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Florida Lawmaker Keeps Spotlight On Haiti ... Page 4
(Credit: REUTERS/Ricardo Arduengo)



Call Her Honorable OJ ... Page 11
(Credit: Karl McClarty/Jamaica Observer)

DECISION TIME

Caribbean American Candidates Among Those Contesting Ultra Important Florida Election

... Page 3



Sheila Cherfilus-McCormick



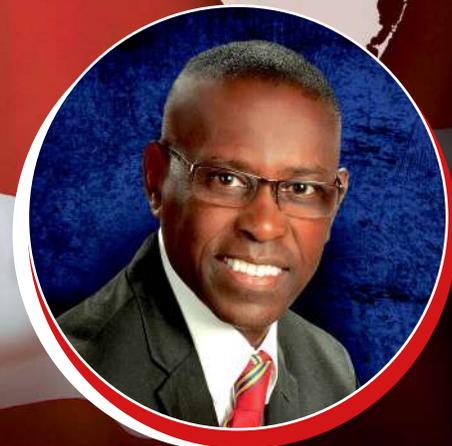
Karen Green



Carla Spalding



Esther Blemur



Richard Campbell

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NEWS



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

HAITI

A senior United Nations official has warned that a political solution is “no longer sufficient” to address the current crisis in Haiti, as demonstrators took to the streets demanding the resignation of Prime Minister Dr. Ariel Henry and rival criminal gangs continue to block access to vital fuel depots on the French-speaking Caribbean Community, (CARICOM), country.

The UN Special Representative in Haiti, Helen La Lime, told the UN Security Council that a political solution in Haiti continues to be elusive, and, on its own, is no longer adequate to address the crisis and save thousands of lives that otherwise will be lost. She, therefore, urged ambassadors to “act decisively and help address the persistent scourges of insecurity and corruption that, along with a health crisis, are accelerating Haiti’s downward spiral”.

The UN Secretary General Antonio Guterres says that the current blockade of vital humanitarian and civilian supplies in the capital Port-au-Prince by heavily armed gangs and the growing risk posed



Protests and gang warfare continue to escalate in Haiti as a senior United Nations official has warned that a political solution is “no longer sufficient” to address the current crisis in Haiti. Here a few protestors carry a mock coffin with a photo of Haiti’s Prime Minister Ariel Henry and the US and Canada flags. (Photo: Ricardo Arduengo/Reuters)

by cholera necessitate “armed action” to create a life-saving humanitarian corridor.

JAMAICA

The Jamaica Police High Command is in mourning after the murder of a police officer on Saturday, October 15th, even as it promised a “thorough investigation” of the killing. Police are searching for the gunmen who shot and killed one

of their colleagues during a wake in St. Andrew.

Police said Constable Brian Martin, 22, was among five people, including a 10-year-old child, shot when gunmen opened fire at the wake. The victims were rushed to hospital where the policeman, who was shot in the face, succumbed to his injuries while undergoing treatment. The other people have been hospitalized. The police

said anyone with information that may assist with the investigation is encouraged to contact Crime Stop or the nearest police station.

GUYANA

Guyana has long been an anomaly. South America’s only English-speaking republic, it’s also the continent’s emptiest country - with only 800,000 people inhabiting an area the size of England.

But now, as recent massive discoveries of offshore oil come onstream, long-impooverished Guyana has a new claim to fame. This year its GDP will expand by an astounding 57%, making it the world’s fastest-growing economy. Crude oil exports alone will generate \$1 billion, according to Gobind Ganga, governor of Guyana’s Central Bank.

This comes as Guyana President Irfaan Ali said that some of the oil blocks to be auctioned this year will be set aside for government-to-government partnerships in the future. He told reporters that a new policy mix vis-à-vis Guyana’s oil and gas resources is being pursued, alluding to the United Kingdom (UK) being a potential partner that will benefit from this arrangement. Ali, flanked by the United Kingdom High Commissioner to Guyana, Jane Miller, said that the two countries are seeking to deepen cooperation in the energy sector.

TRINIDAD & TOBAGO

Police in T&T say they will leave no stone unturned as they investigate the murder of nine-year-old Jamal Modeste in Chaguanas, Central Trinidad on Oct. 15, 2022.

Police said that several shots were fired from a white panel van in the vicinity of the basketball court at the African Grounds and that the nine-year-old was struck by the gunfire and taken to the Chaguanas Health Facility where he succumbed to his injuries. Police said that the

white panel van was reportedly stolen at gunpoint earlier that day.

They have not disclosed any motive for the killing. So far this year, Trinidad and Tobago has recorded 463 murders as compared with 320 for the same period last year. Last year the country recorded 448 murders.

TURKS & CAICOS ISLANDS

Seven persons suspected to be involved in the gang-related crime wave, that has gripped this British Overseas territory, were arrested recently as the police forces continues to clamp down on the upsurge in crime and violence.

The arrests were made in the multi-pronged approach dubbed “Operation Anaconda” forms part of the Royal Turks and Caicos Islands Police Forces’ pushback against the crime wave.

According to a statement from the Police, the coordinated operation saw items related to potential gang-related violence, including ammunition seized.

SURINAME

The Canadian-based IAMGOLD Corporation (IAMGOLD), which operates the Rosebel mines in Suriname, has entered into a definitive agreement with the Chinese-based Zijin Mining Group Co. Ltd. to sell its 95 per cent interest in Rosebel Gold Mines N.V.

In a statement, the IMAGOLD, which operates mines in Burkina Faso and Canada, said the acquisition is for cash consideration of US\$360 million and release of IAMGOLD’s equipment lease liabilities amounting to approximately US \$41 million. Rosebel holds a 100 per cent interest in the Rosebel Gold Mine and a 70 per cent participating interest in the Saramacca Mine, located in Suriname. The remaining five per cent interest in Rosebel will continue to be held by the government of Suriname.

ST. VINCENT & THE GRENADINES

Finance Minister, Camillo Gonsalves, says government finances registered a deficit of EC\$90.7 million (One EC dollar=US\$0.37 cents) as of September this year, compared to EC\$81.8 million in 2021, despite higher revenue in 2022.

Gonsalves told Parliament that total revenue and grants for the first three quarters of the year stood at EC\$516.9 million, compared to EC\$522.6 million, year-on-year. He said current revenue for 2022 was EC\$486.5 million as opposed to EC\$473 million last year. Current revenue is up 2.9 per cent, while total

(CONTINUED ON PAGE 4)

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Caribbean American Candidates Look To Make History On Nov. 8th

BY HOWARD CAMPBELL
EDITED BY FELICIA J. PERSAUD

Caribbean American candidates are among those competing in the November 8th as the all-important mid-term elections is now days away. The stakes are extremely high, especially in Florida.

Jamaican immigrant and Karen Green finds herself in a similar position to fellow Jamaican Dale Holness this time last year. She may be the first person from the Caribbean country to become a member of the United States Congress.

Green, an ordained minister of religion and Democrat, will compete for Florida's 7th Congressional seat, which includes the predominantly white suburban areas between Orlando and Daytona Beach and including St. Augustine. Her opponent is Republican Cory Mills, a United States Army veteran who worked in the administration of President Donald Trump.

They are vying for a seat left vacant by Democrat Stephanie Murphy. Once a solid Democratic area, the district was controversially redrawn in April to include Orange and Volusia counties which traditionally favors Republicans.

Green won the Democratic primary election in August to compete for the Congressional seat, tallying 22,707 votes or 45 percent. But Green knows the race is far from over. Writing in the October 18 edition of Politico, Steve Shepard said the redrawn District 7 gives Republicans the edge. He noted that Florida Governor Ron DeSantis has long had his eye on this seat.

Green, however, is cautiously optimistic. "There is still a lot of work to be done to secure victory in November and keep CD 7 in the hands of the Democratic party," said Green who has campaigned on issues such as immigrant rights, veteran's affairs and affordable housing. "But I will not be able to do this alone. I have to rely on your support. I am trusting that I will continue to have that support."

Born in Kingston, Jamaica's capital, Green migrated to the US in 1990. She has worked in administrative roles for the presidential campaigns of John Kerry, Barack Obama, Hilary Clinton and Michael Bloomberg.

Green was part of the Caribbean coalition that helped re-elect President Barack Obama in 2012. Elected vice-chair of the Florida Democratic Party in 2021, August's special poll marked her electoral debut and put Green in line for a shot at history.

Last November, Holness was the big favorite to succeed and complete the term of long-serving Alcee Hastings, who died in April 2021, as Congressman for Florida's 20th Congressional District. But he lost by five votes to Haitian American Sheila Cherfilus-McCormick in the Democratic primary to complete Hastings' term.

In the special election in



The Caribbean Americans on the ballot include l. - r.: Jamaican immigrant Karen Green, Congresswoman Sheila Cherfilus-McCormick, Carla Spalding, Esther Blemur and Richard Campbell. (File Photos)

August, Cherfilus-McCormick trounced Holness by over 26,000 votes. She is expected to pull off an

easy victory in November against Republican Drew Montez Clark.

Other Caribbean Americans In The Race

In another Congressional

race worth watching, Republican Carla Spalding of Jamaica squares off against formidable incumbent and Democrat Debbie Wasserman Schultz for the District 25 seat.

At the state level, Haitian American and Democrat Naomi Esther Blemur is making a bid for Florida Commissioner of Agriculture against Republican Wilton Simpson. The daughter of

(CONTINUED ON PAGE 17)

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Florida Democrat Keeps Spotlight On Crisis Torn Haiti

Florida Democrat, Val Demings, in the race for Senate against Senator Marco Rubio, has introduced the Haiti Criminal Collusion Transparency Act of 2022 to the House of Representatives as Haiti is in crisis yet again.

The bill calls for the

US Department of State to investigate the nature of the relationship between criminal gangs and political and economic elites in Haiti, and to submit an annual report to Congress on that topic.

“Governments must protect their citizens. I’m fighting for



Florida Democrat, Val Demings, in the race for Senate against Senator Marco Rubio, has introduced the Haiti Criminal Collusion Transparency Act of 2022 to the House of Representatives as the crisis in Haiti escalates. (J. Scott Applewhite/AP Photo)

have contributed to a worsening crisis.

U.N. aid agencies warn civil unrest, gang violence, skyrocketing inflation, and a lack of access to basic services have plunged Haiti into a state of crisis.

A recent U.N. food analysis finds nearly half of Haiti’s population, or 4.7 million people, are facing acute hunger. Of those, it says close to 1.8 million people have reached emergency levels of hunger with many people unable to find enough to eat on any given day.

World Food Program Country Director in Haiti Jean-Martin Bauer says soaring inflation rates of 30 percent have caused food prices to rise more than 63 percent over last year’s levels. He says fuel is in short supply and a gallon can cost more than \$10 a liter. That, he says, makes it impossible for thousands of people to go to work and earn a living.

Bauer says gang violence has displaced 25,000 people in the urban neighborhood of Cite Soleil in the capital, Port-au-Prince. He says the country has been in political lockdown since September.

- *Rewritten from CMC & VOA*



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a Haiti free from fear and gang violence, where the Haitian people have the safety and freedom to build their own future,” said Demmings ahead of the Nov. 8th general elections.

Demings, who co-chairs the House Haiti Caucus, which she helped to form in 2021, said that the legislation follows successful models used to investigate corruption in Russia and other nations and to lay the groundwork for U.S. sanctions and cooperative international crackdowns.

Over the past year, the Caucus has closely monitored efforts to restore democracy in Haiti, worked to ensure the safety of kidnapped missionaries,

and led efforts to send COVID-19 vaccines to Haiti.

Demings has led calls for stability, security and democracy following the assassination of Moise in July last year, including a transparent, independent investigation into that act. Since the assassination, she has pushed the Biden-Harris administration to withdraw support for de facto ruler Ariel Henry.

Demings has also called for redesignation of Haiti for Temporary Protected Status, (TPS), and a renewal of the lapsed Haitian Family Reunification Parole, (HFRP), program and called for an immediate halt to deportations of Haitian asylum seekers which

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

(CONTINUED FROM PAGE 2)

revenue and grants is down 1.1 per cent.

THE BAHAMAS

Press secretary Clint Watson has “sincerely apologized” for the comments he made about

women’s groups being “quiet” on the issue of marital rape, acknowledging that he made “inaccurate comments about the efforts of the women’s rights groups in our country.”

In a statement Watson said he should have been “more aware of their active involvement

in the consultations process,” and that he has since been briefed by the Attorney General, Ryan Pinder, “on the ongoing stakeholder meetings regarding draft legislation.”

Local advocacy groups have been critical of Watson saying that their advocacy to criminalize spousal sexual abuse spans over several years. Prime Minister Phillip Davis has distanced himself from the comments of his press secretary, telling reporters that he has heard the cries of all advocacy groups.

BELIZE

The government of Belize has tabled legislation that could repeal and replace its constitution. The People’s Constitution Commission Bill will allow for a commission to draft and guide the process of promoting a new constitution for Belize or amendments to the existing Constitution. The Constitution of Belize came into force on September 21, 1981, when the country gained its political independence from Britain.

- *Compiled from CMC*



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British Caribbean Diaspora Reacts To PM Rishi Sunak



The UK's first ever prime minister of color, Rishi Sunak took the helm on October 25, 2022. (Hannah McKay/Reuters)

The British Caribbean Diaspora is among those around the globe reacting to the historic appointment of the UK's first ever prime minister of color,

Rishi Sunak. "Today is a historic day in British politics, with the appointment of Rishi Sunak as Prime Minister of the UK,"

Bishop Dr. Desmond Jadoo, the Chair & Director of the Windrush National Organisation, told News Americas in a statement. "Britain has always celebrated its diversity but has never embraced it. It is time that this is done and having a Prime Minister whose parents are African/Asian, I would hope would

bring greater understanding of the inequality faced by the Windrush Generations and their descendants, by ensuring that the playing field is levelled."

"No matter the political background it is one of the utmost achievements in the world that our young people tomorrow's leaders can aspire to know, no matter your

background you can make it, providing that the Prime Minister has the courage to effectively level the playing field of inequality," Jadoo added.

On Twitter, MP and Shadow Foreign Secretary, David Lammy, whose parents' David and Rosalind Lammy were

(CONTINUED ON PAGE 7)

Jamaica To Probe Illegal Sale Of Government Lands Including Scams Involving Politically-Connected Individuals



Jamaica's Prime Minister Andrew Holness has announced that a comprehensive investigation will be undertaken to crack down on the illegal sale of lands across the island. (File Photo)

Jamaica's Prime Minister Andrew Holness has announced that a comprehensive investigation will be undertaken to crack down on the illegal sale of lands across the island, as he also disclosed that some of the people involved in these scam deals are known and politically connected.

He said that the Major Organized Crime and Anti-Corruption Agency, (MOCA), and the Jamaica Constabulary Force, (JCF), have been tasked to investigate these scams and bring to book, all those persons involved.

Prime Minister Holness urged anyone who has been duped, or who knows of any possible arrangements for illegal transfer of Government lands, to contact MOCA, the Counter Terrorism and Organized Crime Investigations Branch, (CTOC), Ministry of Economic

Growth and Job Creation (with responsibility for housing) or the National Land Agency, (NLA). Reports can also be made through MOCA's online platform at www.moca.gov.jm.

"Government has drawn the line in this matter of the illegal selling of Government lands. We will bring an end to this large-scale land scam. This is tantamount to obtaining a pecuniary advantage by deception, whereby criminal enterprises purport to give permission to build on public and indeed, private lands," Holness said. "This is a dangerous happening and as a country, we must be united and take a stand against this pervasive criminal activity and stop it from taking root."

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NEWS



Dominica Moving To Establish Cannabis Industry By 2023

The Dominica government says it expects to table legislation that will give effect to the establishment of a marijuana industry here by next year. Speaking on a government program on the state-owned DBS radio recently, Prime Minister Roosevelt Skerrit told listeners that his administration would be tabling the appropriate legislation in Parliament before year end.



As it stands now, a person with 28 grammes of marijuana cannot be charged with an offence, while a household is allowed to grow three marijuana plants.

“We announced in this year’s budget to provide permits and licenses for people who are in the production of marijuana oils, creams and lotions and soaps, because we recognize that there are a number of Dominican citizens who are suffering from cancer and who use the marijuana oil to bring some relief to them.

He said earlier this year with the support of the Canadian government, Dominica has

received support in drafting the necessary legislation to deal with cannabis as a medicinal industry for export...”

“So we are moving apace and I believe come next year we will certainly be in a position to pass this legislation and to have a full fledged cannabis industry in Dominica so we can take advantage of the numerous opportunities where cannabis is concerned,” Skerrit said.

Several Caribbean countries, most notable Jamaica, St. Vincent and the Grenadines, and Barbados, have been moving towards establishing similar industries.

- CMC
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Guyana Asks Twitter, Facebook To Take Down Posts With False Maps

Guyana’s Foreign Secretary Robert Persaud has written the Chief Executive Officers (CEOs) of Facebook and Twitter asking that false maps of Guyana posted by pro-Venezuelan interests be removed from the social media platforms.

According to a statement issued by the government, Persaud’s correspondence was sent in light of “a renewed orchestrated disinformation campaign being waged against Guyana by a number of Spanish-language social media accounts claiming Guyana’s territory by publishing illegal maps.”

The maps show a large section of the country as Venezuelan territory. In his letters, Persaud said the social media operatives had been using Facebook and Twitter to propagate a false narrative regarding the controversy between Guyana and Venezuela about the validity of the 1899 Arbitral Award which settled the land boundary between Guyana and Venezuela.

The land boundary between Guyana and Venezuela was settled by a legal process of International Arbitration on October 3, 1899, pursuant to an 1897 Treaty of Washington by which both parties agreed to respect the results of the

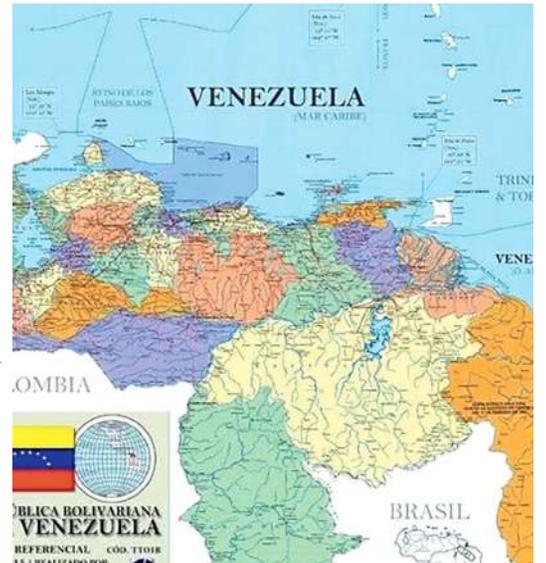
arbitration as a full, perfect and final settlement of the boundary. At that time, Guyana was British Guiana, a colony of Great Britain.

As required by the 1897 Treaty of Washington and the 1899 Arbitral Award, the boundary as determined by the Award was demarcated on the ground between 1900 and 1904 by Commissioners appointed by Britain and Venezuela.

On January 7, 1905, the official boundary map delineating the boundary as awarded and demarcated, was drawn up and signed by the Commissioners of both Britain and Venezuela and promulgated in Georgetown, at the Combined Court.

However, Venezuela subsequently disputed the validity of the 1899 Arbitral Award. The longstanding row is currently before the ICJ, following an application submitted by Guyana on March 29, 2018.

The court confirmed its



One of the maps that Guyana wants taken off social media.

jurisdiction over Guyana’s claims, rejecting Venezuela’s objections, in a judgment issued on December 18, 2020, which means the ICJ will be the court that decides, with final and binding effect on both parties, whether the 1899 Arbitral Award was lawfully issued and remains legally valid and permanently binding as a matter of international law.

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COVID-19 VS FLU SYMPTOMS

COVID-19

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- Loss of taste/smell
- Skin Rashes
- Nausea/Diarrhea
- Fever
- Sore throat and Cough

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Advocates Warn That Court Ruling On DACA ‘Cruelly Endangers’ Caribbean Immigrants

BY NELSON A. KING

The New York Immigration Coalition, (NYIC), has denounced a federal district judge ruling on the Deferred Action for Childhood Arrivals, (DACA), program, saying that it “cruelly endangers” the lives of millions of Caribbean and other immigrants, who arrived in the United States as children.

Justice Andrew Hanen of the United States District Court for the Southern District of Texas has issued an injunction preventing the Biden administration’s recent DACA regulation from taking effect. Essentially, Judge Hanen’s order will allow DACA renewals to proceed, but denies first time DACA applications.

DACA is an exercise of prosecutorial discretion, providing temporary relief from deportation (deferred action) and work authorization to

certain young undocumented immigrants. The program was created on June 15, 2012, by former US President Barack Obama, but his successor, Donald J. Trump, sought to rescind it.

Many immigrant groups have since been challenging Trump’s decision in various federal courts across the country.

DACA does not provide permanent legal status to individuals and must be renewed every two years.

“(The) decision from Judge Hanen is a clear injustice for the millions of people who are American in every way, except for legal status,” Murad Awawdeh, NYIC’s executive director, told the Caribbean Media Corporation (CMC).

He said despite contributing to the country, raising families, paying taxes, and joining the workforce, DACA holders and ‘Dreamers’ remain under



Demonstrators rally in support of the DACA program. (Zach Gibson/Getty Images)

Barbados Seeks To Deepen Ties With South Carolina



Acting Prime Minister, Santia Bradshaw receives a token of appreciation from Mayor of Charleston, South Carolina, John J. Tecklenburg – looking on are (left to right) – President of South Carolina National Heritage Corridor, Michelle McCollum; President and CEO of the International African American Museum, Dr. Tonya Matthews; and Honorary Consul for Barbados in South Carolina, Rhoda Green. (CMC Image)

Barbados is looking to leverage its historical ties with the people of Charleston, South Carolina in the United States, as it seeks to deepen relations. This was disclosed recently by Acting Prime Minister, Santia Bradshaw, who spoke at a reception attended by a delegation led by the Mayor of Charleston, South Carolina, John J. Tecklenburg.

The acting Prime Minister expressed the hope that the visit would not only open the door for continued cooperation in the area of culture but also in tourism, sustainable development, global life sciences, technology and education.

that the city of Charleston was founded by Barbadians, and as a result had a lot in common, notably food, culture and architecture.

Tecklenburg also pointed out that he envisioned a beautiful future and relationship between his city and Barbados and pledged “we’re going to keep this relationship growing and alive”. Both officials thanked those who organized the trip for the approximately 50 delegates from the business and cultural community of Charleston, South Carolina.

The visit coincided with the 25th anniversary of the twinning of the cities of Charleston, South Carolina and Speightstown in Barbados.

- CMC



constant threat by Republican leaders and conservative courts.

Awawdeh said the Joe Biden administration and the US Congress “have no more excuses to delay passing permanent protections and a pathway to citizenship, as millions of people and families continue to be held hostage by the courts with no sign of relief.”

“This ruling comes as no

surprise to me, as I continue to have to live with deep uncertainty about my life. While DACA recipients like me will be able to continue renewing for now, the reality is that this court continues to leave us in limbo,” said Reyes, whose organization represents more than 25,000 members. “Once again, during this crucial time, we call on Congress and the

Biden administration to take immediate steps to fully protect undocumented immigrants. We cannot wait any longer. Our lives are in constant jeopardy, and it is time for Congress to pass common-sense legislation to provide a path to citizenship.”

- Edited from CMC



British Caribbean Diaspora Reacts To PM Rishi Sunak

(CONTINUED FROM PAGE 5)

born in Guyana, once a British colony, also saluted the historical significance of the moment.

“This is a hugely significant moment for the UK’s visible diversity,” Lammy tweeted. “The country has come a very long way since my father arrived in 1956. He would never have believed our city would be home to a Hindu Prime Minister and a Muslim Mayor.”

Twitter user John Oladele noted on the social media platform that while the moment is “great,” Sunak “must recognize the FACT that #Windrush1947 Caribbean people of African descent laid the foundation for this historic moment.”

Sunak became Britain’s third prime minister of the year today after King Charles III welcomed the newly elected leader of the Conservative Party to Buckingham Palace and invited him to become Prime Minister and form a new government. Sunak quickly got to work naming his cabinet that shockingly included the controversial Home Secretary under the Liz Truss administration, Sue-Ellen Cassiana Braverman, who quit last week for breaching government rules. Her reappointment on Tuesday came

hours after Sunak pledged to lead the Conservative party with “integrity, professionalism and accountability” on the steps of No 10.

The move riled the group Windrush Lives as it tweeted: “The newly appointed, formerly disgraced Home Secretary, along with the newly appointed,

formerly disgraced Lord Chancellor/Justice Secretary, represent a new, old low for the rights of asylum seekers and migrants, and for justice for Britons, including the Windrush generation.”

- NewsAmericasNow.com



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

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

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

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FEATURE/VIEWPOINT



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Miami Book Fair Returns As 'This Lovely City' Spotlights On The Windrush

BY DAWN A. DAVIS

From November 13-20, 2022, the Miami Book Fair will return to the Miami Dade College at 300 N.E. Second Avenue (Freedom Tower, 7th Floor), Miami, Florida 33132, transforming downtown Miami into a literary wonderland and hosting hundreds of critically acclaimed authors in three languages, talking politics, pop culture, and all manner of impactful prose. Get tickets and see the line-up at <https://www.squadup.com/hosts/5352058/events> You can also stream it live at <https://www.miamibookfaironline.com/>

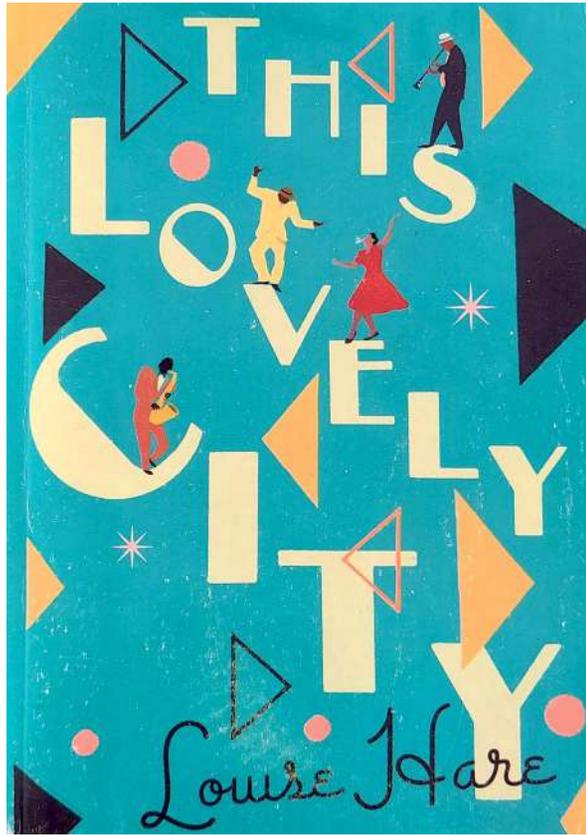
To celebrate the Miami Book Fair this month, we spotlight on a new book from a Caribbean author who is telling a compelling Windrush story.

Louise Hare's, 'This Lovely City,' tells the compelling story of one such arrival whose dream begins to unravel because of his 'otherness.'

Ravaged by World War 2, Britain's desperate call to the commonwealth for help to rebuild the country was eagerly taken up by many of its Caribbean colonial subjects. Attracted by the prospect

of employment in the motherland, or simply seeking a new kind of life, on 22 June 1948 the first batch or newcomers arrived on the Empire Windrush. Welcome signs greeted the ship filled with British citizens from Jamaica, Barbados, Trinidad & Tobago, and other islands. But the reception they expected did not match the reality as it dawned on local British folk that 'these people are too different from us.'

Yes indeed, this lovely city of London can be magical, especially for a young ambitious Black man from Jamaica who is not only hardworking, but talented as well. A jazz musician, Lawrie Matthews works as a postman by day and plays at several Soho jazz clubs at night. Although living in what could be considered a closet compared to back home, Lawrie is one of the lucky ones. He's also found the love of his life; a mixed-race girl who also favors him. But things start to fall apart when he makes a gruesome discovery, one that



Louise Hare's, 'This Lovely City,' tells the compelling story of the arrival of a Windrush immigrant, whose dreams began to unravel because of his 'otherness.'

will mark him and other black residents as suspects, naturally.

REAL CHARACTERS

Hare, a Black British writer based in London, creates

real characters and stories that are so believable the reader will empathize with them, celebrate, and advocate for their rights. In a past interview the writer noted how she can relate to her characters because of her own vulnerabilities "having been a minority since birth." It is this 'otherness' that makes 'This Lovely City' so fraught with emotional tension. It is believable because it is a reflection of the times back then, and indeed today's reality.

One of the few Black writers being celebrated for their storytelling that paints authentic pictures of folks who

look like them, Hare brings us into a familiar world plagued with racist stereotypical ideas about black and brown people.

A white woman screams

as she walks through the park. Lawrie does the right thing, rushing to help and console her. He sees what has frightened her, retrieves it and calls the police. What happens next is a textbook knee-jerk racist reaction as Lawrie becomes the accused. He fights for his life with much dignity which inadvertently widens the net across the black Caribbean community, including his love, Evie. Her involvement becomes a core piece of the puzzle in the city filled with angst, suspicion, and believe it to not, opportunity.

Together, they laugh, they cry, they get lost in 'This Lovely City' called London, a city that forced many of the new arrivals to swallow their pride and work toward the better life they sought in what they considered 'the mother country'. But, in spite of all the fear, anger, and heartache the book leaves us with hope. Justice is meted out, but there is light ahead.



The LA City Council Debacle And The Little Talked About Issue Of Latino Racism

In November last year, one month after the now disclosed racist rant from three Hispanics on the Los Angeles City Council was actually spewed, the Pew Research Center released a study that found that 62 percent of Hispanic adults thought having a darker skin color hurt their ability to get ahead in the United States today.

At the same time, the same study, 'Majority of Latinos Say Skin Color Impacts Opportunity in America and Shapes Daily Life,' found that 48 percent of Hispanic adults said they had often or sometimes heard a Hispanic friend or family member make comments or jokes about other Hispanics that might be considered racist or racially insensitive.

Similar shares of Hispanics who identify with a lighter skin color, (48%), or darker skin color, (52%), said they had heard these types of comments or jokes from friends or family at least sometimes, according to the study.

Hispanic by the way, refers to people who speak Spanish or are descended from Spanish-speaking populations, while Latino refers to people who

are from or descended from people from Latin America which is taken to mean the original people of Latin America.

In May 2022, another Pew study found that skin color was linked to greater Latino-on-Latino discrimination. "About four-in-ten Latinos with darker skin (41%) say they have experienced discrimination or unfair treatment by another Latino," the report said.

Fast forward to the stunning disclosure nearly a year later, on Sunday October 9, 2022, in National Hispanic Heritage Month, via a leaked audio tape published by the LA Times.

In it, three US born Hispanic American Los Angeles City Council members – identified as Nury Martinez, Gil Cedillo and Kevin de León – are heard engaging in shocking racist and crude remarks about Black, Jewish, Indigenous, Armenians and gay people with Ron Herrera, head of the L.A. County Federation



FELICIA J. PERSAUD

of Labor.

The hour-long secretly recorded conversation captured the Democratic politicians and the labor leader discussing how to maximize Latino political power in the city as part of the redistricting process that was underway last fall; and also on how to take influence away from Black political leaders.

It featured the Council's first Latino woman president, Martinez, who resigned on Wednesday, September 13th after fallout from the tape, saying among other things that fellow gay Councilmember Mike Bonnin was a "diva" and his adopted Black son "looks like a little monkey" or "parece ch****to."

Martinez, de León, Cedillo, and Herrera also discussed Black political power in Los Angeles and what de León terms "the Wizard of Oz effect." She also used the "F" word to deride LA's progressive top prosecutor because he is, in her words, with "The Blacks;" and dismisses indigenous Oaxaca Mexicans as "little, short dark people" who are "ugly."

The Indigenous people of Oaxaca, by the way, are descendants of the inhabitants

of what is now the state of Oaxaca, Mexico and were present before the Spanish invasion.

The leak has now forced the little talked about issue of Hispanic anti-blackness, including in their own Latino community, into the public arena.

Axios' Race and Justice Reporter Russell Contreras told Axios Today: "There is colorism if you're indigenous and there's colorism, if you are of African origin. . . . It's something that is deeply divided Latino communities across the United States, but it's rarely discussed."

And Raúl Pérez, professor of sociology at the University of La Verne, disclosed that it's the kind of thing he's heard his whole life. "If you're Latino, you know this happens because we've witnessed it. We notice it at family gatherings, we notice it in everyday life with family and friends and communities," he told Axios.

Experts say the far-right extremism among some Latino residents stems from those identifying as white and anti-Black sentiment. It is why so many in the Latino community (CONTINUED ON PAGE 9)

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Men, fathers, husbands, usually don't get any ratings, so it's good that some people, albeit a minority, decided to shed some light on the harried, harangued husbands who suffer in silence. As one guy said when he learnt of 'Happy Husbands Day,' celebrated earlier this year, "Happy husband, that must be the biggest oxymoron of all time."

My research revealed that Husband Appreciation Day is not a new celebration but goes way back in time. Since the earliest recordings of marriage, husbands across countries and religions traditionally have been established as the protector and provider of their wives and families. The role of the husband has traditionally been one of honor.

"After marriage, husband and wife become two sides of a coin, they just can't face each other, but they're still together," said Al Gore.

"I had some words with my wife, and she had some paragraphs with me." Bill Clinton noted.

"There's a way of transferring funds faster than electronic banking, it's called marriage," Michael Jordan

stated.

"A good wife always forgives her husband when she's wrong," Barack Obama noted and "When you are in love, wonders happen, but once you get married, you wonder what happened," Steve Jobs most famously noted.

There's even a raft of jokes about husbands. A son proudly told his dad that he was selected to play the part of a husband in a school drama. The father angrily berated him and said: "Idiot, why didn't you ask for a role with a speaking part?"

In today's world, where so many women have come into their own via education, wealth, good fortune or just plain good luck, they flex their power, and men seem to diminish in their eyes.

For many women, a husband is merely a means to an end, and some women's meanness never ends. Don't get me wrong, all aren't like that,



TONY ROBINSON

but many are just out to get what they can from the man.

It seems as if the man is duty bound to make his woman happy, and many men go out of their way to achieve this. But it's an exercise in futility. As I've heard countless men say: "Nothing I do ever pleases her, and I can't do enough to satisfy her."

The woman's duty on the other hand, is to mould and change the man to suit her needs. It's akin to a potter taking a lump of clay and working it until she gets what she wants. Then she places the finished product in a corner and boasts silently: "See, that is what I created."

Many thoroughbred stallions have been relegated to being docile farm horses, fit only to be attached to a plow or a cart. Broken. Even feared boxer Mike Tyson, once the baddest man on the planet, had this to say: "Wife inspires us to do great things, then prevents us from achieving them."

There is a fundamental difference in the approach of a husband as opposed to a wife when they venture into marriage. The man sees what he

wants and makes a commitment. He doesn't look for or expect a change in his bride.

The woman on the other hand, sees what she thinks is a good potential and thinks: "Hmm, I can work with that, after a while I'll bend, him, twist him, shape in into what I want."

Fans of Star Trek will remember the words of the alien race, the Borg, who always said this when they invaded other territories: "We are Borg, resistance is futile."

But guess what, some husbands still flail around, struggle in the coils of domination, talk plenty, and as the research that I read stated: 'Act just like a split AC unit, very loud on the outside of the house, but designed to remain silent indoors.'

Listen, it's not all bad, for many husbands really do enjoy their married life and the lifestyle that it brings. What is also true though, is that many do not, and are resigned to their fate, eventually accepting their lot in life.

EDITOR'S NOTE: Tony Robinson can be reached at

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CORRECTION

The headline on the last issue of this column erroneously stated: "Internet Interaction" when it should have instead read "Gender Bender." We sincerely apologize to Tony and our readers for any confusion this may have caused.

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The LA City Council Debacle And The Little Talked About Issue Of Latino Racism

(CONTINUED FROM PAGE 8)

attacked the Black Lives Matter movement and voted for Donald Trump despite his widely disparaging remarks on Latin America, Latin American immigrants and his push to build a wall to keep them out.

Ironically, also quoting a Pew research poll, "Latino people are the 2nd most discriminated against ethnic group after African-Americans."

So, what's missing from this picture in the minds of 'White Latinos?' In a country where the White, right-wing majority view the growing Brown and Black majority as a

threat, it is unfortunate that the mental slavery of the so-called 'White Hispanics' has led them to also believe that they too are "superior" to black and dark-skinned people.

Yet, at the end of the day, in the eyes of White Supremacists, we are all seen as "mud people." So-called White Latinos, blinded by the inherited skin color of their former colonizers, would do well to remember that.

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



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VIEWPOINT



US Federal Funding Should Be Used To Turn Puerto Rico, Florida Green

BY FELICIA J. PERSAUD

When Hurricane Fiona hit Puerto Rico on Sept. 18th, two environmentally friendly prototype homes powered by solar energy were able to keep the lights on during the storm.

By contrast, the storm again knocked out power and water as the island's antiquated and fragile power grid again took a beat, causing every home and business to lose power. The current population of Puerto Rico is 2,692,886.

When Hurricane Ian hit Fort Myers, Florida, on September 29th, Babcock Ranch – which calls itself “America’s first solar-powered town” and is made up of 700,000 individual panels that generates more electricity than the 2,000-home neighbourhood uses – never lost power, water or the Internet.

By contrast, the storm obliterated the nearby Fort Myers and Naples areas with record-breaking surge and winds over 100 mph. It knocked out power to more than 2.6 million customers in the state, including 90% of Charlotte and Lee Counties.

In the days since, the US has pledged millions in aid to both Puerto Rico and Florida. President Joe Biden has pledged \$60 million for Puerto Rico and long-term help to Florida, that could run into the billions, according to



FEMA.

This as the state's governor and Republican lawmakers have scoffed at climate change and the House GOP members voted against a bill that contained \$18 billion for FEMA's Disaster Relief Fund.

Now some of that 18 billion must be used to help the Sunshine state build back hopefully better. But with that rebuilding effort must come a new vision plan to deal with the current era we find ourselves in – an era where there is no denying the seas are rising and climate change is a reality – regardless of the deniers.

That means, when it comes to rebuilding efforts and federal funding, those funds should be used to reimagine a new, greener state and island that expands on the Puerto Rico prototype and the Babcock Development.

Both Puerto Rico and Florida should be America's test case for the future – a bright green future

via a new green plan. The federal government should absolutely have green rebuilding strings attached to its funding as the Biden administration leads from the front.

Puerto Rico and Florida's communities, decimated by hurricanes, must be built back as solar-powered towns, much like Babcock Development, which took a direct hit from a Category 5 hurricane and escaped largely unscathed.

Federal taxpayer dollars should not be used to build back power lines that will fall again in the next storm; or fund more fossil fuel plants that fail residents over and over again.

The reimagined towns in post hurricane Fiona and Ian in Puerto Rico and Florida must be an eco-centric reality. Houses rebuilt must be built to code, be energy efficient and built with sustainable materials that allow them to achieve a Bronze or high-

er standard of certification from the Green Building Coalition.

Energy must be via a solar field run in partnership with a private energy company, and be harnessed from thousands of panels, processed and fed into the grid from the energy company's substation to the community's solar center.

Additionally, energy must be generated from rooftop photovoltaics and solar trees in neighbourhood parks while those rebuilding can choose to have panels on their roof or simply get it from the solar center.

Irrigation must be done with water reclaimed from the onsite water and wastewater utility. All power, water lines and Internet cables must be buried so they are no longer subject to being knocked over in a storm, hitting out power, Internet and water for weeks.

As far as storm surges, US builders can no longer build close to the water's edge but follow the Dutch model which is to “give part of the land back to the sea” and build on higher ground and build higher buildings.

Farmers in one part of the Netherlands have already begun using this model. They now live in Scandinavian-chic farmhouses, newly built on terps elevated six meters above their meadow lands and linked to the nearest village by roads raised at the same

height. In winter, they move their cattle up into their elevated barns.

The time is now for this to happen. The Intergovernmental Panel on Climate Change, the United Nations body that collates and assesses scientific results, already predicts a 30 to 60 centimetres of sea rise by 2100 and this is if countries make good on their pledges to cut emissions under the Paris Climate Agreement.

But so far, the developed world is failing to meet its targets, which means if emissions continue current trends, the IPCC predicts 84 centimetres of sea rise by 2100, and as much as 5.4 meters by 2300.

This means what we saw in Florida after Ian, is just the beginning, and a glimpse of the future, not the biblical past. It is time for America to lead on climate change. Using federal funds to rebuild Puerto Rico and Florida greener as test cases on coping with our new reality is a great way to show real leadership in the world.

- NewsAmericasNow.com

EDITOR'S NOTE: *The writer is founder of Invest Caribbean, the global private sector investment agency that is part of the ICN Group of companies.*



The Miami-Dade County **Office of Historic Preservation** is conducting a Historic Heritage Survey, a comprehensive review of **HISTORIC LOCATIONS AND BUILDINGS FROM 1941 TO 1981**. We want you to share with us the places and structures from that era that are important to you or your community. Learn more at these upcoming community meetings:

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Virtual meetings will be held in December. Scan the QR code below to learn more and register



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OCTOBER 26, 2022
6 - 8 p.m.

Westchester Health and Wellness Center, Auditorium
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Miami, FL 33165

Saturday,
NOVEMBER 12, 2022
10 a.m. - 12 p.m.

Main Library, Arva Parks McCabe Auditorium
101 West Flagler Street
Miami, FL 33130



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A Jamaica National Honour For Emmy-Winning Actress Sheryl Lee Ralph

BY HOWARD CAMPBELL

Shortly after receiving the Order of Jamaica (OJ), Jamaica's fifth-highest honour, Sheryl Lee Ralph went on twitter to celebrate her latest achievement.

"Well, it is now official! I am The Honorable Sheryl Lee Ralph OJ (Order of Jamaica) Warrior Woman! #ThisIsWhat BelievingLooksLike."

Dressed in a body-hugging yellow outfit designed by Perry Meeks, Ralph accepted the OJ from Governor General Sir Patrick Allen on October 17, 2022, during the National Honours and Awards ceremony in Kingston, to rapturous applause. She then blew a cheeky kiss to the packed hall which included prime minister Andrew Holness.

It was the veteran actress' second major award in one month. In September, she won the Emmy Award for Best Supporting Actress in A Comedy Series, for her portrayal of Barbara Howard in the ABC sitcom, Abbott Elementary.

In an interview with the government-run Jamaica Information Service, Ralph said the OJ was even more special than the Emmy, seeing that it was from Jamaica, land of her mother's birth.



Emmy-winning actress Sheryl Lee Ralph receiving her OJ from Governor-General Sir Patrick Allen on Oct. 17, 2022. (Jamaica Observer image)

"I thought it was a feeling of elation when I won the Emmy, but to be conferred with the Order of Jamaica, my mother having been conferred Order of Distinction. Ivy Ralph OD ...we say Original Diva. I feel so proud. Pictures have been posted already, and the way people are responding throughout Jamaica, across the Caribbean, has been phenomenal," she said.

The awards took place on National Heroes Day. Ralph was one of 10 persons to receive the OJ which earned her the title of 'The Honourable.'

Ralph's mother, Ivy, was born in Manchester parish in central Jamaica. She is best known for designing the Kariba, a leisure shirt worn by famous socialist leaders during the 1970s such as prime minister Michael Jamaica and Tanzania's Julius Nyerere.

Ralph was accompanied to the ceremony by her husband Vincent Hughes, a member of the Pennsylvania State Senate. Her career started in 1977 with a role in the Sidney Poitier/Bill Cosby movie, 'A Piece Of The Action,' which was followed by other defining roles in successful television shows such as 'It's A Living,' and 'Moesha;' on stage in 'Dreamgirls;' and as Eddie Murphy's wife in the hit movie, 'The Distinguished Gentleman.'

The 66-year-old Ralph belongs to a distinguished club of Hollywood actors with Caribbean heritage. Poitier was born in Miami but raised in The Bahamas where his parents were from; actor/singer Harry Belafonte's parents were from Jamaica and he spent eight years of his youth there; Calvin Lockhart, another actor, was also from The Bahamas while actress Nia Long's parents are Trinidadian.



An OD Honor For Lord Creator And Agent Sasco



Trinidadian-born calypsonian Lord Creator (centre, in wheelchair) being bestowed with an Order of Distinction (Officer Class) by Governor General Sir Patrick Allen at King's House in Kingston on Monday. (Photo: Karl McClarty/Jamaica Observer)

Agent Sasco, born Jeffrey Campbell, 39, is from the tough east Kingston community of Dunkirk, which has produced artists such as singer Wayne Wonder and fellow deejay Spragga Benz. His songs, which include 'Talk How Mi Feel,' and 'More Peace on Earth,' bring a sense of sanity to dancehall music which is known for colorful characters and bawdy content.

By Howard Campbell From different backgrounds and generations, Lord Creator and Agent Sasco shared something similar on October 17, 2022 – Jamaica's National Heroes Day. On that day, they were both awarded the Order of Distinction (Officer class) for contribution to the country's music.

The OD is Jamaica's sixth-highest honor.

The 87-year-old Lord Creator, born, Kentrick Patrick, a Trinidad-born calypsonian, has lived in Jamaica for over 50 years. He wrote and sang 'Independent Jamaica,' a song celebrating Jamaica's independence from Britain in August 1962.

Lord Creator came to Jamaica in early 1962 as anxiety gripped the country ahead of its August 6 independence date. 'Independent Jamaica' was produced by Vincent "Randy" Chin, whose family now owns VP Records, the largest distributor of reggae in the world.

Along with ska singer Derrick Morgan's, 'Forward March,' 'Independent Jamaica' was the soundtrack for a new nation. It made Lord Creator a star and was enough encouragement for the jocular Trini to lay down roots in Jamaica. He had other hits like

(CONTINUED ON PAGE 12)

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ARTS & ENTERTAINMENT



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Haitians Mourn Mikaben

Haitians are in mourning following the sudden death of the country's most prominent singer, composer, guitarist and producer - Michael 'Mikaben' Benjamin.

Benjamin collapsed and died on stage in Paris after performing for a jubilant audience. The 41-year-old recording artist suffered a suspected heart attack or cardiac arrest during the performance on Saturday, October 15th, shocking fans who saw him collapse as he made his way off stage. Emergency services were rushed to the venue, but the singer could not be resuscitated.

Media reports said that Benjamin, alias "Mikaben" had been invited by the Carimi group, which was celebrating his reunion, when he suddenly collapsed on stage just after performing his hit "Ou pati."

Haiti's Culture Minister, Emmelie Prophet Milcé, said he learned with "dismay," the death of the artiste, adding his death

"is a huge loss for the country and for Haitian music.

"Emmelie Prophet Milcé bows before the remains of this great artist and offers his sympathies to his family, his parents, the cultural sector saddened by this departure," the culture minister added.

Benjamin was discovered by the Haitian public in 1999, during the competition "Chante Nwèl" of Télémax.

Mikaben then had a 20 year musical career crowned with success, whether in Haiti or abroad. He was the son of the famed singer Lionel Benjamin and was born in the Haitian capital, Port-au-Prince, in 1981. He featured in several



Michael 'Mikaben' Benjamin collapsed and died after a performance in Paris on Oct. 15, 2022. (Instagram image)

Carimi hits, including "Baby I Missed You" and "Fanm sa Move."

- *Rewritten from CMC*



Caribbean American Actor From 'Roots' Dead At 92

Austin Stoker, the Caribbean-American actor best known for his role as Virgil in the TV mini-series 'Roots,' and as Lt. Ethan Bishop in John Carpenter's 1976 film 'Assault on Precinct 13,' has died. He was 92.

Stoker was born in Port of Spain, Trinidad and Tobago on October 7, 1930. He started his career on stage, including the 1954 Broadway production of Truman Capote's House of Flowers, where he met his future wife, Enid Mosier (acting name Vivian Bonnell).

Prior to his role as Lt. Bishop, Stoker appeared in several blaxploitation films, often playing police detectives. Among these films were Abby (1974), Combat Cops (1974), and Sheba,



Actor Austin Stoker was born in Trinidad and Tobago.

Baby (1975), in which he played Pam Grier's love interest. Some of Stoker's other notable acting roles were in Battle for the Planet of the Apes (1973), Horror High (1974), Airport 1975 (1974) and Victory at Entebbe (1976).

Stoker was also known to Mystery Science Theater 3000 fans for his role as Dr. Ken Melrose in the 1982 B-movie, Time Walker, in which he appeared with Darwin Joston, his co-star from Assault on Precinct 13.

Stoker passed away on Friday, October 7, his 92nd birthday, as confirmed by his wife, Robin Stoker. He was said to have died due to renal failure and was surrounded by his loved ones.

The late actor is survived by his wife of over 40 years, his daughter Tiffany, his son Origen, and his two grandsons, Marcus and Austin.

- *NewsAmericasNow.com*



An OD Honor For Lord Creator And Agent Sasco

(CONTINUED FROM PAGE 11)

'Don't Stay Out Late,' and 'Evening News,' and but for a four-year period in the 1980s when he returned to his native Trinidad, he has called Jamaica home.

"It is a blessed feeling, I was not expecting this, but I am so proud. Jamaica means so much to me... I'm married to a Jamaican woman; I have Jamaican children. Jamaica means everything to me," said Lord Creator after accepting his award at the National Honors and Awards ceremony at King's House in Kingston.

He returned to Jamaica in the early 1990s after UB40 covered his song, 'Kingston Town,' originally recorded in Jamaica during the 1960s.

Agent Sasco's smooth

Jamaica Bans Some Music And TV Shows

Jamaica's broadcasting regulator is being criticized of moving to curb free speech after it banned music and TV broadcasts deemed to glorify or promote criminal activity, violence, drug use, scamming and weapons.

The government has said the ban is meant to cut back on material that "could give the wrong impression that criminality is an accepted feature of Jamaican culture and society."

The Broadcasting Commission of Jamaica said that such music or video on public broadcasts "normalize criminality among vulnerable and impressionable youth."

The directive also said that channels should avoid "urban slang" that has anything to do with making money, wire transfers, acquiring wealth or a lavish lifestyle. It cited specific words and phrases like: "jungle justice", "bank/foreign account", "food", "wallet", "purse", "burner phone" and "client."

The ban comes after efforts by authorities in the Caribbean nation to halt high levels of gun violence. Jamaica had the highest murder rate in Latin America and the Caribbean in 2021, according to research centre Insight Crime.

But some Jamaican artists said the measure will do little to stop crime and will cut out of the conversation populations affected by heightened gun violence.

"Art imitates life, and the music is coming from what is happening in Jamaica for real," said Stephen McGregor, a Jamaican Grammy award-winning music producer and singer. "But because it doesn't

fit the moral mould of what they would like it to look like, they try to hamper it."

Jamaica's constitution states: "All persons in Jamaica are entitled to the right to freedom of expression and the right to seek, receive, distribute or disseminate information, opinions and ideas through any media." The constitution also provides for freedom of expression, including for the press.

But Jamaica's Minister Without Portfolio with responsibility for Information in the Office of the Prime Minister, Robert Morgan, is adamant that the ban imposed by the Broadcasting Commission on illicit content is not intended to restrain rights to freedom of speech but promote decency and moral standards.

He said that the government has a responsibility for the "spaces that we control... to set the standard and set an example".

"There are so many other portals you can use to promote your artistic freedom, but free to air [is] accessible to every single member of our society, no matter their age," he argued, while addressing Wednesday's (October 12) post-Cabinet press briefing. "The thing about radio is [once it is on], I'm not the only one who is hearing it. It is a public facility that caters to the public, that is licensed by the government [and] is regulated by particular laws. So, it is not about fighting crime; it is about decency and standards."

- *NewsAmericasNow.com*



#43

DEMOCRAT

JANELLE PEREZ

FOR STATE SENATE

FIGHTING FOR OUR COMMUNITY

Janelle is a mother, a cancer survivor, and a fighter — she's spent her life working on behalf of others, and she'll fight for our community!

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- Reducing traffic and investing in public transportation
- Protecting our children from gun violence

VOTE FOR #43 JANELLE PEREZ ON OR BEFORE NOVEMBER 8!

PAID BY JANELLE PEREZ, DEMOCRAT, FOR STATE SENATE DISTRICT 38



Recipient of the Order of Distinction (Commander Class) deejay Agent Sasco (Photo: Karl McClarty/Jamaica Observer)

delivery has won over hardcore and mainstream dancehall fans.



He has also collaborated with elite rappers Kanye West and Kendrick Lamar. A college graduate, he says making music has never been about just making money.

"My decision to be deliberate in terms of nation building has nothing to do with remuneration, and when things like these come along it can only help to motivate myself and others," he said of the award.

Poet Kwame Dawes, singer Myrna Hague-Bradshaw, Anthony "Chips" Richards, a veteran of the reggae music industry in the United Kingdom and playwright Basil Dawkins were also recipients of the OD.

Celebrating The Cuisines Of Antigua, Suriname And St. Kitts & Nevis

This month, the Caribbean nations of Antigua & Barbuda, Suriname and St. Kitts & Nevis will all mark their independence anniversaries. Suriname became an independent nation from the Netherlands on November 25, 1975, while St. Kitts & Nevis achieved independence from Britain on September 19, 1983. Antigua & Barbuda achieved its independence, also from Britain, on November 1, 1981. Here are some of their national dishes that you can make at home this month.

ANTIGUA & BARBUDA'S FUNGEE

Fungee is a popular cornmeal dish cooked on the islands of Antigua and Barbuda. It is eaten alongside vegetable



Antigua & Barbuda Fungee served with Saltfish.

mash and a sauce made from tomatoes, garlic, and salted codfish. Fungi can also be served with Antiguan pepper pot (a spicy meat soup).

INGREDIENTS:

- 2 cups of cornmeal
- 4 cups of water
- 1 tsp salt
- 6 okras (finely chopped)
- 1 tsp Butter or olive oil

METHOD

- Add enough water to the dry cornmeal to ensure it becomes a wet paste. There should not be any pockets of dry cornmeal in this paste.
- Boil 4 cups of water in a large non-stick pot.
- Add the chopped okras and salt.
- Use a wooden spoon and stir in the wet cornmeal paste in the pot.

- Reduce the heat and allow to cook for about five minutes with the lid on the pot. Uncover and start stirring the cornmeal mixture continuously.
- The mixture may become fairly difficult to stir because of its thick consistency but it is important to keep stirring as this will prevent the cornmeal from forming lumps.
- added water occasionally as the mixture thickens. After twenty to thirty minutes, the cornmeal should be thoroughly cooked.
- Continue to stir the mixture for about five more minutes, pressing the spoon against the sides of the pot to crush any cornmeal lumps. The soft cornmeal will appear to be more solid at this point. Turn off the heat.
- Spoon a pat of butter or a teaspoon of olive oil into a small bowl.
- Take some of the cooked fungi and place it into the buttered bowl.
- Swirl the fungee in the bowl until it forms a little ball.
- Set the ball aside on a platter.
- Repeat with the balance of the cooked fungee.
- The balls can be plated and served with pepper pot, vegetables, or salted codfish.

SURINAME'S POM

The Surinamese dish pom is considered the country's national food. It's usually reserved for rare occasions because it



Suriname's Pom

contains a lot of chicken, which is a luxury.

INGREDIENTS

- 1 whole chicken (about 2 to 3 lbs.)
- 1 lb. of salt pork or chicken sausage
- 3 lbs. pomtajer or taro root
- 4 tomatoes – peeled and chopped
- 2 onions, chopped

- 1 bunch flat-leaf parsley, chopped
- 2 cubes chicken bouillon
- 1 teaspoon nutmeg
- Juice of 1 orange
- Juice of 2 lemons
- 3 cloves garlic, crushed
- 1 habanero (whole)
- 1 tablespoon sugar
- 8 tablespoons butter, divided
- Salt
- Pepper

METHOD

- Cut the chicken into pieces. Season with salt, pepper and nutmeg.
- In a pan with 3 tablespoons of butter, fry the chicken pieces and chicken sausage (sliced) for a few minutes. Set aside.
- In the same pan, add 3 tablespoons of butter and sauté the onions for about 8 minutes. Add the tomatoes, garlic and parsley.
- Add the chicken and chicken sausages and cover with water. Add the bouillon cubes and the hot pepper.
- Cook covered over medium low heat for 25-30 minutes. Drain the cooking liquid into a bowl and set it aside.
- Peel and rinse the pomtajer. Grate the pomtajer by hand or with a food processor.
- Mix it with some of the cooking liquid from the meat as well as the orange and lemon juices to make a sticky dough. Add sugar.
- Spread half of the pomtajer mixture in a well-greased baking dish. Spread chicken mixture on top and then cover with the rest of pomtajer. Most pom recipes ask for the chicken to be kept with the bones. I personally removed the bones and cut it into smaller chunks.
- Pour the remaining juices over the top, 2 tablespoons of butter and bake for two hours: one hour covered at 425 F and one hour uncovered at 350 F.
- Pom should be done when the top is brown, and a golden-brown juice comes out when poked with a knife.

- NewsAmericasNow.com

ST. KITTS & NEVIS' NATIONAL DISH

The national dish of Saint Kitts and Nevis is considered Stewed

saltfish with spicy plantains and coconut dumplings.

INGREDIENTS

- Stewed saltfish
- 450 g saltfish
- 1 green bell pepper diced
- 1 red bell pepper diced
- 1 yellow bell pepper diced
- 450 g tomatoes chopped
- 5 cloves garlic chopped
- 4 tbsp vegetable oil
- 2 tbsp butter
- 6 spring onions finely chopped
- 1 small onion
- salt
- black pepper

Spicy Plantains

- 3 plantains cut into halves
- 2 tbsp grated ginger
- 1 small onion grated
- ¼ tsp salt
- ¼ tsp chili pepper finely chopped
- vegetable oil
- Coconut Dumplings
- 75 g coconut flakes around ½ cup
- 220 g wheat flour around 1½ cups
- ¼ tsp salt
- 1 tbsp vegetable oil
- 1 tbsp butter
- 125 ml water

Seasoned Breadfruit

- 500 g breadfruit unsalted and chopped into 2 ½ cm pieces. Roughly 3 cups
- 2 tbsp vegetable oil
- 1 tbsp butter
- ½ red bell pepper diced
- ½ green bell pepper diced
- ½ yellow bell pepper diced
- 1 onion chopped
- 4 garlic cloves crushed
- 125 ml chicken broth
- ¼ tsp salt
- ¼ tsp black pepper

METHOD

Chop, dice or grate the ingredients according to the ingredient comments

Stewed Saltfish

- Soak the saltfish overnight.
- Boil the fish in fresh water until tender, for about 20 minutes.
- Drain it before removing bones, scales and flakes.
- Heat oil in a large pan. Add peppers, spring onions, onion and garlic. Cover and cook



The national dish of Saint Kitts and Nevis - Stewed saltfish with spicy plantains and coconut dumplings.

- over low heat for 5 minutes, stirring occasionally.
- Add the tomatoes and simmer over medium heat for 2 to 3 minutes.
- Add saltfish, butter, salt and pepper. Cover the stew and simmer over low heat for 5 minutes.

Spicy Plantains

- Combine all ingredients in a bowl. Toss until mixed. Fry in batches until golden brown and cooked.
- Remove and drain on paper towels.

Coconut Dumplings

- Place flour, coconut, salt, butter and oil in a bowl. Gradually stir in water to make a stiff dough.
- Turn onto a lightly floured board and knead for about 2 minutes.
- Make dumplings in desired shape.
- Slide dumplings into boiling water. Cover and cook for about 10 to 15 minutes.

Seasoned Breadfruit

- Melt butter in a heavy pan over medium heat, then add oil. Add onions and cook 5 to 8 minutes until golden, stir often.
- Add garlic, thyme and chopped peppers, sauté for 30 seconds.
- Remove from heat and add breadfruit with chicken broth or other prepared liquid. Toss gently to blend and heat through. Season to taste with salt and pepper.
- Serve with dumplings, saltfish and spicy plantains.



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Peter A. Webley
Publisher

HEALTH NEWS



Putting The Spotlight On Mental Health In The Caribbean

BY DAWN A. DAVIS

Trinidadian-born Dr. Ishtar Govia, research and Clinical Psychologist and Senior Lecturer in Epidemiology at the Caribbean Institute for Health Research (CAIHR), UWI Mona in Jamaica, is focused on an issue that often gets little attention in the Caribbean region. The issue of mental health.

“The prevalence of dementia in persons [in Jamaica] who are 60 and older is somewhere around 9%, and that is likely an underestimate,” Dr. Govia recently told Caribbean Today. “What that works out to be is that approximately 45,000 persons 60 and older are probably living with some type of dementia, but these figures are from 2018, and that’s before COVID.”

The researcher and senior lecturer noted that COVID-19 also affects long term cognitive function but being able to truly estimate the impact is a challenge in the region because of “poor diagnostic services” and “because people tend to present (the symptoms) so late.”

Ageing Population
These statistics are important based on the fact that Jamaica is seeing a rapidly ageing population, the highest growth rate being among those 80 years and older, with the over 60s projected to be approximately 18% of the population by the year 2050. This data, according to a study co-authored by Dr. Govia in 2021, “signals the importance of robust and sustainable long-term care

services and systems.”

Dr. Govia also heads the multi-country dementia care improvement study dubbed Strengthening Responses to Dementia in Developing Countries (STRiDE), which works with public and private practices to inform policy to support people living with dementia and their carers.

She is also managing director on the Board of the Jamaica Mental Health Advocacy Network; a founding member of the Caribbean Alliance of National Psychological Associations and a boardmember of the Bellevue Psychiatric Hospital in Jamaica, the country’s major mental health centre, an institution that has been associated with the stigma surrounding mental health in the country.

Dr. Govia noted that the stigma is based on lack of knowledge and understanding, but was quick to point out that, using Jamaica as a case study, there has been much progress over the past two decades with billboards, social media, helplines offering support, resources, and opening up the conversation.

“But there does tend to be a generational divide,” said Dr. Govia. “Older persons still associate mental health with mental illness, and a particular type of mental illness as in schizoaffective disorders that have people on the street and homeless.”



Dr. Ishtar Govia, research and Clinical Psychologist and Senior Lecturer in Epidemiology at the Caribbean Institute for Health Research (CAIHR), UWI Mona in Jamaica, is focused on mental health and dementia.

She added that the issues related to dementia are further behind the general conversation of mental health because the age group that it tends to focus on are very concerned about image and presentation. So, by the time their condition is verbalized, it is late in the progression of the dementia.

Based on these misconceptions and stigma around mental health, the clinical psychologist wants to make it perfectly clear that there is a difference between mental illness and cognitive illness or impairment.

Neurocognitive Disorders “Dementia is in a category called neurocognitive disorders, and that’s different from psychiatric disorders,” added the doctor. “Progressive dementias, for example, typically are highly correlated with age. Persons who

are 80 and older tend to be the age group that we see most cases of dementia, and your risk for dementia increases as you get older. Age is the strongest risk factor.”

Mental illnesses, on the other hand, could affect anyone across all different age groups. These psychiatric disorders are things like schizoaffective disorder, bipolar disorder, major depressive disorder, generalized anxiety disorder, specific types of anxieties, post-traumatic stress disorder.

Asked if there are any effective treatments for dementia, Dr. Govia noted that the therapeutics and medications that exist to date, for example to treat Alzheimer’s disease, tend to address symptom presentation particularly if the condition is identified in its early to mid-stages. Two of the main anti-dementia medications are Aricept and Namenda.

“Namenda is not pervasively available in the Caribbean, definitely not in Jamaica,” said Dr. Govia. “And so the therapeutics aren’t at the point yet of actually slowing down the progression. They really aren’t at the point of stopping the progression, preventing the progression or reversing it. There is a lot of work being done.”

She explained that there has been controversy around aducanumab, a drug that was approved by the Food and Drug Administration in 2021 for the

treatment of Alzheimer’s disease. The clinical trials focused mainly on European American populations excluding other ethnic and racial communities. And, according to the wider medical fraternity, further studies are needed to test the drug’s effectiveness.

But Dr. Govia is hopeful as another recent medication, lecanemab, in trials now, is showing peaks of potential.

There are other things that can be done in terms of care management, said Dr. Govia, such as reducing your risk factors by paying attention to pollution, poor sleep or nutrition, low physical activity and hearing impairment, which a lot of people don’t recognize is a risk factor for dementia.

The next step is to put in support structures, if necessary, depending on the disease progression. In some ways it may be better to age-in-place, which would mean retrofitting one’s living space.

“It’s really about how do you put things in place so that you can ensure that you have a good quality of life and that you can live as independently as possible, for as long as possible, while gradually building in more supports for progressive dementia,” said Dr. Govia. “The reality is that you do become dependent in the final stages, so it’s really just preparing for that.”



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FEATURE



St. Kitts-Nevis Exploring Geothermal Project

The St. Kitts-Nevis government has announced plans for a geothermal project aimed at pushing forward the twin island Federation's energy security agenda, on the heels of its 39th independence anniversary.

Environment and Climate Action Minister, Dr. Joyelle Clarke, says the ministries of energy and the environment partnered on the geothermal project with NEVLEC (Nevis Electricity Company) and SKELEC (St. Kitts Electricity Company).

"We are working together to create what we call energy security for St. Kitts and Nevis and also to confirm our renewable energy mix and I am very clear about that. We cannot transition to solar energy alone, we cannot transition to geothermal energy alone, but we must use a mix of renewable energy sources," Clarke said.

Clarke said that the government, which came to office in August this year, has since engaged the Belize-based Caribbean Community Climate Change Centre (CCCCC) and the Barbados-based Caribbean Centre for Renewable Energy and Energy Efficiency (CCREEE), and



Drilling rig on site on Nevis. (Clean Power Nevis image)

that representatives of the two regional organisations are due here soon to meet with the Cabinet and relevant stakeholders.

She noted that the geothermal project with Nevis is particularly important for various reasons.

"Whatever resources are available in Nevis will be part of our Federal resources. We have to ensure that that partnership remains steady, that St. Kitts and Nevis is seen as one Federal state, one nation when it comes to geothermal. It will benefit not just St. Kitts and Nevis, but the wider Caribbean and it is going to be a critical part of our renewable energy mix," said Clarke.



Antigua & Barbuda Turns 41

Antigua and Barbuda is set to celebrate its 41st anniversary of political independence from Britain today, November 1. The country celebrates its Independence with several activities and is coming back to its original form after a halt of two years because of the restrictions related to COVID-19.

Today, the country will host the Independence Ceremonial Parade at the Sir Vivian Richards Stadium and the National Awards Ceremony.

In New York, the Consulate General of Antigua and Barbuda is inviting everyone to their annual Independence Gala on Saturday, November 12, at



Antigua & Barbuda turns 41 today, Nov. 1, 2022.

Mulino's at Lake Isle Country Club 660 White Plains Road, Eastchester N.Y.

The Gala is the annual signature event to celebrate Antigua and Barbuda's Independence. It is the most significant national event

outside of Antigua, luring Antiguan and Barbudans from all over the United States and special guests worldwide. The night will feature sophisticated dining and will be hosted in celebration of 41 years of the Independence of Antigua and Barbuda. The night is anticipated to be a

memorable one. The government is presenting none other than Antigua's finest, the Iconic four, the blazing hot Burning Flames, as their featured entertainment.



Suriname Turns 47 On Nov. 25th

Surinamese will celebrate the 47th independence of their nation on Nov. 25th as the country looks towards a future in black gold amid its oil finds.

The Guyana-Suriname Basin is quickly emerging as one of the most prolific offshore oil regions in the world. Suriname has found a humongous amount of oil and gas offshore and could become one of the world's newest producers in less than three years.

But President Chan Santokhi recently noted that a special expert committee had

been established to also study a possible CIP, (Citizenship Investment Program,) as the Dutch-speaking colony of just under 600,000 can not only do with the money the program would bring in, but its skills and labour needs in the coming years.

The President also said the cabinet may grant special permission for foreign companies operating in the country to get special permission to bring in larger amounts of workers.

"We hope that this discussion can be conducted in

a business-like and down-to-earth manner, underpinned by data and solid analytics, with the involvement of relevant stakeholders. With the oil and gas, we look forward to the decision of the international oil companies regarding the final investment decision which is projected for the coming year," he said.

- Written from multiple sources.



Student Loan Forgiveness Is Official, Here's How To Apply

President Joe Biden has officially kicked off the application process for his student debt cancellation program, opening the door for millions of Americans to apply for up to \$20,000 in forgiveness.

HERE'S HOW TO APPLY

- Go to studentaid.gov and in the section on student loan debt relief, click "Apply Now."
- Be ready to type in some basic

personal information. The form asks for: name, Social Security Number, date of birth, phone number and email address. It does not require documentation about your income or your student loans.

- Review the eligibility rules and confirm that you're a match. For most people, that means attesting that they make less than \$125,000 a year or that

their household makes less than \$250,000 a year. If you meet the eligibility rules, click the box confirming that everything you provided is true.

- After the form is submitted, the Biden administration says it should take four to six weeks to process. The Education Department will use its existing records to make sure your loans are eligible and to look for applicants who might exceed the income limits. Some will be asked to provide additional documentation to prove

their incomes. The Education Department estimates that the verification application will take about half an hour, including time to review and upload tax documents.

- Most borrowers who apply before mid-November should expect to get their debt canceled



President Joe Biden answers questions with Education Secretary Miguel Cardona as they leave an event about the student debt relief portal beta test in the South Court Auditorium on the White House complex in Washington, Monday, Oct. 17, 2022. (AP Photo/Susan Walsh)

before Jan. 1, when payments on federal student loans are scheduled to restart after a pause during the pandemic.

Note, however, that things could, however, get more complicated, depending on the outcomes of several legal challenges. The Biden administration faces a growing number of lawsuits attempting to block the program, including one filed by six Republican-led states. A federal judge in St. Louis is currently weighing the states' request for an injunction to halt the plan. Biden on Monday said he's confident that the suit will not upend the plan. "Our legal judgment is that it won't," he said, "but they're trying to stop it."

- Rewritten from the Associated Press



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Caribbean American Candidates Look To Make History On Nov. 8th

(CONTINUED FROM PAGE 3)

Haitian immigrants, Blemur is a community leader, a pastor and the owner of a business consulting firm.

She says on her campaign website that she'll ensure concealed carry licenses are "thoroughly vetted." Her agenda also includes ensuring public school students have nutritious meals and equitable access to the state's hemp industry.

In Broward County, city commissioner, Jamaican Richard Campbell, is bidding for Lauderhill Mayor against African American Ken Thurston, in an area with a huge Jamaican population.

Major Races

Of course, the top races to ensure you vote for is the race for governor and Senate.

U.S. Rep. Val Demings, (D), is challenging Sen. Marco Rubio, (R), for his seat while Democrat Charlie Crist wants to put an end to the era of Gov. Ron DeSantis, who many have accused of being a fascist and pushing a xenophobia, homophobic, and bigoted agenda.

The other hot race is the attorney general post where Republican incumbent Ashley Moody is seeking re-election as Florida's attorney general over Democratic challenger and former Florida State Attorney Aramis Ayala.

In Miami, incumbent Rep. Maria Elvira Salazar will look to keep her Miami congressional seat in District 27 against Democratic state Sen. Annette Taddeo.

Constitutional Amendments

Meanwhile, Florida has three Constitutional Amendments on the ballot this November, going along with the highly publicized U.S. Senate and gubernatorial races for the mid-term elections.

In addition to previously covered flood resistance property tax freezes, Florida voters will also be able to decide if the state should abolish its Constitution Revision Commission and if more tax exemptions for certain members of the public service workforce should be approved.

Amendment 1: Flood Resistance And Property Tax.

According to the description from the ballot text, Amendment 1 would "authorize the Legislature, by general law, to prohibit the consideration of any change or improvement made to real property used for residential purposes to improve the property's resistance to flood damage in determining the assessed value of such property for ad valorem taxation purposes."

Basically, property taxes could be stopped from going up after homes are storm-proofed, specifically flooding, by lawmakers.

Amendment 2: Abolishing The Constitution Revision Commission.

The second ballot measure facing Florida voters in the November midterm is meant to either end the state's Constitution Revision Commission, or leave it

in place to 2037, as currently on schedule.

According to the ballot's text, the commission meets every 20 years to submit proposed amendments or revisions to the Florida Constitution.

The amendment, if approved to pass by Florida voters, would remove the commission but not remove the ability of citizens to propose constitutional changes.

Currently, citizens are already able to propose amendments through ballot initiatives, with recent examples including efforts to legalize recreational marijuana, among others.

Amendment 3: Property Tax Exemptions For 'Critical' Public Services Workforce.

The final ballot measure to be placed before Florida voters in 2022 would allow them to choose if certain critical members of the state's public service workforce could be given tax exemptions on their homesteads, to the tune of tens of thousands of dollars.

According to the ballot text, the exemption would apply to classroom teachers, law enforcement officers, correctional officers, firefighters, emergency medical technicians, paramedics, child welfare services professionals, active-duty members of the United States Armed Forces, and Florida National Guard members.

Your Ballot And Who Can Vote In The Florida Midterms To cast a ballot in the general election you have to be a U.S. citizen, a Florida resident and at least 18 years old. You also have to be registered to vote in the state. The deadline to register for the general election has passed. Early voting in South Florida kicked off on Monday, Oct. 24, and runs through Sunday, Nov. 6th. Voters who wait until Election Day to submit their vote-by-mail ballot cannot drop it off at their precinct. It will need to be dropped off at their county's elections department offices. Check for details as follows:

Broward: <https://www.browardvotes.gov/Voter-Information/Precinct-Finder>

Miami Dade: <https://www.miamidade.gov/global/service.page?Mduid=service=ser1512065909614490>

Palm Beach County: <https://www.pbcelections.org/Voters/Vote-By-Mail>

Monroe County: <https://www.keys-elections.org/Voter-Information/Vote-by-Mail>

If you received a vote-by-mailballot, but would rather cast your ballot on Election Day, you can do that, but you must bring your mail-in ballot with you to your assigned voting precinct. Elections officials have to cancel that ballot so you can vote in person.

Voting In Person On Election Day

For those who are voting in person and have not cast their ballot by the end of early voting, polling stations will be open from 7 a.m. to 7 p.m. on Election Day, Nov. 8. Any voters waiting in line

at 7 p.m. will be allowed to cast a ballot; if you arrive at your precinct later than 7 p.m., you will not be able to vote.

You can find your precinct at [https://www.dos.myflorida.com/elections/for\[1\]voters/check-your-voter-status-and\[1\]polling-place/voter-precinct-lookup/](https://www.dos.myflorida.com/elections/for[1]voters/check-your-voter-status-and[1]polling-place/voter-precinct-lookup/)

All voters must bring appropriate identification to the polls as follows:

- A current and valid photo

identification with a signature. Approved forms of photo ID include Florida driver's license; a Florida identification card issued by the Department of Highway Safety and Motor Vehicles; U.S. passport; debit or credit card; military identification; student identification.

- If the photo identification does not have a signature, you must provide additional identification with your signature.

• A voter information card is not an acceptable form of ID. Your card is a good source of information about your voter registration including your assigned precinct and polling location for Election Day.

Voters can also request language accommodations and accessible voting for people with disabilities.



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TRAVEL



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Regional Disaster Recovery Is Dependent On Tourism

BY BRANDON WEBLEY

On October 4th, I attended the Caribbean Hotel & Tourism Association's, (CHTA), 40th Caribbean Travel Marketplace in San Juan, Puerto Rico. While my primary reason for attending the event was to hear and cover tourism updates from the Caribbean, what struck me was that the conference was able to be held hardly two weeks after the island was walloped by Hurricane Fiona.

As I flew into Luis Muñoz Marín International Airport in San Juan on September 30th, I sought out signs of hurricane damage. None were immediately obvious to me. It was clear that repair work, in San Juan at least, had been expedited. The city had moved swiftly to make sure centers of tourism recovered from any damage caused by the hurricane. The hotel I stayed in, the Sheraton Hotel and Casino, showed no signs of damage but seemed unusually empty. I was certain my initial experiences were rose-tinted.

As press, our hotel and stay accommodations were taken care of by Discover Puerto Rico, the official destination marketing organization for the island. Over the next few days, Discover Puerto Rico prepared tours for us

around San Juan. Our first press tour, The Art Walk PR, took us to through the arts District El Gandul. There we met Georgie Vega, our guide and the founder of the art walk. She described the street art renaissance, and the recent economic gentrification that had been pushing out many artists that call the area home. Many artists are having to resort to opening bars and restaurants to fight economic hardship. For an art district with more than 2,000 murals, there was something obvious to me during my experience: we were the only tourists nearby. For many of the businesses in Puerto Rico that rely on travelers and tourists, this economic reality often follows a natural disaster.

Perhaps more revealing, many residents of the district regained full electricity and running water only a few days prior. With the south-western part of the island being hit the worst, I wasn't surprised to learn that 20% of the population remained without power. This is in stark contrast to the lavish beach front hotels and resorts that were able to restore power not long after the hurricane had passed.

The following day we attended a local culinary tour in the old city, Old San Juan. As we toured and tasted traditional



Colorfully painted architecture can be found throughout Old San Juan, Puerto Rico. (Photo by Brandon Webley)

foods, I noted that we were the sole occupants of each venue we passed through. For the historical center of the city to be this void of tourists was shocking. One shop owner told it to me straight: "September-October is usually the slow season for us, but I've never seen it as slow as this," once again illustrating the economic reality for many Puerto Ricans following Hurricane Fiona.

On the first day of CHTA's 40th Caribbean Travel Marketplace on Tuesday October 4th, CHTA President Nicola Madden-Greig presented the press in attendance with updates on tourism in the region. Travel to the Caribbean has been recovering faster than any other region of the world. In fact, the

Caribbean is expected to see as much as a 15% increase in international arrivals this winter. This is important in relation to Puerto Rico, because while tourism numbers region-wide are increasing, Caribbean islands remain vulnerable to tourism disruptions caused by natural disasters.

Olivier Ponti, Vice President of Insights at ForwardKeys, had this to say during his Marketplace presentation: "... each time disaster hits, it makes the headlines all across the world, and it triggers a spike in cancellations." He further noted that this is exactly what they had seen after Hurricane Fiona hit Puerto Rico, they saw a huge increase in cancellations and "... new bookings pretty much went

flat." For an island that relies heavily on the economic spending of travelers, this is devastating. While it is important for news organizations to report on recent events quickly and accurately, members of the media need to recognize how sensationalizing disasters can skew public perception. Often, this skew in public perception can be detrimental to the very people the news reporting is meant to help.

I urge readers to be mindful of how images you see on TV bias you against traveling to another country. Be critical of the images presented to you and be open about what you may experience in a country following natural disaster. When you visit a foreign country, use the time available to you to learn about the local people and culture, don't limit yourself to your hotel or resort. Take a moment to visit a food stall, a cultural hub, and perhaps a historical landmark.

Think deeply about the ways in which your spending can uplift the local people of a country. In the process, you may discover new and novel cultural experiences otherwise hidden from the average traveler.

To the many Boricuas I met during my visit: Gracias para bienvenidos, volvere. Thank you for the welcome, I'll be back.



This Caribbean Country Has Dropped COVID-19 Protocols For Cruises

St. Vincent and the Grenadines has removed the COVID-19 protocols for the upcoming 2022/23 cruise season, welcoming unvaccinated cruise passengers for the first time in two years.

Making the announcement at the 28th Florida Caribbean Cruise Association (FCCA) Conference in the Dominican Republic, Tourism Minister Carlos James said the decision to relax health protocols for arriving cruise passengers followed a period of low

infections globally and low COVID-19-related admissions to the island's health facilities.

Last cruise season, protocols were implemented such as safe zones for vaccinated passengers. For the upcoming 2022/23 season, the destination will swap those protocols with new relaxed health guidelines.



Colorfully painted architecture can be found throughout Old San Juan. (Photo by Brandon Webley)

- CMC





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Simmons Calls It Quits As West Indies Crash Out Of T20 World Cup



Ireland's Paul Stirling (C) and Lorcan Tucker celebrate their victory over the West Indies at the Bellerive Oval in Hobart on October 21, 2022. (AFP image)

West Indies cricket coach Phil Simmons has called it quits following the West Indies' mega crash out of the ICC Men's T20 World Cup. Simmons, however, will stay on until after the November 30 to December 12 Test series against Australia.

In the CWI statement officially announcing his resignation, Simmons said the decision was "a move I have been considering for some time" and not a knee-jerk reaction to the disappointing World Cup performance.

The 59-year-old former West Indies all-rounder was at the helm in 2016 when the Caribbean men won their second World Cup title, defeating England at the Eden Gardens in

Kolkata.

Earlier this year, he guided the team's fortunes in their hard-fought 1-0 Test series win over England on home soil to capture the Richards-Botham Trophy, followed in June by a Test series victory against Bangladesh in their last outing.

The news comes as Cricket West Indies (CWI) says it is not ruling out the possibility of having separate coaches for the white-ball and red-ball teams as the board looks for answers following the embarrassing defeat.

CWI chief executive officer Johnny Grave said administrators had to explore all available options as they seek to find the best way forward for the men's

senior teams.

The Windies men were eliminated from the main draw of the tournament on October 21st when they fell to a nine-wicket defeat to Ireland in Hobart. They had also suffered a 42-run loss to Scotland prior, before rebounding to beat Zimbabwe by 31 runs two days later.

CWI has promised a full review of the side's World Cup campaign, which Grave said Simmons would still be involved in.

Asked whether any thought had been given to Simmons' replacement, Grave said CWI would be "sensible and strategic in our review and approach and try and keep, difficult as it is, the emotions out of it."

The cricket administrator declined to say whether Simmons would have been asked to step aside if he had not resigned. However, he noted that Simmons' contract was due to come to an end in March and "he always knew that it was going to be dependent on results."

- *Rewritten from CMC*



Reggae Girls Facing Tough World Cup Campaign



Jamaica's Reggae Girls have been handed a tough group for next year's FIFA Women's World Cup in Australia and New Zealand. (CMC image)

Jamaica's Reggae Girls have been handed a tough group for next year's FIFA Women's World Cup in Australia and New Zealand, drawn alongside giants

France and Brazil.

The Caribbean powerhouses will play in Group F in the July 20th to August 20th campaign and will be joined by another yet-to-be determined qualifier to complete the four-nation group.

CONCACAF

side Panama will have a shot at reaching Group F as they are one of four teams doing battle in Group C of the playoff

tournament next February, alongside Chinese Taipei, Paraguay and Papua New Guinea.

Jamaica faces a tough opener against France on July 23rd at the Sydney Football Stadium in Sydney before coming up against the winners of the Group C qualifiers at their second outing in Perth six days later.

Brazil will present Jamaica with their final challenge of the preliminary round at the Melbourne Rectangular Centre on August 2nd.

- *CMC*



National Honours For Jamaica Olympians



Shelly-Ann Fraser-Pryce (l) and Sherika Jackson (r), being conferred with the Order of Jamaica and Order of Distinction by Governor-General, Sir Patrick Allen, in Kingston on Monday, Oct. 17, 2022. (JIS image/Adrian Walker)

Jamaican world champions and Olympians, Shelly-Ann Fraser-Pryce and Shericka Jackson, were conferred with Jamaican national honors for their sporting achievements on National Heroes Day, Oct. 17, 2022.

Fraser-Pryce, 35, was conferred with the Order of Jamaica, Commander Class for Outstanding Performance in the field of athletics at the international level, at the National Honors and Awards on the lawns of King's House in Kingston.

Jackson was conferred with the Order of Distinction, Commander Class for exceptional achievements in the sport of Track and Field Athletics at the national, World Championships and Olympic levels.

The decorated Fraser-Pryce recently stormed to a historic fifth 100m title at the 2022 World Athletics Championships in Eugene, Oregon. She is also the first woman in history to run below 10.7 seconds seven times during any one season.

Jackson, who has won bronze medals in the 400m at the World Championships and Olympics, also won her first global title in Oregon in July when she ran 21.45 seconds to win the 200 m. That finish, which was a national record, made her the second-fastest woman in history.

The two female sprint stars were among 221 Jamaicans who were recognised.

Others involved in sports also receiving national honors were: former president of the Jamaica Athletics Administrative Association (JAAA), Dr Warren Blake, who was conferred with the Order of Distinction for contribution to Medicine and as a team doctor in national sports; sports agent Claude Bryan who received the Order of Distinction for contribution to track and field; and Michael Clarke, a veteran coach who was conferred with the Order of Distinction for contribution to sports in track and field.



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COMMON TYPES ARE

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Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness.

WHEN THE PRESCRIPTION BECOMES THE PROBLEM

- ✓ More than 191 million opioid prescriptions were dispensed to American patients in 2017—with wide variation across states.¹
- ✓ Health care providers in the highest prescribing state, Alabama, wrote almost three times as many of these prescriptions per person as those in the lowest prescribing state, Hawaii.¹
- ✓ Studies suggest that regional variation in use of prescription opioids cannot be explained by the underlying health status of the population.²
- ✓ The most common drugs involved in prescription opioid overdose deaths include:
 - Methadone
 - Oxycodone (such as OxyContin[®])
 - Hydrocodone (such as Vicodin[®])³



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