurant chain in Florida

DAWN A. DAVIS

Nineteen years ago, Jamaican-born sisters Cherry Marshall and Melony Gregory took a leap of faith.

With no entrepreneurial experience, but filled with determination and the talent for cooking tasty, authentic Jamaican food, they opened a restaurant in Florida.

Ground for the first "The Dutch Pot Jamaican Restaurant" was broken in the heart of the Caribbean community in Fort Lauderdale.

As a testament to their tenacious spirit and service to the community, Dutch Pot has grown to eight restaurants across South Florida, with its flagship location in Plantation set to offer the popular "Uber Eats" delivery food service.

Coming from humble beginnings in Manchester, Jamaica, the sisters migrated to Florida in 1986 and, like most Caribbean immigrants, worked hard to become productive members of their community. But they hungered to create something of their own. They wanted to do more than work for other people.

"It was the joy of cooking and pleasing people by exciting their taste buds," according to Marshall, that inspired them to open the restaurant.

"Our grandmother is the one who taught us how to



Marshall, seated, and Gregory.

cook, and we were always intrigued by the Dutch Pot she had," added Gregory. "So, we named the restaurant after this very iconic and popular Jamaican cooking pot."

PRIORITY

The sisters maintain that they are setting a high bar for others to follow, particularly when it comes to customer service. They never forget why they are in business and strive hard to give their clients what they want. It was from constant communication with patrons that led them to add

drive-through service at their locations.

According to Marshall and Gregory, Dutch Pot was the first Jamaican eatery to offer the that feature.

"We have always put our customers first," explained Marshall, "and that is why our biggest challenge is having employees catch the vision of our business, and being able to carry out the vision, which is maintaining exceptional customer service - our number one priority!"

Marshall and Gregory are proud of how far they've come.

Besides the restaurant locations, the sisters have created a hub, a distribution center, called The Commissary, where their food products go through. This is where food is prepared, seasoned, packaged and distributed to all the restaurants to maintain quality control and consistency.

Training of corporate and food service staff is also a significant part of the restaurant chain's operation. The large Fort Lauderdale-based Corporate Office and

(CONTINUED ON PAGE 15)

Caribbean American is new U.S. Congress senior whip

WASHINGTON, D.C. – Caribbean American Congresswoman Yvette D. Clarke has been appointed to serve as a senior whip for the 116th United States Congress.

Senior whips are a group of seasoned members of the House of Representatives and caucus opinion leaders who meet on an ongoing basis to discuss key issues facing the U.S. Congress.

Senior whips also bring balance and diverse perspective to the Whip Operation, which is necessary to tackle some of the more complex pieces of legislation before the U.S. Congress.

"It is an honor to serve as a senior whip, alongside Majority Whip Jim Clyburn and our colleagues," Clarke, daughter of Jamaican immigrants and representative for the 9th Congressional District in Brooklyn, New York, told the **Caribbean Media Corporation**.

LEADERSHIP

Clarke said she was "delighted to use my leadership within the House Energy and Commerce Committee, and experience within the

House Homeland Security Committee to best serve the most diverse caucus in American history, as well as the nation that we love."

Clyburn said he was "pleased" that Clarke will be joining his whip team as senior whip for the 116th Congress.

"She will play a key role in ensuring that every voice of the most diverse caucus ever is heard," he said.

"As we begin to advance an agenda that will have a positive impact on Americans' everyday lives, Congresswoman Clarke will be an invaluable member of the Whip team helping us secure the necessary votes to pass critical pieces of legislation."

Clarke will also serve as a co-chair of the Medicare For All Caucus during the 116th Congress.

- Edited from CMC.



Clarke

Jamaican American set to join U.S. Faith-based Leaders Committee



- Photograph by Derrick Scott Mair, left, meets Mathie.

"We discussed the Adopt-a-Clinic program in Jamaica and how she can leverage support through her office," he said of her visit to his Miami, Florida office. "She expressed strong interest in this as well as supporting initiatives with regards to educational projects. We also concurred about the importance of our faith-based institutions to national development objectives."

OPPORTUNITY

Mair added that while many of Mathie's initiatives are women's programs, "we both agreed that there needs to be greater support for men in our communities as well."

Mathie said she welcomed the opportunity and looked forward to working with and for the women in the diaspora. She said her immediate focus will be on the dengue/flu situation in Jamaica and the Caribbean and reactivation of the Women's and Girls' Council at the White House.

"Even though I am based in Florida, I will frequent Capitol Hill (in Washington, D.C.) as needed to get whatever is needed, done," she said.



'Women's Empowerment' luncheon Mar. 23 in Miami

Powerful females in business will be among the panelists at the fifth annual "Women's Empowerment Conference and Scholarship Luncheon" this month in South Florida.

The event, presented by Jamaican Women of Florida, will be held from **8:30 a.m. to 4 p.m. Mar. 23** at Jungle Island in Miami.

Joy Spence, master

blender at Appleton Estate Jamaica Rum, is the scheduled guest speaker. Guest panelists include Kamila McDonald, a health coach and author, Sasha Dunn Belizaire, a district merchant for Macy's, Professor Roselea Hamilton, chief executive officer for Lasco Chin Foundation, writer/performer Debra Ehrhardt, Maria Skervin,

motivational speaker and Maxine Reyes, a singer and philanthropist.

Architect Craig Aquart will also be on the panel.

Jungle Island is located at 1111 Parrot Jungle Trail. For more information, visit www.jamaicawomenofflorida.com.



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Haitian American judge overcomes challenges, succeeds on N.Y. bench

NEW YORK – Haitian American Dweynie Esther Paul is a Kings County (Brooklyn) Civil Court judge currently presiding in Queens County Family Court in New York.

Judge Paul, who was born in Queens to Haitian immigrants, became the first Haitian American to be elected a Civil Court judge in the New York in 2015.

She is the first generation in her family to be born in the United States. Her mother is from Port-de-Paix (north Haiti), and her father is from Port-au-Prince, the Haiti's capital.

Paul said she doesn't take for granted how her decisions directly impact people's daily lives. So, she said, she is careful to preside over her cases with "compassion, patience, understanding and with an open mind." The judge said she has realized that her greatest success stories come from the families she has empowered to sift through

their conflicts and pain to reach their own settlement agreement.

Paul, a graduate of George Washington University Law School in Washington, D.C., said her first exposure to the law was as a young child in Family Court. She attended the State University of New York (SUNY) Stony Brook, where she obtained a dual bachelor's degree in political science and social science, with a minor in child and family studies. She also studied in London, England at Middlesex University. She also obtained a master's degree in public policy at Stony Brook.

She urged young people aspiring to enter the legal field to "remain encouraged throughout the process."

"The journey can be challenging but the reward is great," she said. "So, don't give up!"

- Edited from CMC.



Caribbean American pilot inspires others to aim high

The accomplishments of a Caribbean American commercial airline pilot has lifted her into the spotlight and is inspiring others to pursue a career in the skies.

"She's an airline pilot clearing the runway for other girls to follow her footsteps," a NBC television morning show anchor said of 41-year-old Jamaican-born Beth Powell, who currently flies with American Airlines.

Powell is being hailed as a role model for females, particularly those of color. Her drive to become a pilot started early.

"I remember going to high school and I loved everything to do with numbers and all subjects pertaining to math," she told NBC.

Powell said a teacher, who also believed she could become a mechanic or an engineer as well, told her she could become a pilot. She was later inspired by Brenda Robinson, an African American female pilot who worked for American Airlines.

LONG ROAD

Powell credited the sup-



- Photograph by American Airlines

Powell

port of her parents as she pursued her dream. She attended flight school in Vero Beach, Florida, where she later worked as an instructor to earn enough flying miles to qualify her as a commercial pilot. She earned a commercial pilot's license at age 18.

"I worked three jobs to finish paying for my flight instructor license," Powell told NBC.

She started flying as a commercial pilot at age 21 with American Eagle. She became a first officer with the Boeing 737 for AA in 2014.

There isn't a large cadre of female African American

pilots. Only 4.4 percent of commercial airline pilots are women, even fewer of those are women of color.

SUPPORT

She is hoping to improve those statistics. Powell is a member of "Sisters of the Skies", which supports young females who dream of becoming pilots. She has also established a scholarship to encourage diversity among pilots.

It's not just money Powell is offering, but mentorship. Her advice is simple.

"Dare to dream big and to dream loud," Powell said.

The rewards, Powell said, are invaluable.

"I'm looking forward to seeing a more diverse community (among pilots)," Powell told NBC, "not just because of the color of our skin or because of our gender or our religion or sexual orientation, but for what that brings."

"That brings great thoughts. It brings great ideas that add to innovation that help to make us a better workforce and a better company."



HANDLING BUSINESS



- Photograph by Derrick Scott

Audrey Marks, right, Jamaica's ambassador to the United States, greets Richard Byles, center, chairman of Sagor Group of Companies, and Christopher Zacca, the company's president and chief executive officer, as the men arrive at the ambassador's official residence in Chevy Chase, Maryland for a reception given in their honor last month.

STIR IT UP: Jamaican sisters establish 'Dutch Pot' restaurant chain

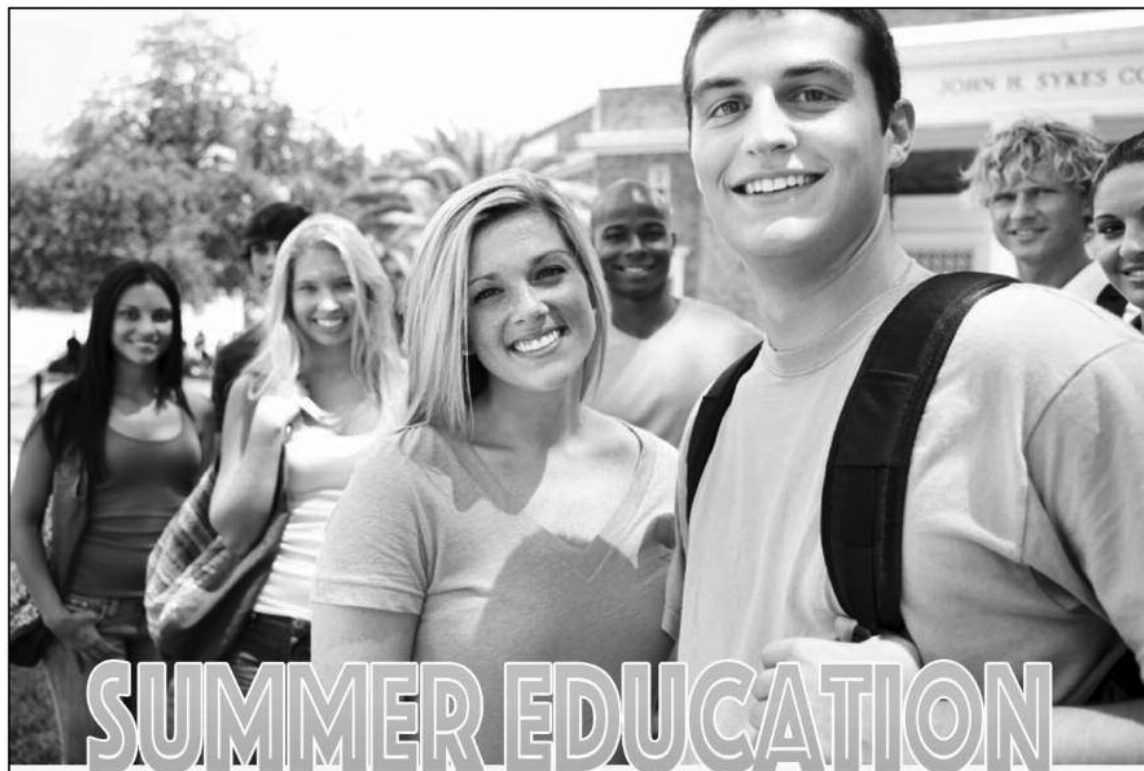
(CONTINUED FROM PAGE 14)

Orientation Centre is the central thread pushing the owners' focus on customer satisfaction.

It trains administrative personnel as well as food service staff. New employees receive instruction leading to

certification in food preparation and customer service.

Dawn A. Davis, is a freelance writer for Caribbean Today. Photograph courtesy of The Dutch Pot Jamaican Restaurant.



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HEALTH



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Must-know health tips for faster flu recovery

With last year's flu season having been associated with 80,000 deaths in the United States - one of the deadliest in decades - focusing on immune health is important.

There are essentially three stages of the flu: incubation - the development of the virus within your body; infection - when most symptoms are strongest; and convalescence - as your body recuperates from the virus.

"Most people are familiar with vaccines to prevent the flu and remedies to relieve symptoms," says physician Dr. Fred Pescatore, "There is less awareness about the recovery stage, when your body is weakened by the virus and at risk for other ailments."

Dr. Pescatore is offering the following tips:

Increase air moisture - Adding moisture to the air can help reduce congestion and soothe the throat while recovering from the flu. Using a humidifier in dry rooms can ease symptoms.

Also, try a face steam. Begin by boiling a pot of water. Remove it from the heat and bring your face close while draping a towel over your head to breathe in the



- Photograph(c) auremar / stock.Adobe.com

Steps before and after symptoms help recovery.

steam. Dr. Pescatore recommends drops of peppermint to open up the nasal passages even more.

Get rest - Even when symptoms ease, your body and immune system are in a weakened state. It's tempting to jump right back into your routine, but you still need extra rest and hydration.

Drink herbal tea - Dr. Pescatore recommends licorice tea, which he said is sweet and supports immunity, which is needed at this stage of the flu.

Add a super-antioxidant -

A new peer-reviewed study shows that supplementing with the natural super-antioxidant robuvit, French oak wood extract, supports flu recuperation.

"The body is under stress during a bout of flu," says Dr. Pescatore. "Inflammation is up and oxygen levels and blood pressure can drop. Helping your body recover fully is important."

- Edited from StatePoint.



Simple tips for blending a better-for-you smoothie

To embrace a "new me" mentality, fuel your body with the goodness it needs now.

You can incorporate more fruits and vegetables into your daily regimen with one simple snack hack: smoothies!

Smoothies are convenient, fast and easy to make - all you need is a liquid base, frozen or fresh ingredients and a blender.

However, not all smoothies are made equally. It's easy to overlook the amount of sugar we're sipping, which can make your "healthy" smoothie the sugar equivalent of a candy bar. The secret to making a better-for-you smoothie is cherry picking the right ingredients that not only taste good but are good for you.

Here are four tips for blending healthful smoothies that will help you reach your wellness goals:

Sacrifice sugar, not taste - Smoothies made with fruit-flavored juices or sweetened with frozen yogurt might taste great, but can wreak havoc on your health, often adding up to more than an entire day's worth of added sugar.

Cut back on the excess sugar by making them at home, where you can control what's inside. Dairy-free milk alternatives add great-tasting flavor with sustainably-sourced bananas, roasted sunflower seeds and a touch of cinnamon and sea salt.

Turn flavor into function - Make your smoothie as efficient as you are. Multitask with ingredients to provide your body with all it needs without adding excess calories. Blend in a scoop of collagen for better skin or a dash of turmeric to decrease inflammation. Also consider



Smoothies are easy to make, healthy and delicious.

adding extra fiber, which takes longer for your body to digest, making you feel full longer and on fewer calories. Functional foods can help fill in nutritional gaps of your diet while pairing added benefits.

Incorporate a dairy-free base - Over 65 percent of the population experiences a reduced ability to digest lactose after infancy. So, if you're experiencing unexplained bloating after meals, it's possible that dairy could be the culprit.

Plan ahead - Let's face it, busy lives require time-saving measures, and making smoothies is no exception. Prep smoothie packets the night before or, even better, for the week ahead.

It just takes a few minutes to portion out the right amount of fruits and veggies, throw them in a baggie and into the freezer. Measuring the night before also ensures you don't overindulge in the morning rush, plus you won't have to add ice cubes, which lets you pack in more antioxidants while simplifying the process.

- Edited from StatePoint.



T&T's prime minister visits U.S to undergo medical tests

PORT OF SPAIN Trinidad - Trinidad and Tobago's Prime Minister Dr. Keith Rowley is scheduled to visit the United States early this month to undergo medical tests regarding his heart.

"There was a time when I didn't have any such condition and like I said I had no such symptoms that slowed me down or caused me to think, but I have to be aware and modern technology allows one to be aware of what is happening with you," Rowley told reporters prior to his departure for California.

Rowley said he was "delinquent" in dealing with

the situation after his doctors had informed him of the matter in 2017.

"I should have gone back to do these tests last year September, but that was the budget time and so on and so on and I put it off ...

"So I really should have done that last year ... So I am going to take it now."

Rowley said he should be out of T&T "for a few days," but he is confident "the government is in good hands and will continue to function at full throttle."

- Edited from CMC.



Spring Health



The April issue of Caribbean Today will feature a comprehensive examination of how the healthcare industry serves the Caribbean community.

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Public Notice City of Miramar State Housing Initiatives Partnership (SHIP) Local Housing Assistance Plan (LHAP) For Fiscal Years 2019-2020, 2020-2021 and 2021-2022

March 17, 2019

Notice is hereby given by the City of Miramar that the State Housing Initiatives Partnership Local Housing Assistance Plan (SHIP LHAP) for Fiscal Years 2019-2020, 2020-2021 and 2021-2022 has been drafted and will be available to the public for review and comments between March 17, 2019 and April 16, 2019.

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

Public Comment

Citizens are encouraged to review the Draft 2019-2020, 2020-2021 and 2021-2022 Local Housing Assistance Plan (LHAP) and provide comment. Copies of the Draft 2019-2020, 2020-2021 and 2021-2022 LHAP are available for review and comment during the 30-day comment period commencing March 17, 2019 and ending April 16, 2019. The documents are available at the Office of the City Clerk located at Miramar City Hall, 2300 Civic Center Place, Miramar, Florida and the Community & Economic Development Department located at 2200 Civic Center Place Miramar, Florida 33025 between the hours of 7:00 A.M. and 6:00 P.M., Monday – Thursday.

Prior to adoption, the City of Miramar Commission will hold a public hearing on the proposed 2019-2020, 2020-2021 and 2021-2022 LHAP on April 17, 2019 at 7:00 p.m. in the Commission Chambers at City Hall, located at 2300 Civic Center Place, Miramar, Florida. Interested parties are encouraged to attend and participate.

For additional information on this Hearing, please contact Marilyn Callwood, Community & Economic Development Manager, at Community Redevelopment Associates of Florida, Inc. (954) 431-7866 ext. 126.

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

City of Miramar
Denise A. Gibbs, CMC
City Clerk

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~ A CARIBBEAN TODAY SPECIAL FEATURE

Spirit launches more services between Orlando, Jamaica

MIRAMAR, Florida - Spirit Airlines is kicking off more service from Orlando International Airport (MCO) to Jamaica, just in time for a spring break getaway.

Spirit has launched nonstop flights between Orlando and Sangster International Airport in Montego Bay, Jamaica (MBJ). On Mar. 1, Spirit was also scheduled to begin nonstop service between Orlando and Norman Manley International Airport in Kingston, Jamaica (KIN).

These new routes begin as Spirit continues to increase international and domestic service from Orlando International Airport.

"We are constantly look-



The airline is spreading its wings wider in the Caribbean.

ing to expand gateways serving the destination and Spirit Airlines provide very good options to support a constantly growing appetite for travel from the USA to both Kingston and Montego Bay airports," said Francine Carter Henry, manager of tour operators for the Jamaica Tourist Board.



State Department warns U.S. citizens to avoid travel to Haiti

The U.S. State Department has issued a travel warning for Haiti.

Americans are being warned not to travel to Haiti due to the flare-up of crime and civil unrest in the French-speaking Caribbean nation.

In a statement issued mid-February, the State Department noted: "There are currently widespread, violent, and unpredictable demonstrations in Port-au-Prince and elsewhere in Haiti."

"Due to these demonstrations, on February 14, 2019, the Department of State ordered the departure of all non-emergency U.S. personnel and their family members. The U.S. government has limited ability to provide emergency services to U.S. citizens in Haiti."

Protests, tire burning, and road blockages are frequent and unpredictable. Violent crime, such as armed robbery, is common. Local police may lack the resources to respond effectively to serious criminal incidents, and emergency response, including ambulance service, is limited or non-existent.

"Travelers are sometimes targeted, followed, and violently attacked and robbed shortly after leaving the Port-au-Prince international air-

port. The U.S. Embassy requires its personnel to use official transportation to and from the airport, and it takes steps to detect surveillance and deter criminal attacks during these transports," the statement added.

"The U.S. government has limited ability to provide emergency services to U.S. citizens due to reduced staffing and security concerns. The Embassy discourages its personnel from walking in most neighborhoods. The Embassy prohibits its personnel from:

- Visiting establishments after dark without secure, on-site parking;
- Using any kind of public transportation or taxis;
- Visiting banks and using ATMs;
- Driving outside of Port-au-Prince at night;
- Traveling anywhere between 1:00 a.m. and 5:00 a.m.; and
- Visiting certain parts of the city at any time without prior approval and special security measures in place."

WARNING

If you decide to travel to Haiti, the release warned:

- Avoid demonstrations. Do not attempt to drive through roadblocks.
- Arrange airport transfers and hotels in advance, or have

your host meet you upon arrival.

- Be careful about providing your destination address in Haiti. Do not provide personal information to unauthorized individuals located in the immigration, customs, or other areas inside or near any airports in Haiti.
- As you leave the airport, make sure you are not being followed. If you notice you are being followed, drive to the nearest police station immediately.
- Do not physically resist any robbery attempt.
- Purchase travel insurance and medical evacuation insurance ahead of time.
- Review information on Travel to High-Risk Areas.
- Enroll in the Smart Traveler Enrollment Program (STEP) to receive Alerts and make it easier to locate you in an emergency.
- Follow the Department of State on Facebook and Twitter.
- Review the Overseas Security Advisory Council report on Haiti.
- U.S. citizens who travel abroad should always have a contingency plan for emergency situations. Review the Traveler's Checklist.



Gender options widening for passengers on U.S. airlines

Passengers traveling on major United States airlines may soon have the option of declaring a gender other than the traditional two options when purchasing a ticket.

According to a report by the **Associated Press** last month, "Major U.S. airlines say they will soon change their ticketing process to give passengers the option of identifying themselves as other than male or female."

The AP noted that the

"gender option on airline sites will soon include choices such 'undisclosed' or 'unspecified'. There could also be the optional title of 'Mx'."

The airlines, according to the report, want to "be more inclusive in dealing with a diverse population of travelers."

To travel on a commercial airline, passengers need to use information on government-issued identification, including gender, date of birth and gen-

der.

The AP reported noted that major airlines, including "American, Delta, United, Southwest, Alaska and JetBlue confirmed (mid-February) that they are in the process of updating their booking tools and plan to add a binary option to the gender menu on their sites. They said the change will be made in the next several weeks."



UPSWING: Caribbean visitor arrivals soar in 2018

BRIDGETOWN, Barbados - Tourist arrivals to the Caribbean hit near record high last year despite some destinations being severely impacted by hurricanes that swept through the region in 2017, according to figures released here last month by the Barbados-based Caribbean Tourism Organization (CTO).

"With a strong performance during the last four months of 2018, including a robust showing by countries impacted by the 2017 hurricanes, the evidence suggests that Caribbean tourism is on the upswing," Ryan Skeete, CTO acting director of research and information

technology, told reporters.

Delivering the CTO's annual Caribbean Tourism Performance Report 2018 & Outlook for 2019, Skeete also said the prospects for Caribbean tourism in 2019 is cautiously optimistic.

WARNING

Yet Skeete warned about possible future setbacks.

"Of course, we must recognize that there are significant headwinds to navigate," he explained. "These include, but are not limited, to the outcome of the Brexit negotiations, the on-going trade war between the U.S. (United States) and China and poten-

tial extreme weather events in the destinations and marketplaces.

"Overall, the Caribbean received 29.9 million tourist visits in 2018, the second highest on record, surpassed only by the 30.6 million who visited in 2017," Skeete added.

He told reporters that total visitor spending also declined by approximately one percent to \$38.3 billion, although tourists spent slightly more per trip than they did in 2017, with the spending being \$1,177 per trip compared to \$1,171 in 2017.

- Edited from CMC.



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Caribbean nations hunt U-17 men's soccer World Cup places in Florida

GORDON WILLIAMS

More than two dozen nations from the Caribbean will have a golden opportunity to qualify for the men's Under-17 soccer World Cup starting this month in Florida.

Following last month's official draw in Miami, 35 nations have been assigned groups which will compete for the 2019 championships in the Confederation of North, Central American and Caribbean Association Football (CONCACAF), the final hurdle before the October World Cup in Peru. The Caribbean will account for 26 teams.

All CONCACAF qualifying games will be played at

the IMG Academy in Bradenton.

Eighteen Caribbean nations will play in a four-group preliminary qualifying round.

The Cayman Islands, Grenada, United States Virgin Islands and St. Vincent and the Grenadines will be joined in Group A by Nicaragua. The remaining preliminary round groups will feature only teams from the Caribbean. Group B includes Antigua and Barbuda, Belize, Dominica, Dominican Republic and Montserrat. Group C has Aruba, The



Gilchrist

Bahamas, Bonaire, Guadeloupe and St. Martin. Anguilla, Martinique, Puerto Rico and St. Kitts and Nevis are in Group D.

The preliminary round of round-robin play kicks off with play in Group A and Group C Mar. 16-25. Group B and D will play April 1-9.

MOVING ON

The winner of each group will advance, where they will be joined by 12 more teams which competed in another round of qualifiers. That round, May 1-6, features eight nations from the Caribbean – Barbados, Bermuda, Curaçao, Guyana, Haiti, Jamaica, Suriname and Trinidad and Tobago. Those teams have

been scattered across four groups with four teams in each group. Group E includes Bermuda, Jamaica, Mexico and T&T. Barbados, Canada, Guatemala and the United States are in Group F. Group G features El Salvador, Haiti, Honduras and Guyana. Costa Rica, Curaçao, Panama and Suriname are in Group H.

The top three teams from this round will join the group winners from the preliminary round in a knockout round May 8-16. The four semi-finalists will advance to the World Cup.

Caribbean teams generally appeared satisfied with the draw.

"It's not bad for us," said Jamaica's coach Hopeton

Gilchrist, whose team will play Mexico, one of the tournament favorites, in its opening qualifier on May 1. "... When the time comes we will be ready."

Six teams have already advanced to the globe's most prestigious U-17 tournament, including host Peru, Australia, Japan, Korea Republic, Tajikistan and New Zealand. Qualifying tournaments throughout 2019 will round out the FIFA U-17 World Cup field.

For the full schedule of CONCACAF U-17 qualifiers, visit www.concacaf.com.



Magnificent Gayle helps West Indies draw ODI series with England

GROS ISLET, St. Lucia – The West Indies pulled off an emphatic seven-wicket victory in the final one-day international against England here earlier this month to level the five-match cricket series 2-2. One match was abandoned.

Man-of-the-Series Chris Gayle plundered the fastest one-day international 50 by a West Indian after Man-of-the-Match speedster Oshane Thomas's had demolished England for a record low score.

Choosing to bowl first on a lively pitch at the Darren Sammy National Stadium, West Indies dismissed the world number one side out for a paltry 113 runs in the 29th over – England's lowest ever ODI total against West Indies – with the 22-year-old Thomas snatching a career-best five wickets for 21 runs from just 31 balls.

GAYLE FORCE

Veteran Gayle then erased any doubt over the

result by storming to a 19-ball half-century, en route to an amazing 77 from just 27 deliveries, as the host team eased

inning.

"It was a fantastic series to be able to tie the series two-all," Gayle said after-



Gayle was named Man-of-the-Series.

to the target in the 13th over.

The 39-year-old Gayle, in his farewell Caribbean tour, clobbered five fours and nine giant sixes in what was his fourth score over 50 in the series. He finished with 424 runs at average of 106 per

wards. "I thought both teams played well. Today our bowlers were fantastic so you have to give credit to them."

Inspirational captain Jason Holder, who oversaw West Indies' recapture of the Wisden Trophy by beating

England in the preceding Test series, said the way his side had held its nerve throughout had been satisfying.

"That was the perfect performance," said Holder. "All of the bowlers put in an outstanding effort. Oshane is an impact player for us and it's good to see him make this breakthrough."

"He was quick, aggressive and consistent, and he caused trouble. It's been a total team effort with the ball and then

Chris stole the show at the end. Chris is a champion. It's great to see him bow out in the Caribbean like this."

Jos Buttler and Alex Hales were the joint top-scorers with 23 as the England line-up never came to grips with the seam and bounce in the pitch, and crumbled meekly at the hands of the Windies pace attack.

- Edited from CMC.



Veteran sports journalist Tony Becca dies at 78

KINGSTON, Jamaica – Veteran sports journalist Tony Becca died here in hospital on Feb. 28. He was 78.

Becca, who was best known for his coverage of cricket, was being treated in hospital for the mosquito borne dengue fever and reportedly developed complications.

For many years, he was the sports editor with **The**

Gleaner newspaper. In October 2005 Becca was inducted into the Cricket Hall of Fame in Hartford, Connecticut for his contribution to the development of the sport in the U.S.

Becca covered more than 100 Test cricket matches during his career and went on numerous overseas tours with the West Indies cricket team.



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