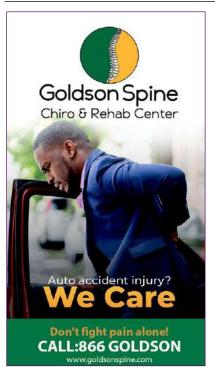


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REPRESENTATIVE Sheila Cherfilus-McCormick

Florida

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TIVE

From Conviction To Congress

...Page 3

Congresswoman Sheila Cherfilus-McCormick (Contributed Image)

INSIDE

News2	Viewpoint 9	Food 14
Local News7	Black History Month 11	Travel 17
Feature 8	Entertainment 13	Sports 18







Regional Caribbean News Round Up

Here are some of the top Caribbean news making headlines this month.

REGIONAL

An African billionaire is eyeing the Caribbean markets as he looks to explore investing in the region.

Billionaire Tony Elumelu, who made his fortune in banking, oil, and healthcare, the Nigerian chairman of United Bank of Africa (UBA), made the disclosure on Thursday, the final day of the annual Jamaica Stock Exchange Investments and Capital Markets Conference.

"We have a customer base of over 25 million around the globe. We are not in the Caribbean, but that is something we will explore when I come to Jamaica with the CEO of UBA Americas operation," Elumelu said, according to the Jamaica Gleaner.

Elumelu indicated that he would meet with politicians on his visit to Jamaica later this year, at an unspecified date, in furtherance of his interest.

The investor gave no indication of specific sectors of investment exploration, only noting during questioning from conference participants that tourism was the best area of mutual investment between Jamaica and Africa.

United Bank of Africa is present in 20 African countries, including key financial centers of New York, Paris, London, Cayman, and Dubai. It is the only African bank with a deposit-taking license in America, the UBA chairman said.

Apart from being chairman of UBA, Elumelu is the founder and chairman of Heirs Holdings and Heirs Oil & Gas, and co-founder of The Tony Elumelu Foundation. He made Time Magazine's top 100 Most Influential People, and various sources put his wealth at US\$1 billion to US\$2 billion. "We must ensure that the cultural linkages that connect Africa and the diaspora are strengthened, not weakened," he said. "Let us talk from the heart how to foster greater collaboration between Africa and the Caribbean and the role we all have to play.'

Elumelu was the most notable overseas participant at the JSE conference, with plans to explore investments in Jamaica. Otherwise, the conference panels featured Ekow Afedzie, managing director of the Ghana Stock Exchange; Dr Melida Harris Barrow, the founder and chairman at 6 Region Global Chamber of Commerce; and Olga Cantillo, executive vice-president and CEO of the Panama Stock Exchange.

JAMAICA

The Jamaica Counter Terrorism and Organized Crime Investigations Branch (C-TOC) has launched a probe, following several reports of identity theft.

In a statement, the Police's Communication Unit says investigators are aware that unscrupulous persons have been using the photographs and names of several people on social media



Nigerian Billionaire Tony Elumelu says he is looking at investing in the Caribbean. (AFP/Getty Image)

platforms to conduct illegal activities.

Among the persons impersonated is Superintendent Hopeton Nicholson, whose name and photographs have been used to create fake pages on several platforms, including dating sites.

According to the cops, the criminals have been using the name and photographs of the superintendent and others to create fake pages on several platforms and dating sites.

It's reported that the victims, believing that they are communicating with the senior cop, have been lured to various places across the corporate area and the parishes of St Catherine and St Mary where they are tricked, robbed and in some instances, sexually assaulted.

So far, investigators have identified 11 persons across three parishes who fell victim to these

illegal activities

The police say Nicholson has stated that the accounts connected to these criminal incidents do not belong to him.

GUYANA

With large injections of revenue from the oil and gas sector, Guyana is expected to grow its economy by 47.5% while inflation is pegged at 4.1% for 2022, according to Senior Minister in the Office of the President with responsibility for Finance Dr Ashni Singh. Singh announced the projection when he presented the country's first budget utilizing its earnings from the oil and gas sector. Budget 2022, pegged at half a trillion or \$552.9 billion, is a whopping 44.3% larger than last year's and 36.6% above total expenditure for 2021. It is important to note that this budget is partly financed by the US\$607.6 million (\$126.7 billion) in earnings from activities offshore Guyana.

The news comes as Guyana will soon launch a GUY\$2,000 (one Guyana dollar=US\$0.004 cents) bill.

CAYMAN ISLANDS

For 2022, NCB Hilton Hotel, the Hyatt Hotel Pageant Beach, Mandarin Hotel and Indigo Hotel will be important sources of building activity. As tourism begins to rebound, the wholesale & retail sector will gradually recover, and is expected to expand 3.7% in 2022, says economist Marla Dukaran in

her Caribbean Monthly Economic Report.

CUBA

Cuba plans to export USD9.5 billion in goods & services in 2022 and import USD10.8 billion. The government is projecting 2.5 million stopover arrivals in 2022, returning to 2010 levels. The 2022 fiscal deficit is projected to widen by 9% y/y to CUP75.8 billion.

TRINIDAD AND TOBAGO

Scotiabank is firing 149 workers in T&T causing the Banking, Insurance and General Workers Union (BIGWU) to call the move "unjust and a continued action of seeking profits above all else."

"The families of these workers will also be adversely affected and there will be severe social dislocation by the unconscionable actions of this Canadian multinational bank," the union said in a statement.

Scotiabank said that the decision to send home the workers was 'not taken lightly and we will ensure all employees are treated fairly and with respect as they transition employment."

BARBADOS

The Central Bank of Barbados (CBB) says the economic outlook for the island this year will be heavily influenced by its continued vulnerability to external shocks. It said that while the International (CONTINUED ON PAGE 4)



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From Conviction To Congress - Congresswoman Sheila Cherfilus-McCormick

BY DAWN A. DAVIS

She is undoubtedly a Black Caribbean history marker in 2022 as she becomes the first Haitian American Congresswoman from the state of Florida and only the second in the history of the United States to serve in the House of Representatives.

She is Haitian American Sheila Cherfilus-McCormick, the newest member of congress who now fills the seat left vacant by the late Alcee Hastings in Florida's 20th Congressional district. The district includes most of the majority-black precincts in and around Fort Lauderdale and West Palm Beach, including places like North Lauderdale, Lauderhill, Lauderdale Lakes, Tamarac, Miramar, Lake Park, Riviera Beach, along with parts of Pompano Beach and Sunrise as well as a vast area inland to the southeastern shores of Lake Okeechobee, including the community of Belle Glade and the Palm Beach International Airport.

Cherfilus-McCormick was sworn in on Jan. 18th on Capitol Hill after trouncing Republican Jason Mariner by a 59 percent margin in the general election on Jan. 12th. She had earlier defeated Jamaican-born Dale Holness in the primary election by just five votes.

'It's official, official, let's get to work," Cherfilus-McCormick tweeted after being sworn in. "This is only the beginning. #yourcongresswoman."

After, she told Caribbean Today: "We're here... When I walked through the halls, and I saw my name I said, oh my God, what if I didn't believe. What if I said it couldn't have happened, then I wouldn't be here.'

"So ask me, how did I win? I suppose I wasn't afraid to dream big and I wasn't afraid to fight for it but that's been my entire life," Cherfilus-McCormick added.

Her passion, commitment, and drive is the right formula for the political reforms the new congresswoman is rearing to tackle. Although she has never held elective office, it is the fight in her that has led her here.

Congresswoman Cherfilus-McCormick is a lawyer, the CEO of Trinity Healthcare Services, a wife, a mother. It was her staunch advocacy for her daughter, and other black and brown children who are systematically labeled with autism or ADHD that started her fight for proper representation. After two failed attempts at Congress, Cherfilus-McCormick has now taken the power in her own hands.

Born in Brooklyn, New York to Haitian parents, this firstgeneration Haitian American will be the voice of a large, and still growing, Caribbean community in South Florida. And Cherfilus-McCormick identifies completely with them.

"My Caribbean-ness has always been part of my identity. We always sent money back home. So, you grew up knowing

that you are an investment, that everybody sacrificed for your parents and you to be here. Family centerdness, taking care of family here and at home has always been important. So, it's important to me to serve the community that I grew up in," she told CT.

One of the Congresswoman's greatest concerns is how black

immigrants are treated. She noted that not everybody at the US-Mexico border are Haitians, but all black people are lumped into one category - "Haitian."

She noted that many are not given the hearing they are entitled to so, immigration policies will be one of her top priorities.

One way the new congresswoman intends to do this right away is to alert the Haitian and Caribbean community about legal routes into the country.

"Right now, visas are being handed out so we can actually bring in some people from the Caribbean to work in the United States, especially in South

(CONTINUED ON PAGE 7)



CHANGING THE CURRENT.

FPL.com/Value

Possible Supreme Court Nominee Has Caribbean Roots

A Black judge who could be President Joe Biden's choice to replace Justice Stephen Breyer on the U.S. Supreme Court, has roots in the Caribbean.

Leondra Kruger, California's Supreme Court Justice and **Deputy Assistant United States** Attorney General, is one of the top three candidates Biden is

reportedly considering for the seat after Breyer announced he plans to retire at the end of the Court's current term.

If chosen, Kruger would make history by becoming the first Black woman and the youngest to serve on the Supreme Court as well as the first with roots in the Caribbean.

Her mother, Audrey Y. Reid, immigrated to the US from Jamaica while her late father had roots in Europe and was of Jewish descent. Dr. Reid is a board-certified pediatrician. She earned her medical degree from Howard University College of Medicine in Washington, DC. She completed her internship at

(CONTINUED FROM PAGE 2)

an increase in global economic

tourism-dependent economies

like Barbados will be affected

by the ability of countries across

the globe to control the spread of

the pandemic that has caused our

potential over the past two years.

sector looks more favorable now

increased availability of vaccines

international travel and business

and the reopening of economies to

activity,' the CBB said in its review

It's more expensive to live in

of the Barbados economy in 2021.

Bermuda than in New York City.

than it did a year ago, with the

"The outlook for the tourism

economy to operate well below its

activity of 4.4 per cent, the

strength of the recovery in

Monetary Fund IMF) is forecasting



If chosen, Leona Kruger would make history by becoming the first Black woman and the youngest to serve on the Supreme Court as well as the first with roots in the Caribbean.

at the Children's Hospital of Michigan. She also completed a fellowship at the LA County-USC Medical Center in Los Angeles.

Reid Kruger, 45, was born in 1976 in Glendale, California, and grew up in South Pasadena. She attended the private day school, Polytechnic School, in Pasadena, before earning a BA, magna cum laude, from Harvard University. In high school, she displayed an interest in

(CONTINUED ON PAGE 6)

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Latest data from Numbeo shows it is 46.4 percent more expensive to

live there than NYC. It means that on an average, rents are 23% more expensive than in New York City while grocery is 46 percent more expensive. Eating out is also 59 percent more expensive. Bermuda ranked as the most expensive of all countries in the Caribbean surveyed. The lowest was the

GRENADA

BERMUDA

The recently formed, The Grenada Movement (TGM), political party, said it will not be participating in the next general

Dominican Republic which is

ranked at 41 percent.

election constitutionally due by 2023, but widely expected to be held before that deadline

the Medical Center at Elizabeth

Regional Caribbean News Round Up

Place in Ohio and a residency

In a statement, the party, headed by Dr. Patrick Antoine, the former economic and trade policy advisor to the government and ambassador to the World Trade Organization (WTO), said that "after much consultation with our members and upon careful reflection, we announce that we will not participate in the upcoming election cycle.

The party said that it has also taken note of the public calls for more internal work to be done before "we are ready to offer ourselves for consideration to govern our state.

It said it would continue to advocate and to champion the issues such as poverty and the working poor, unemployment, and food and nutrition insecurity.

SURINAME

A judge has sentenced the former head of the legal department of the Central Bank of Suriname, (CBvS), Faranaaz Hausil, to three years in jail on corruption related charges. Judge Maytrie Kuldip Singh also imposed a fine of SRD\$100, 000 (One SRD=US\$0.04 cents) or a further 10 months in prison, while not imposing the four-year jail term as had been requested by the prosecution.

The judge also deducted the time she spent in prison awaiting trial, meaning that she will spend a little over a year in jail following the conviction.

Hausil, who was director of Legal, Compliance & International Affairs of the CBvS, has been in prison since August 2020 for what the authorities claim participating in a criminal organization that included co-defendants Robert-Gray van Trikt, the former CBvS governor, Gillmore Hoefdraad, former finance minister, and Ginmardo Kromosoeto, the former director of the Surinamese Postal Savings Bank.

The judge, in reducing the sentence, noted that Hausil has been a first-time offender.

ST. LUCIA

Police in St. Lucia has promised "a more comprehensive statement" within legal parameters, after it confirmed that a 16-yearold youth had been shot and killed during a police operation in the second town of Vieux Fort, on Jan.

Police said that Ajani Charlery was fatally wounded during the police operation, on Friday night and that the officers had been engaged in an operation to recapture a 17-year-old suspect wanted on robbery related charges.

The police said that an investigation has been launched into the circumstances surrounding the death, adding that "an imitation firearm was recovered.

- Rewritten from CMC & News AmericasNow.com







Caribbean Star Rihanna Steps Up For Climate Change

Two Caribbean organizations are among the winners of Rihanna's foundation's grants to tackle climate change in underserved communities.

Rihanna's Clara Lionel Foundation, (CLF), has committed \$15 million to 18 organizations working on climate justice across the U.S. and Caribbean in partnership with #StartSmall, Jack Dorsey's philanthropic initiative.

The Caribbean winners are the Caribbean Youth Environment Network, (CYEN) and The Caribbean Climate Justice Project.

CYEN is dedicated to improving the quality of life of Caribbean young people by facilitating their personal development and full involvement in environment and sustainable development. CYEN's work spans addressing youth unemployment, enriching climate resiliency, water resource management, notably their "Stay Alive and



Rihanna, who received Barbados' national hero status in November 2021, is also lending a hand to climate change.

Thrive" Climate Action campaign to raise public awareness about the urgent need to mitigate and adapt to climate change across the Caribbean and around the globe.

The Caribbean Climate Justice Project seeks to raise awareness and educate broadly on the threats to communities across the Caribbean caused by

climate change, and catalyze action on the necessary responses at the household, community, national and regional levels. The Caribbean Climate Justice Project's work spans over 20 countries, educating communities about the disproportionate impacts of climate change, advocating for systems change on a global scale, and networking to connect Caribbean communities and abroad to optimize impact and promote knowledge and resource sharing.

CLF was founded in 2012 by Robyn "Rihanna" Fenty in honor of her grandparents Clara and Lionel Braithwaite.

CLF is shifting how the world responds to natural disasters through emergency preparedness and community resilience projects.

- NewsAmericasNow.com



A Royal Caribbean Visit In The Works?

The Duke and Duchess of Cambridge, Prince Williams and Kate, are set for a Caribbean tour this March to mark the Queen's Platinum Jubilee this year, UK media is reporting.

Belize, where the Queen is head of state and where Prince William once trained with the Welsh Guards, is expected to be where the Royals visit for 4 days.

In November, Prince Charles visited Barbados for a ceremony to mark its historic decision to remove the Queen as head of state

The last high-profile Royal visit to Belize was made by Prince Harry in 2012 to mark the Queen's Diamond Jubilee The Belize trip might form part of a much wider Caribbean tour



The Duke and Duchess of Cambridge, Prince Williams and Kate, seen here with comfort dog Alfie, are set for a Caribbean tour this March. (Kensington Palace image)

taking in other Commonwealth nations such as St Kitts and Nevis, Jamaica, Turks and Caicos, Trinidad and Tobago, and St Lucia. Kensington Palace declined to comment, the Daily Mail reported.

- NewsAmericasNow.com







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The Most Corrupt Countries In The Caribbean?

The annual list of most corrupt countries is out, and one Caribbean country scored its lowest score since 2012 while another significantly declined in the last 10 years.

The 2021 Corruption Perceptions Index, (CPI), from Transparency International, released recently, says that Dominica scored its lowest score since the earliest comparable year of available data in 2012, as its corruption index fell to 55.

TI also says Saint Lucia significantly declined on the Index in the last 10 years, meaning it got more corrupt.

The Index is the most widely used global corruption ranking in the world. It measures how corrupt each country's public sector is perceived to be, according to experts and businesspeople. The CPI ranks 180 countries and territories by their perceived levels of public sector corruption on a scale of zero (highly corrupt) to 100 (very clean). A country's score is the perceived level of public sector corruption on a scale of 0-100, where 0 means highly corrupt and 100 means very

A country's rank is its position relative to the other



Photo: (corruption clip art) Credit: Transparency International

countries in the index. Ranks can change merely if the number of countries included in the index changes. The rank is therefore not as important as the score in terms of indicating the level of corruption in that country.

Haiti scored 20 and remained the most corrupt nation in the Caribbean, according to the CPI. Jamaica at 44, has been struggling for several years. It has made some progress – the establishment of the Major Organized Crime and Anti-Corruption Agency as an independent body, TI said, "and the corruption cases recently pursued by the Auditor General's Department are two

omen in Business

examples – but this comes alongside significant resistance to reforms from many politicians in the country."

The Dominican Republic scored 30 this year and leaves behind its lowest ratings obtained in 2019 and 2020. "A stronger Public Prosecutor's Office and Chamber of Accounts, along with the conviction and imprisonment of powerful political figures, have helped to improve perceptions of corruption. However, public institutions remain fragile," the report said. "The country needs to strengthen the transparency, integrity and accountability of these institutions to bring about

meaningful change. Otherwise, any progress made will quickly be lost."

The only Caribbean country to improve its score was Guyana which scored 39 on the index.

Here's Where The Caribbean Ranks:

- Barbados 29 as it scored 69 out of 100
- Bahamas 30 as it scored 64 out of 100
- Saint Vincent and the Grenadines – 36 as it scored 59 out of 100
- Saint Lucia 42 as it scored 56 out of 100
- Dominica 45 as it scored
 55 out of 100
- Grenada 52 as it scored 53 out of 100
- Cuba 64 as it scored 46 out of 100
- Jamaica 70, as it scored 44 out of 100.
- Trinidad and Tobago 82 as it scored 41 out of 100.
- Guyana 87 as it scored 39 out of 100
 Suriname – 87 as it scored
- 39 out of 100.

 Dominican Republic –
- 128 as it scored 30 out of a 100.
- Haiti ranked 164 as it scored 20 out of 100.

"The countries of the Americas are at a complete standstill in the fight against corruption. As corrupt leaders go after activists and consolidate power, the rights of the press, freedom of expression and freedom of association are under attack. Decisive action is needed

to reverse this trend, protect civil society, and defend human rights and democracy," said Delia Ferreira Rubio, Chair of Transparency International.

The 2021 Corruption
Perceptions Index (CPI) shows
that corruption levels remain
at a standstill worldwide,
with 86 per cent of countries
making little to no progress
in the last 10 years. The data
sources used to compile the CPI
specifically cover the following
manifestations of public sector
corruption:

- Bribery
- Diversion of public funds
- Officials using their public office for private gain without facing consequences
- Ability of governments to contain corruption in the public sector
- Excessive red tape in the public sector which may increase opportunities for corruption
- Nepotistic appointments in the civil service
- Laws ensuring that public officials must disclose their finances and potential conflicts of interest
- Legal protection for people who report cases of bribery and corruption
- State capture by narrow vested interests
- Access to information on public affairs/government activities.
- NewsAmericasNow.com



Possible Supreme Court Nominee Has Caribbean Roots

(CONTINUED FROM PAGE 4)

journalism and was the editor of her school's newspaper. She wrote for the Harvard University daily student newspaper, the Crimson, during her time there, and after graduating from Harvard, attended Yale Law School, where she earned her Juris Doctor degree. While at Yale, she was the editor of the Yale Law Journal.

In 1999, Kruger was an intern at the US Attorney's office in Los Angeles, California, and in 2000, worked for the summer at Munger, Tolles & Olson. She then worked as an associate at Jenner & Block from 2001 to 2002 prior to serving as a law clerk from 2002 to 2003 for Judge David Tatel on the United States Court of Appeals for the District of Columbia Circuit. She went on to clerk for US Supreme Court Justice John Paul Stevens from 2003 to 2004. From 2004 to 2006, she worked in Washington DC as an associate at Wilmer, Cutler, Pickering, Hale, and served as a visiting assistant professor

at the University of Chicago Law School in 2007. Kruger went into private practice and was a professor. From 2010 to 2011, Kruger served as acting Principal Deputy Solicitor General of the US from 2007 to 2013, arguing 12 cases before the US Supreme Court, including with the defense of the Affordable Care Act. She also worked in the Office of Legal Counsel. She was appointed to a seat on the Supreme Court of California in 2014 by then-Governor Jerry Brown and was sworn in on January 5, 2015.

Kruger is married to Brian Hauck, a partner at Jenner & Block in San Francisco. The couple have two children.

There have been only two Black Supreme Court Justices to date, and both of them were men. Clarence Thomas was appointed in 1991 and still sits on the Court. Thurgood Marshal retired in 1991 and died in 1993.

- NewsAmericasNow.com





In March, Caribbean Today will spotlight Successful Women In Business. Join Caribbean Today as we showcase these hard-working women who have left their mark on the business community in South Florida. If you would like to nominate someone, please send your

nominees to peter.webley@caribbeantoday.com or editor@caribbeantoday.com

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Bill To Increase Tenant Safety In Virginia Named After Murdered Caribbean American, South Florida Teen

A Virginia state representative has named a bill introduced to improve tenant safety in apartment buildings in Virginia, after a Caribbean American teen murdered last year in Florida.

Delegate Candi Mundon King has filed HB 160 to create 'Miya's Law,' named after Caribbean American, Florida native, Miya Marcano, who was killed by a maintenance worker at the Arden Villas apartment complex in Orlando, Fl where she lived, worked and likely died.

When I learned of Miya Marcano's story, like many across our country and across the world, my family and I prayed for Miya's safe return. As a mom, aunt, sister, friend, the story of Miya's tragic end touched me deeply, and that's why I have introduced this bill here in Virginia because no person should feel unsafe in their home," said King in a statement. "More could have been done to protect Miya and I stand in support of her family to ensure other young women and apartment tenants receive the protection they deserve from potentially violent individuals.'

'Miya's Law' requires a landlord to conduct background screening for all apartment employees. The background screening must include a national screening of criminal history records and sexual predator and sexual offender registries. The screening would specifically include criminal offenses



Miya Marcano could live on forever with Miya's Law.

involving violent crimes. The bill also requires landlords to establish written policies and procedures for the storage and management of master keys and other electronic keys to ensure former employees or unauthorized users can no longer access them.

Delegate Mundon King said she's had several meetings with apartment organizations, Democrat and Republican colleagues, and other stakeholders in an effort to gain broad support for the bill.

"It's important to me that the work is done to help relevant decision-makers understand the importance of Miya's Law and the role they can play in keeping our communities safe. As lawmakers, we can pass legislation, but buy-in from businesses and management associations is crucial to ensuring what happened to Miya, doesn't happen to others," King said.

'My daughter's legacy

continues as she is fighting with us to protect others. This is something she did in life and although our hearts will forever be shattered, we know that protecting and fighting for others is something that Miya would want us to do," commented Miya's mother, Yma Scarbriel, who is also a Board Member of the Miya Marcano Foundation.

'We are extremely thankful for the support surrounding Miya's Law," said Miya's father, says Marlon Marcano, who is also a Board Member of the Miya Marcano Foundation. "My daughter's untimely death is one that I still can't accept fully, however, knowing that her death will be the catalyst to protect so many, brings me some comfort. Thank you to everyone, especially Delegate Candi Mundon King for bringing Miya's Law forward in the House of Representatives within the State of VA.3

Delegate Mundon King introduced the bill recently and it has been referred to the General Laws Committee. If the bill passes the General Laws Committee, it will head to the full House of Delegates for a vote.

To learn more about Miya's Law and the Miya Marcano Foundation, please visit miyamarcanofdn.com

NewsAmericasNow.com



Police Officers Murdered In NYC Were Both Of Caribbean Heritage





Caribbean American Officer Jason Rivera, 22, (l.), and Dominican Republic-born Officer Wilbert Mora, 27, (r.) were both shot on Jan. 21, 2022 in NYC.

The murder of two police officers in New York City, that has shaken the Big Apple and pushed its new mayor to introduce tougher rules to fight gun violence, were both of Caribbean heritage.

Caribbean American Officer Jason Rivera, 22, and Dominican Republic-born Officer Wilbert Mora, 27, were both shot on Jan. 21st, after they were called to a Harlem apartment by a woman who said she needed help with her adult son. Lashawn J. McNeil threw open a bedroom door and shot the officers as they walked down a narrow hall, authorities said.

A third officer, Indian American Sumit Sulan, a rookie who was shadowing Mora and Rivera — shot McNeil as he tried to flee. The gunman, 47, died Monday, Jan. 25th,

authorities said.

Rivera died the same day, Jan. 22nd and was laid to rest following a massive funeral service on Friday, Jan. 28th at St. Patrick's Cathedral in Manhattan.

Mora's funeral arrangements have not been announced.

Rivera's funeral is scheduled for Friday at St. Patrick's Cathedral in Manhattan, with a viewing planned Thursday at the church.

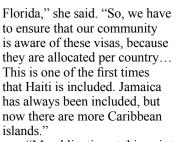
Mora, 27, was taken off life support on Jan. 26th at a Manhattan hospital, four days after he was shot.

A viewing service and a funeral service for Officer Mora was held at St. Patrick's Cathedral on Feb. 2nd.

- Rewritten from NewsAmericasNow.com



From Conviction To Congress...



(CONTINUED FROM PAGE 3)

"My obligation at this point is to let our district know that this is an opportunity to unite families," Congresswoman Cherfilus-McCormick added. "And also for our small businesses to know that this is a real option that we need to exercise now, because that's how we continue to have the partnerships with the Caribbean. That's how we consistently have the cultural competency."

PRECEDENT

While immigration policy reform is a major focus for Congresswoman Cherfilus-McCormick, she says she will also be addressing Haiti's problems as part of an international strategy.

She explained that Haiti has a lot of issues with infrastructure, security, and a government that is being eroded which has led



Sheila Cherfilus-McCormick, 2nd from r., is sworn in as the first Haitian American congressional representative from Florida by Speaker Nancy Pelosi on Jan. 18, 2022. (CSPAN image)

to various countries and NGOs coming to help. But there are still real obstacles.

"We have to be in a position where we're encouraging stability, and that starts with a fact-finding mission," said the new congresswoman. "We go and take a look, not just with the US but some other leaders, especially Haitian Americans, who are sustaining the economy in Haiti. So, we need to have more Haitian American organizations, or even more Caribbean organizations that really have a heart for the

success of the community."

There is a precedent for this,

"There's certain money that's spent in Israel that has to be used with contractors in the US. Those contractors in the US more than likely are Jewish, they are Israeli. So, you see the productivity, they both have the same mission to make it work," said Cherfilus-McCormick.

'So, if we have this precedent in how they treat Israel and how they use the money, why not do it in the whole Caribbean with the people

who have a heart for the island, the people who have a stake in it? Israel is definitely a priority. So why not the Caribbean? And we've been loyal, we've been very loyal," the congresswoman stressed.

CONSTITUENTS

Her proposal to help her district out of poverty and maintain stability continues with her People's Prosperity Plan, that seeks to give \$1,000 per month to families making less than \$75,000 per year.

And even though people say it is progressive, Cherfilus-McCormick said it's nothing

Her colleague Congresswoman Ilhan Omar proposed a similar stimulus package but at \$1,200 per month. An identical plan has also come out of California, proposing \$1,000 per struggling family. Child tax credits is another such program, helping families fight poverty.

So, how will Cherfilus-McCormick get her program through?

'One way is through passing legislation," she told CT. "The second way is what we see going on throughout the entire country. There are pilot programs that are spearheaded by the municipalities and cities, the states. And what they're doing is similar to mine. They are now using their discretionary funding, federal funding for these programs."

Healthcare is another problem at the root of America's social disparity said Cherfilus-McCormick.

'Healthcare has always been tied to your job, better jobs. And a lot of those jobs aren't open or available for us," she added, while noting that there will never be just one type of healthcare, there must be options for those who fall outside of the norm

While she has already loaded up her plate, this new congresswoman is prepared to go to battle for her community and not simply be content with being a history maker on paper.

"You meet the needs of the people, and you do whatever it takes to get there. You dream big and fight for it," she said.



Democracy In Barbados Now Fully Entrusted To Mia

BY SIR RONALD SANDERS

Rejecting the accusations of bullying and despotism that were levelled at Mia Mottley, the overwhelming majority of the electorate of Barbados returned her and her Barbados Labour Party, (BLP), to government for a second consecutive term at general elections held on January 19th.

But not only did the majority demonstrate their confidence in her, but they returned her to office unanimously. As occurred in the general elections of 2018, they gave her and the BLP every seat in the 30-member House of Representatives.

This result also put to rest any allegations that the majority of the people of Barbados are unhappy about their country becoming a Republic. If this unhappiness existed, the general election was the time to demonstrate it by voting against Mottley. That did not happen.

While the Constitution of Barbados does not require a referendum, it may be that many persons might have been unhappy that one was not held to allow them to vote on the matter, but any discontent was clearly not profound enough to cause the majority not to support her.

And, make no mistake about it, the January 19, 2022 general election was most definitely about Mia Mottley's leadership. The BLP campaign placed her front and center of the elections contest, declaring "Safer with Mia" as

its principal slogan. The main opposition, Democratic Labour Party, (DLP), also made her leadership style the target of their crusade.

So, if the elections were a judgment by the people of Barbados on Mottley's stewardship of the country's affairs, it should now be obvious to all, except the disgruntled leadership of opposition parties, that the majority of the electorate are satisfied with her performance.

On the issues that mattered to the Barbadian people when Mottley was elected in 2018, she and her government tackled them successfully in the 3 years and 8 months they held office. These included: overflowing sewage on the South Coast of the island; poor commuter service because of insufficient buses; inadequate garbage collection resulting from an inadequacy of collection trucks; poor and deteriorating water supply; disrepair of roads; and decline in foreign reserves necessary to cover imports of goods, including food.

She inherited these issues from the government of her predecessor, Freundel Stuart. He undermined the chances of his Democratic Labour Party in the January 19th general elections by declaring its 10-year period in office, between 2008 to 2018, mostly under his leadership, as "glorious." The electorate manifestly did not agree with him in 2018, nor in 2022.

As for restoring respect for the country in the international



Re-elected Barbados Prime Minister Mia Mottley speaking to supporters in the early hours after her BLP won all 30 seats in the general elections. (Screen Grab)

community, very few would dispute that Mia Mottley quickly established high regard for Barbados that redounded to the benefit of the country's image. She has been fearless in her representation of the rights of small states and her advocacy for attention to their interests.

While at the time of writing the official figures are not available, it seems that the turnout at the poll for the January 19 elections was low – possibly around 45%. At the 2018 elections, the voter turnout was 60%, and the average between 2003 to 2018 was 63.9%. Three things could have accounted for the smallness of the poll, among them: fear by older citizens of contracting the COVID-19 virus; conviction by traditional DLP supporters that their hastily assembled

team, including those who were rejected in 2018, was not electable; and some disaffection by BLP supporters.

Whatever the reason for the low poll, Mia Mottley and the BLP won all 30 seats in the House of Representatives for a second time, and they did so democratically in a transparent process. The Prime Minister and her government now have a mandate to implement the programs and policies detailed in the manifesto they presented to the Barbados people.

One of the accepted principles of democracy is "a belief in shared power: based on a suspicion of concentrated power (whether by individuals, groups or governments)". In the absence of an official opposition in the parliament of Barbados, power of government has been concentrated in Prime Minister Mottley and the BLP.

The prime minister and her government have to be acutely aware that the majority of the electorate of Barbados have trusted them with the proper stewardship of the nation's affairs. Given this great trust that has been placed in them, they now have an obligation to consult widely and deeply with representative bodies, including the private sector, trade unions and specialist nongovernmental organizations in their administration of the affairs of the Barbadian people.

Such proper stewardship requires the inclusion of all in the society to equal opportunity;

openness in listening to the views of groups and taking account of their positions; and structured machinery for frank discourse.

The Prime Minister and her government have a great chance to demonstrate to the people of Barbados – and the world – that democracy and democratic principles can be deliberately and thoughtfully upheld and strengthened, particularly when the electorate has entrusted them so fulsomely with the power of government.

In accomplishing this, Mia Mottley can win another 'first' among all the other firsts that she has already attained as a warrior for people's rights and a champion of democracy.

EDITOR'S NOTE: Sir Ronald Sanders is Antigua and Barbuda's Ambassador to the United States and the OAS. He is a Senior Fellow at the Institute of Commonwealth Studies, University of London and Massey College in the University of Toronto. The views expressed are his own.

- CMC





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Saluting The Lives Of Two Caribbean Compatriots

BY BEVAN SPRINGER

The Caribbean American community recently lost two distinguished members: the Reverend Colin Moore, lawyer, professor, editor and civil rights activist; and Ron Bobb-Semple, an accomplished actor and broadcaster.

I met these two proud sons of Guyana during my broadcast career in New York City and journeyed with them both to our beloved Caribbean to attend sessions of the Caribbean Media Exchange (CMEx) on Sustainable Tourism, where we connected tourism officials, journalists, young people and preeminent members of our rich and diverse diaspora to discuss the future of the region's bread earner.

Colin always impressed with his ability to apply his expertise on law and politics to issues affecting the region on shows I hosted on 1190 AM WLIB Radio. He was particularly eloquent and persuasive on the need for marketers of the Caribbean to recognize the often-overlooked potential of diverse audiences, such as the African American and Caribbean American communities.

He was a vocal advocate of unshackling Caribbean people from a colonial vestigial mentality which tended to favor non-nationals, and argued the importance of hiring



An artist's impression of Reverend Colin Moore and Ron Bobb-Semple. (Abdul Wahid: Marketplace Excellence)

regionally-owned companies and native Caribbean resources in key economic sectors. It was Colin, and others of his progressive ilk, who helped fuel and sharpen my vision to see my own company, Marketplace Excellence, become the first Black-owned national public relations agency of record for the United States Virgin Islands Department of Tourism.

Colin personified a dogged perseverance and kept active while suffering the ill-effects of a stroke experienced while in the operating theater. Discharged from hospital, he quickly resumed his active participation in my radio program, asserting that debate, discussion, and remaining "intellectually active" provided the most effective therapy for his disability.

And wherever Colin went,

his lovely, virtuous and immensely patient wife Ela was always by his side, displaying her undying love and care of this Caribbean champion.

Later, I was honored to have played a small part in recommending Colin's reinstatement to the practice of law in October 2012 after a traumatic period of his life, where a three-year suspension turned into an 18-year exile from the legal profession.

Upon learning of the judgment, Colin wrote his friends: "Your moral support has given me the inspiration to persevere and prevail. I have kept in mind the words of the Almighty to Joshua: 'Be strong and of good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee, whithersoever thou goest. Joshua 1:9-10."

Ron Bobb-Semple, a thespian and broadcaster, kept the name, spirit, ideologies and philosophies of Jamaica's first National Hero Marcus Mosiah Garvey alive for decades with his one-man cultural and educational presentation 'The Spirit of Marcus Garvey'. His stimulating renditions were featured in Africa, Europe, the Caribbean, Central America and throughout the United States. Through the years, Ron always maintained his characteristically cheerful disposition.

Ron launched his professional theatrical career at the Theatre Guild in Guyana in 1969, and I reached out to him about a year ago to headline a Black History Month segment for the Marketplace Excellence Caribbean Report. As usual, his professionalism provided a most impactful presentation, and the response from our viewers confirmed the excellence and relevance of Ron's message. As I reflect on the lives of these incredible West Indian men, I am inspired by the following scripture: "Adorn yourself with eminence and dignity, And clothe yourself with honor and majesty. Job 40:10."

Colin Moore and Ron Bobb-Semple: The Caribbean owes you both a debt of gratitude for your lives and how generously and productively you lived them. You both personified compassion in action, and the impact of your service to your community will live on as you take a well-deserved rest in the warm embrace of your Savior.

May you both rest in peace.

EDITOR'S NOTE: Bevan Springer is the President of Marketplace Excellence Corporation and Caribbean Media Exchange, Inc.

- NewsAmericasNow.com





Emotional Stress Disorder



What can be more stressful than emotional crosses? This can be almost anything - a bad childhood, an abusive relationship, a horrible time at school, or even a series of

bad romantic

experiences.



TONY **ROBINSON**

All of these events can adversely affect someone, and what they do as a result can impact negatively on their lives and on the lives of others.

PTSD is short for Post Traumatic Stress Disorder and is usually attributed to military personnel. It's become quite a popular term nowadays, especially in the USA, where soldiers, after serving tours of duty and experiencing the horrors of war, return home and freak out, get depressed, and often commit their own horrors as they shoot up people and places.

The research says that signs of PTSD can range from flashbacks to nightmares, panic attacks, to eating disorders and cognitive delays to lowered verbal memory capacity. Many trauma survivors also encounter substance abuse issues as they attempt to self medicate.

It's not only war veterans who suffer from this malady, but regular people who experience emotional turmoil too. They shoot up the place, create mayhem, have severe mood swings and are suicidal.

Some women who experienced physical abuse in a prior relationship will often miss the battering and brutality, as they saw it as the norm. They may now wonder how come their current spouse doesn't enjoy the thrill of conflict. "Cho, this man too calm and soff, I need a little

excitement in my life, likkle cussing, likkle screaming, war."

For this very same reason, some soldiers keep re-enlisting, going back to the battlefield, as they cannot cope with civilian life that they find so boring. So it is with regular people too, as they seek out the very same conflict that they suffered from

Men suffer from this too and will usually seek out the same type of woman that made their lives a living hell. "How come he always end up with women who always cuss and create crosses? He's suffering from Emotional PTSD and miss the conflict and excitement."

Many husbands exhibit the symptoms of Emotional PTSD, as they walk and talk about how their wives treat them and also turn to substance abuse to self medicate their condition. Many men are notorious for drowning their sorrows in alcohol as they suffer from Emotional PTSD and don't even know it.

Back to the females who suffer from Emotional PTSD, who at times will accuse their current man of having no guts, no backbone, just because he refuses to go to battle with her. "Say sumpting, do sumpting, don't just sit there and remain calm like you're made of ice, I dare you to hit me."

There are those who suffered severely from past relationships, yet refuse to get involved with or marry a man who appears to be too calm and accommodating. "I know that my ex used to beat me, but at least I know that he cared, and I miss that feeling."

There are men who also miss the thrill of being cheated on. As bizarre as it may sound, it does happen, as those men spent their entire lives tracking. pursuing, trailing, snooping on

(CONTINUED ON PAGE 10)

Black Immigrants Could Double By 2060, But Will They?

The latest data from Pew Research Center's analysis of 2019 U.S. Census Bureau data, makes a bold prediction about Black immigrants in the US.

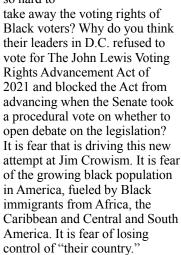
According to the study, roughly 4.6 million, or one-inten, Black people in the U.S. were born in a different country as of 2019, up from 3% in 1980. But the shocking forecast by the Census is that by 2060, that number could increase to 9.5 million, or more than double the current level.

Further, the Black immigrant population is also projected to outpace the U.S.born Black population in growth. While both groups are increasing in number, the foreign-born population is projected to grow by 90% between 2020 and 2060, while the U.S.-born population is expected to grow 29% over the same time span.

Think about both facts for a second. Then listen. Can you hear the sound of fear rising in the right-wing ranks at the blackening of America? It's terrifying for the Trumpetos of the world and their oaf like

It is so frightening that the GOP and their supporters are working overtime to tamp down on what they see as the taking over of "their country.

Why do you think their leaders across the country are working so hard to



FELICIA J.

PERSAUD

It is why they strive so hard to tamp down on immigration to the US and to use the hot button issue to enflame their base. To prevent the 2060 prediction from becoming a reality. It is why

they tried so hard to not count immigrants and ensure they scared off the undocumented from counting in the 2020 census.

This fear is manifesting across the country as race hate. Recently in New York, Liz Edelkind, who migrated here from the Dominican Republic, and her husband and son, were verbally abused by a White Long Island couple on a New York Long Island Railroad train.

Edelkind was traveling on the train with her husband, 10-year-old son and two others, when the couple - later identified as Justin Likerman, of Ronkonoma, and Kristin Digesaro, of Huntington threw a beer at the family and screamed: "Look straight! Don't f***ing look at me! I'm going to get arrested tonight!' 'I know it's not worth it, but these f***ing foreigners are taking over my f***ing country!"

The two have since been arrested and are facing charges of aggravated harassment as a hate crime and child endangerment. Additionally, the pair were fired from their positions at Empire

(CONTINUED ON PAGE 10)



Heart disease is the leading cause of death in the United States. With the heart, immediate treatment can lessen the damage and having access to a specialized cardiac team

See a doctor if you have these symptoms:

- Feelings of indigestion or heartburn, any discomfort, pressure, aching, burning, or squeezing or chest pain
- · Shortness of breath
- Palpitations irregular heartbeats or a "flip-flop" feeling in your chest
- An elevated heartbeat
- · Weakness or dizziness, nausea or sweating
- · Pain in the shoulders, arms, neck, throat, jaw or back

If any of the above symptoms last five minutes or longer call 911 immediately.

5 Other Heart Conditions to Watch:

Heart Failure: occurs when the heart isn't pumping as strongly as it should. Symptoms include shortness of breath and swelling.

Arrhythmia: occurs when the heart beats out of rhythm. If untreated, arrhythmia can lead to stroke, heart failure or cardiac arrest.

Coronary Artery Disease: occurs when not enough oxygen rich blood is delivered to the heart. Symptoms can vary and many experience

Cardiomyopathy: reduces the heart muscle's ability to pump blood. Symptoms include irregular heartbeat, shortness of breath, exhaustion, ankle and legs swelling or fainting.

Heart Valve Disease: occurs when one or more of the valves doesn't work properly. Symptoms include unusual heartbeat, fatigue, shortness of breath and swelling of the lower extremities.

A multidisciplinary approach in cardiac care is key. For more information, visit BrowardHealth.org/CardiacCare or call **954.759.7500**.



Whither The Caribbean?

BY BASIL SPRINGER

There has been a plethora of comments in the media following the outcome of the Barbados general election. Of great concern are: (1): periods of no opposition may pose a debilitating threat to democracy; (2): views of non-Barbados Labour Party (BLP) voters may not be voiced in parliament; and (3): the lack of formal political party training inhibits solid party growth.

The impact of all this on Caribbean leadership, financial security, life, growth and sustainability, through workforce development, has seamlessly broadened my focus to "Whither the Caribbean?"

Specific suggestions to mitigate the threat to democracy and give voice to non-BLP voters include: (1): an election system which combines first-past-the-post with proportional representation; (2): a BLP-elected member to resign from the party and become leader of the opposition and sacrificing his/her political career as was done in 2018; and (3): for legal minds to interpret the constitution in such a way as to accommodate Prime Minister

Mia Mottley's proposal to appoint opposition members of the Democratic Labour Party (DLP), the party with the next highest percentage of votes cast, to the two senate seats that are provided for the opposition in the constitution.

In the context of political party training, a female British reader who spends four months a year in Barbados, shared as follows: "I liked your article on Mia's triumph. I myself have thought for some time that the weakness in Barbadian leadership stems from the lack of people who have had university education abroad.

"The first generations did, and even if it was left wing study at the London School of Economics, it gave them a world view and perspective which is now lacking. West Indians talking to each other at UWI is no substitute for getting out of their own warm bath and seeing how things operate, or fail to, in other countries.

"If I had the means and influence, I would be sponsoring scholarships in politics, governance, and economics in the U.K. and scattering this in different universities."

Last week I was



Dr. Jean Holder who was at CTO's helm as secretary general until 2004 and is credited with changing the course of Caribbean tourism passed away recently at age 85.

interviewed by a team of Jamaican consultants who were undertaking a human resource development (HRD) audit for the Caribbean Tourism Organization, (CTO).

I summarized my contribution by stating that that the future of the Caribbean will be secured if we nurture strong public and private sector leaders, with problem-solving skills, complemented by appropriately skilled professionals at all levels.

Prime Minister Mottley is a contemporary example of exemplary problem-solving

leadership, but can she design a disruptive way of representing the Caribbean globally to the mutual benefit of all Caribbean counties?

Another example of what the Caribbean must continue to produce has been articulated in the tributes to celebrate the life of my friend Jean Holder, who has made significant diverse contributions to Caribbean development over many decades.

By way of a personal tribute our paths only crossed marginally at Harrison College in the 1950s. We met again

in 1963 when he was in the Eastern Caribbean Commission in London. He was instrumental in arranging for my admission to the statistics department at the University of Wales (Aberystwyth), which turned out to be an excellent choice to pursue my master's degree. Our families became friends when I was in London pursuing further studies.

Professionally, Jean engaged me as a consultant in Barbados when he headed the Caribbean Tourism Research and Development Centre, the predecessor organization to CTO.

As a family friend and professional colleague, may I offer condolences on his passing to his loved ones. May he rest in peace!

EDITOR'S NOTE: Dr. Basil Springer GCM is a Change-Engine Consultant. His email address is: basilgf@ marketplaceexcellence.com. His columns may be found at www. nothingbeatsbusiness.com/basilspringer-column/ and on www. facebook.com/basilgf.



Black Immigrants Could Double By 2060, But Will They?

(CONTINUED FROM PAGE 9)
Toyota of Huntington after the

dealership was made aware of the incident.

This was a good ending to an ugly situation, but it is fear manifesting as hate at the fact that Black immigrants are helping Black America become a force to be reckoned with, and many want to ensure there are put back in their "place" or "go back where they come from."

Neither is going to happen,

so "oaf keepers," prepare for the beautiful darkening of America and 2060.

- The writer is publisher of NewsAmericasNow



Celebrating Black History Month WYCE are the change that we seek. President Barack Obama

Emotional Stress Disorder

(CONTINUED FROM PAGE 9) their wives.

But back to those women who constantly return to the scene of the conflict. Some of them claim to be victims, but actually continue to have a long term relationship with the man. Were some of these women drawn to the emotional excitement?

Emotional PTSD is real, and many are suffering from

it without even knowing that they are. Do you exhibit these symptoms, mood swings, sudden outbursts of anger, excessive drinking, suicidal thoughts, resentment of the opposite sex? Then maybe you are a victim of Emotional Stress.

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







BLACK HISTORY MONTH

One Of Jamaica's Leading Psychiatrists Remembers The **Visit Of MLK To Jamaica**

BY HOWARD CAMPBELL

Just 36 years-old when he visited Jamaica in June 1965 Dr. Martin Luther King Jr. was preceded by a gargantuan reputation. Leader of the Civil Rights Movement in the United States, his message of nonviolence and love of enemy were pillars of his landmark speech in Washington DC in August 1961. He earned the Nobel Peace Prize in 1964.

King spent 10 days in Jamaica in the summer of 1965. At one of his designated stops, he addressed the graduating class of the University of the West Indies (UWI) at the institution's Assembly Hall in Kingston. His speech was titled, 'Facing The Challenge of A New Age.

Dr. King's speech touched largely on social imbalance and poverty in countries like India where he and his wife visited. He also spoke about the challenges of colonialism and the growing independence surge

national backgrounds: Chinese, Indians, so-called Negroes, and you can just go down the line, Europeans, European and people from many, many nations," he noted. "Do you know they all live there and they have a motto in Jamaica, 'Out of many people, one people.' And they

say, 'Here in Jamaica we are not Chinese, we are not Japanese, we are not Indians, we are not Negroes, we are not Englishmen, we are not Canadians. But we are all one big family of Jamaicans."

Allen was on staff at the UWI on April 4, 1968, when

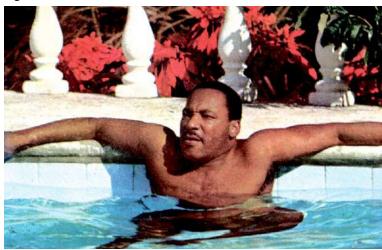
he got news that Dr. King was assassinated in Memphis, Tennessee.

'That was shocking. There was a great sense of loss," he reminisced as the US marks another Black History Month.





Dr. E Anthony Allen



Dr. Martin Luther King Jr. visiting Jamaica in 1965. (Twitter/JAG Production VT image)

Dr. E. Anthony Allen, one of Jamaica's leading psychiatrists and then a student at UWI at the time, helped organize the June 20th event, which attracted a full house.

As a member of the school's Chapel Management Committee, then then 22-yearold Allen coordinated with the Jamaican government to arrange Dr. King's visit. The American Baptist arrived in the island with an entourage that included his wife, Coretta.

Jamaica had gained independence three years earlier but was still feeling the pangs of British colonialism. Getting Dr. King to address students eager to establish a new Caribbean identity, was a major achievement.

'He had made a signal contribution to the world at the time. I felt it was right for Jamaica to have someone like him in Jamaica at that time," Allen recalled to Caribbean Today recently.

Born in Kingston, Allen was a devout Christian with strong anti-colonial beliefs. He also empathized with Jamaican blacks who, despite being the overwhelming majority, were often treated as second-class citizens.

"We have seen this magnificent drama of independence taking place on the stage of Asian and African history, and in the Caribbean area, and it reveals to us that the old order of colonialism is passing away. The new order of freedom.... political independence and human dignity is coming into being," said Dr. King at the time.

Allen remembered the atmosphere in the hall vividly.

"It was tremendous. The Assembly Hall was packed and when he spoke you could hear a pin drop. Everybody was literally hanging on to his words. He spoke for about 40 minutes without any notes," he told CT

Dr. Martin Luther King's visit to the University of the West Indies is chronicled at the school's museum.

In a speech after his visit, Dr. King described Jamaica as "the most beautiful island in the world". He was struck by how people of different races cohabited, unlike the United States where the racism he fought against, was embedded.

"And so, for those days we travelled all over Jamaica. And over and over again I was impressed by one thing. Here you have people from many





MiramarFL.gov/BlackHistoryMonth @CityofMiramar

SATURDAY, FEB. 26 | Miramar Amphitheater

7-11pm | Hosted by Commissioner Alexandra P. Davis





HISTORY MONTH

www.caribbeantoday.com

5 Caribbean Nationals In US Black History You Should Know

It's Black History Month in the US and as has now become a norm – lost in the shuffle – is that significant contribution of Caribbean nationals in the annals of US' black history. Here are five you should know:

THE BAHAMAS **Bert Williams**



One of the pre-eminent entertainers of the Vaudeville era and one of the most popular comedians for all audiences of his time, Bert Williams, was born in Nassau, Bahamas in 1874. At the age of 11, Bert permanently emigrated with his parents, moving to Florida. The family later moved to Riverside, California, where he graduated from Riverside High School. He would go on to become by far the best-selling black recording artist before 1920. In 1918, the New York Dramatic Mirror called Williams "one of the great comedians of the world." In an age when racial inequality and stereotyping were commonplace, he became the first black American to take a lead role on the Broadway stage, and did

much to push back racial barriers during his three-decade-long career.

Estelle Rolle Evans

Estelle Rolle Evans was a Bahamian born actress during the 20th century. Some of her most famous appearances were in the movies The Quiet One (1948), To Kill a Mockingbird (1962), and The Learning Tree (1969). Evans was born in Nassau, New Providence, The Bahamas in 1906, to parents Jonathan and Elizabeth Iris Rolle (née Dames). She was the oldest of eighteen children. Evans died on July 20, 1985, in New York City at age 78.

Rosanna Rolle Carter

Rosanna Rolle Carter, who during the Harlem Renaissance. acted at the New Lafayette Theater as one of the Lafayette Players and later in The Brother from Another Planet, a wellreviewed 1984 film described as a science fiction fairy tale with a slavery plot, was born in New Providence, Bahamas in 1918. Carter received an AUDELCO award in 1977 for her work as a supporting actress in the play, Unfinished Women and was nominated for an Emmy Award as Outstanding Guest Actress in a Drama Series in I'll Fly Away in 1993. She died at age 98 in Pompano Beach, Florida.

Father John Edwin Culmer

Father John Edwin Culmer was a minister and leader during the Civil Rights Movement, most notable for his work in Miami, Florida, United States. Father Culmer was born in 1891 in Eleuthera, Bahamas

before migrating as many Bahamians did, to Florida . He attended Oskaloosa College, where he received a B.A. in music and later a bachelor of divinity degree from Bishop Payne Divinity School. He has also received honorary doctorates from Bethune-Cookman College and the Virginia Theological Seminary. After leading a ministry in Tampa, in 1929, Culmer was transferred to the Saint Agnes Church in Miami where he helped the poorly established church become one of the most acclaimed congregations in the American South. During his tenure as minister, he also served on the Dade County Senior

Citizens Board, and headed Miami's Peaceful Integration committee. Culmer also was chairman of the Fact-Finding Committee of the Greater Miami Negro Civic League, where he brought national attention to the deplorable housing and sanitation conditions of African Americans in Miami. This led to the building of the Liberty Square housing project, which opened in 1937. Father Culmer died on June 18, 1963. The Culmer Metrorail station, just northeast of the Spring Garden neighborhood of Miami, Florida, is named in his honor.

BARBADOS Frank L. White

Barbados-born Frank L. White was a professional chef best known as the model for the fictional breakfast chef, often identified as "Rastus" on the boxes of Cream of Wheat breakfast cereal. White immigrated to the U.S. in 1875, where he became a citizen in 1890. He was working as a master chef at a Chicago restaurant at the time he was photographed for the cereal box in 1900. He died at age 70 in Leslie, Michigan and is buried at Woodlawn Cemetery in Leslie.

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Check Out These Black History Month Events In South Florida

Throughout South Florida, there is a number of events to check out, all month.

ALL FEBRUARY

Check out '60 Years of Black Art: Works by Dillard Center for The Arts' AP students all month. The exhibit represents themes of equality from the perspective of students at the school that was instrumental in overturning segregation laws in the City of Fort Lauderdale 51 years ago.

The exhibit can be seen at the New River Inn building of History Fort Lauderdale, 231 SW Second Ave. daily from 10 a.m. to 4 p.m., with docent guided tours daily at 1, 2 and 3 p.m. Admission is \$15 for adults; \$12 for seniors and \$7 for students (through age 22 with a valid student ID). Admission is free for members, military and children 6 and under. For information, call 954-463-4431 or visit historyfortlauderdale.org.

FEB. 12

Catch the inauguration of 'Immortalizing a New Generation" exhibit, featuring photographs by Regis and Kahran Bethencourt on Feb. 12th from 1-3 p.m. Sponsored by the Miami-Dade County Black Affairs Advisory Board Heritage Planning Committee & The Historic Hampton House; the event is set for 4240 NW 27th Ave., Miami. Call 305-638-5800 or 305-375-4606 or visit www. historichamptonhouse.org.

Also on Feb. 12th, catch The Shrine: Afrobeats, Kompa and Caribbean Vibes from 9 p.m.-2 a.m. at Red Rooster Overtown, 920 NW Second Ave., Miami. Free tickets with registration at https:// www.eventbrite.com/e/theshrine-tickets

FEB. 19

Catch 'Black Is Black Ain't,' a Ghetto Conscious Exhibition celebrating independent local Black authors. The event pays homage to "Black Is Black Ain't," a documentary released in 1995 by Marlon Riggs and is presented free, by E.A.T.N. and Miami-Dade County from noon to 3 p.m. at St. Thomas University, 16401 NW 37th Ave., Miami Gardens.

FEB. 24

Be part of the free Reggae Icon Awards 2022 as Black History Meets Reggae from 6:30-10:30 p.m. at the Miramar **Cultural Center Banquet** Hall, 2400 Civic Center Pl., Miramar. See more at https:// caribbeanriddims.com/event/ brunch/.

FEB. 25

The groundbreaking Alvin Ailey American Dance Theater returns with new and classic works, including founder Alvin Ailey's masterpiece, "Revelations," at 8 p.m. on Feb. 25th and through Feb. 26th at the Adrienne Arsht Center for the Performing Arts, 1300 Biscayne Blvd., Miami. Tickets are \$25-\$125.

FEB. 26

Catch the Afro Carib Festival with performances from reggae star Protoje, Afro B and EIX from **7-11 p.m.** at Miramar Regional Park Amphitheater, 16801 Miramar Pkwy., Miramar. Tickets at Ticketmaster are \$15-\$45. Parking is \$10.

Miramar Commissioner Alexandra P. Davis stated: "I am thrilled to be able to bring back this exciting festival under the stars at the Amphitheater at Miramar Regional



Grammy nominated, and contemporary Reggae superstar Protoje will perform in Miramar on Feb. 26th.

Park. The headliners have all made a mark in their respective genres. I can't wait to party with music lovers from all over in this great open-air venue. Guests will be able to immerse themselves in the festival experience. All while celebrating Black History Month and Reggae Month, in a familyfriendly atmosphere. This is going to be an experience you won't soon forget."

Local food vendors will serve up their specialty Caribbean and African dishes and merchandise. Vendors will offer up their unique products representing a variety of cultures.

COVID-19 protocols will be observed, and masks are encouraged.

And celebrating Black Life, History and Culture with a free outdoor event with stories and activities for children and their families at Arcola Lakes Branch Library, 8240 NW Seventh Ave., Miami. Masks are required. Social distancing is encouraged. Call 305-694-2707.





ARTS & ENTERTAINM

Minister Marion Hall Slams Current Female Dancehall Stars

Minister Marion Hall, formerly known for her cutting lyrics as Lady Saw, the Queen of Dancehall, is lashing out at current female dancehall artistes as she takes them on over their lewd dressing, music, and behaviour

In a video shared on social media, the former dancehall deejay, who is now a gospel artiste, singled out Spice and Shenseea, as she criticized their current music and performances. Hall called on the artists to leave dancehall music and turn to Christ as she claimed that they are all in a "race to hell" due to the type of music they are making.

Minister Hall made the calls last Sunday during her homebased weekly sermon, which she calls, 'Submit Yourself or Go To Hell.' In it, she called out Spice, Shenseea, Ishawna, and Jada Kingdom for the type of music they are making.

According to her, the females could never be "at peace" because they are working for the devil.

"I worked for the devil, gyrating mi self on stage," she said as she recalled that she "originated slackness" in her former days as Lady Saw. "At



Minister Marion Hall

times I was so uncomfortable, so I see you, baby girl, I see you. You're not comfortable. I see my little sisters and desperation has taken control of them.'

Hall continued: "I just want you, all of you to take a good look at what you've been doing. I started it and I just can't rest unless I speak to you. You're going overboard and it's like a race to hell. It's like you're racing each other to get to hell."

She specifically addressed Shenseea telling her that she was beautiful and didn't need to create the level of music she is currently making to be successful. Shenseea has been receiving mixed views for her

song "Lick," which promotes men giving oral sex to women. It's a taboo subject in the dancehall space for men to do the act but not women.

According to her, Shenseea is doing forced labor with the raunchy music she is making.

"Babygirl, when I see you, you look helpless. It's like

you're doing forced labour. You're too beautiful, come on now sweetheart," Minister Hall said. "Your mom passed recently, and I don't mean to bring her up, but I don't think she would be happy. Please turn."

Hall, who previously had issues with Spice over the title of Queen of Dancehall, also told the "Go Dung Deh" artist that she was 'played out.'

"There's another woman, Spice. You need to relax. I know you," she added. "You were living with me at one point and the way you fight for things, you will go to hell to get it. I know you and I just wanna reach out to you. I don't care how you take it because I am not trying to look friends. I am just here to talk to you because of who I was."

"Spice yuh stuck in the hole, you need flavour. People need to tell you the truth. Dat is

why you have to be stripping, why you have to be out there with yuh whole body out there like that. True talent don't need that. Spice yuh played out," she

Hall also addressed Jada Kingdom telling her that she was a "weak little girl" who needed

"I want some young ladies to understand that there is nothing more precious than giving your life to God, no matter what is out there you will never be at peace until you choose him," the minister said. "I started this so I have to end it. You're going overboard now. There is no award that you could want so bad that you have to do this. The things of the world, when you greedy for it you will lose your salvation."

- Urban Islandz.com



Big Plans For Bob Marley's 77th Birthday

The Marley family says it is going all out to celebrate the 77th birthday of the King of Reggae, Bob Marley on February 6th.

The theme for this year's birthday celebrations is Roots 77 and a statement from the family said there will be seven days, with seven main events to mark the occasion.

These include: a beach clean-up, a sound clash, music industry seminars, two art installations, and two concerts. All activities will showcase various aspects of Marley's legacy under the theme Roots 77. Fans worldwide are invited to ioin the festivities by tuning in to the live stream of Bob Marley's 77th Earthstrong on the Tuff Gong TV YouTube channel on February 6th from noon to 7 pm.

"I am so pleased to have the opportunity to honour my dad each year - especially in a way that welcomes fans and well-wishers around the world to share this special occasion with our family," said Cedella Marley. "This year is particularly important to us with Jamaica celebrating its 60th anniversary. The theme we chose, Roots 77, is inspired



Bob Marley's legacy lives on.

by the song 'Roots' and as we go back to our roots, we get a chance to explore the growth of Reggae, Rastafari, and Jamaica."

Meanwhile, operations manager and legal counsel at the Bob Marley Group of Companies, Lecia-Gaye Taylor, said that until February 4, the Bob Marley Foundation will be accepting entries from young artists for the juried Roots 77 Art Exhibition that will be on show at the Bob Marley

Museum from February to August.

One of the main attractions of the celebration will be the new 'Rita Marley: Mystic of a Queen,' piece.

The celebration comes in Reggae Month, now in its 15th year, which launched on Jan. 30th with a church service.

- Rewritten from Jamaica Gleaner.com and Jamaica Observer.com



Pregnant Caribbean star

Caribbean Star Rihanna Is

Rihanna is pregnant with her first child. Barbados-born Rihanna and A\$AP Rocky, whose roots also extend to the Caribbean, are going to be parents, E! News reports.

The couple confirmed the news in photos obtained by E! News that were taken in New York City over the weekend and published today, Monday, Jan. 31st.

Rihanna. Rihanna and ASAP Rock are pregnant. (PHOTO: ET 33, can be seen News/CREDIT: DIGGZY/SHUTTERSTOCK) showing off her growing baby bump as A\$AP kisses her forehead.

comes after the couple spent

the holidays in Barbados and after she became Barbados' 11th national hero on Nov. 30th. Rihanna's pregnancy





Most of us try to attract other people by the friends we keep and the way we carry ourselves.

If you are going to a party or a formal function, don't you dress well? We all want to promote a favorable impression of ourselves to other people we meet and talk to.

If we agree on that, then think of this. Why should it be any different for your business? If you want to project a favorable image of your company, in order to win customers, you should keep your company with good friends and...dress your company well in...



For information, please call 305-238-2868, or fax 305-252-7843



Two Game Day Recipes With A Caribbean Twist

It's almost time for Super Bowl 2022 on Feb. 13th. This year, instead of just chip and dips, try these two recipe ideas for a Caribbean inspired game day appetizers that are sure to satisfy every craving.

CARIBBEAN-STYLE JERK CHICKEN WINGS

Ingredients

- 6 oz pineapple juice
- ½ cup vegetable oil
- 2 tablespoons soy sauce
- ½ cup packed brown sugar
- 1 tablespoon ground thyme
- 2 teaspoons allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt
- ½ teaspoon ground nutmeg
- 7 cloves garlic
- 1 habanero pepper
- 1 bunch green onions
- 2 tablespoons fresh ginger

This year's Valentine's Day

will be on a Monday, Feb. 14th,

and for many who will be busy

and also trying to avoid dining

out due to COVID-19, here's

a simple dessert you can whip

CHOCOLATE COVERED

• 6 ounces good semisweet

3 ounces white chocolate,

STRAWBERRIES

chocolate, chopped

Ingredients

up ahead of time to ensure your

Valentine's night ends on a sweet

• 1 whole cut-up chicken (3–4 lb)

 Place all ingredients (except chicken) in food processor bowl (or blender); process

until blended.



Caribbean-Style Jerk Chicken Wings

- 2. Coat chicken with marinade (wash hands); cover and chill overnight.
- 3. Preheat grill (or grill pan) on medium-high; discard marinade.
- 4. Grill chicken 18–20 minutes,

turning occasionally, until grill-marked and 165°F. Serve.

FISH SLIDERS AND PINEAPPLE SLAW

Ingredients

- 4 (6-oz) firm, white fish fillets (such as mahi, swordfish, or tilapia)
- ½ bunch fresh cilantro
- 5 green onions
- 1 fresh jalapeño pepper
- 1 peeled and cored fresh pineapple
- 1 grapefruit

pepper rings

- 1 (16 oz) bag shredded coleslaw mix
- 1 teaspoon kosher salt
- 1 tablespoon Cajun seasoning
- 1 tablespoon canola oil
 ½ cup hot (or mild) banana
- 3 tablespoons reduced-fat mayonnaise



Fish Sliders and Pineapple Slaw

- 8 potato (or dinner) rolls
- Prep

Steps

Thaw fish (if needed). Chop finely: cilantro (1/2 cup), green onions (1/2 cup), jalapeño (remove seeds and membrane if desired), and pineapple.

Squeeze grapefruit for juice (1/2 cup).

Place in large bowl: grapefruit juice, coleslaw mix, cilantro, green onions, jalapeños, pineapple, and salt; toss to combine.

Cut fish into 8 equal pieces; coat with seasoning (wash

Preheat large sauté pan on medium-high 2–3 minutes. Pour oil in pan, then add fish; cook 3–4 minutes on each side or until browned and flesh is opaque and flakes easily.

Drain banana peppers. Spread mayonnaise evenly on bottom halves of rolls; top each with fish, 1/3 cup slaw, banana peppers, and top half of roll. Serve with remaining slaw on the side.

Always check fish for bones and cook to an internal temperature of 145°F.

- Publix.com Aprons Recipes



A Valentine Dessert Idea

chopped

 1-pound strawberries with stems (about 20), washed and dried very well.

Method

Put the semi-sweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1

minute, stir and then heat for another minute or until melted.)

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl.

Set strawberries on the parchment paper. Repeat with



Chocolate Covered Strawberries

the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries. Set the strawberries aside until the chocolate sets, about 30 minutes.

After dipping the strawberries, let the dark chocolate set slightly before drizzling on the white chocolate. You can leave them out 30 minutes at room temperature, or speed the process by popping them into the refrigerator for 15 minutes.

FoodNetwork.com



Jamaica Looks To Expand Coffee Production

The Jamaica Coffee Exporters Association, (JCEA), says it is plans to spend a significant amount as part of several processes that should result in an increase in the export of coffee over the next five years.

"We have engaged the new

So many of us are unprepared financially

when our Love One dies, or more

unfortunate, when we die.

Minister of Agriculture and Fisheries, and out of a coffee workshop [with the] Jamaica Agricultural Commodities Regulatory Authority, (JACRA), we have developed a plan to look at an injection of a billion dollars (One Jamaica dollar=US\$0.008

cents) over five years in the development of coffee," said JCEA president Norman Grant.

Speaking recently at the

Speaking recently at the official launch of the Caribbean Export Development Agency project that will support the Jamaican coffee sector's interest in the European market, Grant said that this 'will move our production from the current 270,000 boxes to 450,000 boxes over five years.

"The weighted average income generated from coffee over the last 10 years is US\$25 million," Grant said, adding that "at the end of the next five-year cycle, (it will be) US\$50 million (with) an incremental growth rate of five per cent, per annum, over the next 10 years.

"If we achieve [this], the coffee industry can generate for the Jamaican economy US\$100 million, [which can] support 5,000 farmers and 102,000 farm families," he added.

Grant noted that the market report issued by the Global Coffee Market in September 2021, projected that the coffee market will grow by 7.6 per cent incrementally by 2025, adding that this will realize a global



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market value for coffee at \$445 billion.

He said that expanding support for the Jamaican coffee sector in the European Market is "timely."

"We are focusing on quality. We are focusing on also diversifying the market. Jamaica Promotions Corporation, (JAMPRO), has just reached out to Jamaica Social Investment Fund, (JSIF), with another project to drive global demand in other markets

outside of Asia."

Grant said that the JCEA will also "refresh Jamaica Blue Mountain Coffee in the Japanese and United States markets

"If we can grow the production, then there are more jobs for our people, more coffee farmers and more foreign exchange earned," he added.

- CMC.



FEATURE

Jamaicans Among MLK Day Honorees



Steve Higgins receiving his special congressional honor and a proclamation from the Davie Jazz Society for his contribution to that organization. (Contributed image)

Two South Florida-based Jamaican nationals were recently presented with Congressional awards on Martin Luther King Day, January 17, 2022.

Steve Higgins and Carson 'Eddy' Edwards both accepted the special Congressional awards 'in recognition of outstanding and invaluable service to the community' at the inaugural "Rise with Perspective - Living in Gratitude Today" Symposium, held in Davie, Florida.

The Symposium, brainchild of Nouchelle Hastings, has its mission, "to show how Living in Gratitude Today can improve your mental health and selfesteem, so that you can create a life you love"

"MLK Day is the only federal holiday designated as a National Day of Service, to encourage all Americans to volunteer to improve their communities," said Hastings. "So, we selected this commemorative moment to recognize the dedication and commitment of persons whose lives are the epitome of Living in Gratitude Today! Their selfless acts of kindness are gratifying in so many ways."

The award was given under the auspices of Congresswoman Debbie Wasserman Schultz and was presented by the Mayor of Davie, Judy Paul, who thanked Higgins for "bringing service to the elderly, the sick and especially our children in need and for sharing your golden voice."

Higgins, a resident of Davie, also received a proclamation from the Davie Jazz Society for his contribution to that organization. He is a tenor singer and Jamaican cultural ambassador and musician, who throughout the pandemic, brought joy to many, through his music at numerous events. He is also the founding director of the South Florida Caribbean Chorale, Chairman for Partners For Youth Foundation and volunteers as a Guardian ad Litem for the 17th Judicial Circuit in Broward County.

His community involvement extended from medical front-line staff at hospitals to kids at children's homes, from civic functions to the broader South Florida community.

Edwards is a marketing executive at Riddims Marketing, a radio personality, vice-chair for Partners For Youth Foundation, and CEO of the Jamaican Jerk Festival USA, which hosts the largest Food Festival annually in South

Fifteen residents of Broward County in total were honored at this inspiring and high-octane event, which saw motivational presentations from featured speakers, who all told their stories.

±

Daughter Of Jamaican Born, Former Broward County Mayor Is Heading To Jail

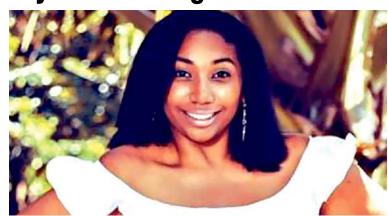
Damara Holness, the daughter of former Jamaican-born Broward County Mayor and Commissioner, Dale Holness, has apologized for her actions in a PPP fraud case but is heading to jail.

Standing outside the Broward County Courthouse on Jan. 31st, Ms. Holness said she was sorry for fraudulently applying for and receiving \$300,000 in COVID-19 relief funds back in 2020.

"I want to say I apologize to those I affected. I want to apologize to the community," Holness, 28, said.

Damara Holness also pleaded guilty to lying about needing the money from the Paycheck Protection Plan to pay 18 employees. Prosecutors said those employees did not exist.

She now has less than 90 days to turn herself in to federal authorities, after a judge sentenced to 20 months in federal prison. In addition to her prison sentence, Holness has to



Damara Holness

repay the \$300,000.

"This is a mistake that I made, not out of greed, but out of desperation as a pregnant woman trying to make a way for herself," she said, "and I just want to move forward with my life and continue doing the work that I was doing before."

Dale Holness attended his daughter's sentencing and said after: "She's apologized to the community. She's made a mistake. We're humans; we make mistakes. She accepts responsibility. Certainly, she will pay a price, and we're just going to be here to help her rebuild her life."



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http://www.miamidade.gov/police/contacts-homicide.asp



HIT & RUN FATALITY



VICTIM/PEDESTRIAN

Rupert Webley B/M, 68 years old

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

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

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

- (305) 471-TIPS (8477) or 1 (866) 471-8477
- Visit www.CrimeStoppers305.com and select "Submit a Tip"
- Visit <u>www.facebook.com/crimestoppers305</u> "Contact Us"
- Visit the App Store Get P3 and sign into Miami for Tips

If the tip leads to the arrest of the subject(s), the tipster may be eligible for a reward <u>UP TO THE AMOUNT OF \$5,000.00</u>. All calls are kept strictly anonymous.

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

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

CIRCULATION VERIFICATION

www.caribbeantoday.com

What Doctors Want You To Know To Protect Yourself From Omicron

Omicron is between 1.5 to 3 times more transmissible than the Delta variant of the SARS-CoV-2 virus that causes COVID-19. Additionally, people who manifest symptoms are doing so more quickly than with previous strains -- sometimes just two to three days after exposure. And recent evidence shows daily Omicron deaths in the United States have exceeded those from the Delta variant. Amid these troubling facts, there is pervasive confusion about what steps individuals should be taking right now to protect themselves.

"Although we have effective tools -particularly vaccines - to limit the spread of the virus and severity of COVID-19, the latest surge of cases fueled by the Omicron variant has created new challenges and raises important questions about masks, testing

and isolation guidance," says Gerald E. Harmon, M.D., president of the American Medical Association, (AMA).

With easily transmissible Omicron the now dominant variant, here's what you need to know to keep yourself safe, according to the AMA:

Get Vaccinated

Although breakthrough infections have increased with Omicron, COVID-19 vaccines remain extraordinarily effective at preventing severe illness, hospitalization and death. All those who are eligible for the vaccine and booster should get them. Learn more at GetVaccineAnswers.org.

• Wear A Higher-Quality Mask

The CDC says that while the best mask is the mask you're going to wear consistently, well-fitted respirators, such as



Testing sites in Florida remain open.

KN95s and N95s, provide the highest level of protection. N95s are no longer in short supply, and the federal government recently announced that it is sending 400 million N95 respirators to pharmacies and community health centers across the country, where you can get them free of charge. In lieu of respirators, surgical masks and double masking also offer additional protection over a cloth mask.

• Testing is critical

Visit ama-assn.org/ delivering-care for a helpful

guide from the AMA on which test is right for you. You should consider getting tested if you have symptoms or if you have had a known close exposure to someone with COVID-19, and maybe before gathering indoors with people outside of your household. If you test positive, the AMA suggests testing negative before ending any isolation period. An antigen test is the best tool to determine whether someone is still infectious. And even if the repeat test is negative when ending isolation, patients are advised to wear medical grade

masks for at least five days after ending isolation. You can receive four free, at-home COVID tests by signing up at special.usps.com/testkits.

"We continue to urge those with questions about COVID-19 vaccines to talk to their physician. Vaccinating as many people as possible and taking the preventive health measures we know work are the only ways to slow the spread and move us closer to the end of this pandemic," says Dr. Harmon.

- StatePoint



Tackling Heartburn On Game Day

The Big Game - Super Bowl 2022 - represents one of the largest eating days in the United States, with gatherings serving up everything from spicy buffalo wings and pizza to sliders and nachos. Between all these go-to treats and the stress brought on by watching the game, many fans experience heartburn.

Though common, heartburn can be very uncomfortable, with many feeling a painful "burning" sensation in the chest. Some may also experience pressure or pain just behind the breastbone that can last minutes or continue for a few hours. Other symptoms include the feeling that food is "sticking" in the chest or throat, a sour or acid taste in the back of the throat, and discomfort that gets worse after eating, burping and bloating.

But heartburn doesn't need to sideline you on game day.

Tackle Heartburn Symptoms

To avoid heartburn, take a look at your game day spread. Incorporate foods that are low in fat and high in protein or that have a high water content. Healthy choices include hummus, crudité, grilled chicken skewers and non-alcoholic beverages. No matter what you're snacking on though, be sure to stop eating before you're full

It's also smart to cheer from a sitting or standing position. When you lie flat, your esophagus and stomach are on an even plane. This makes it easy for stomach acids to flow into your esophagus, which can cause heartburn.

Dodge wardrobe

malfunctions by wearing clothing with a little give. Tight clothing or belts can put constant pressure on your stomach, giving acid nowhere to go but up and out. An easy fix? Wear your favorite jersey and don't be afraid to loosen your belt a notch or two.

If you do need fast heartburn relief, you can also turn to TUMS, which takes seconds to start neutralizing gastric acid in the esophagus, where the pain of heartburn generally starts. It keeps working as it dissolves, going to work fast to relieve the pain of heartburn. To learn more, and for more heartburn relief tips, visit tums.com.

Stress Less, Have Fun

Stress is increasingly being recognized as a contributing factor to heartburn, so make the Big Game less nerve-wracking and more fun with some friendly heated competition.

"To avoid stress-induced heartburn, take a cue from my playbook and try to have some extra fun during the Big Game," says Hall of Fame running back, and two-time Big Game champion, Terrell Davis, who will be competing against Pittsburgh legendary wide receiver and two-time Big Game champion, Hines Ward, in a special head-to-head trivia challenge on February 10th, livestreamed via @ TUMSOfficial.

Ward agrees: "Heartburn is painful. Flex your trivia skills to help you relax and enjoy this year's Big Game."

- StatePoint



This CARICOM Prime Minister Is COVID-19 Positive Again

Prime Minister John Briceno of the CARICOM Central American nation of Belize has tested positive for the coronavirus (COVID-19) again, according to an official statement issued by the Office of the Prime Minister.

It said that Briceno, who is due to host the inter-sessional summit of the Caribbean Community (CARICOM) later this month, had contracted the virus last weekend and has since been in isolation.

A few days after leading his People's United party (PUP) to victory in the general election last November, Briceno tested positive for the virus that has so far killed 629 people in Belize and infected 52, 004 others since March 2020.

In the statement, the OPM said that it was encouraging all eligible people to get vaccinated against the virus.

"For those who have received their vaccination, you are encouraged to get your booster," the statement added.



Belize Prime Minister John Briceno is COVID-19 positive for a second time.

"The public is also reminded to continue to follow the public health regulations set out by the Ministry of Health & Wellness: wear face masks properly, wash and sanitize hands properly, avoid crowded places and practice social distancing."

Meanwhile, Health and Wellness Minister, Kevin Bernard, has confirmed that following "comprehensive discussions" in Cabinet, land borders will reopen on February 7th.

He said the borders would remain open daily from 6 a.m. – 10 p.m. Belize local time, and that only persons who are fully vaccinated will be able to travel across the borders





The Reimagined Sandals Royal Bahamian Opens After \$55 Million Renovation

The award-winning, Luxury Included Sandals Royal Bahamian Resort and Offshore Island has reopened, following a \$55 million renovation.

Situated on 15 sprawling acres, the 404-room Sandals Royal Bahamian revels in the easy-going spirit of the Bahamas to entwine all experiential touchpoints - from the pastel pink of the flamingo to the vibes of traditional Junkanoo.

Officials say it is the first of a series of milestones in this commemorative 40th anniversary year for the Sandals Resorts brand.

"Twenty-six years ago, my father and our founder, Gordon 'Butch' Stewart, was drawn to The Bahamas by its natural beauty and charming locals, which makes it very special for us to be presenting today a fully transformed resort that celebrates this unique destination as much as his legacy," said Sandals Resorts Executive Chairman Adam Stewart at the reopening.

The New Sandals Royal Bahamian features an new Island Village, comprised of standalone villas named after remote Bahamian cays, beachfront Butler Suites in the East Bay, where a new Infinity Swim-Up pool ends right where the sand begins and elevates Nassau's culinary scene with 13 fresh restaurant concepts.

Guests can also feel the rhythm of the music and savor Pan-Caribbean spices at Kanoo - short for Junkanoo - where a new "Brasserie 30" à la carte lunch menu is designed to deliver the lunch experience in 30 minutes or less, for a faster return to the pool or beach.

Outfitted in pinks and greens inspired by the alluring feathers of the national bird, La Plume serves exquisite French cuisine in a modern atmosphere. Additional temptations include steak and seafood specialties at Butch's Island Chop House, hearty British fare at The Queen's Pearl, Southern Italian favorites at Tesoro, and the freshest sushi at Soy.

Three eclectic gourmet food trucks will delight guests with sweet treats and coffee at Sweets n Tings, locally inspired Bahamian fusion and fresh seafood at Coco Queen, and a new twist on Italian classics at Bahama Mamma Mia. New signature cocktail menus create the perfect opportunity to toast to new romantic experiences, such as the Glass Flask Banana Bread Old Fashioned at the new Mr. B's – for which Stewart's iconic blue and white striped shirts served as the esthetic inspiration.



The reopening ceremony featured Sandals Resorts Executive Chairman Adam Stewart, (c.), and brought together leaders and dignitaries from across the Caribbean for a commemorative ribbon cutting, including Prime Minister of The Bahamas, Philip Davis, QC, MP; Deputy Minister & Minister of Tourism, Investment & Aviation of The Bahamas, I. Chester Cooper, MP; Minister of Labor of The Bahamas, Keith Bell, MP and Prime Minister of Jamaica, Andrew Holness, ON, PC, MP. (Contributed image)

> Resort life dances to a new beat with the addition of Coconut Grove, a lush and expansive beachfront lounge shaded by coconut palms swaying to the Bahama breeze, perfect for daytime lounging.

Deserted beaches and colorful coral reefs also await at the resort's secluded private island, Sandals Barefoot Cay, an escape-within-anescape located just one mile from the shore. Couples can sail aboard the resort's new Love Runner boat and spend the day reconnecting on the quiet shores featuring a pool bar with swings, an infinity-edge

jacuzzi, outdoor shower and new restaurant, Aralia House, serving up fresh seafood from boat to table and authentic Caribbean delicacies.

The resort's Red Lane Spa welcomes guests back to three serene locations: the Main Spa, the Day Spa and the Offshore Escape – Zen Garden on Sandals Barefoot Cay. Spa facilities include two saunas and two steam rooms, complementing an expansive menu of services that now feature two new couples rituals in celebration of Sandals' 40th anniversary: Love & Trust and Forever in Love.

And three new exclusive wedding inspirations capture the authentic Bahamian vibe. The Conch Pearl Wedding utilizes the signature pink spiral shell as an accent, while the shoe-optional Barefoot Wedding is set right on the sand at a variety of resort locations including the private island. The Bahamian Wedding is set in a lush tropical garden, moving guests to the sounds of a Bahamian gospel choir. A customary conch blowing ritual will conclude special guest events and weddings, welcoming love and good fortune to the sounds of rake and scrape music.

"I am extremely delighted to

see the expansion of the Sandals brand and the reopening of the Roval Bahamian property," said Philip Davis, QC, MP, Prime Minister of The Bahamas. "Not only does this translate into jobs for our people but it further diversifies our tourism product and hotel inventory as we are rebounding from this pandemic. So far the numbers have been encouraging and no doubt with the Sandals Royal Bahamian property back, we expect the growth to continue. I salute Adam Stewart for continuing his father's visionary leadership.'

The grand opening events also included the presentation of the 2021 Stewart Family Philanthropic Award to the Bahamas National Trust (BNT), whose work to protect and restore the over two million acres of land and sea under its purview will continue with the development of a primary level environmental curriculum for students and educators, funded by the Sandals Foundation - the philanthropic arm of Sandals Resorts. The award celebrates good stewards who embody a strong commitment to the wellbeing of the communities, families, and environments of the Caribbean.

For more information on Sandals Royal Bahamian, visit https://www. sandals.com/royal-bahamian/.



US Warns Against Travel To These Two Caribbean Destinations

The U.S. is now warning against travel to two new Caribbean destinations. The U.S. State Department says Americans should now avoid travel to the British Caribbean island of Anguilla as well as to Saint Vincent and the

The latest advisory is due to rising COVID-19 levels in both islands.

The advisory came as the Centers for Disease Control and Prevention, (CDC), issued a Level 4 Travel Health Notice for Saint Vincent and the Grenadines and Anguilla, due to COVID-19, indicating a very high level of COVID-19 in the country.

Canada for its part says only to avoid "non-essential travel" to both islands.

The U.S. State Department has previously warned against travel to

six Caribbean destinations including Jamaica, The Dominican Republic and Saint Martin.

The only Caribbean country on the Level Two list, which focuses on countries with moderate levels of COVID-19, is Montserrat.

Jamaica

Meanwhile, Jamaican authorities say based on the new recommendations announced recently by the CDC, U.S. travelers who test positive for COVID-19 in Jamaica, can now exit isolation after 5 days provided that the person is asymptomatic or has had mild symptoms that are resolving (as per physician's evaluation).

'We are very pleased to be able to offer U.S. visitors who test positive while on island the possibility of a

shorter isolation period in keeping with the new CDC guidelines," said Edmund Bartlett, Minister of Tourism, Jamaica. "Jamaica remains open for business and continues to welcome visitors safely through our comprehensive Jamaica CARES program. Our Jamaica CARES protocols were designed to be agile and adapt to changes in the marketplace, so we can now offer potentially reduced isolation times to give even more peace of mind to anyone considering a visit to Jamaica.'

The isolation period begins the day after the positive test is taken. For individuals who remain symptomatic after 5 days, the ten-day quarantine period must be completed.

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Exhilaration As Jamaica Bobsled Team Returns To Winter Olympics

The anticipation is palpable as the countdown begins to Feb. 10th and the appearance of the Jamaican bobsled team in the Winter Olympics for the first time in 24 years.

Fans are looking for "Cool Runnings" 2 as they recall the original 1988 team that inspired the 1993 Hollywood movie, 'Cool Runnings.'

It will be the first time Jamaica will be represented in 3 Olympic bobsled events: fourman, two-man and the women's monobob.

The four-man team is made up of Shanwayne Stephens, Ashley Watson, Matthew Wekpe, Nimroy Turgott, and Rolando Reid.

"We're more than just a movie," says Stephens, who pilots both the two-man bob and Jamaica's first four-man crew since Nagano 1998. "We want to show we're actually fierce competitors and we're out there to put on a really good performance at the Games." Stephens, who is also a UK RAF sniper and has been improvising his training using his girlfriend's Mini Cooper.

In 2020, Stephens, a lance corporal in the Royal Air Force, made headlines in Great



Jamaica bobsled team after qualifying for Beijing. (Team Jamaica images/Twitter.)

Britain for unusual off-ice training during the coronavirus pandemic: pushing a Mini Cooper in Peterborough. He later mentioned it to Queen Elizabeth II on a video chat.

"Well, I suppose that's one way to train," the queen said with a laugh.

"We're absolutely over the moon," Stephens told ABC News' Kyra Phillips recently. "It's been a lot of struggles over the last four years to obviously achieve what we've achieved, and we've done absolutely

everything in our power and everybody's come together as one team to be able to qualify for the games."
"It's been absolutely amazing, and

absolutely amazing, and everybody is really excited and can't wait to get to Beijing and perform," he added. Jazmine

Fenlator-Victorian is readying

for her third winter games in Beijing, four years after making history with Jamaica's first women's Olympic bobsled team. She already made Jamaican sports history again. And will represent Jamaica in the women's monobob competition. Meanwhile, the Minister of Tourism Edmund Bartlett says the Jamaica Tourist Board (JTB) will sponsor the Jamaica bobsled team to this year's Winter Olympics. According to the JTB, the sponsorship of US\$20,000

will go to the Jamaica Bobsleigh and Skeleton Federation, the organization that supports and oversees these athletes. The best-ever finish for a Jamaican bobsled team is 14th, giving this year" squads something to aim for as they make their Olympic return. The last time Jamaica had a four-man sled was at the 1998 Nagano Games. That was also the last time the Olympic team had a link to the famed 1998 quartet - brothers Chris and Dudley Stokes. Stokes is now the president of Jamaica's bobsled federation.

Beijing also marks the first Winter Games since the death of the first Jamaican bobsled driver, Sam Clayton.

Jamaica will also have a skier at the Winter Olympics for the second time in history, and for the first time in Alpine skiing.

Benjamin Alexander, a former DJ raised in Great Britain, qualified a quota spot for the nation in giant slalom.

The Opening ceremony for the Beijing Olympics is set for Friday, Feb. 4.

- Rewritten from multiple sources including NBC News and the UK Guardian.



West Indies Men & Women Teams Bounce Back With Wins

West Indies fans were given a rare moment to celebrate a double win recently as both the men's and women's Windies teams took the victory.

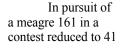
The West Indies defeated England by 17 runs in the fifth

Jason Holder 5-27, Akeal Hosein 4-30)
WINDIES WOMEN

(James Vince 55, Sam Billings 41)

Meanwhile, the West Indies women defeated South Africa

Women via super-over in the second One-Day International at the Wanderers on Monday, Jan. 31, 2022. Inform Deandra Dottin dominated a pulsating super-over to hand West Indies Women victory, after a topsyturvy run chase ended in a dramatic tie at the Wanderers.





Jason Holder, (C), and teammates celebrate after the West Indies claimed the fifth T20 against England to win the series 3-2 at Kensington Oval, Bridgetown, Barbados, on January 30, 2022. (Photo: AFP/Getty)

Twenty20 International at Kensington Oval in Barbados on Jan. 30th to win the five-match series, 3-2.

All-rounder Jason Holder became the first West Indies bowler to capture a hat-trick in Twenty20 Internationals and only the fourth player of all time to grab four wickets in as many deliveries, as the hosts trounced England by 17 runs in the decisive fifth match.

With England requiring 20 runs from the final over in pursuit of 180 at Kensington Oval, Holder knocked over Chris Jordan (7), Sam Billings (41), Adil Rashid (0) and Saqib Mahmood (0) to send the innings crashing to 162 all out with a ball spare and hand West Indies a precious 3-2 series win.

Scores:

WEST INDIES 179 for four off 20 overs (Kieron Pollard 41 not out, Rovman Powell 35 not out, Brandon King 34, Kyle Mayers 31; Liam Livingstone 2-17, Adil Rashid 2-17)

ENGLAND 162 off 19.5 overs



Big-hitting West Indies women's opener Deandra Dottin. (CMC image)

overs per side due to rain here Monday, West Indies Women appeared all but beaten after slumping to 83 for six in the 21st over, despite Dottin's top score of

Scores

WEST INDIES WOMEN 160 off 37.4 overs (Deandra Dottin 37, Chedean Nation 35, Chenille Henry 26; Ayabonga Khaka 5-26)

SOUTH AFRICA WOMEN

160 off 40.4 overs (Sune Luus 46, Tazmin Brits 25, Laura Wolvaardt 25; Hayley Matthews 2-21, Shamilia Connell 2-22)



March is the start of the Spring shipping season. More then 500,000 Floridians identify their primary ancestry as West Indians, that is over 117% increase from 1990. Florida's black household income for 2000 was a whopping \$32 Billion, that has continued to increase healthily over the subsequent 16 years. C.T will spotlight the various shipping services available to them, via Land Air and Sea to get their goods safely home in time for the season.

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This Reggae Boyz Joins Wigan

Reggae Boy Curtis Tilt has completed a permanent switch to Wigan Athletic from English League One rivals Rotherham United on an 18-month deal for an undisclosed fee.

The 30-year-old 6ft 4in defender, who made his debut for the Reggae Boyz last year, scored twice in 12 games on loan at Wigan, nicknamed the Latics, in the first part of the season - his third stint with the club

He was signed on a seasonlong basis, with the move now made permanent.

"Delighted to be back. This time I'm here to stay," Tilt said in a social media post.

Tilt has played 48 games in total for Wigan, scoring five goals, while he played just once for Rotherham after he joined from Blackpool, then in League One, in January 2020.

In Scotland, former Hearts player Demetri Mitchell, who has set his sights on playing for the Reggae Boyz, has joined Hibernian from Blackpool, now in the English Championship, on a two-and-a-half-year deal.

Mitchell, 25, had two spells on loan at Hearts from Manchester United and joined Blackpool in 2020.

The Manchester-born



Curtis Tilt

left-sided player, who can play full-back or wide, has arrived at Easter Road for an undisclosed

Hibs are fifth in the Scottish Premiership. Shaun Maloney's side beat Cove Rangers in the Scottish Cup last Thursday and continue their league campaign away to Motherwell on Wednesday night.

Maloney said: "He [Mitchell] brings excellent attributes in different positions and will help us in both attacking and defensive situations. As a player, he brings real technical quality and outstanding speed, particularly in one vs one situations.'

Earlier this month, Mitchell said he hoped to represent Jamaica as his grandparents were born there.

- CMC



Caribbean Racer Joins Italy's Trident Motorsport

Italian outfit Trident Motorsport has confirmed that Barbadian Zane Maloney is joining its team for the 2022 FIA Formula 3 Championship.

The 18-year-old first drove an FIA Formula 3 car in the post-season test at Valencia in Spain last November, where he made an excellent impression on the Trident Motorsport technical staff, getting very quickly in tune with the work pace of the Italian squad.

"I am proud to debut in the FIA Formula 3 Championship with Trident Motorsport, the queen among the teams in the series," Maloney said. "Throughout the last season, I think I have grown as a driver, both in terms of managing the race weekends and in paying attention to every detail. Together with Trident Motorsport, I want to continue in this direction, and I am sure that there are all the ingredients to do well. I can't wait to get out on track and start this new adventure.'

Trident Motorsport said it looks forward to providing Maloney with maximum possible support to help him show that potential in one of the most competitive series in motorsport.

delighted to welcome Zane to our line-up. He really stood out in the post-season test at Valencia last November. Zane adapted very quickly to the F3 car, posting competitive results both in terms of performance and long runs. A strong bond immediately formed between

him and the team, which is proud to have secured a driver with good prospects with whom to compete in a demanding series such as the FIA Formula 3 Championship," said Team Manager Giacomo Ricci.

In 2021, Maloney finished fourth in his debut season in the Formula Regional European Championship with a win at Monte Carlo, seven podiums, a pole position, and one fastest lap. In 2019, he won the British F4 Championship with 10 wins, one-third of the total number of races, in his first season racing in single-seaters. The following year, he delivered two podiums in the EuroFormula Open.

This year's 18-race FIA



Zane Maloney

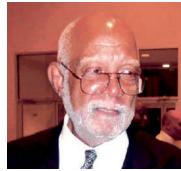
Formula 3 Championship will be fought out over nine weekends between March and September, with all races supporting rounds of the Formula 1 World Championship, starting in Bahrain and ending in Monza.

Trident Motorsport, founded in 2006, won the Formula 3 Teams Championship last year, with two of its drivers, Australian Jack Doohan and the French-Swiss Clément Novalak finishing second and third in the year-end standings, with four race wins and seven further podium finishes between them.

- CMC



Former Jamaican Skipper And Windies Batsman Dead At 86



The late Easton McMorris. (CMC image)

Cricket West Indies, (CWI), is paying tribute to former Jamaica captain and West Indies batsman Easton McMorris, who passed away on Tuesday at the age of

CWI President Ricky Skerritt called McMorris was "a true stalwart of the game and contributed significantly at all levels, on and off the field

"I had the privilege to engage with Mr. McMorris on a few occasions over the years. I found him to be an encouraging and selfless gentleman. On behalf of CWI, I want to send condolences to his family and the entire cricket fraternity in Jamaica," Skerritt said.

"He was a leader at the Lucas Cricket Club, carrying on the legacy established by the great George Headley. After retirement from playing, he gave yeoman service as a board member of the Jamaica Cricket Association and manager of the Jamaica cricket team," he added.

McMorris made his Test debut for West Indies against Pakistan at Queen's Park Oval in 1958 in a team alongside Sir Everton Weekes, Sir Garfield Sobers and Sir Conrad Hunte. He played 13 Test matches and scored one century – 125 against India at Sabina Park in 1962.

The right-hand opening batsman was an outstanding captain for Jamaica, with his feats including winning the coveted Shell Shield, and he was a steady performer for West Indies in Test cricket.

CWI said that as a captain, McMorris "led from the front.

"He was an astute thinker of the game, a shrewd tactician and was respected by his teammates and opponents. He was a very determined batsman, who valued his wicket. The region has lost a true and life-long servant of the game," the statement added.

- Rewritten from CMC



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